

Right Step and popcorn at The Old Downs Residential Care Home



Right Step fitness

Our lovely residents joined in for some Right Step seated exercises here at The Old Downs Residential Care Home on Thursday 14 March.

Keeping fit and mobile is important as we age, and our residents enjoy these fun sessions, moving and stretching to **good music** and **socialising** at the same time.

This session included working out our arms with a **colourful parachute** and some **glittery pom-poms** – *great fun!*

Perfect popcorn...

The same day marked '**Popcorn Lover's Day**', so we couldn't miss a chance to make the most of it! Our residents enjoyed tucking in to their popcorn – *sweet flavour was their favourite.*

