

Exercises with Jackie at Loose Valley Care Home



On Monday 13 December we welcomed our lovely volunteer Jackie to Loose Valley Care Home to give our residents an exercise class.

Jackie and her husband David **volunteer** their time once a week to chat to our residents and engage in exercises, arts and crafts – and David kindly drives our minibus and would take us on outings before COVID.

Jackie had **Christmas carols** playing during her exercise session and our residents used **pom-poms** to sway and move up and down.

A big **beach ball** was used to throw and kick, and also some **long bands to stretch and pull**. All great for working different muscles gently.

This was the last time we'll see Jackie and David before Christmas, so Diana put a **hamper** together for them, to thank them for all their hard work. We presented it to them for Christmas to enjoy with love from everyone at **Loose Valley**.