

## Daily Sparkle and Right Step exercises at The Old Downs Residential Care Home



### Daily Sparkle

Last week on Monday 25 September some of our lovely residents joined in for a coffee morning and Daily Sparkle session here at The Old Downs Residential Care Home.

Everyone enjoying **reading and socialising** with one another over a nice cup of coffee.

### The Right Step

On Wednesday we had a visit from **The Right Step Dance Company** which was lots of fun.

Our lovely ladies and gents enjoyed the **exercise class** with maracas and pom-poms, singing along and dancing.

*We all had a great time whilst keeping fit!*