

## Exercises and a film afternoon at Bromley Park Care Home



Last week at Bromley Park Care Home our residents enjoyed some gentle exercises with a bicycle simulator which is great for working the legs while seated.

We also shared some **ball games**, **board games** and a turn on the **karaoke** too!

Our dear residents enjoyed these activities and sharing time together. They had fun **dancing and singing** and ended the week with a traditional cinema day when they watched old '**Carry On**' **comedy movies**, which raised lots of smiles!