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Our residents at Woodstock Residential Care Home enjoyed joining in with a fun activity using our colourful parachute last week.

We all sat in a circle, held on to our edge of the parachute and began moving **balloons** to each other, controlling the balloons with movements from our arms and the parachute itself.

We enjoyed working together to move balloons around the parachute, with **old pub music** on in the background to sing along to and move our arms to in time to the beat.

This was such a fun way to exercise and brighten everyone's day – *it was so good to see everyone's smiling faces!*