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**Last week we enjoyed a variety of activities throughout our Home at Woodstock Residential Care Home.**

Our residents had fun **playing dominoes, snakes and ladders, balloon tennis, target games and darts** – these are just some of the activities that we like at **Woodstock!**

Active games can provide a variety of **health benefits** including improving hand-eye coordination, spacial awareness, heart health, muscle tone, balance, healthy weight levels, circulation and digestion.

*They are a great way to bond with others and, most importantly, to have fun!*