

Fitness and flowers at Silverpoint Court Residential Care Home



Keep fit

Our lovely resident John at Silverpoint Court Residential Care Home received a new exercise machine for Christmas and he couldn't be happier! He is moving so fast that the picture is fuzzy!

John had a good workout and a giggle along the way. We imagined that we were in the sunshine riding through the countryside, but we needed to get to the shop before it closed.

Flower arranging

Ivy was a whizz at flower arranging this week. She chatted all about her life with our **Recreation and Well-Being team** as she worked. It was very interesting and we had a laugh along the way.

It is always lovely to find out a little bit more about Ivy; She has been with us for a long time but she is always full of surprises! Ivy started work at the age of 12 – wow! – and she said her best years were when she didn't have work any more.

Manicures

Some of our ladies enjoyed a relaxing manicure this week with a nice chat about their wartime memories.