

## Exercises and Pet Therapy at Silverpoint Court Residential Care Home



### Exercise session

On Friday 16 September we had lots of fun with our 'Move it or Lose it' exercise class in the morning here at Silverpoint Court Residential Care Home.

It was wonderful to see some of our residents up doing the exercises who normally have difficulties standing – they are **improving really well** with physio and these regular exercise sessions.

We also had a giggle **batting a balloon around** our lounge to each other, which is also a great way for our residents to keep fit. We started with our hands and tapped it to each other and then we used bats. *Everyone was amazing!*

### Pet Therapy

On Saturday we had a lovely time with our new **Pet Therapy dog called Skye**.

Our residents absolutely loved seeing and touching Skye, who had such a calm temperament and brought lots of **joy** into our Home.



## Silverpoint Court Care Home

*We hope she comes back soon!*