

## Balloon exercise class at Loose Valley Care Home



**On Thursday 27 January we held a balloon exercise class at Loose Valley Care Home, to get our arms active and test our coordination by trying to keep balloons in the air and batting them to the person sitting opposite.**

We **inflated eight balloons** and each resident had a lag pipe to bat them about on the table and high in the air – landing on the floor and under the table most of the time!

Paula and Hayley from our Recreation and Well-being Team got plenty of exercise throwing the balloons in the air then retrieving them once they'd bounced out of court!

We also had our **tin can alley** for some target practice with bean bags, which was popular!

Everyone needed lots of **energy** for the session! There was plenty of **laughing** too – *a fantastic activity for socialising and having fun.*