

Fun games and laughter at Hengist Field Care Home



What a fantastic fun afternoon we had with our Hengist Field Care Home Horsa community this week!

We played with our **parachute**, had fun with '**bash the balloon**' and also did some **gentle exercises**, including shaking maracas, squeezing stress balls and more!

There was **so much laughter and lots of smiles** and by the time the tea and cake trolley came around, we were certainly ready for a refreshing drink and a piece of cake. We had a well-deserved rest before we continued with some more fun.

