

Homemade lemonade and Zumba at Silverpoint Court Residential Care Home



Keeping hydrated

Last week at Silverpoint Court Residential Care Home our hydration trolley featured banana milkshakes and homemade lemonade no less!

Julie went around our **Home** with music playing, serving our refreshing 'posh' drinks and the homemade lemonade was a favourite with our residents, as it was ice cold on a hot day – *very refreshing!*

Zumba fun

On Friday 20 August we held an entertaining morning of **seated Zumba exercises**, joining in with Daisy Saunders on screen, with our arms and legs moving to the music.

We did lots of stretching and after 40 minutes we were in need of refreshments, so we relaxed with a nice cup of tea – *well done to our ladies!*

Dance off!

And our staff like to join in with the action when it comes to music and movement! Look at our **team members, happily dancing away** to entertain our residents, who were all laughing and clapping at our **lunchtime dance off!**



Our staff having a dance!