

## **Card games and dancing at Bromley Park Care Home**



**Our residents here at Bromley Park Care Home have enjoyed a variety of activities and gentle exercises in recent weeks.**

We like to help our residents stay active with daily seated exercises, activities and games, making sure we include each person's favourites.

One of our ladies who loves to play the card game 'Rummy' is quite the 'card shark' - beating a few of our team members!

Our residents Colin and Gwen were very more than happy to take part in a singing and dancing afternoon with other residents; as you can see, Colin had great fun dancing with one of our team members.

