

## **Ball game afternoon at Bromley Park Care Home**

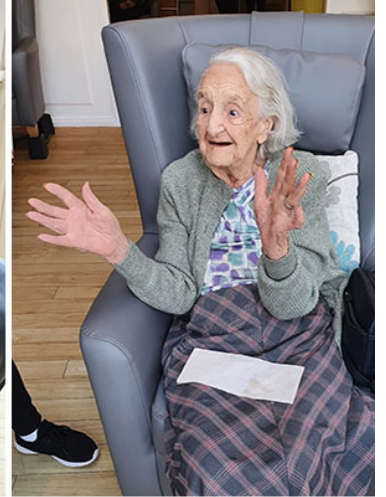


**We like to keep ourselves active here at Bromley Park Care Home and yesterday afternoon our lovely residents Dorothy, Edna and Raymond had fun playing ball, which is great for upper body strength.**

The fun was contagious, with lots of **laughter and big smiles** on their faces!

These ball games encourage our residents to interact and are a great way to keep fit.





Catch!