

## Hippy Week and Fred Clark at Hengist Field Care Home



### 1960s fun

Last week at Hengist Field Care Home, our lovely residents took part in our fun-filled 1960s hippy week!

We had a variety of 1960s themed activities for our ladies and gents to take part in, including arts and crafts when we made our very own **VW hippy campervan**.

Everyone enjoyed **music, quizzes, games** and **dressing up**; there were a lot of smiles and laughter throughout our **Home**.





Looking groovy!

## Singing with Fred

On Thursday 18 November, we welcomed the amazing **Fred Clark** back to sing for our lovely residents at **Hengist Field**.

He sang a variety of songs from *Elvis Presley* to *Cliff Richard*, which got our residents clapping their hands and dancing to the beat.

Fred is such a favourite with our residents and he really engages with his audience.

We're all looking forward to seeing him again very soon.

### Coffee afternoon

Our residents came together for a tea/coffee afternoon on Sunday 21 November.

We had a variety of **yummy biscuits** on offer which our residents thoroughly enjoyed; David loved tucking into his favourites fig rolls – *yum!*