



ACTIVITIES

SAMPLE ACTIVITIES TIMETABLE

MON	AM Time with me		PM Gardening & Flower Arranging	
TUE	Coffee Morning		Gentle Exercise Sessions	
WED	Boules		Balloon Tennis	
THU	Hairdresser		Bingo	
FRI	Quiz		Spa Afternoon / Holistic Therapy	
SAT	Musical Moments		Brain Training Games	
SUN	Songs of Praise / Church Visits		Dancing	



FIND OUT MORE ABOUT ACTIVITIES AT SPRINGFIELD

Please ask our reception team for a copy of this weeks activities timetable.

