

Sibbertoft Manor	<u>January / February 2024</u>					<u>Maybe subject to change</u> Week 5
Tegan Monday 29th	Gabi + Tegan Tuesday 30th	Gabi + Tegan Wednesday 31st	Gabi + Tegan Thursday 1st	Gabi Friday 2nd	Dot Saturday 3rd	Sunday 4th
<p>10:30 – Armchair exercises with and Tegan!</p>  <p>2:30 – Time for a documentary</p> 	<p><u>All day –</u></p>  <p><b>Meals, Menus and Mingling</b></p> 	<p><u>All day –</u> <u>Hairdresser</u> 10:30 – Craft Morning with Emma!</p>  <p>2:30 – Yoga and Relaxation</p> 	<p>10:30 – Quiz with Dot</p>  <p>2:30 – Gabi + Tegan</p>  <p>Mindfulness colouring</p> 	<p>10:30 – Creative Cookery!</p>  <p>2:30 – Music and chatter social</p> 	<p>10:30 – Quiz with Dot</p>  <p>Enjoy your afternoon!</p> 	 <p>Enjoy your weekend!</p>  <p>2:15 – Jon Spinner Musician</p> 