

Exercises and games at Bromley Park Care Home



On Thursday 19 January we enjoyed a mix of activities, games and exercises with Hilda, Dorothy and our newest resident Tony here at Bromley Park Care Home.

Hilda was very happy playing **dominoes**, while Tony and Douglas played **draughts** together, in a difficult battle! Then Tony and Dorothy tested their target skills with our new '**letters fishing**' game, which was great fun.

To finish, Tony and Douglas took a short **walk in the garden** and then shared a moment to stretch their arms and move around using our **hula hoops**.

What a fruitful morning of activities!



