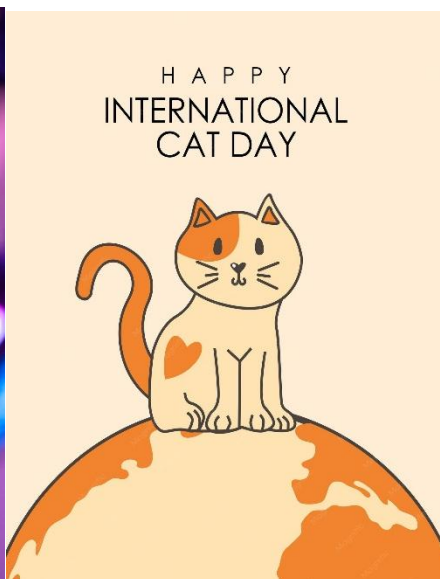


August 2026 at Springfield



AUGUST

Saturday 1st & Sunday 2nd

Monday 3 rd PM	1-1 Aromatherapy visits with Tasha today. Charlotte is back! Enjoy a quiz, a game of BINGO & a catch-up conversation over tea and cake this afternoon.
Tuesday 4 th PM	<i>Tina from Creative Mojo will be here to create a group art piece from 2pm with a feline theme to celebrate Internation Cat Day!</i>
Wednesday 5 th AM	Hairdressing with Sharon from 9.30am – Holy Communion from 11.30am in the front lounge- All Welcome-
PM	An afternoon in the garden with Charlotte, some garden games competition & a crossword before enjoying a cuppa.
Thursday 6 th AM	11.30 am Rose from RISE will be here for 45 mins of seated sports, promoting health & wellbeing through meaningful themed activity.
PM	Residents and Relatives Meeting- Conservatory 3pm- All welcome
Friday 7 th AM	Join Palma for her monthly Boxercise Class in the conservatory or garden if the weather allows from 2pm. Get that blood pumping!
Saturday 8th & Sunday 9th	
Monday 10 th PM	A trip to the pub perhaps? A saunter down to the Running Mare & a glass of something refreshing in the sunshine!
Tuesday 11 th PM	Zena is here with headphones & a SILENT DISCO from 2pm- get into the groove without leaving your seat!
Wednesday 12 th AM	Hairdressing with Sharon from 9.30am
PM	<i>Join us to celebrate "National Prosecco Day" with a Food & Drink Quiz. And a glass of Fizz at 3pm.</i>

August 2026 at Springfield

Thursday 13 th PM	Let's make some delicious fruit kebabs – Berries, bananas, kiwi and some melon perhaps! Enjoy with a glass of something cold at 3pm.
Friday 14 th PM	Let's have a movie afternoon -Popcorn, ice-cream & a film!
Saturday 15 th	SUMMER GARDEN PARTY-ALL WELCOME 2-5 PM Live Music 2-3pm- followed BBQ, Tombola, Raffle & Sunshine!
Monday 17 th Am	1-1 Aromatherapy visits with Tasha today.
PM	Board Games and Cards with Charlotte this afternoon from 2pm
Tuesday 18 th PM	Dave Mac is here to entertain us from 2pm- and some special Birthday Celebrations too! (Jane is 100 years old today!)
Wednesday 19 th AM	Hairdressing with Sharon from 9.30am Chair Yoga at 11.15 with Shim <i>Gentle seated exercises in the lounge</i>
	It is National <u>Afternoon Tea Week</u> so let's enjoy some finger sandwiches and scones from 3pm in the garden.
Thursday 20 th AM	11.30 am -Rose from RISE will be here for 45 mins of seated sports, promoting health & wellbeing through movement & fun.
Friday 21 st PM	Dawson Talks: 11.30am -reminiscence talk. A trip down memory lane with some imagery & music on a chosen topic
Saturday 22 nd & Sunday 23 rd	
Monday 24 th PM	National Waffle Day! Explore some sweet & savoury treats with Charlotte. Enjoy with a cup of tea at 3pm
Tuesday 25 th PM	Browells Animal Therapy are back for another visit from 2pm. Meet some furry, feathered and fluffy friends.
Wednesday 26 th AM	Hairdressing with Sharon from 9.30am
PM	The BBC Proms presents "American Classics"- Watch performances from The Philharmonia Orchestra in the Royal Albert Hall on i-player
Thursday 27 th PM	Beach Day- Bring the seaside to life. Fond memories of the sand between your toes, paddling in the sea, fish & chips & ice cream
Friday 28 th	Katie from Jazz Hands Performing Arts will be here for an immersive experience form 2pm. Everyone Welcome.
Saturday 29 th & Sunday 30 th	
Monday 31 st	BANK HOLIDAY MONDAY...And the Last Bank Holiday of 2026! It's International Dog Day. Try some Doggy BINGO & a visit from Monty the PAT Dog perhaps!