

Active armchairs at Lulworth House Residential Care Home



During Easter week here at Lulworth House Residential Care Home, we tried a variation of seated exercises using bonnet hats. We rose them up and down, practiced our bowing skills and had fun seeing who could move their head without losing the hat.

The session ended with biscuit making with Katja – our Nourishment and Social Wellness Coordinator – yet more exercise for our residents' arms whipping and mixing the dough.

It was such a fun way to keep active and a well deserved treat afterwards!



Seated exercises



Our Easter decorations