

Keeping fit at Silverpoint Court Residential Care Home



On Friday 25 February our Silverpoint Court Residential Care Home residents enjoyed a fun morning of seated exercises using poms-poms.

We played **music from the 70s and 80s** and everyone really enjoyed the lively vibe!

We've also had loads of fun playing **basketball** recently too, with our free standing net, which has become a favourite in our **Home**. It's a great way to hone our **hand-eye coordination skills and upper body strength**, whilst having lots of fun together.

When we're not shooting hoops, we've been having some fun with **word searches**!



Seated exercise fun!