

**SPRINGKELL HOUSE
ACTIVITIES CALENDAR
JANUARY 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	HAIRDRESSER	MUSIC WITH AVA	KNITTING CLUB FLOWER ARRANGING	PONY PALS	MANICURES & SPAS	PIZZA EVENING	SONGS OF PRAISE
WEEK 2	FLOWER ARRANGING	BOARD GAMES/ CROSSWORDS	ROAST CLUB KNITTING CLUB SENIORCISE	MUSIC WITH KEVIN JACOT REFLEXOLOGY	FILM AFTERNOON	FLOOR GAMES	DISCUSS THE NEWS
WEEK 3	HAIRDRESSER	ARTS & CRAFTS READING	KNITTING CLUB ROAST CLUB SENIORCISE WITH DONNA	PONY PALS BAKING CLUB	MANICURES & SPAS	PIZZA EVENING	REMINISCENCE
WEEK 4	ARTS & CRAFTS MUSIC FOR HEALTH	MUSIC WITH AVA	SENIORCISE WITH DONNA	REFLEXOLOGY DIGNITEA MEETING	FILM AFTERNOON	FLOOR GAMES	SONGS OF PRAISE

A selection of the daily activities we have on offer. Activities take place throughout the day and are posted for all to see on a Monday morning, allowing residents time to choose what they would like to participate in.