

## The Right Step at Lulworth House Residential Care Home



**This morning at Lulworth House Residential Care Home, Erica from Right Step hosted our morning exercise session.**

With an American theme this month, the fun session involved lively music from America and our residents were encouraged to use the American flags placed on the floor as targets, to throw shakers and practice their aim.

Our ladies and gentlemen really enjoyed the different movements; stretching, bending, twisting and throwing. What a great way to have exercise through fun! They will be coming back next month and we cannot wait!