

## Disco lights and exercises at Hengist Field Care Home



**Our residents at Hengist Field Care Home had a great time last week when we hosted a disco-themed gentle exercise class.**

Led by an **instructor on screen**, our ladies and gents had lots of laughs with their **glow sticks**, whilst they enjoyed the **disco beats** and a **funky colourful light show!**

Such a great way to combine exercise with a party atmosphere – *we all loved it!*