

Music and exercise at Loose Valley Care Home



Residents at Loose Valley Care Home enjoyed a wonderful afternoon of music with [Michael Lack](#) and his saxophone on Thursday 11 October. He played and sang well-known Swing tunes which had us all tapping our feet in time to the music. Everyone enjoyed his show and we're really looking forward to him coming again to entertain us.

The ladies at **Loose Valley** took Taigh's exercise class on Wednesday 17 October – everyone enjoyed it and we even had a singalong while waving flags. The class is great for encouraging all sorts of hand, arm and leg coordination and remembering which order the moves go in.

