

Birthday celebrations for Joyce at Silverpoint Court Residential Care Home



Birthday wishes

Our lovely Joyce turned 89 on Wednesday 6 October, when her family came to visit her at Silverpoint Court Residential Care Home.

She was delighted to received some **beautiful flowers**, as well as lots of **wonderful cards** from friends, family and everyone at our **Home**.

At lunchtime we all sang 'Happy birthday' and made a fuss of our birthday girl, putting her flowers on display in her room at her request.

We encouraged all our staff and residents to sing 'Happy birthday' to Joyce at breakfast too so she heard it twice! Her face was full of joy!

Many happy returns Joyce!

Coffee morning

Our coffee mornings are always well attended each week and we enjoy some **amazing debates and discussions**. We encourage our residents to read a little of the **Daily Sparkle** if they want to, as this has always been very successful at bringing us together as a team.

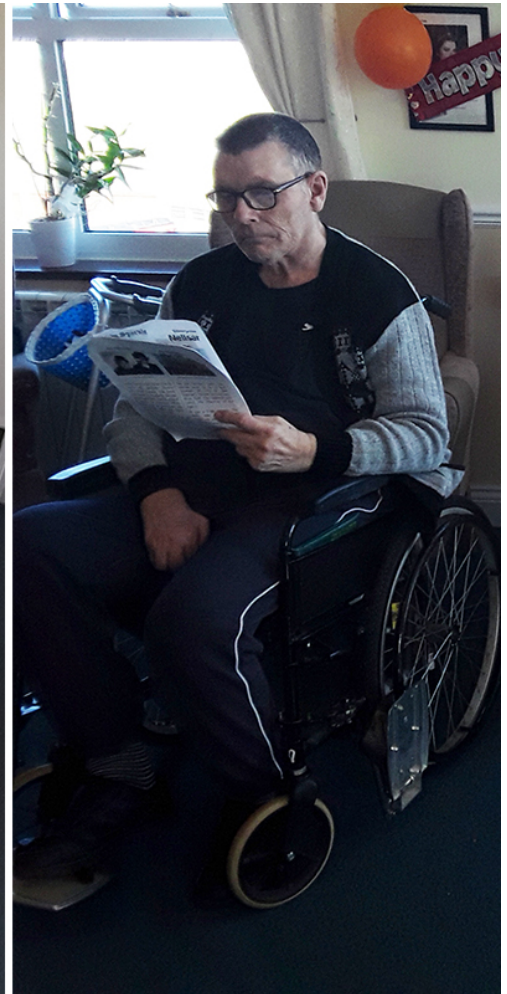
Tommy, Sheila, Jean and Alan really enjoyed the group and everyone had a **delicious Baileys coffee**.

At the end we talked about harvest festival and we had a sing song to '*We plough the fields and scatter*' – we put the song on and the words up on our TV. Our staff joined in and our whole house was a filled with happiness.

Seated exercises

On Thursday 7 October we held our '**Move It or Lose It**' exercise class.

Our residents requested old time music on today and everyone was giggling away, in fact we think it's true what they say...*giggling is the best exercise for body, mind and soul!*



Enjoying the Daily Sparkle