

Chit chat and armchair exercise at Silverpoint Court Residential Care Home



One-to-one chit chat

This morning at Silverpoint Court Residential Care Home, our Recreation and Well-Being team member Sharon went from room-to-room to have a chat with our residents.

Sharon, Vera and Adrienne were all having a nice chat in Vera's room, and later she visited Ted to have a little chat with him. Sharon also spoke to Alan, Albert, Rose, Violet and Terry.

Armchair exercise class

This afternoon at Silverpoint Court, we enjoyed a group activity of Armchair Exercise with our residents.

Joining in were Vera, Jean, Adrienne, Rose, Fran, Alan, Ella and Ivy. After all that activity we had a nice cup of tea and cake, while listening to Pat Boone.

