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Our ladies and gents at Woodstock Residential Care Home had a brilliant time on Friday 4 September when Mo and John from 'Music for Health' came to our Home at a safe social distance.

[Music for Health](#) provide interactive musical workshops and we love seeing them.

We all enjoyed getting into the beat of the music and singing our hearts out to all the old classics!

John and Mo really know how to get everyone moving and enjoying themselves; we have really missed seeing them, so it was great to have them back.