

Keeping fit at Silverpoint Court Residential Care Home



We held a keep fit session on Friday 24 March, followed by some dancing here at Silverpoint Court Residential Care Home.

We also sang some classic **Max Bygraves songs** including 'You're a Pink Toothbrush' and 'Gilly Gilly Ossenfeffer Katzenellen Bogen by the Sea', which got everyone reminiscing.

Later, we played catch in our lounge (our residents are extremely good at it!) and Sylvia enjoyed pushing our buggy around to look after our babies – **singing and dancing** for them so they wouldn't cry, which was so sweet to see.

What a fun morning for all!