

Weekly Sparkle and exercise fun at Bromley Park Care Home



A touch of Sparkle

Last week was a week of Sparkle at Bromley Park Care Home.

The Weekly Sparkle is a wonderful **reminiscence newspaper**, offering interesting activities for older people and people living with **Dementia**.

Our ladies and gents really enjoyed the Sparkle's articles and all the paper has to offer – especially Eily who was engrossed in its pages!

Exercise

Donald was the first resident to try our **bi-peddler exercise machine**! He had a broad smile when he started peddling and it was clear how much joy he got from doing it. *A great workout for the legs!* ☐

