

## Residents keep active at Silverpoint Court Residential Care Home



**We love to keep fit here at Silverpoint Court Residential Care Home, and we love finding fun ways to keep moving!**

On Thursday 1 October we played a **balloon exercise game** to keep our residents energised. Our residents had lots of fun keeping the balloons off the floor as they batted them back and forth to each other.

We also love to play **bowls**, to keep our hand-eye co-ordination well practised.

And who doesn't love a session of **'Saturday Night Fever' chair exercises!** Great for the upper body and a fantastic way to combine music and movement.



Testing our skills at carpet bowls