

## Exercise, games and keeping hydrated at Silverpoint Court Residential Care Home



### Move it or lose it!

**On Thursday 3 March our residents enjoyed our popular 'Move it or Lose it' keep fit class at Silverpoint Court Residential Care Home.**

Residents came out of their rooms to see what was going on – and some who had previously said no to the class soon came to join in the fun!

And who can resist a boogie to The Jackson Five, followed by a sing song afterwards! *Great fun!*

At this week's session, our residents enjoyed doing all the actions to 'YMCA' and we are now learning the Macarena! Everyone joined in and we had a full house, with staff giving it a go, as it's such a catchy tune.

We had a good giggle and it was exciting to see our residents had all got to grips with the moves – some of them said they had been practicing. *How lovely!*



## Fruity refreshments

Our Hydration trolley was out and about on Saturday 5 March, offering ice lollies, orange crush drinks and cloudy lemon for everyone to enjoy.

Our ladies and gents always look forward to the trolley approaching with its music playing and everybody thoroughly enjoyed their refreshments.

## Music and bowls

We had lots of fun with pom-poms and funky music from the 1970s on Sunday 6 March, followed by some games of seated bowls in our lounge, which is a firm favourite. Lots of prizes on offer, which always ups the stakes!



Pompoms at the ready!



Our ladies always enjoy this fun exercise session





Look at those smiles