











Sibbertoft Manor	<u>January 2024</u>					Maybe subject to change Week 3
Tegan Monday 15th	Gabi + Tegan Tuesday 16th	Gabi + Tegan Wednesday 17th	Gabi + Tegan Thursday 18th	Gabi Friday 19th	Dot Saturday 20th	Sunday 21st
10:30 – Armchair exercises with and Tegan!  2:30 – Time for a documentary 	11:00 – <u>Boogie Beatz</u> Armchair Dance with Hannah!  <u>All day –</u> Meals, Menus and Mingling 	<u>All day –</u> <u>Hairdresser/ Reflexology</u> 10:30 - Creative cookery  2:30 – Bob Oakley; Singer 	10:30 – Quiz with Dot  2:30 – Yoga and Meditation 	10:30 – Armchair Curling with Bernard  2:30 – Film Friday  BB's Mobile Shop 	10:30 – Quiz with Dot  Enjoy your afternoon! 	10:45 – Twycross Florist  Enjoy your afternoon 