

Sibbertoft
Manor

February 2026

Maybe subject to
change
Week 4

Tegan
Monday 23rd

11:00 –
Armchair
Exercises
with Alex!



2:30 –
Favourite
Drama or
Documentary



Gabi + Tegan
Tuesday 24th

ALL DAY
HAIRDRESSER
Boogie
Beatz

Dance Chair Exercise



2:30 –
Big Screen
Games



www.shutterstock.com - 1064362910

Gabi + Tegan
Wednesday 25th

10:30 -
Word
Games and
Riddles



2:30 –
Gabi + Tegan



Mindfulness
Colouring



Gabi + Tegan
Thursday 26th

10:30 –
Quiz with
Dot



2:30 -
CELEBRATE
Six Nations
Rugby
Championship



Gabi
Friday 27th

10:30 -
Arts and
Crafts



2:30 –
Lucia and
her Tiny
Animal
Farm



Dot
Saturday 28th

10:30 –
Quiz with
Dot



*Enjoy Your
Afternoon*



Sunday 1st
March



*Enjoy Your
Morning*



2:30 –
Jon
Spinner;
Musician

