


Sibbertoft Manor	<u>January 2024</u>					<u>Maybe subject to change</u> Week 1
Tegan + Lucy Monday 1st	Tegan Tuesday 2nd	Tegan Wednesday 3rd	Gabi + Tegan Thursday 4th	Gabi + Lucy Friday 5th	Dot Saturday 6th	Lucy Sunday 7th
<b><u>HAPPY NEW YEAR!</u></b> 10:30 – Armchair exercises with Lucy and Tegan!  2:30 – Time for a documentary 	<u>All day –</u>  <u>Activities with Tegan</u> 	<u>All day –</u> <u>Hairdresser/Reflexology</u>  <u>Activities with Tegan</u> 	10:30 – Quiz with Dot  2:30 – <b>Meals, Menus and Mingling</b> 	10:30 – Undressing Christmas!  2:30 – Film Friday  BB's Mobile Shop 	10:30 – Quiz with Dot  Enjoy your afternoon! 	<u>All day –</u> <u>Activities with Lucy</u>  2:30 – John Spinner Music concert 