

## Quiz and Zumba fun at Silverpoint Court Residential Care Home



On Friday 21 May we enjoyed a quiz at Silverpoint Court Residential Care Home and our new resident Ivy got into the spirit of it, scoring 22 out 30. She said "*Not bad for an 101 year old!*"

Another of our new residents also joined in with the quiz from his room; he is registered blind, so we read out the questions for him and he said it felt nice to be included in the fun!

We carried on enjoying Italian culture in our top lounge by screening the classic film '*Three Coins in the Fountain*' and talking about the **Vatican**, the **Trevi Fountain** and the **Colosseum** – such a relaxing afternoon.

Our ladies enjoyed some armchair exercise on Sunday 23 May – **senior Zumba** with Daisy Saunders. They enjoyed shaking their pom poms to Tina Turner's '*Rolling on the River*'. *Great fun!*

In the afternoon we hosted six games of **bingo**, with 12 of our residents taking part and **prizes** for getting a line or full house!