

Princess Christian Care Home residents are balloon tennis champs



Our delightful Joyce, who's 103 years young, joined in for balloon tennis on Monday 22 April here at Princess Christian Care Home, with her fellow residents.

All our ladies and gents played very well and didn't miss the balloon once – *what a clever lot!*

Seated games like these are **so much fun** and great for **upper body fitness and flexibility** too, *it's a win, win!*