

Silverpoint Court Residential Care Home residents enjoy exercises and socialising



Keep fit and dancing

On Friday 20 January, we put our imaginations to good use here at Silverpoint Court Residential Care Home during our fitness class.

We **imagined with actions** that we were on the beach in the sunshine, doing the movements for swimming in the sea, digging in the sand, riding on donkeys and running up and down the beach, all from the comfort of our arm chairs – *the mind is a powerful tool!*

We then imagined that we were out on the town dancing the night away. *If we could bottle the enthusiasm, we would be millionaires!*

What a fun way to keep fit!

Games and Pub Day

John, Ted, Ivy, Jean, Adrian and Ron all played games together during our **Pub Day**. There was lots of noise and banter going on, over coffee, tea or a tipple if requested.

We had **darts, snakes and ladders, Pop Up Pirate, Buckaroo, draughts** and **cards** to keep everyone entertained, with old school music playing in the background.

Everyone had a super time together.

Church hymns

Yesterday afternoon we had some amazing ladies visit us from our **local church** to sing some **hymns** and chat with our residents.

Everyone joined in with singing and chatting and **Alan** in particular loved joining in with the music.



Singing hymns together



Haggis fun!

Today we were **tossing the haggis (bean bags)** into 'the oven' and we also did some arm and leg **exercises with some balls**.

Our residents enjoyed themselves, with lots of concentration and a lot of laughter!



'Haggis' game and ball exercise