

## Patriotic pom poms at Silverpoint Court Residential Care Home



### Pom pom making

Look at the lovely pom poms our residents at Silverpoint Court Residential Care Home have made!

In celebration of the football we chose **red, white and blue** and have hung them on our tree.

We think our residents did really well, as their hands are not always as nimble as in the past, and everyone has said they loved making them.

Not only will they look good for **football matches**, but they can be used again for our **Nellsar Cruise** when we sail back to England!

### Seated exercise

We had a full room again on Tuesday 6 July for our '**Move it or Lose It**' exercise class and had lots of fun doing different movements.

Afterwards we all had a long chat about old times and ended up talking about '*Steptoe and son*', so we found it on the TV for everyone to watch; our residents said it was the best thing on TV years ago and it hadn't lost any of its charm!



Move it or lose it!