

Mixing it up at Silverpoint Court Residential Care Home



Our ladies and gents at Silverpoint Court Residential Care Home always enjoy a marvellous mixture of social and leisure activities. And this last week was no exception.

Coffee morning and Sparkle

We enjoyed our usual coffee morning with the **Daily Sparkle** including lots of fun debates. We talked about Princess Ann, Georgette, Beyer, George Melly and Godfrey Evans. We also talked about the singer Billy J Kramer and the songs he sung.

We held a discussion about '*hippies*' and the Vietnam war, including our views on '*flowers not bombs*'. Our residents were intrigued with the concept of street artists and drawing on the floor – they think it is silly, "*as the chalk will get washed away!*".

We finished up with a **fun quiz** and four **games of bingo** with some lovely prizes.



Mixing up move it or lose it

Regular **gentle exercise** is very important for our residents' mobility and we find different ways to have fun with it too. In last week's 'move it or lose it' class we used foam sticks and then did a bit of boxing.

At the end, we all sang along to 'The Music Man' – complete with all the actions – and they were amazing! The whole Home was filled with laughter and music – all our residents and staff smiled and joined in.



Ted and Tommy

Two of our gentlemen – Ted and Tommy – are firm friends here at **Silverpoint Court** and they're proud of the **190 years between them**. We captured a nice moment between them, just enjoying life in the garden with a cuppa.



Worksheet activity, card games, bingo and facts on Japan

Our residents had fun with a **worksheet activity**, with chatter and laughter to boot! We played some music, sang along and had a dance too.

Everyone enjoyed playing a lovely game of cards called '*Hoy*' which is a bit like 'Bing', and a few more games of bingo.

We also delighted our ladies and gents with a **chat about Japan**; they were interested to learn about the cultural differences between our two countries.