

St Winifreds Care Home residents enjoy puppets and musical exercise



Puppet fun

Last week, we welcomed Geoff Dean back to St Winifreds Care Home, singing with his puppets which was great for all our new residents to experience as it's such good fun!

We had a great afternoon and the puppets were a very big hit again – *thanks for bringing so much joy into our Home Geoff!*



Musical exercise afternoon

We also enjoyed a **lovely musical afternoon** recently, combining some **exercises** with our favourite tunes.

Our ladies and gents had fun singing some **great songs and dancing** – from either sitting or standing – **waving ribbons on sticks** which was great fun and a good way to keep fit and flexible.

From the 'Hokey cokey' to Elvis, to 'She'll be coming Round the Mountain', there was something for everyone! ***A fantastic afternoon of music and movement.***



