

Exercises with Erica at Lukestone Care Home



On Thursday 27 April, Erica from 'Right Step' dazzled our residents at Lukestone Care Home with her big bag of wonders!

She created a **fun atmosphere** with her boombox playing **lively songs** which got many of us dancing in our seats.

Erica gave a warm greeting to everyone in our main lounge and handed out **ribbons, scarfs** and **pom-poms** for her different acts. Our residents played with these colourful items and followed her moves like they were cheering one another. Clara joined in with the fun, shaking her bright pom-poms with a cheery face.

Lastly, Erica took out a **long rainbow** from her bag which she lifted up and down with our ladies and gents, one by one, who got to enjoy the colours and a pleasant breeze after their workout.

Thanks for a great session Erica!





