

## **Easter exercise at Lulworth House Residential Care Home**



**Here at Lulworth House Residential Care Home we got ready to celebrate Easter with loads of activities!**

Our ladies and gents enjoyed seated exercises sessions with the use of pompoms and music – such a fun way to keep active! We also used breathing techniques and positive affirmations to help keep us in a healthy and positive state of mind.

In our sunny conservatory overlooking the garden, some of our residents have enjoying sensory sessions with bubbles and games with light.

And to celebrate the joy that Easter brings, we spent time creating magical flower pots with little figurines to display on the tables in our garden.

Thanks to Jackie, one of our residents' family, we had so many flowers to use for re-potting and arranging in the garden.

This was only the beginning of our celebrations for this special time of year that signifies new life and new beginnings!





















