

Sibbertoft  
Manor

# March 2026

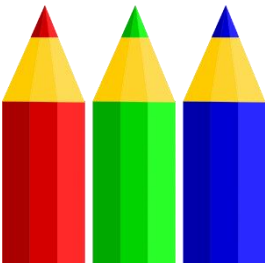
Maybe subject to  
change  
Week 1

**Carers**  
Monday 2nd

11:00 –  
Armchair  
Exercises  
with Alex!



2:30 –  
Freestyle  
Colouring +  
Drawing



**Gabi**  
Tuesday 3rd

**ALL DAY**  
**HAIRDRESSER/  
Chiropodist**  
10:30 –  
What's Your  
Point of  
View?



2:30 –  
Yoga and  
Relaxation



**Gabi**  
Wednesday 4th

11:00 -  
Holy  
Communion  
Service



2:30 -  
Lounge  
Cricket  
Taster Session



**Gabi + Dot**  
Thursday 5th

10:30 –  
Quiz with  
Dot



2:30 -  
Music and  
Singing



**Gabi**  
Friday 6th

11:00 –  
Fun + Fitness  
with Tom



2:30 –  
Gav -  
Singer!



**Dot**  
Saturday 7th

10:30 –  
Quiz with  
Dot



*Enjoy Your  
Afternoon*



**Carers**  
Sunday 8th

11:00 –  
Morning  
Walks in  
the Garden



2:30 –  
Twycross  
Florist

