

## Exercise fun and coffee morning applause at Silverpoint Court Residential Care Home



### Seated exercises

This week at Silverpoint Court Residential Care Home we had to move into a larger room for our 'Move It or Lose It' exercise class, so many residents wanted to join in the fun!

Everyone's movement is really improving and we all had a good time together, with a nice cup of tea and slice of cake afterwards.

### Coffee morning

Our popular coffee morning with the **Daily Sparkle** magazine and **latte coffees and cream**, was attended by 19 of our lovely residents, with three joining in from their rooms - we'll need a stadium soon!

We read The Sparkle from cover to cover, having **lengthy discussions on many topics** with everyone joining in to put their own perspective, which was wonderful.

We had special **music and quizzes** too and Julie sat with Joan and turned over pages for residents.

We all learn something new every week and Lynda thanked everyone for coming. In unison everybody replied "*No, thank you for doing the coffee morning!*" with a lovely round of applause.

Julie finished by putting on the classic song '*Singing in the Rain*' as our residents left for lunch.

*What a lovely way to spend a morning.*