

## Balloon game fun and fitness at Silverpoint Court Residential Care Home



**Our residents had fun with some balloon games as a bit of exercise on Tuesday 2 November at Silverpoint Court Residential Care Home.**

It was very exciting and quite a fast game at times – our residents made Recreation and Well-Being Team member Julie run around as they played well together as a team, batting the balloon forwards and back.

Joan said she *'loved the game!'*

Later, as the music was playing, some of our ladies danced to the beat with their balloons or with our staff.

*What fun ways to keep fit!*



A turn on the dance floor!

