

Seated exercise and bowls at Silverpoint Court Residential Care Home



Moving with confidence

On Friday 13 May we welcomed two exercise coaches, Robert and James, to Silverpoint Court Residential Care Home to run an exercise session for our residents.

All our staff joined in with the class and everyone had great fun learning new movements – *laughter rang throughout our Home!*

We've also had one of our **'Move It Or Lose It'** gentle exercise sessions (with some dancing thrown in!) and a great game of **bowls** on Sunday 15 May – with lots of happy winners!

A great week for physical activity and fun!