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**On Tuesday 17 November, our Recreation and Well-Being Team, Marina and Lauren, got our residents together for a bit of fun exercise at Woodstock Residential Care Home.**

The group started off with gentle movements, then moved up to using **pom-poms** and **instruments**. They got very lively with paper plates, getting into the rhythm – *great fun!*

And at the end of the session, they went through some wind down movements and '*shook it all out*' to finish!

*We all agreed that doing exercises is great fun when you keep it light-hearted!*