

Exercises and music at Silverpoint Court Residential Care Home



On Tuesday 3 October our residents enjoyed some armchair exercise together at Silverpoint Court Residential Care Home.

Vera, Ella, Jean and Rene all joined in and **worked very hard** with their movements and stretches.

After their fitness session they **enjoyed a cup of tea and biscuits** whilst listening to music. We had a lovely chat about our favourite singers and concerts – *Vera used to follow Tom Jones on tour!*