



*Inside the Issue*

**EVENTS**

See what we've been up to recently and find out what's coming in the future !

**GET INVOLVED**

We want as many people as possible to get involved with everything that goes on at Springfield. There are lots of different things you could do...

**FEATURED**

We are very proud of the many activities we have at our beautiful community centre and here we would like to feature one of our groups.

**EVENTS**

by Eileen Mullen



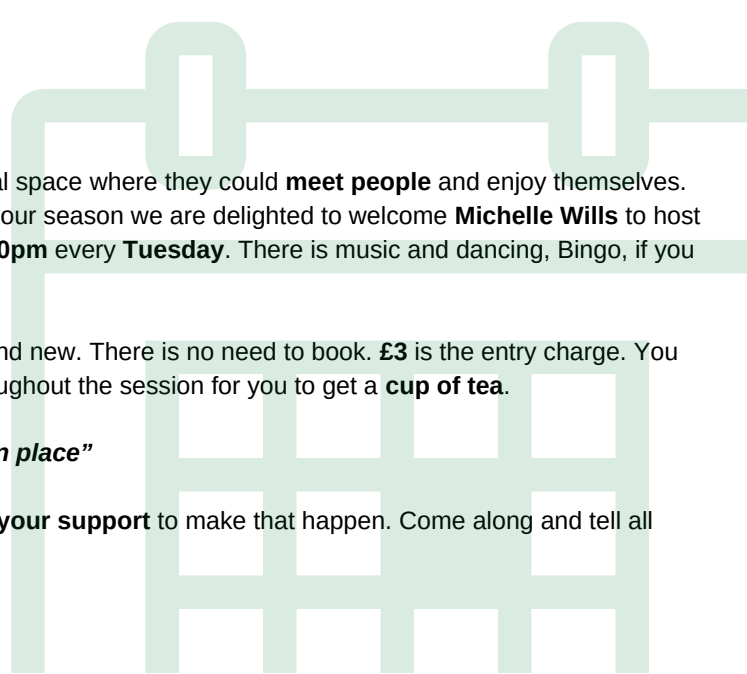
**Together Tuesdays**

Our new venture came about because people asked for a regular social space where they could **meet people** and enjoy themselves. The event is presented by a **professional entertainer**. For the start of our season we are delighted to welcome **Michelle Wills** to host our sessions. She provides a mix of fun and games from **1.00pm – 3.00pm** every **Tuesday**. There is music and dancing, Bingo, if you want to try your luck, token prizes, but you won't win a fortune!

The emphasis is coming along and **spending time with friends**, old and new. There is no need to book. **£3** is the entry charge. You can call into the **café** for a light lunch before we start but it is open throughout the session for you to get a **cup of tea**.

*"I never thought I'd see my mam up and dancing again! What a fun place"*

We hope this will become a regular feature at Springfield but we **need your support** to make that happen. Come along and tell all your friends about it.





# FEATURED

## Sit Fit @ Springfield

We all need to keep moving to keep our body working properly.

The SitFit session, which runs every Thursday from 1.30 for about 40 minutes, gives your body a simple work-out.

Most of the exercises are done sitting down. Our Trainer, Sharon, helps us to stretch our muscles from top to toe.

All this helps us to strengthen our bodies, build confidence and improve mobility.

# GET INVOLVED



## Can You Help Us At Our Easter Event?



Easter Fun Day will be held at Springfield Community Centre on Saturday April 2nd between 3-5pm.

We are looking for volunteers to help with the following :

- Setting Up The Room
- Welcoming Guests
- Serving Food & Drink
- Selling Raffle Tickets
- Assisting With Kids Crafts
- Certified First Aider
- Clean Down The Space

If you can spare some time on the day, give us a call or drop us an email using the details below. We also have a beautiful website where you can contact us via the "Reach Out" page.

 [linda@springfieldcommunity.org.uk](mailto:linda@springfieldcommunity.org.uk)

 0191 266 2988

 [springfieldcommunity.org.uk](http://springfieldcommunity.org.uk)

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"Maintain your independence and get 'SitFit' today!"

### What People Say

" It's a fun class where we all have a bit of a laugh, aswell doing good for our bodies "

" I was worried I wouldn't be able to keep up but Sharon says just do as much as your body is comfortable with and that works for me "

" It's really good to meet up in the cafe either before or after the session "

For more information, please use the contact details provided. It's **5 sessions** for **£10**. But if you just want to give it a try to see if it suits, you the you can pay **£2** on the day.