

## Exercises and Boccia at Silverpoint Court Residential Care Home



On Thursday 22 July it was a very hot day, so we did gentle exercises with balloons at Silverpoint Court Residential Care Home.

It was lots of fun and everyone enjoyed **ice lollies** afterwards for doing so well.

Some of our residents are doing so well with their **movement**, which has improved tremendously and their **coordination** is amazing; Alan can now march his feet and his arm movements are much bigger.

After the session, everyone chose the film 'Gone With The Wind' to watch, so we put it on and served tea and cake for everyone.

Keeping fit continued on Friday 23 July when we hosted a wonderful morning of entertainment and laughter, with 12 of our ladies and gents playing **Boccia and balloon tennis**.

The Boccia game was won by the red ball team – **Berti and Jean** – who called themselves 'The Liverpool Cherries!' They enjoyed getting their medals.

**Joyce and Ivy** got right in to balloon tennis, we think they thought it was cricket...*very funny!*



The Liverpool Cherries with their medals!