

Games and exercises at Silverpoint Court Residential Care Home



Bingo and 21s

On Thursday 28 July we enjoyed three games of bingo at Silverpoint Court Residential Care Home, with resident Tommy calling out the numbers for us!

We then put some music on and had a sing-along to it.

To finish, we played a game of 21s with tokens and everyone had a go at gambling. At the end, we played one game with all our tokens in the middle and 'winner takes all' - great fun!

Exercises with Tommy

We always try to do exercises every day with our residents, and encourage them to do them when they can while they are in their room, to help to build strength and good balance.

We held a different type of exercise session last week, as Tommy decided he wanted to help with the class he encouraged everyone to strengthen their neck, arms and legs.

Tommy also encouraged our residents to try and push themselves up off the chair if they could. He did brilliantly and everyone gave him a round of applause afterwards – he really was a big help.

It was also his birthday and at dinner time we presented him with a birthday cake as everyone sang '*Happy birthday*' to him.



Many happy returns Tommy!

Going for a walk

Jean and Adrian went for a lovely walk together around our garden and then up the road, to stretch their legs and enjoy some fresh air.

On their return, they sat on the bench outside our **Home** and enjoyed chatting together.



They both really enjoyed each other's company