

## Quiz fun and football fever at Silverpoint Court Residential Care Home



### Seated exercise

We had a full room again this week for our 'Move it or Lose It' session at Silverpoint Court Residential Care Home.

Our **residents' movement is really coming along** and we are so proud of them all; it is helping not just our residents but our staff who support them getting washed and dressed, as they have more strength and movement which is fantastic.

Alan put a pom-pom on his head and we had a giggle! He said it made him feel young again with hair! *How funny!*

### Coffee morning

Everyone was in good spirits this week at our coffee morning and our ladies and gents look forward to their **Baileys latte with cream** and Lynda's dulcet tones reading the **Sparkle magazine** from cover to cover!

We enjoyed debates from every section this week and there was a lot about **WW2 and ration books** which stirred a few memories and lots of discussion.

We had **Frankie Valli** playing in the background so lots of foot tapping!

We did the **quizzes** with audience participation, shouting out the answers. Julie looked after Joan and Dorothy and helped everyone turn the pages.

*A lovely gathering for everyone and we look forward to next week.*

## Our winners

We had a tie for our **June Sparkle quiz!**

Two of our residents, **June and Flo**, both scored 26 out of 30 – *congratulations ladies!* They both enjoyed showing off their medals.

**Bob** finally got his six medals to trade in for a prize. He was thrilled with his toiletries! *Well done Bob you worked hard to get them.*

## Football fever!

We were well prepared for the **Euro football** this week, with hats, flags and bunting.

Tommy helped with the **sweep stake**; all our residents took a team from the envelope and we made a list of who had chosen what.

Some had already been knocked out of the tournament, but we still have a winner to come and we're excited about Saturday's England match against Ukraine.

*Come on England!*



