

## **Woodstock Care Home**

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## Our residents at Woodstock Residential Care Home loved playing their favourite game last week – 'The Big Ball Game' using a large inflatable football.

This is a brilliant way to both exercise and have lots of fun! Everyone loved getting involved throwing, catching and kicking the ball (we even had the odd header!).

We put on some music and just had fun; a great way to get our arms and legs moving!