

## Birthday wishes and gentle exercises at Hengist Field Care Home



**Our beautiful resident Doreen celebrated her 85th birthday at Hengist Field Care Home on Monday 24 August.**

She received **gifts, cards** and some **lovely flowers** to celebrate her special day. Our Kitchen staff made her a **birthday cake** and she enjoyed blowing out the candles whilst staff and other residents sang '*Happy birthday*' to her.

### Floral gift

Another of our ladies, Bronwen McGarrity who recently received the Freemanship of Gravesend Borough, received a beautiful **bouquet of flowers** from her friend in the week which really made her day. We love to see our residents delighted by these surprises and treats.

### Seated exercise class

Our residents at **Hengist Field** enjoy their regular session of **gentle exercise**, including hand-to-eye coordination exercises. We encourage everyone to join in with these groups, and we have our 'regulars' who thoroughly enjoy themselves. We make sure residents who are unable to leave their rooms are included, by taking the sessions to them.



Seated exercises with weights