

# REMINISCENCE AND SEATED EXERCISES AT SILVERPOINT COURT RESIDENTIAL CARE HOME

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**We 'got moving' in our *Move It or Lose It* exercise class at Silverpoint Court Residential Care Home on Tuesday 28 September, with music and pom poms a plenty!**

After our seated exercises we had a chat about **what we wanted to be when we were young** and **popular Christmas gifts from childhood**. We also reminisced about making jam and pickle.

We then enjoyed a lovely sing song to Max Bygraves '*There's a Tiny House*' – *we had to do this twice at our residents' request!*

Alan said it was so nice to just sit and chat and sing together; he said it was a brilliant day.

## Coffee and quiz

We had a full house for our **coffee morning** on Wednesday 29 September, when we played music relevant to topics in *The Weekly Sparkle* magazine. We did the **Sparkle quiz** together and also had a little singalong to *The Seekers*, with smiles all around!

Our residents commented that it was a really fun morning, with fantastic discussions. *Which is what*

*we like to hear!*



Enjoying a Sparkle quiz...