

## Boccia fun at Silverpoint Court Residential Care Home



### Who's best at Boccia?!

On Friday 4 June our ladies had a very competitive morning playing Boccia here at Silverpoint Court Residential Care Home.

Boccia (pronounced 'Bot-cha') involves players propelling a ball onto a court with the aim of getting closest to a 'jack' ball; it's a great way to enjoy exercise from the comfort of a chair.

Our ladies played in colour and code name pairs; **Joan and Viv won medals**, with a score of 27. **Lily also won with Marjorie**, with 27 points.

We enjoyed taking photos of the match and presented chocolate buttons to our winners! Music and cups of tea were welcomed after play!

### Keeping cool

Summertime is here and so we've been enjoying **ice lollies**, **ice splits** and **choc ices** to keep cool. Two of our residents also enjoyed some of our **delicious fruit punch** and everyone gets excited to see our hydration trolley come out! On Thursday 3 June we had **help from Lilly**, who kept our trolley very clean and organised. *Thanks Lilly!*



## Prize winner

Our lovely **Sylvia** has won a beautiful prize of body butter shower and bath creme and a shower net flannel set, which smells good enough to eat! She has worked hard to collect six medals from a range of activities including quizzes, Boccia and a colouring competition. *Well done Sylvia!*



Our hydration trolley and ice lollies were very welcome!