

Music for Health fun at St Winifreds Care Home



We had a great start to our Friday morning at St Winifreds Care Home last week when Stella from Music for Health came in to see us for some fun!

Our residents used **pom-poms**, **musical instruments** and **plastic plates** in time with the music, moving their arms to the rhythms.

We did some exercises, with different music, plus a **good old-fashioned singalong**. We also enjoyed a **music quiz** where we got all the questions right!

What a fantastic way to wake us all up, followed by a lovely cup of tea.

