

## Gfitness and Miss Holiday Swing come to Abbotsleigh Care Home



### Exercise and well-being

It was another fantastic week at Abbotsleigh Care Home thanks to our Recreation and Well-Being and a visit from [G-Fitness](#).

Keeping up with our gentle exercising, we started the week off with some balloon tennis and soft darts, which was a great hit with our residents. **G-Fitness** are a specialist organisation who came to our **Home** and delivered a great exercise session focussing on strength and mobility.

We also enjoyed some painting with our residents, creating colourful artwork to add to our art gallery; Not to mention some creative biscuit and cake decorating – *perfectly timed to enjoy the sweet treats with our mid-morning cuppa!*

### Miss Holiday Swing

We ended the week off with a lovely performance from [Miss Holiday Swing](#) – our residents really enjoyed her performance and a few even got up and danced!













