

Silverpoint Court Residential Care Home residents enjoy coffee morning and quiz



Coffee morning and bingo

We had great fun on Wednesday 24 August at Silverpoint Court Residential Care Home with our Weekly Sparkle session and coffee morning; lots of debates and discussion during the afternoon, followed by some great games of bingo with a good number of happy winners!

Move it or lose it

Thursday saw our regular **seated exercise session** when we used **pom-poms** as part of the fun – great for working our arm muscles! A lively and joyful class, enjoyed by all.

We also served a great selection of **drinks from our hydration trolley**, including apple with lemonade, cranberry juice with lemonade and orange juice with lemonade – everyone loved them being served in **cocktail glasses**!

Fun with words

Friday fun included a great time discussing **rhyming slang** and doing a **quiz featuring English sitcoms**. Our residents also enjoyed some **word searches**.