

Lukestone Care Home hosts fun garden Sports Day



On Thursday 20 July we held our 'Sports Day 2023' at Lukestone Care Home – an entire day laid out for sports activities with everyone welcome to participate in the events.

Our **residents, staff and families** all came in to join once the games began. It was a full day of excitement as our residents got to **enjoy the outdoors** whilst observing or participating in the games. Even though some were not interested in playing, we could hear them cheering on from the sidelines!

*We held a **relay race, egg and spoon race, three-legged race** and **sack race**. We made sure our residents were safe when partaking in the games and assigned one staff or family member to always support them.*

After each game, we presented **medals and mini trophies** to our winners. *With so much laughter and cheering everywhere, it was an incredibly fun day for everyone!*



