

October 2026 at Springfield



OCTOBER, We start our New Autumn Menu on Monday 5th	
Thursday 1 st PM	National Poetry & National Older Persons Day! Enjoy an afternoon of poems & memoriesPerhaps even a poem about being old!
Friday 2 nd PM	Palma will be here for a seated Boxercise Class this at 2pm the conservatory- All abilities welcome- a way to keep our joints moving.
Saturday 3rd & Sunday 4th	

Monday 5 th PM	Kate will be here to perform for us from 1.45pm- Join us for some sing along & foot tapping favourites in the conservatory.
Tuesday 6 th PM	Seated Tai Chi with Charles from 2pm- Front lounge
Wednesday 7 th AM	Hairdressing with Sharon from 9.30am – Holy Communion from 11.30am in the front lounge- All Welcome-
PM	Join Charlotte this afternoon to make some Autumnal arts and crafts in the conservatory from 2pm.
Thursday 8 th AM	11.30am: Join Rose from RISE for 45 mins of seated sports, promoting health & wellbeing through meaningful activities.
PM	Charlotte will host a board game afternoon of games, spot the difference and some Happiness BINGO!
Friday 9 th AM	Nigel Dawson Reminiscence Talks this morning from 11.30am – A trip down memory lane with some music & imagery on a chosen topic.
Saturday 10th & Sunday 11th – Charlotte will hold her Fortnightly Sunday Luncheon	
Monday 12 th PM	Animal Quiz and Spot the difference this afternoon from 2pm
Tuesday 13 th PM	Let's enjoy some time in front of the telly this afternoon. How about a movie or a chance to catch up with Strictly Come Dancing!
Wednesday 14 th AM	Hairdressing with Sharon from 9.30am Charlotte will be here late morning followed by Luncheon at 12.30pm
PM	It is International Chocolate Tasting Day! Enjoy all things chocolaty this afternoon with Charlotte from 2pm.
Thursday 15 th PM	Join Charlotte for a game of "Shut the Box", a quiz & Bingo from 2pm in the conservatory.

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Friday 16 th AM	11AM- Tina from Creative Mojo will be here to create a group art piece to celebrate Winnie the Pooh!
Saturday 17th & Sunday 18th	
Monday 19 th PM	Make some Autumn Pumpkin garlands this afternoon with Charlotte. Arts and crafts in the lounge or conservatory.
Tuesday 20 th PM	A quiet afternoon today- relax in the lounge with a cuppa and chat.
Wednesday 21 st AM	Charlotte will be here late morning for some conversation over a cuppa followed by Luncheon at 12.30pm
PM	1.45pm-Zoo Lab will be here this afternoon to celebrate "World Animal Month" Come along and enjoy meeting our little visitors.
Thursday 22 nd PM	Apple Tasting Day! Can you identify the different types of apples by the way they look, smell & taste? Then we can nibble them with a cup of tea or even some apple juice at 3pm!!
Friday 23 rd PM	Let's enjoy some time in front of the telly this afternoon. How about a David Attenborough Special!
Saturday 24th & Sunday 25th	
 The Clocks Go Back – An extra hour in bed on Sunday! Daylight Saving Time Charlotte will hold her Fortnightly Sunday Luncheon	
Monday 26 th PM	Adina will be here to perform a Halloween Themed sing along this afternoon from 2pm in the conservatory- All welcome!
Tuesday 27 th PM	Let's enjoy a Halloween Classic Movie Afternoon with popcorn and ice cream from 2pm. Hocus Pocus Perhaps or the wizarding world of Harry Potter?
Wednesday 28 th AM	Chair Yoga at 11.15 with Shim Gentle seated exercises in the front lounge Dale – Foot Care Practitioner will be here today. "Chiropody"
Thursday 29 th AM	11.30am: Rose from RISE will be here for 45 mins of seated sports, promoting health & wellbeing through meaningful activities.
Friday 30th	Happy Halloween!  Join us for our Spooky Halloween Party 5-7pm Dress up if you dare!
 <p>Don't forget we have regular PAT DOG & CANINE COMPANION visits from Monty & Benji.</p>	

