

Sports day and gardening at Lulworth House Residential Care Home



On Saturday 15 June our residents took part in sports day competitions here at Lulworth House Residential Care Home.

We had a selection of **games** to play, including ball fishing, golf, balloon games and a hat game - our ladies and gents really loved the different activities on offer and there were lots of laughs and smiles. Everyone who took part was a winner! To make the most of the day, we served lunch outside, which was lovely.

In the afternoon we got into a party mood and residents and staff had some fun dancing and playing **musical instruments**.

On Sunday our ladies and gentlemen got busy preparing vegetables for soup and fruit for some delicious **fruit smoothies**. Some of our ladies also arranged some fresh mint pots for our dining room tables.

A number of residents also really enjoyed some one-to-one activities with our care staff. These included a cuddle with our friendly guinea pig and also some creative cupcake decorating.

We have also been busy in our **garden** recently, making sure our flowers are watered and beds weeded. Roll on the summer when we can spend even more time outside in the garden.





















