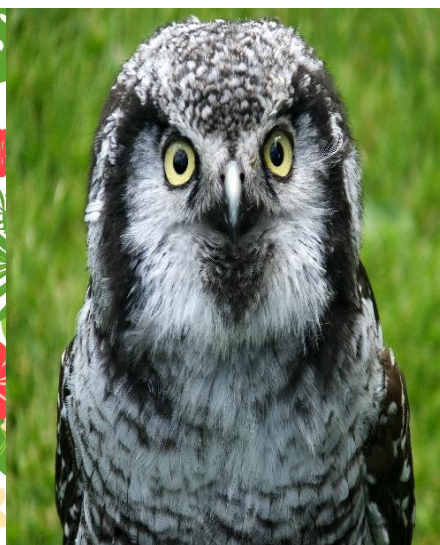


# August 2025 at Springfield



## AUGUST

Friday 1<sup>st</sup> PM

Join Palma for her monthly Boxercise Class this afternoon in the conservatory or garden perhaps from 2pm. Get that blood pumping!

Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup>

Charlotte will be here to host her Sunday Luncheon followed by an afternoon movie

Monday 4<sup>th</sup> AM

1-1 Aromatherapy visits with Tasha today.

PM

Join Charlotte for "A Day at the Seaside" – enjoy some candy floss, ice cream and even try our best to build a sandcastle!

Tuesday 5<sup>th</sup> PM

Colin from "Wings of Freedom" will be here this afternoon to introduce us to his birds of prey and talk about his bird rescue.

Wednesday 6<sup>th</sup> AM

– Holy Communion from 11.30am in the front lounge- All Welcome-

PM

Some water colour painting this afternoon or try your hand at some indoor or outdoor Bowles for National Bowling Day!

Thursday 7<sup>th</sup> PM

2pm: Sanjay from RISE will be here for 45 mins of seated sports, promoting health & wellbeing through meaningful activities. Then sit back and relax with Charlotte & a crossword or game of cards

Friday 8<sup>th</sup> AM

Dawson Talks: 11.30am -reminiscence talk. A trip down memory lane with some imagery & music on a chosen topic.

## Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup>

Monday 11<sup>th</sup> PM

Monopoly Monday with Charlotte followed by a gin & tonic and nibbles in the sunshine

Tuesday 12<sup>th</sup> PM

Baby Boppers- An "Intergenerational Play" session in the back lounge & conservatory from 2pm  
We will be joined by some local babies & children for an hour of fun!

Wednesday 13<sup>th</sup> AM

Hairdressing with Sharon from 9.30am

Chair Yoga at 11.15 with Shim

Gentle seated exercises in the front lounge

PM

Charlotte is here to celebrate "National Prosecco Day" with a Food & Drink Quiz. And a glass of Fizz at 3pm.

# August 2025 at Springfield

Thursday 14 <sup>th</sup> PM	Charlotte will host some garden games this afternoon. Points on the leaderboard will see who is top of their game!?
Friday 15 <sup>th</sup> PM	A quiet afternoon with a movie of choice this PM with popcorn too!
Saturday 16 <sup>th</sup>	<b>SUMMER GARDEN PARTY-ALL WELCOME</b> <b>2-6 PM</b> Live Music from Hayley & Gerry 2-3pm We are having a Hawaiian "Luau" BBQ, Tombola, Raffle & Sunshine!
Monday 18 <sup>th</sup> Am	1-1 Aromatherapy visits with Tasha today.
PM	Charlotte will be here from 2pm to make some delicious fruit kebabs – Berries, bananas, kiwi and some melon perhaps!
Tuesday 19 <sup>th</sup> PM	Enjoy the wonderful sounds of jazz with "Groove Sax" this afternoon from 2pm. Saxophonist live in the conservatory.
Wednesday 20 <sup>th</sup> PM	It is National Afternoon Tea Week. Join Charlotte for some finger sandwiches and a Pamper Session from 3pm in the lounge.
Thursday 21 <sup>st</sup> PM	Join Charlotte for a game of cards and some BINGO from 2pm in the garden.
Friday 22 <sup>nd</sup> PM	How about some Big Screen Games this afternoon – How is your general Knowledge? Quiz questions and picture rounds all shown on the TV screen in the front lounge.
Saturday 23 <sup>rd</sup> & Sunday 24 <sup>th</sup>	
Monday 25 <sup>th</sup> PM	BANK HOLIDAY MONDAY... Last of 2025! It's International Dog Day. Try some Doggy Bingo with Charlotte in the conservatory. Woof Woof!
Tuesday 26 <sup>th</sup> PM	Join Fay and Lisa this afternoon & make some savoury cheese scones. We can enjoy them at 3pm with some chutney or jam!
Wednesday 27 <sup>th</sup> AM	Hairdressing with Sharon from 9.30am Chair Yoga at 11.15 with Shim <i>Gentle seated exercises in the front lounge</i>
PM	Join Charlotte for a game of "Shut the Box" and Air Hockey this afternoon
Thursday 28 <sup>th</sup> PM	Join Steve from 2pm for an "Old Time Style Pub Singalong" - with a glass of something cold and some nibbles.
Friday 29 <sup>th</sup>	How about some painting this afternoon – Relax with some bright colours or calm pastels and find that artistic flare!
Saturday 30 <sup>th</sup> & Sunday 31 <sup>st</sup>	

**Date for your Diary**  
**Mad Hatter's Tea Party for**  
**MacMillian Cancer Support**  
**Thursday 4<sup>th</sup> September 3pm-5pm**