

## **Seated sports day fun at Loose Valley Care Home**



**On Monday 19 August we were excited to host our very own mini seated sports day here at Loose Valley Care Home.**

It was a lovely warm day so we decided to go out into the garden to enjoy the sun and fresh air.

We had a selection of activities, catering for different abilities, including:

Extra large darts to aim into a target hoop ....stand well clear!

Target football with mini goal, with a ramp for rolling the ball for those residents who could not kick

Bean bag throwing into a numbered pocket so we could add up the scores as we went

Lastly, a general knowledge quiz to exercise the mind.

We had prizes too and our first prize winner was delighted to receive some body lotion and hand cream.

Everyone had great fun together in the sunshine.



