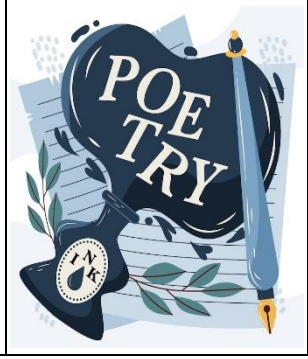
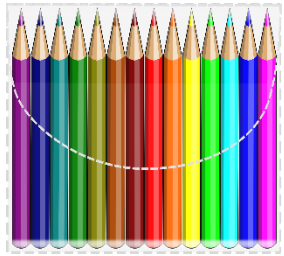
Sibbertoft Manor	October 2026					Maybe subject to change Week 3
Tracey **Monday 12th**	**Gabi + Tracey** **Tuesday 13th**	**Gabi** **Wednesday 14th**	**Gabi** **Thursday 15th**	**Gabi** **Friday 16th**	**Dot** **Saturday 17th**	**Carers** **Sunday 18th**
11:00 – Armchair Exercises 2:30 – What's in the News? 	**ALL DAY HAIRDRESSER** 10:30 – CELEBRATE Black History Month 2:30 – Gabi + Tracey Mindfulness Colouring 	11:00 – Moving Together **DANCE CHAIR EXERCISE** 2:30 – Create a Video Message! 	10:30 – Quiz with Dot 2:30 – Winter Menu Chatter and Choices 	11:00 – Fun + Fitness with Tom 2:30 – **Poetry and Performance** with Alison 	10:30 - Quiz with Dot 2:30 – Take a Carer for a Walk! 	11:00 – Freestyle Colouring  2:30 – John Spinner; Musician