

Balloon tennis fun at Silverpoint Court Residential Care Home



Last week a great time was had by our Silverpoint Court Residential Care Home residents who took part in some lively games of balloon tennis.

We sang along to **music from ABBA** and spoke about tennis players from the past, which sparked lots of **reminiscence**.

It was great to see everyone laughing and joining in – balloons were moving around the lounge all the time....everyone certainly got some good exercise!