

## Keeping fit and flexible at Silverpoint Court Residential Care Home



**On Tuesday 3 October we had a session of armchair and yoga exercises at Silverpoint Court Residential Care Home.**

Rose and Fran both joined in for this activity and thoroughly enjoyed all the movements and stretches.

Rose has expressed a wish to do it more often – and we hope to encourage more of our residents to give it a go, perhaps in their one-to-one sessions.

