

Balloon volleyball and quiz fun at Hengist Field Care Home



Volleyball

This week we assembled a volleyball net for our residents at Hengist Field Care Home and got the balloons at the ready!

Our ladies and gents enjoyed a funny game of volleyball, with a little help (and laughter!) from Angel and Jacqui from our Recreation and Well-Being Team.

Our residents **Reg** and **Pam** went head-to-head in our Acorn Lounge, with all to play for! Reg won with 15 points to Pam's 10. *Pam said she just enjoyed having something to hit! Ha!*

Giggles and gentle exercise all in one for this light-hearted activity and it's always great seeing our residents do something a little different from the norm.

Brain stretching

Our residents in our **Rowena Unit** do love a good **quiz!** It gets the braincells working, and even at a ripe old age our residents get to learn something new.

Everyone has a chance to join in and show off their knowledge and there's always a little competition that keeps residents on their toes!