

## From bingo to flower arranging at Silverpoint Court Residential Care Home



### Bingo

On Thursday 26 January we hosted a bingo afternoon for our residents at Silverpoint Court Residential Care Home.

John won a line during our first round and Jean got lucky with a full house. John went on to win a line and full house on the second game, while Silvia got a line and Jean a full house on the last game. **Everyone enjoyed playing together** with music in the background. **Prizes** were presented to our lucky winners.

Adrienne and Oskar also enjoyed some **games of draughts** together last week, with both learning each other's way to play. *Happy and concentrating faces!*

### Move it or lose it

On Friday we held our **keep fit session**, when we imagined that the sun was shining and we were out in the garden painting the fences, hanging out the washing, picking the flowers, running around the garden throwing a ball for the dog and cutting the hedges – all to get us moving!



Then we sang 'You are my sunshine' which Joyce particularly enjoyed. Everyone clapped and thanked Julie from our Recreation and Well-Being Team for a really jolly afternoon.

## Flower arranging

Beryl also had fun flower arranging on Friday, with some **colourful tulips and roses**. She enjoyed chatting to Julie about past holidays and they talked about how much they are both looking forward to the summer.

The flowers started them talking about gardening and sitting in the sunshine. Beryl made a magnificent display of flowers, with two beautiful vases full of gorgeous blooms. *Well done Beryl!!*

## Balloon games

On Tuesday 31 January some of our residents enjoyed themselves with lots of **movement and exercise using balloons and pool noodles**.

Some stood up to play the balloon tennis, while the others were sitting.

Lots of conversations and laughing – *watch out Wimbledon!*



