

Milkshakes and bingo fun at Silverpoint Court Residential Care Home



Milkshakes

On Thursday 11 November we served delicious strawberry and banana milkshakes to our residents here at Silverpoint Court Residential Care Home; they are always very popular and everybody had one!

We listened to some **music** and everyone enjoyed **relaxing** and **chatting** together.

Bingo

On Sunday, 13 of our residents gathered in our lounge for bingo. There was a buzz as we had some **lovely new prizes** and all our residents were excited about them!

Beryl did an excellent job of calling the bingo numbers and everyone had a super time trying to win their games.

Exercise and dancing

We held one of our popular '**Move it or Lose it**' exercise classes on Tuesday 16 November, which helps us all keep fit and active. A number of our staff joined in and had a dance too. *Great fun!*

Coffee morning

Our coffee morning was fun on Wednesday 17 November, when 14 of our residents came together in our lounge to read the **Weekly Sparkle**. There was lots of debate going on and memories being rekindled, with music playing for everyone to enjoy.



