

## **Musical entertainment and gentle exercises at Bromley Park Care Home**



### **'Music of the Night'**

We were delighted to welcome talented singers Toby and Danielle to Bromley Park Care Home last week, when they entertained our residents and staff with their musical 'Music of the Night' by Andrew Lloyd Webber. ☐☐

Our residents thoroughly enjoyed their wonderful performance – *such fantastic voices!*

### **Gentle exercises**

Last week we also enjoyed lots of **exercise-based activities** and sweet moments shared between our residents and staff team.

Douglas supported our ladies and gents with gentle exercises with **ball games, hoola hoops** and our popular **exercise bike**.

There was also lots of dancing and laughing in our conservatory, which is always lovely to see.





Keeping active with seated exercises and dancing!