

## Name That Tune and seated exercises at Loose Valley Care Home



**On Tuesday 7 July we brought out our new karaoke machine and played 'Name That Tune' from our musical Bingo CD here at Loose Valley Care Home.**

As the music excerpts played, our residents sang along with the words once they had recognised the tune. Songs included '*Knees up Mother Brown*', '*How Great Thou Art*', '*We'll Meet Again*' and even '*Jingle Bells*' and '*Silent Night*'! It seemed strange singing Christmas tunes in the summer!

There were a total of 40 tracks on the CD – so lots of fun!

When we had finished, we turned the music down to slow American Indian panpipes and shared some slow **seated exercises**. And to finish off, we enjoyed a **quiz** together.





