

Coffee morning and keeping active at Silverpoint Court Residential Care Home



Coffee morning

This week's coffee morning at Silverpoint Court Residential Care Home was themed around music; before and at the end of the session we played music that was relevant to the subjects we were reading about during the morning, which worked really well.

Everyone said they had had a very interesting group together – they thanked us and we thanked everyone for joining in.

Keeping active

Our **'Move It or Lose It' exercise class** was full once again this week here at our **Home**.

Everyone is very keen to keep fit and wow – they all did amazingly well with their **movements and pom poms!**

It was a fun and happy session, with lots of laughs as always!

Breakfast for the birds!

And we haven't forgotten our feathered friends; Tony kindly filled up our **bird feeder** in the week so everyone can enjoy the birds in our garden – a very relaxing pastime. *Thanks Tony!*



Exercise class fun and Tony making sure our birds get a good snack!