

Bank holiday buzz at Silverpoint Court Residential Care Home



Zumba, Grease and bingo!

We made the most of the bank holiday weekend here at Silverpoint Court Residential Care Home with lots of fun shared activities.

On Monday 30 August we enjoyed a **Zumba class** together which is always great fun and it helped limber us up and get us in the mood for the **film Grease** which we showed in the afternoon.

We had a brilliant time watching the movie, dancing and singing along to all the brilliant tunes.

Everyone laughed when they saw Lynda from our Recreation and Well-Being Team walk into our lounge **dressed as the character Frenchie**, complete with pink hair and a Pink Ladies jacket! We all loved singing along to her classic song '*Beauty School Drop Out*' – so much fun!

We finished the day with six games of **bingo** with some **special bank holiday prizes**, including some gold snow globes which went down a treat with everyone!

Seated exercises

And Tuesday saw more keep fit as we hosted another of our '*Move It or Lose It*' **exercise classes**.

Everyone joined in and it's so wonderful to see our residents' movement and flexibility improving so much.

A rewarding cup of tea and slice of cake for everyone afterwards!