

1960s fun at Silverpoint Court Residential Care Home



On Friday 8 April we had a fun day celebrating the 1960s at Silverpoint Court Residential Care Home.

Seated exercises

We held our **'Move it or Lose it' exercise class** in the morning and played **60s music** to get everyone in the spirit! Our residents are amazing and their movements has really come on. It's wonderful how they have learned the moves to all our dance music favourites!

60s Quiz

We organised a **1960-themed picture quiz** called *'Name that tune'*. Our residents had to look at a picture and guess the name of the song. Everybody really enjoyed playing and we were amazed how well they guessed the songs.

We also hosted a question and answer quiz based on things from the 60s and gave out 1960s word searches to enjoy, plus colouring pictures of the Beatles to do! Everyone had a wonderful time, with lots of smiles all around.

Themed lunch

Our 1960s themed lunch featured **beef stew, fish and chips** and **scampi and chips, with bread and butter pudding for dessert**. We were also treated to an old party favourite – **cheese and pineapple on sticks!** *What a blast from the past, especially with 1960s music playing in the background!*