

## **Pampering and chair exercises at Silverpoint Court Residential Care Home**



**On the morning of Thursday 21 December we held a pampering session here at Silverpoint Court Residential Care Home.**

**Alan and Albert** both had their **nails cleaned and trimmed**. Alan also enjoyed a **shave, hot towel and moisturise**, with a dab of aftershave. *He said he felt like a new man!*

In the afternoon we had our **chair exercise group** and our ladies worked extremely hard – *well done to Diane, Jean, both our Roses and Fran!*

After the session they enjoyed a well-deserved **cup of tea and sliced of cake**, listening to music and chatting.

Meanwhile in our Seashell Lounge there was **more pampering to be had; Ivy, Carol, Leah, Irene, and Ella** all had their nails trimmed, filed and painted, with some lovely **Christmas tunes** playing in the background.

