




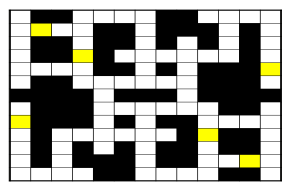









Sibbertoft Manor	<u>February 2024</u>					<u>Maybe subject to change</u> Week 1
Tegan Monday 5th	Gabi Tuesday 6th	Gabi + Tegan Wednesday 7th	Gabi Thursday 8th	Gabi + Tegan Friday 9th	Dot Saturday 10th	Tegan Sunday 11th
10:30 – Armchair exercises with and Tegan!  2:30 – Time for a documentary 	11:00 – Boogie Beatz Armchair Dance!  <u>All day –</u> <b>Meals, Menus and Mingling</b> 	<u>All day –</u> <u>Reflexology</u> 11:00 – Holy Communion  2:30 – Word games and puzzles 	10:30 – Quiz with Dot  2:30 – Sing-along together! 	10:30 – Valentines Arts and Crafts  2:30 – Kyle Singing 	10:30 – Quiz with Dot  Enjoy your afternoon! 	<u>All day –</u>  Activites with Tegan 