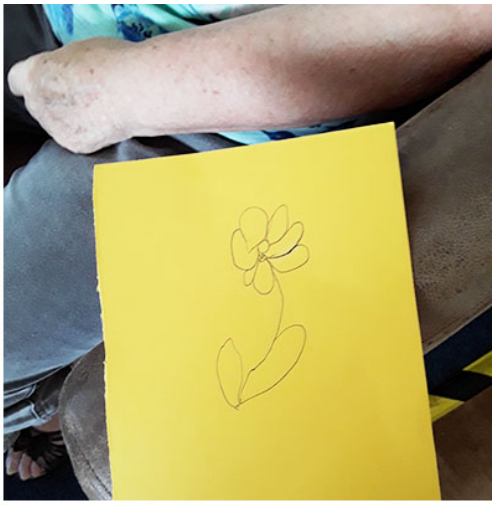
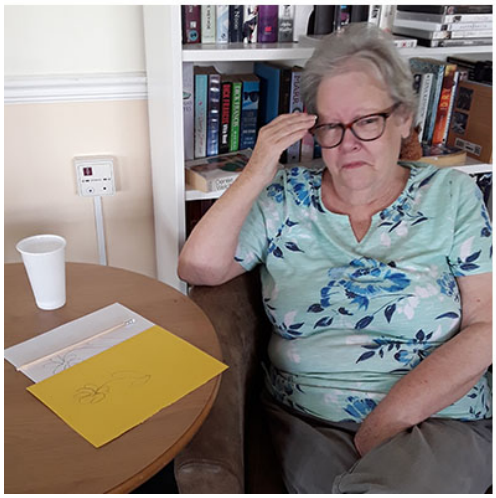
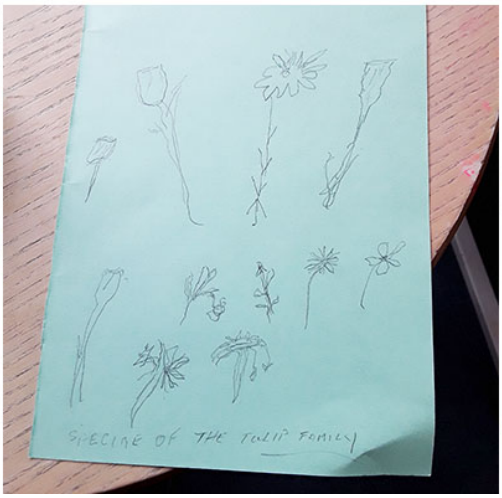
Silverpoint Court
Care Home

Art club and coffee morning at Silverpoint Court Residential Care Home

Strength and balance

On Monday 11 July, we held an exercise session focusing on strength and balance here at Silverpoint Court Residential Care Home.

All our residents did extremely well, and we made sure we didn't overdo it in the heat!

Art club, singing and games

In the afternoon, we ran our art club, when some of our ladies had a go at **drawing a flower** – they really impressed us with their pictures. *Well done to them all!*

On Wednesday 13 July we held a **lively singing session** which everybody really enjoyed.

We also played **'What's in the bag?'** - getting our ladies and gents to feel hidden objects without looking and guess what they were, which was a good giggle!

Coffee morning

We held our coffee morning with the **Weekly Sparkle** this week and films were a popular topic of chat. We talked about **Yul Brynner** and the films he was in and the wonderful actor **Patrick Stewart** was one of our residents' favourite subjects as they all remembered him in Star Trek!

Then we talked about Wuthering Heights the film and also **Patsy Cline** and her music, so we played some of her songs when we finished.

Our **quizzes** this week included a book quiz, knitting puzzle and a song puzzle which was '*Lollipop*' by The Chordettes – *a classic tune!*

Coffee morning chats