

Posted on October 31, 2023



On Saturday 28 October our Woodstock Residential Care Home residents had lots of fun with a new clubbercise program.

Our residents participate in daily exercise which is important to physical health and mental wellbeing. With lots of benefits to physical activity, we try to encourage everyone in fun and interesting ways to get moving and keep active.

This was such an **energetic activity** and everyone **enjoyed grooving and singing along**. We made our first clubbercise session Halloween themed, with seated dance moves to Halloween music. We gave our residents **coloured glow sticks** and we used them to illuminate the room in the dark to make it exciting. We used our glow sticks in our 'Time Warp' dance, to stretch out our arms and warm up our bodies with the wiggle! We also loved using our glow sticks to cast spells like we were witches and wizards along to the music 'Put a spell on you'.

At the end of the session we were able to turn the glow sticks into bracelets and our ladies and gents showed them off for the rest of the day.

We are looking forward to what our next clubbercise session will bring!



