

Woodstock Care Home

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Our ladies and gents here at Woodstock Residential Care Home took part in Cycling Club this morning – a great way for them to get some gentle exercise while having fun!

Each resident has their own set goal to achieve, with some residents achieving over 1,000 cycles.

Our gentleman Jonty (pictured below) does 1,000 plus per day!



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Jonty does over 1,000 cycles a day!