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On Wednesday 25 June we welcomed a Zumba teacher to Woodstock Residential Care Home, for some lively exercise and dance.

Our residents really enjoyed dancing to the music as they love 40s, 50s and 60s songs. While they were dancing they were singing too – so it was a workout for upper bodies *and* vocal cords!

Everyone had a great time with their pom-poms too – it was a real party atmosphere and a great way to keep fit together.

