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On Wednesday 13 July, we welcomed back Right Step Dance Company to Woodstock Residential Care Home and enjoyed singing and dancing along to music.

This **seated exercise class** gave us a chance to move our arms and legs gently with the dance moves, using coloured scarves to wave too.

We all enjoyed **singing along** together and this was a good chance to release some energy and have a bit of fun; different songs included 'Splish Splash' and 'Yellow Submarine'.

We also had fun working as a team to move balls around the **parachute** – *our arms certainly had a workout that day!*



Waving our scarves!



Parachute games