

Nail pampering and armchair exercise at Silverpoint Court Residential Care Home



On Tuesday 7 November, our residents Sylvia, Alan, Ella and Leah at Silverpoint Court Residential Care Home fancied a spot of nail pampering with a clean, cut and file. They were very happy with the results!

In the afternoon, we held an armchair exercise session while listening to Andra Rieu – our resident Rene's choice. Adrienne, Rose, Jean, Rene, Ivy, Vera and Alan all joined in, and enjoyed a well-deserved cup of tea and cake afterwards as they worked extremely hard.

Well done everyone!

