Sibbertoft Manor	# September 2026					Maybe subject to change Week 4
Tegan **Monday 21st**	**Tegan** **Tuesday 22nd**	**Tegan + Gabi** **Wednesday 23rd**	**Gabi + Tegan** **Thursday 24th**	**Carers** **Friday 25th**	**Dot Holiday** **Saturday 26th**	**Carers** **Sunday 27th**
ALL DAY HAIRDRESSER with **Amber** 11:00 – Armchair Exercises 2:30 – **Beauty + Nails** with Tegan 	Boogie Beatz Dance Chair Exercise 2:30 – Arts and Crafts Afternoon 	11:00 – **Winter Menu Residents' Meeting** 2:30 – CELEBRATE 'Come Dancing' with Gabi 	10:30 – Quiz with Gabi! 2:30 – **EVENT** **Macmillan Coffee Afternoon** 	11:00 – Freestyle Colouring! 2:30 – Lucia's Tiny Animal Farm 	11:00 Enjoy Alexa Music with the Carers *Enjoy Your Afternoon* 	 *Enjoy Your Morning* 2:30 – Take a Carer for a Walk!