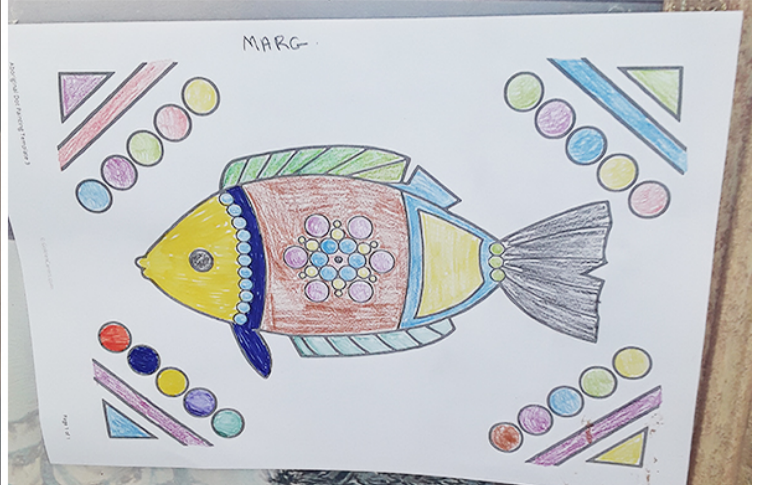
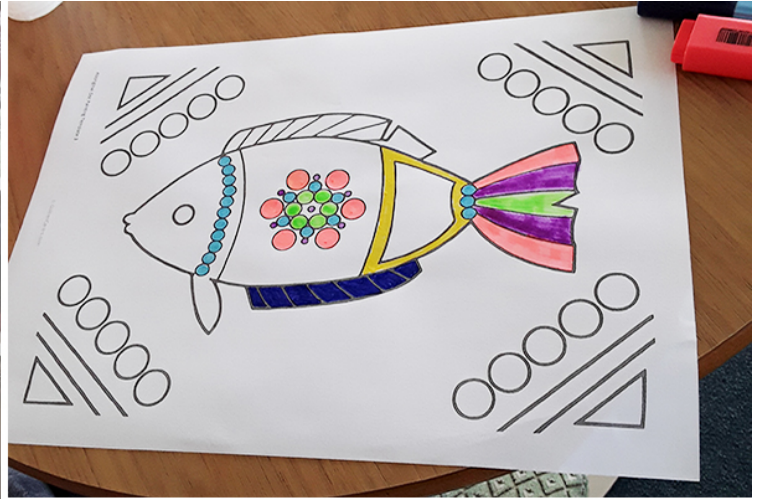


Aboriginal colouring and seated exercises at Silverpoint Court Residential Care Home



Aboriginal art

Our residents at Silverpoint Court Residential Care Home enjoyed an arts session recently when they each coloured an aboriginal fish picture using lots of different colours.

We had a wonderful array of **vibrant fishes** and it was super to see so much concentration going in to them. Some of our residents finished their fishes, whilst others will complete theirs next time.

They'll look fantastic displayed in our Home!

Exercises

On Monday 29 August we held a fun session of exercises. The class included some **facial exercises** – blowing up our cheeks and making a sound when we let out our breath, which was very funny!

We then **made up an exercise sequence**, clapping hands, putting our arms out in front and tapping our legs in time to the music –

repeating it several times. *Everybody had a lot of fun doing it and remembering the movements.*