

Sibbertoft Manor

# March 2026

Maybe subject to change  
Week 3

<b>Carers</b> Monday 16th	<b>Gabi</b> Tuesday 17th	<b>Gabi</b> Wednesday 18th	<b>Gabi + Dot</b> Thursday 19th	<b>Gabi</b> Friday 20th	<b>Dot</b> Saturday 21st	<b>Carers</b> Sunday 22nd
11:00 – Armchair Exercises with Alex!  2:30 – Favourite Drama or Documentary 	<b>ALL DAY</b> <b>HAIRDRESSER/Reflexology</b> 10:30 – Word Games and Puzzles  2:30 – Gabi + Tammy  Mindfulness Colouring 	10:30 - Arts and Crafts  2:00 - Fun + Fitness with Tom  <u>Menu Reviews</u>	10:30 – Quiz with Dot  2:30 - <u>CELEBRATE</u> Musicals! 	10:30 – Gardening Club  2:30 – 3 In Accord - Singers 	10:30 – Quiz with Dot  ♥ ♥ ♥ ♥ ♥ ♥ <i>Enjoy Your Afternoon</i> ♥ ♥ ♥ ♥ ♥ ♥	11:00 – Lounge Games and Puzzles  2:30 – Afternoon Garden Walks 