

Exploring Chinese culture at Lulworth House Residential Care Home



Tuesday 1 February marked the initiation of the new lunar year 2022 – the year of the Tiger – following the Chinese calendar which we celebrated with our residents at Lulworth House Residential Care Home.

We explored differences in cultures, with a **fun quiz, picture quiz, arts, craft and music.**

Our ladies and gents enjoyed folding lucky red paper to create **fans** and **ornaments**, as well as creating tiger patterns to hang on our **Home** walls with our lanterns.

The rest of the week was filled with Chinese traditional activities such as **seated Tai Chi, chopsticks game, a virtual tour of China** and **writing our names using Chinese symbols** – everyone enjoyed trying to make sense of the different digits and some looked very pretty!

Some of our residents took part in a **'push-pong' tournament**, with masterful hand-eye coordination, whilst a number of our ladies gathered in our dining room to explore **Chinese tea traditions** by watching videos. This was followed by our own tea brewing, with accompanying biscuits!

A very engaging week, focusing on a truly fascinating country.



Enjoying Chinese inspired arts, crafts and games