

From Zumba to St George at Silverpoint Court Residential Care Home



Zumba and painting

Last week our ladies at Silverpoint Court Residential Care Home got into the rhythm of armchair Zumba one morning. They loved the calypso music, with lots of arm waving and toe tapping to be seen!

A couple of our ladies also enjoyed relaxing with some '**magic**' painting. This involves painting with water onto special 'blank' outlines to reveal the pretty colours beneath. *Very therapeutic!*

St Georges Day

On Friday 23 April, **George and the dragon flew into 'Silverpoint Castle'**, visiting all the turrets (one of our princesses even fed the dragon chips!).

George kindly hosted a **quiz and shared some historical facts**, which everyone enjoyed. *Did you know that George was Turkish and never set foot in England, yet he is our Patron Saint?*

