

## Enjoying pastimes at Silverpoint Court Residential Care Home



Our Silverpoint Court Residential Care Home residents enjoyed some of their favourite pastimes last week.

### Skittles, quizzes and puzzles

We had an amazing game of **skittles**, with some lucky prize winners, plus a **quiz** where our ladies and gents impressed us with their general knowledge.

One of our residents chose to do a **puzzle** and in the end she finished two and started another one! She really enjoyed the process of them – *very relaxing*.

### Book Club

We also held our first Book Club on Saturday 11 June. We read a few **short stories** and then discussed what we thought about them. There was a funny story about a pirate, some funny passages with a punch line and one about a wedding, which some of our residents read aloud. Everyone had a lot of fun together.

## Sunshine and games

With the lovely sunshine at the weekend, we had a lovely **sit in the garden** (*with sun cream and hats aplenty!*) and enjoyed chatting the afternoon away!

We've also discovered a **good game called 'Hoy'** which is like bingo but with cards, plus a **lively game of bowls** with Oskar.

## Exercises

Our exercise class focused on **strength and balance** this week and we were amazed how much our residents could do! Today we tried some new exercises using balls and bean bags which was great fun.

## Art Club

Our first Art Club took place this week, run by **one of our residents who is an artist**; he showed everyone how to draw and it went down very well.

Everyone tried very hard on their own work and we had some nice **drawings**. *Well done everyone!*







