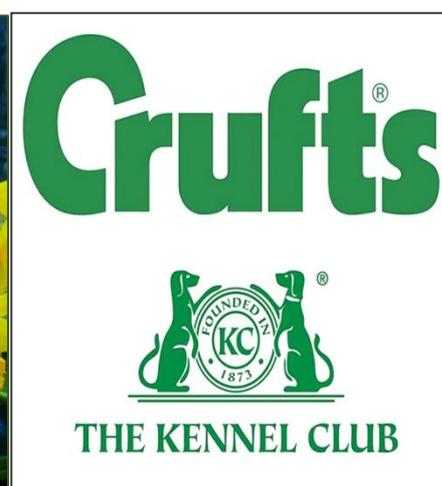


March 2026 at Springfield



Sunday 1st March	
Charlotte will be here for Luncheon at 12.30pm St David's Day- Enjoy a Welsh Cake at 3pm	
Monday 2 nd PM	Join Charlotte for this week's Monday Club. An afternoon Quiz, games and conversation over a cup of tea and some cake!
Tuesday 3 rd PM	Matthew will be here at 2pm with his Ukulele again. We loved his performance last time & look forward to some toe tapping fun! Let us celebrate the end of the Chinese New Year celebrations with some themed nibbles, fortune cookies and yummy bits for supper!
Wednesday 4 th AM	Religious Holy Communion Service with a service from St Andrews Church this morning from 11.30am in the front lounge. All welcome
PM	Join Charlotte for an afternoon of Monopoly or Connect 4 from 2pm
Thursday 5 th AM	RISE: Rose will be here for a wellbeing session with active moments and music. Front Lounge from 11.30am – Including some 1:1 sessions
PM	'St Piran's Day' Join Charlotte for a Cornish Afternoon Cream Tea 3pm Catch up with some action from Crufts and a Canine themed Quiz!
Friday 6 th PM	Join Palma for an active boxercise class at 2pm in the conservatory, come along for some stretching, co-ordination & fun!
Saturday 7th & Sunday 8th	
Monday 9 th PM	Kate Parker will be here from 2pm to perform for us. Come and sing along in the conservatory or lounge. All Welcome.
Tuesday 10 th AM	1:1 Aromatherapy Massage visits with Tasha this morning
Wednesday 11 th AM	Hairdressing with Sharon from 9.30am
PM	2pm – Tai Chi with Charles – Seated exercises & movement in the conservatory, followed by Charlotte and some napkin making crafts
Thursday 12 th	Charlotte will host Luncheon from 12.30pm in the conservatory
PM	Join Chalotte from 2pm this afternoon to plant some herbs and seeds perhaps. Are you feeling green fingered?
Friday 13 th AM	Dawson Talks- Join Tim in the front Lounge for an interactive reminiscence session at 11.30 am with music, memories & visuals

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PM	Film Friday- Relax and watch an old movie with some popcorn and nibbles at 2pm.
Saturday 14 th & Sunday 15 th SUNDAY 15th -MOTHERS DAY	
Charlotte will host Mother's Day Luncheon from 12.30pm	
Monday 16 th AM	1:1 Aromatherapy Massage visits with Tasha this morning
PM	Join Charlotte for this week's Monday Club. A social afternoon of cards, games & conversation over a cup of tea and cake.
Tuesday 17 th PM	St Patrick's Day How about an Irish Coffee at 3pm or a drop of Guinness!
Wednesday 18 th AM	Chair Yoga at 11.15am with Shim in the front lounge. Gentle seated exercises to keep us moving.
PM	Join Charlotte this afternoon for some Springtime arts and crafts. Think daffodils & tulips, colour & sunshine.
Thursday 19 th AM	RISE: Rose will be here for a wellbeing session with active moments and music. Front Lounge from 11.30am – Including some 1:1 sessions
PM	Charlotte will host Luncheon from 12.30pm in the conservatory. Try your hand at some clay pottery this afternoon. Who will win the best sculpture award!
Friday 20 th PM	It's Nutrition & Hydration week so let's try some new fruity flavours today. Perhaps a flavoured tea or water you haven't tried before?
Saturday 21 st & Sunday 22 nd March	
Monday 23 rd PM	Charlotte will host this week's Monday Club. An afternoon of BINGO and social natter over a cup of tea & biscuits in the conservatory
Tuesday 24 th PM	An afternoon of belly dancing from 2pm. Maria will be showing us how to "shake our tail feathers" with traditional dance & music accompaniment.
Wednesday 25 th AM	Hairdressing with Sharon from 9.30am
PM	It's International Waffle Day! Let's make mini waffles to enjoy with some fresh fruit & chocolate sauce at 3pm.
Thursday 26 th PM	Charlotte will host Luncheon from 12.30pm in the conservatory. Join Charlotte for some Marble- Art this afternoon, creating some galaxy pictures with bright colours and patterns.
Friday 27 th PM	Friday Film- Relax in front of the telly this afternoon- 2pm
Saturday 28 th & Sunday 29 th Clocks go forward 1 HOUR	
We spring forward into Spring as British Summer Time begins Charlotte will be here for Luncheon at 12.30pm	
Monday 30 th PM	Join Charlotte for this week's Monday Club. An afternoon of cards, games and conversation over a cup of tea and some delicious cake.
Tuesday 31 st	2pm -Tracey O'Connor will be here this afternoon to perform for us. Enjoy some soulful Jazz and relax with a glass of something sparkly!

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