

Nail pampering and outdoor fun at Silverpoint Court Residential Care Home



Nail pamper day

Some of our residents at Silverpoint Court Residential Care Home had a lovely pampering session recently. They soaked their nails in warm soapy water and had them cleaned, cut and filed as they enjoyed relaxing.

For those who chose to have their nails painted, there was further pampering with **nail varnish**, finished off with a **gentle hand massage** with moisturiser. We all enjoyed a lovely chat while it was being done. *Perfect!*

Garden activities

On Tuesday 22 August we hosted some **activities in our garden** as it was such a lovely day!

We enjoyed **reminiscing together**, chatting about our favourite sweets when we were young, winning goldfish from the fair and getting goldfish from the rag and bone man, plus our favourite pets and holidays.

During the afternoon we also played a **variety of games**; Alan played **boules** (which he won!) whilst Vera and Jean **arranged flowers**

and had a few games of **Connect4**. John and Ted also had fun playing Connect4, as Fran, Malcolm, Les and Leah spent a relaxing time **listening to music**.

What a lovely afternoon outside!