

## Lukestone Care Home residents enjoy crafts and a sunny walk



### Creative arts

Last week we enjoyed taking our Lukestone Care Home residents to Paula's Pantry where we all enjoyed lots of arts, crafts and painting together.

Particularly effective were our pictures on black paper, using colourful paints and luminous pens.

We hung our residents' paintings on the walls for their loved ones to enjoy when they visit.

### Fresh air and exercise

Some of our residents enjoyed a **morning walk to our local park** recently, when the sun was out. They all really loved the fresh air and bright weather, which is always so uplifting after the winter months.

We've also been keeping up some **daily morning exercises and chair yoga**, as well as some **bean bag games**, to keep everyone active; great for general movement and coordination, and of course great fun!

