

## Zumba fun and afternoon tea at Abbotsleigh Care Home



**Donna** our Zumba instructor came in to Abbotsleigh Care Home last week to run a class for our residents. Her workout proved very popular and a group of our ladies and gents really enjoyed getting involved, singing along and shaking their glittery pom-poms.

We've had another visit from our beautiful **local horses**. Our residents Reg and Jenny were very taken with them and enjoyed spoiling them with some apples and carrots.

We were also delighted to enjoy a wonderful **afternoon tea on Friday**, which was a prize from our Summer Fete. It was a lovely prize to win, with delicious cakes and sandwiches shared over beautifully dressed tables. It went down very well with everyone!







