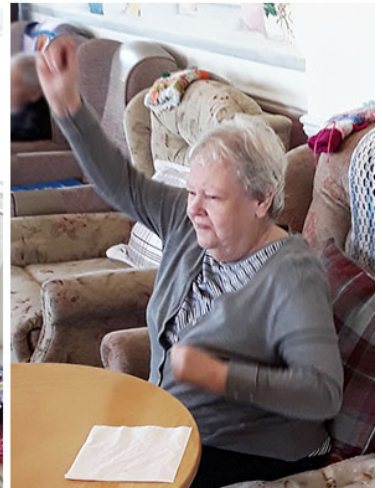


## **Church service and armchair exercises at Silverpoint Court Residential Care Home**



**On Tuesday 17 October here at Silverpoint Court Residential Care Home we had a visit from members of our local church, who gave a sermon and hymns. This was followed by tea, cake and chatter which everyone thoroughly enjoyed.**

Later we held an **armchair exercises session** with a big crowd and lots of participation. It was great to see our residents keeping fit, followed by more **chatting and music**.