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Giant ball and balloon game

Our residents at Woodstock Residential Care Home enjoyed a massive group game of giant football and balloon last week. We all got together in a circle and had fun kicking and batting the balls and balloons away with our hands and feet.

This was a great way to exercise and get our body moving. We had lots of laughs and this was a lovely way to get everyone together for a lively activity. We enjoyed listening to our favourite music while playing and had a good sing along.

