

Armchair exercises at Silverpoint Court Residential Care Home



On Tuesday 29 August our ladies and gentlemen at Silverpoint Court Residential Care Home enjoyed 30-minutes of armchair exercises with the choice of joining a group session in the lounge or taking part in the comfort of their room.

Focussing on our arms, shoulders, hands and legs, Adrienne, John and Flo were really enthusiastic and did really well. Beryl did a leg workout and Vera was very flexible exercising her arms, neck, shoulders, hips and legs, which she enjoyed very much.

Malcolm, Ivy, Jean and Ella took part in the armchair exercises in the lounge and they all did wonderfully!

