

Exercises and a coffee morning with music at Silverpoint Court Residential Care Home



Move it or lose it exercise

Wow, what a fantastic turn out this week for exercises on Tuesday 15 June here at Silverpoint Court Residential Care Home.

Everyone said how much they enjoyed themselves and **we couldn't believe how much more movement we could see!** It was amazing and Recreation and Well-Being Champion Julie told all our residents how well they were doing, explaining why the movements were so important as they help with their independence and strength.

A touch of glamour

Last week and this week we have been doing **nail care** for our residents and having lots off lovely chats with them. All our ladies have been very pleased with the results and have said thank you to Julie for doing such a great job.

Coffee morning and karaoke

On Wednesday 16 June we held our popular coffee morning, with fans on and windows open it was hot, hot, hot!

All our residents enjoyed a '**posh coffee**' and we played songs at the end of the session, taking requests and singing with the **karaoke**. Everyone couldn't stop laughing as they said that someone had 'a voice like a cat' – they worked out it was Julie which was very funny! Julie commented, *"How funny – I think I have the voice of an angel, but maybe not!!"*