

## Chocolate treats and a tea party at Lulworth House Residential Care Home



Last week, some of our ladies at Lulworth House Residential Care Home came together to enjoy a tea party together.

It was lovely to see everyone socialising and enjoying themselves.

Janet helped Katja, our Nourishment and Social Wellness Coordinator, to make some **chocolate traybake treats**, which went down a storm – *lovely and sticky!*

Michaela also did some **armchair exercises**, using ribbons to stretch everybody's arms and upper bodies.





Seated exercise class