

## Making Christmas decorations and an advent calendar at Lukestone Care Home



On Tuesday 1 December, our residents at Lukestone Care Home made a special Advent Calendar to start the countdown to Christmas.

Each day, one of our residents will add a puff of white cotton wool to our Santa's bare beard – when it's full, it means he will be with us that night!

We have also been busy making colourful painted **Christmas star ornaments** and **Christmas cards** to be sent out to our families. And we were definitely feeling in the festive mood when we decorated our **Christmas tree**.

We always try to keep as fit and healthy as possible too, and did not forget to exercise in the week with lively **parachute games** and upper body workouts with scarves.

