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Our Woodstock Residential Care Home residents have been keeping active over the Christmas period by taking part in 'Tinsel Toes' workout sessions.

During these classes we like to get everyone feeling festive by wearing **Santa hats** and **Christmas boppers**!

We all had a tambourine and played along to Christmas music including '*Jingle Bells*', '*Santa Clause is Coming to Town*' and Band Aid.

We like to **set up routines for our ladies and gents to follow**, to ensure that they've got every arm and leg moving to the music whilst having fun. We also enjoy having a good **singalong** to the music and all have a laugh when trying to hit the notes in the song '*All I want for Christmas is Yooooouu*'!