

Seated exercises and 70s sing along at Silverpoint Court Residential Care Home



We held a great workout session for our Silverpoint Court Residential Care Home ladies on Tuesday 24 August, when our pom poms were in full swing to the music!

We had a room full of participants, which is always wonderful to see and after the class we **reminisced about old toys together** while we had a drink to refresh ourselves.

Later we played **karaoke music from the 70s** and Julie from our Recreation and Well-Being Team took requests as everyone enjoyed singing and dancing the afternoon away!

'Tie a Yellow Ribbon Round the Old Oak Tree' and 'Knock Three Times' proved the most popular tunes to sing along to.

Great fun!