

## Olympic excitement and hairdressing in the garden at Bromley Park Care Home



Last week at Bromley Park Care Home we started preparing for the Tokyo Olympic Games which opened on Friday 23 July and some of our residents helped with deciding which Olympic posters we should display in our Home; we're excited to support Team GB!

Our Recreation and Well-Being Team assisted our residents with **planting flowers into pots**, which they found very satisfying – one of our ladies even requested to have her plants on a table next to her when she is in the lounge! They look great!

On Monday it was our popular **hairdressing** day as usual. Since the weather was so beautiful, our stylist Rob decided to take some of our ladies and gents **outside**. It was a lovely change and our residents commented that they really liked the idea. Being pampered, whilst sitting in our lovely garden – *bliss!*

And there is always time to **dance** at **Bromley Park**. Our residents and staff alike are always up for a boogie!