

*Posted on March 25, 2019*



**On Sunday 24 March, our lovely resident Val celebrated her birthday at Woodstock Residential Care Home and loved her starry celebration cake.**

On the same day, we had a visit from **Rob T** who performed a selection of songs and played his ukulele for our residents, including a special 'Happy Birthday' to Val, which she really enjoyed. As always, Rob's entertainment went down very well and our ladies and gents loved singing along to his music and dancing or tapping their feet to the beat.

#### **Knitting Club**

We have started a knitting club at **Woodstock** and our residents are very enthusiastic about it.

They are currently making mini hats to cover bottles of Innocent smoothies in support of [AgeUK's Big Knit](#). For every smoothie sold, AgeUK receive 25p, and that money helps them to be there for older people who have no one else to turn to.

Our residents are doing really well and have been knitting away in our **Home!**

**Pedal happy!**

We have also started a daily **Cycling Club** with our ladies and gents, using a foot pedal exercise machine, perfect to use when sitting. Our residents really enjoy it and spend about 5-10 minutes cycling, chatting as they go!







