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Last week, our residents at Woodstock Residential Care Home enjoyed playing a game of balloon tennis in different lounges throughout our Home – it was as if we'd arrived at Wimbledon!

We used **pool noodles** as our tennis rackets and **balloons** for the tennis balls, a great way to exercise our arms and upper bodies.

We sang along to **old pub songs and upbeat 60s music** while playing, so our vocal cords had a work out too! *Great fun!*