

Enjoying pastimes at St Winifreds Care Home



On Friday 19 May we asked our residents at St Winifreds Care Home what they would like to do and everyone suggested something different!

Some of our ladies did some **knitting** which is always a firm favourite, whilst our gentlemen were happy to read our **Retro magazines** which are packed full of nostalgic articles and images, perfect for reminiscing about old movies and movie stars.

Meanwhile Mavis enjoyed **stacking coloured blocks**, which is a relaxing and mindful activity, great for hand-eye co-ordination.