



# ACTIVITIES

# SAMPLE ACTIVITIES TIMETABLE

	AM		PM	
MON	Time with me		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		Movie in the Cinema	



**FIND OUT MORE ABOUT ACTIVITIES AT SPRINGFIELD**

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

