

Garden Olympics at Loose Valley Care Home



We kicked off this week with some Olympic fun here at Loose Valley Care Home on Monday 26 July.

We started with our **rings event**, throwing them over the neck of our inflatable flamingo, that was fun! ...*we didn't quite have the proper colours for the Olympic rings so just choose the nearest!*

Then onto the **dice**, where one resident would call out a number from one to six and guess what number it would fall on – we did get lucky on a few and guessed correctly. We also used our target mat on the ground and guessed the numbers again.

Our **tin can alley event** was popular – throwing bean bags at the cans and knocking them down... a very noisy game!

We also did **synchronised pom pom waving**, making circles, up and down movements like waves and crossing our arms.

We closed with our **medal ceremony**. Everyone got gold of course and waved their union jacks!

Great fun and we hope we did Team GB proud!