Woodstock Care Home

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"Life is more fun if you play games" Roald Dahl

Woodstock Residential Care Home residents had a day full of fun and games this week; we played Bean Bag Target, Bowling, Balloon Game and then we finished the day off with a few games of Bingo!

Playing games isn't just fun – it can help stimulate our brains and they encourage our residents to interact with each other. Taking part, achieving and winning all promote feelings of happiness and well-being too.

We played the classic game Bingo