

Music for Health and enjoying crosswords at St Winifreds Care Home



Music with Stella

Our residents at St Winifreds Care Home had a great morning on Thursday 27 March when we had a super visit from the lovely Stella from Music for Health.

Her session certainly woke us up! With great music playing we all did arm exercises together, **waving pom-poms and ribbons, and shaking tambourines and maracas.**

As part of the fun, we taxed our brains with a **musical quiz** when our residents had to figure out who was singing the songs being played. We finished off by exercising our voices with a super singalong. *What a great way to start the day!*

Crossword fun

Here at St Winifreds we love a good crossword, so as well as doing them individually we have now formed a **Crossword Club**. It's a great way for our like-minded ladies and gents to keep their minds sharp, spend time putting their heads together and enjoy socialising.

Often friends from all our communities come to join in, and with refreshments of tea and biscuits, everyone gets involved. We help each other and all agree it's jolly good fun!

