

G Fitness and celebrating Roald Dahls birthday at Abbotsleigh Care Home



G Fitness fun

Last week at Abbotsleigh Care Home we welcomed the lovely Henry back from G Fitness.

Our residents love it when he gets us all moving! He has a **great music selection** and everyone loved catching the ball and dancing in between.

Thanks for such a fun session Henry!

Celebrating Wonka!

Tuesday 13 September marked **Roald Dahl's birthday**, we chose to focus on his famous book 'Charlie and the Chocolate Factory'.

We made special **golden tickets** for our residents to win **prizes** (unfortunately not a whole factory!).

We also had a **sneaky bit of chocolate** for dessert at lunchtime too – *and why not indeed!*

After lunch we settled down to watch the **Charlie and the Chocolate Factory** film, which we all thoroughly enjoyed.



