

Games and cake making at Silverpoint Court Residential Care Home



Games, reminiscence and cakes

On Friday 1 April, we hosted a lively session of tin can alley with our residents at Silverpoint Court Residential Care Home. It got quite competitive in the end! Great fun!

We also ran a **nostalgia game**, featuring famous people of the past, including Shirley Temple, Louis Armstrong and the Marx Brothers. We read out some facts about each iconic person once they had been guessed. Everyone really enjoyed themselves and loved **reminiscing over the old photographs**.

Some of our ladies also enjoyed mixing the ingredients to make some **delicious mini fruit cakes**.

Exercise and dance

We all enjoyed our popular '**Move it or Lose it**' session last week, which was followed by some **dancing** with movements and our favourites – Macarena and YMCA. *Smiles all round!*



Fun, games and exercises