

Games and reminiscing at Silverpoint Court Residential Care Home



On Tuesday 11 July we enjoyed some games of balloon tennis as we listened to music here at Silverpoint Court Residential Care Home.

We all had great fun! **Ken and Sylvia made a great team** and worked well together to keep the balloon up in the air. Ken even used his head to bounce a few balloons up! **Ella**, as usual, was a great help collecting the balloons and then throwing them up in the air. **Jean and Ivy** had some impressive skills too.

We had a little **singalong to some 50s music** – *Ken has a fine voice!*

In the afternoon we held a **pampering session**, with nail care followed by hand massages with some lovely hand creams. We also enjoyed some **ice lollies and choc ices**.

We spent time **reminiscing about old times**; Ted told us about all the pubs he used to go to when he lived in Walthamstow, Beryl told us about her days working as a typist and going to water aerobics. Beryl also spent 45 minutes doing her **hand and arm exercises**. She worked very hard, which is so great to see.