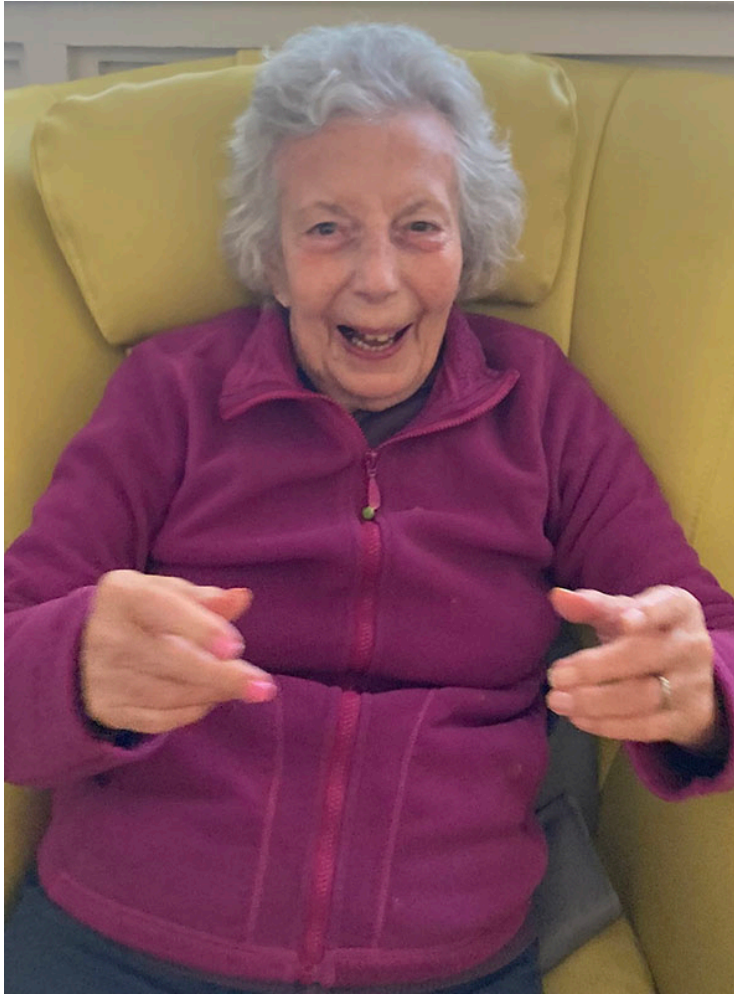


Puzzles and Christmas jokes at Bromley Park Care Home



Namaste

Our Bromley Park Care Home residents have been enjoying some namaste sessions recently.

They've loved the **drinks and treats** on offer and the relaxing atmosphere, and of course the **soothing hand massages**, which left them totally relaxed.

Puzzles and exercise

Our ladies and gents have had our **jigsaw puzzles** out this week. **Colin** was completely engaged and concentrated on completing his puzzle – *he really enjoyed this!*

We understand the importance of keeping fit here at Bromley Park and have been doing some **exercises together**, getting our residents moving and making it fun to music. *We call it 'dancercise'!*

Christmas chuckles

We felt very Christmassy on Tuesday 12 December, so we had a **joke-telling afternoon!**

Some of the jokes were very funny and Gwen particularly liked:

Q – What do they sing at a snowman's birthday party?

A – Freeze a jolly good fellow!

Some of the other favourites included:

Q – What goes "Oh oh oh?"

A – Santa walking backwards!

Q – What is the best Christmas present in the world?

A – A broken drum – you can't beat it!