

Decorating cookies and armchair exercises at Hengist Field Care Home



Colourful cookies

We enjoyed a lovely afternoon decorating some shortbread cookies this week at Hengist Field Care Home.

We used a fantastic array of different **coloured sprinkles**, **marshmallows** and **coloured icing**, to make our sweet treats extra special.

Everyone said they enjoyed this activity, but of course the best part was testing the finished cookies and licking their fingers!

Armchair exercises

We also had some fun and games doing **gentle armchair exercises** together. These included **hand-eye co-ordination movements**, which are always funny to do! We also made use of our **stress balls** and **small dumb bells** to make it a good workout.

We always play our residents' choice of **music** in the background which gets everyone's feet and fingers going.

A great way to have fun and keep fit at the same time.



Our biscuits were delicious!