

Horse racing and cycling fun at Silverpoint Court Residential Care Home



The Grand National

We enjoyed getting ready for The Grand National on Saturday 15 April here at Silverpoint Court Residential Care Home.

We ran a **sweepstake** and had prizes for 1st, 2nd and 3rd place with our staff involved too, with prizes for them.

Hats were on ready at 3pm as the race started at 4pm. All our residents and staff were very excited to watch the race – *get your jockey pants on!*

Getting legs moving!

Our wonderful **Adrienne** had fun on our **cycling machine** as we played '*I Want to Ride My Bicycle*' by Queen. She really got into the groove and did an excellent job!

We also held our '**Move It or Lose It**' class with residents and our exercise bike has been around our lounge for all our residents to try if they wished. Super for lower body fitness.

