**Tuesday 28th May 2024**

A group of people sitting on chairs

Description automatically generated A room with clothes on a swinger

Description automatically generated A group of people sitting in chairs

Description automatically generatedA group of people sitting in chairs

Description automatically generated A group of people sitting in chairs

Description automatically generated A group of people sitting in chairs

Description automatically generated A group of people sitting in chairs

Description automatically generatedAn old person sitting in a chair with a balloon

Description automatically generated An old person sitting in a chair with a balloon

Description automatically generated

What a busy day today. We started the afternoon with lots of warming up ready to play some ball games. We had a lovely full lounge with residetns and family, and everyone joined in. There was stretching the legs and arms and then we did catch with the large beach ball. There was bouncing and catching and throwing, which was good hand eye coordination and helped strengthen upper limbs. It was also a really good laugh for everyone which is great for them to all connect and have the social contact.

An old person sitting down

Description automatically generated A person lying on a couch and holding a plant in a container

Description automatically generated A person sitting in a chair

Description automatically generated An old person lying in bed with a funnel over her head

Description automatically generated

An old person holding a glass

Description automatically generated A person holding a cup and a container

Description automatically generated

We also did some more sunflower seed planting. Heather loved getting her hands in the soil and although Dorothy did plant hers she was more cautious of gettting dirty. But chatted and enjoyed it none-the-less.

A person sitting at a table with cards

Description automatically generated A group of women sitting at a table

Description automatically generated A person sitting at a table with a puzzle piece

Description automatically generated A person sitting at a table with puzzles

Description automatically generated

The whole day had begun with some calm and relaxing time doing some puzzles in the dining room. Cynthia did well helping Carol with the lovely safari puzzle, and Carol joined her mum Sheila helping out too.