

Quizzes and bowls at Silverpoint Court Residential Care Home



Move It or Lose It

We held our seated exercise class together at Silverpoint Court Residential Care Home on Thursday 26 May when we enjoyed doing our dance routine, shaking our pom-poms to the music.

It was a great success and everyone's range of movements were fantastic – *our Home was rocking!*

Quizzes and bowls

On Sunday 29 May we enjoyed a **morning of socialising** and talked about all the different types of **butterflies** there are in the world.

We also ran a **quiz** to see how much our residents knew about them, plus a general quiz on animals and their collective nouns.

In the afternoon we **played bowls** and everybody had a lot of fun as we also got one of our Carers to join in and play.

We then hosted a **music quiz** where players were shown pictures of music artists and they had to guess who they were, with eras spanning from 1950 to 2000. Our ladies and gents had a very good try at guessing each one. *Great fun!*

