

## Games and garden activities at Bromley Park Care Home



**We enjoyed a busy week of pastimes and gardening last week here at Bromley Park Care Home.**

Ken, Dorothy and Gwen had great time with their **hula hoops in the garden** with Douglas. A great form of seated exercise and wonderful to be outside in the fresh air.

Ken and Kathy enjoyed playing a **game of Jenga together** outside too – such a fun game of strategy and anticipation! Tony got our **draughts board** out and also enjoyed playing outside.

With such warm temperatures last week, Gwen, Ken and Peter kindly took turns to **water the plants and flowers in our garden**. They all said that it felt really good being able to help maintain our beautiful outside space – *thank you to them all!*

And we were delighted when Phillip showed us his talents by **playing the keyboard**. He also enjoyed a **game of chess** in his room and it was wonderful to see how much he enjoyed both.





Thank you to our wonderful waterers!