

## Exercises and Christmas crafts at Silverpoint Court Residential Care Home



### Move it or lose it!

On Thursday 17 August we held our popular exercise class in the morning here at Silverpoint Court Residential Care Home, one-to-one and with a small group.

Everyone was very enthusiastic and joined in. Rose and Fran were particularly energetic! Alan did very well, and said he felt marvellous! Ivy, Jean, Ken and Ella were also fantastic and enjoyed the session. *Well done to all!*

### Christmas decorations

On Sunday we painting some Christmas decorations (*nothing like being prepared!*) and had a lovely chat while doing it.

It was very relaxing and therapeutic and our residents took their time in painting the pieces to make them look great. We also played some games of hangman and snap with our playing cards which was lots of fun.

