

Lulworth House Residential Care Home enjoys some Sports Day fun



We hosted our Sports Day at Lulworth House Residential Care Home last week and it was lovely to see everyone joining in.

We started inside and had some **target games** like throwing balls into a hula hoop and at a darts board – so our aiming skills were put to the test!

After lunch we headed outside, where we had a good giggle playing the **'hot potato' ball game**, where our residents sat in a circle and had to bat a 'hot potato' away if it came towards them. Great fun!

We also enjoyed **skittles** in the garden and a traditional **egg and spoon race**, which is always a firm favourite.

We awarded **medal** and **trophy prizes** to celebrate our winners.

Everyone had lovely time in our garden, especially as the day was nice and warm. In fact, we stayed out until late having a sing a long and cup of tea. The perfect ending to a day of fun!





