

St Georges Day entertainment at Hengist Field Care Home



St George's Day

On Saturday 23 April we had a brilliant afternoon at Hengist Field Care Home, celebrating St George's Day with entertainer Rob T, who sang a wonderful selection of songs.

Amongst our favourites were 'Congratulations', 'Sweet Caroline', 'Sweet sixteen', 'Tie a yellow ribbon' and many more!

It was such a fantastic afternoon with plenty of **smiles, singing** and **dancing**.

We finished the celebrations off with a choice of drinks and **St George's Day themed cupcakes**.

Move it or Lose It

On Monday afternoon we held a **gentle exercise session**, using small dumb bells, soft squidgy stress balls, bean bags and large exercise bands.

Doing gentle exercises from our heads to our toes helps to keep the joints supple and moving.

We had lots of laughter and banter, and as you can see from the pictures, we definitely have some can-can dancers in the making,

with the height they can get their legs up in the air!



Seated exercises