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**On Tuesday 18 October everyone at Woodstock Residential Care Home had a busy day filled with music, exercise and lots of smiling faces!**

We had an energetic visit from **Mo and John** in the morning – joining in with seated chair exercises to music. **We made our own percussion music using paper plates** to keep the rhythm going. Mo and John always keep our brains active too, as they finished the session off with a **music quiz**.

We are always happy to have these sessions and enjoy listening to **John playing his saxophone**.

In the afternoon, everyone at **Woodstock** put on their dancing shoes and had a sing and dance along with **talented singer Fred**. We had so many smiling faces, happy to sing along to some upbeat music!

Fred even had a duet with some of our residents and staff and had everyone joining in, clapping along. We all joined hands and swayed to music, singing to one of our favourites – ‘Sweet Caroline’.

We all thoroughly enjoyed our fun-filled day and finished with a lovely cup of tea, putting our feet up which was well deserved.

*We are all looking forward to our next musical activity when we can enjoy another sing along and dance!*

