

Optical illusion games at Silverpoint Court Residential Care Home



Towards the end of last week our residents here at Silverpoint Court Residential Care Home got into some really fun activities!

Music, singing and dancing

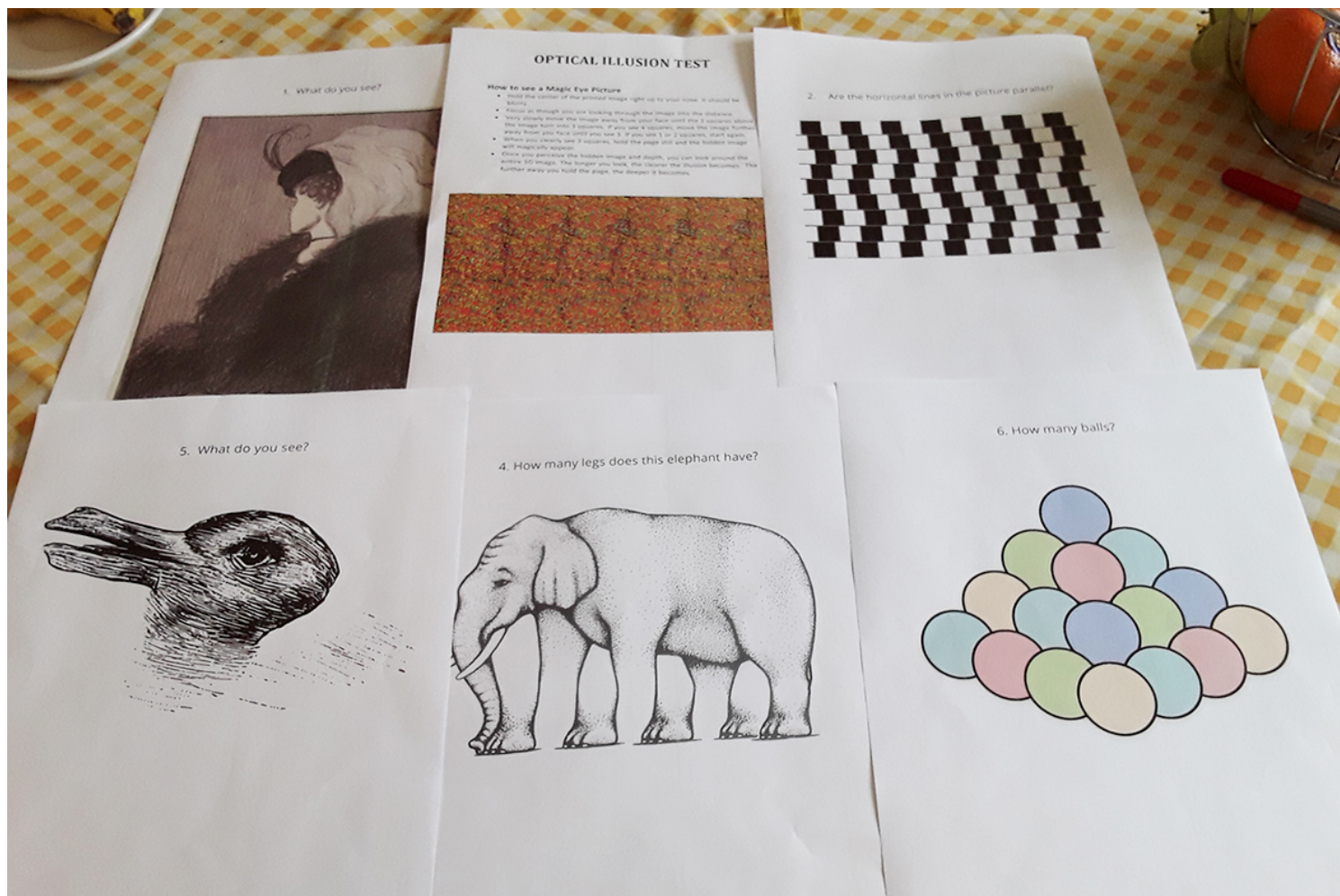
Our ladies and gents had some fun with music and singing – one of our residents even had a little dance. We also had a giggle while dancing with our teddy bears – we really enjoyed it!

Bowling and knitting

We had a great game of bowls with Oskar taking the lead. It was a full house and everyone really enjoyed playing. Oskar also helped one of our residents use a knitting machine.

Optical illusion

We put our residents' to the test with a series of optical illusion pictures – it really got them thinking while trying to figure out the images. A great activity to keep our minds active!



Strength and balance

Maintaining regular exercise is important for our well-being, strength and balance. Last week we were impressed at everyone's effort and pleased to see their strength stamina is improving every time!