

Biscuit decorating and keep fit at Silverpoint Court Residential Care Home



Biscuit decorating

On Wednesday 11 January we ran a biscuit decorating session in the afternoon with our residents at Silverpoint Court Residential Care Home.

It was **great fun and very creative** – Jean and Adrienne were particularly engrossed in making their biscuits look beautiful.

Keep fit

We also held our keep fit class when we were rocking the house down, with everyone **singing and dancing during their keep fit movements**! Such enthusiasm from all our residents and staff, with lots of laughter.

The **shimmying** from our ladies and gents was amazing and hilarious. *Great fun!*

