

Sibbertoft Manor

# January 2025

Maybe subject to change  
Week 1

**Tegan**  
Monday 6th

11:00 –  
Undressing  
Christmas!



2:30 –  
Nature  
Documentary

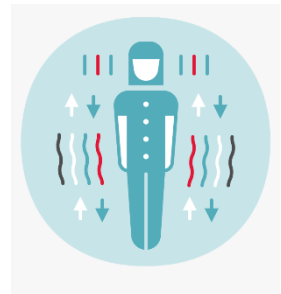


**Gabi**  
Tuesday 7th

11:00 –  
Boogie  
Beatz  
Dance Chair  
Exercise



2:30 –  
Yoga and  
Relaxation



**Gabi + Tegan**  
Wednesday 8th

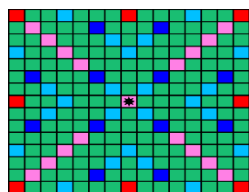
All day –  
Hairdresser  
All morning-  
Reflexology



10:30 –  
What's in  
the papers?



2:30 –  
Small Group  
Scrabble

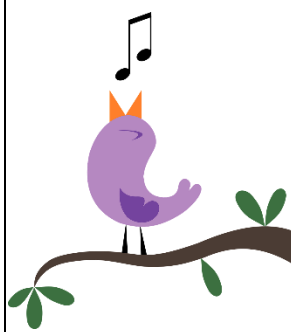


**Gabi + Dot**  
Thursday 9th

10:30 –  
Quiz with  
Dot



2:30 –  
Singing for  
fun!



**Gabi + Tegan**  
Friday 10th

10:30 –  
Arts and  
Crafts



2:30 -  
Kyle  
Singing

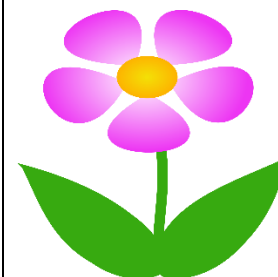


**Dot**  
Saturday 11th

10:30 –  
Quiz with  
Dot

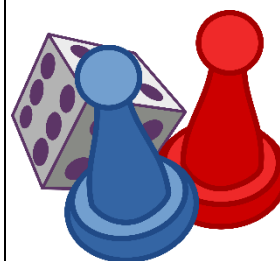


Enjoy Your  
Afternoon!



**Tegan**  
Sunday 12th

11:00 -  
Music and  
Games



2:30 –  
Coffee, Tea  
and  
Chatter!

