

Fun times and fitness at Bromley Park Care Home



Our residents here at Bromley Park Care Home have been enjoying a wide range of activities recently – something to suit everyone!

Fitness activities

Our residents had a great time doing some chair based fitness activities with two different companies and they were full of energy and smiles.





















Arts and crafts

Recent arts and crafts activities have really shown we have a creative bunch of ladies and gents here at **Bromley Park**. They have been exploring the use of paints and tissue paper, creating some wonderful displays.









Birthday celebration

Rita had a lovely day celebrating her birthday on Monday 3 July and she received some lovely cards and gifts. *Many happy returns Rita!*



Many happy returns Rita!

Sporty activities

And what a range of sports we've been playing too! From target games with hoops, to cricket, golf and hockey.





Dulwich park

Dorothy, Colin and Loretta thoroughly enjoyed the scenery, sunshine and afternoon tea and cake at Dulwich Park recently. We also enjoyed watching people riding their bicycles, along with watching the ducks and the dogs walking by.



