

Sibbertoft Manor

February 2026

Maybe subject to change
Week 3

Tegan
Monday 16th

11:00 –
Armchair Exercises with Alex!



2:30 –
Colouring + Drawing



Gabi
Tuesday 17th

ALL DAY
HAIRDRESSER
10:45

CHINESE
NEW YEAR
DOCUMENTARY



2:30 –
CHINESE NEW YEAR
Quizzes,
Crafts and
Chopstick
Challenges!



Gabi + Tegan
Wednesday 18th

11:00 -
Lounge
Cricket
Taster Session



2:30 -
Celebrate Lent
ASH
WEDNESDAY
Yoga and
Reflection



Gabi
Thursday 19th

10:30 –
Quiz with
Dot

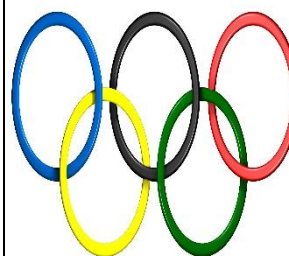


2:30 -
Music and
Singing



Gabi + Tegan
Friday 20th

10:30 –
Celebrate
The Olympics
History and
Games



2:30 –
Gabi + Tegan



Mindfulness
Colouring

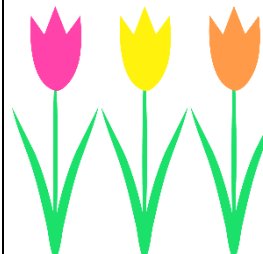


Dot
Saturday 21st

10:30 –
Quiz with
Dot



*Enjoy Your
Afternoon*



Tegan
Sunday 22nd

11:00 –
Signs of Spring
Garden
Walks



2:30 –
Anyone for
Scalectrics?

