

## Pom poms and knitting at Lulworth House Residential Care Home



**We've been keeping busy with our residents at Lulworth House Residential Care Home.**

Our ladies had great fun **exercising with sparkly pom poms** recently. It really made them smile and the moves were a great way to stretch and tone.

They also kept their fingers active with their **knitting group**, which we always love to see as it's a social pastime many of our ladies share.

Some of our ladies have also enjoyed giving a hand around our **Home**, keeping our dining areas gleaming!

And what better way to end the week, but a delicious **Sunday lunch**. Yum!



