

Music and movement at St Winifreds Care Home



Music 4 Health

What a lovely Christmasy visit we had with Stella from Music 4 Health last week at St Winifreds Care Home.

We played lots of **Christmas music** and donned some **festive headbands**, joining in singing and dancing with our pom-poms. *Great fun!*

Java Jive

Christmas songs were the order of the day when **Java Jive** visited us on Tuesday too!

We all enjoyed a great **morning singalong** with festive music – *such a jolly session!*



Our residents loved joining in