

Active games at Silverpoint Court Residential Care Home



Our residents at Silverpoint Court Residential Care Home have enjoyed a variety of fun, active games this week.

Bowling and catching games, and a *'Move it or lose it'* class helped our ladies and gentlemen get moving – and laughing! Our residents said they really enjoyed them.

'Move it or lose it' had everyone in a hyperactive mood; we all relaxed afterwards with a cup of tea.

We also had a wonderful coffee morning while listening to songs by *The Monkeys*. Everyone sang along and had a good chat.



Our ladies and gents played a gentle game of catch



A relaxing game of bowls