

Move it or lose it exercise class at Silverpoint Court Residential Care Home



On Tuesday 11 May we held another one of our popular seated exercise classes at Silverpoint Court Residential Care Home.

Most of our **Home** joined in for the **exercises** and our residents did so well – they were much quicker at all the movements this time around and enjoyed shaking their **pom poms** to the music! They all said how much they'd enjoyed it.

We've also had fun with a little **singing and dancing** with our residents this week, which always brings the smiles and lots of laughs!