

## **Woodstock Care Home**

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## On Friday 21 January at Woodstock Residential Care Home we all had a jolly afternoon playing balloon tennis.

Everyone enjoyed batting around the colourful balloons with foam noodles and tennis rackets.

We all had a cheerful **singalong to old pub songs** too and had so much fun laughing along with each other.

A great activity to exercise the arms and boost everyone's mood. Great fun!