

## Birthday fun and Right Step exercises at The Old Downs Residential Care Home



### Birthday fun

We had a double birthday celebration here at The Old Downs Residential Care Home on Wednesday 15 November.

Our lovely resident **Edna** celebrated her 84th birthday and **Hazel** was celebrating turning 88.

We organised a special party for our ladies, with **balloons, bubbles, tea and cake!** They thoroughly enjoyed their special day with their families and other residents in our Home.

*Many happy returns to them both!*

### Right Step

During the day we also hosted a Right Step Dance **exercise class**, with our lovely residents, colleagues and family members joining in together.

We all thoroughly enjoyed **exercising to music** and had great fun keeping fit.

