

## **Boccia and The Grand National at Silverpoint Court Residential Care Home**



### **Boccia fun**

**On Friday 9 April our residents at Silverpoint Court Residential Care Home came together for a game of Boccia in our lounge.**

The basic principle of Boccia is to throw the balls as close as possible to the target. It's a sport of control and accuracy, similar to curling or lawn bowling, with each team having a specific colour ball and trying to score points.

***Our residents were in teams of colour and code names;***

*The brown chocolate buttons*

*The orange pippins*

*The yellow lemon drizzle cakes*

*The blueberries*

With lots of competitive play, our eventual winners were the **Orange Pippins** with a **score of 25 points**. They were awarded gold

medals – *well done team!*

With music in the background and banter throughout, it made for a very enjoyable morning.

## A day at the races

On Saturday 10 April we all enjoyed a day at the races, with the excitement of **The Grand National**.

Lynda from our Recreation and Well-Being Team brought in a newspaper for the forecast, and cut and folded all the 40 horses and our residents took one or two horses from the **sweepstake** box. They thought it was great fun and wrote their names beside their horses. Some were not hopeful with odds of 100-1, but he came in second!

Everyone cheered and shouted for their chosen horses, and we all loved the race.

Our lovely Alan's horse came in first and he received a **box of gold guineas (chocolate ones!)** to celebrate.

*Great fun!*



Boccia and horses