

Hengist Field Care Home residents perfect their parachute skills



We had a brilliant afternoon on Wednesday 28 April here at Hengist Field Care Home, when we got out our parachute for some fun.

We tossed on a **ball** and no one wanted to let it fall from their part of the parachute – our ladies and gents loved it and the **concentration** on everyone's faces was a picture!

Parachute games like these really help with **exercising the arms** and our residents could certainly feel it.

Great fun, with lots of laughter!