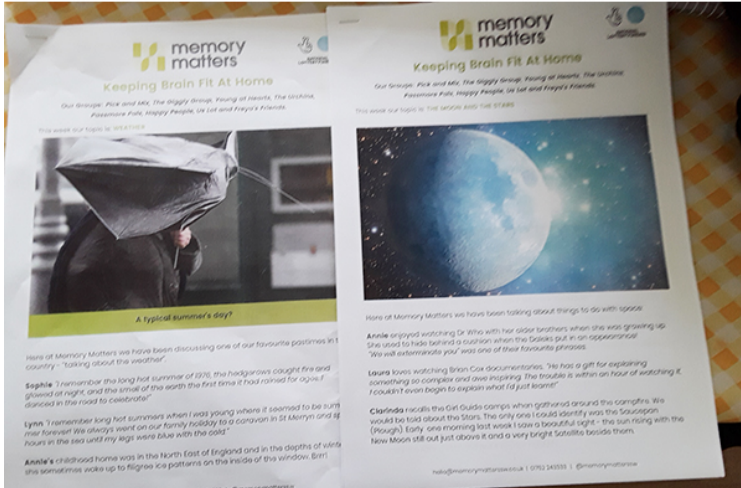


Silverpoint Court Residential Care Home residents enjoy group discussions and exercises



Memory Matters

At the weekend, we discussed facts about the weather, moon and stars here at Silverpoint Court Residential Care Home with our residents, using our Memory Matters pamphlet which is packed with interesting articles.

We had lots of debates about what sort of **weather** we liked with many of us agreeing we enjoy spring and autumn.

With the moon and stars, we **discussed Neil Armstrong's trip to the moon** and then had a long discussion about **Doctor Who** and our favourite Doctor. We finished with some songs about the moon and stars. *Great fun!*

Time in the garden and bowls

Two of our residents have recently enjoyed **sharing time together in our garden**, enjoying a chat and the lovely fresh air. We had several **brilliant games of bowls** at the weekend too, which is always so popular.

Strength and balance

And we've had a good group exercise session today – **working our arms, legs and faces.**

Everyone liked the face exercises and we had a good laugh making funny noises when we puffed up our cheeks and blew out air!