

## Sharing a balloon game at Silverpoint Court Residential Care Home



Today at Silverpoint Court Residential Care Home we've had lots of fun with a lively balloon game in our lounge with our residents, with music on to add to the jovial atmosphere.

With **balloons flying through the air**, being batted from resident to resident, our staff all joined in the fun!

Even residents that didn't manage to use a bat still got involved by passing the balloon through the air and catching it.

The **movement of our residents was quite astonishing** – lots of great upper body exercise.

*You're never too old to enjoy balloon tennis!*