

From sack races to volleyball at Lukestone Care Home



Last week we had an amazing Sports Day at Lukestone Care Home!

We had the pleasure of some sunny warm weather for the day and were delighted that so many of our residents participated.

We had a variety of games and activities on offer for both our residents and the staff; these included the **sack race, wheelchair egg and spoon race, ring toss, tin can toss** and so much more!

We arranged a variety of activities so that all our residents could enjoy at least one or two things they liked.

For our residents with restricted mobility, we had a wheelchair egg and spoon race where each resident balanced an egg on their spoon and had a member of staff push them to the finish line.

At the end of our Sports Day we had a big game of staff and resident **seated volleyball** – lots of our residents joined in and it was fantastic!

We offered drinks and shade throughout the event to keep everyone hydrated as the weather was hot. For prizes, we had **sweets and medals** which our residents loved receiving.

What a fantastic day, thoroughly everyone by enjoyed!



Staff sack race and target practice