

## Silverpoint Court Residential Care Home residents enjoy pampering and board games



### Pampering

On Saturday 15 July we held a one-to-one pampering session in the morning here at Silverpoint Court Residential Care Home.

Hands were soaked, nails cleaned and trimmed and little **hand massages** were given, to the delight of each of our residents in turn.

We **chatted about jobs** our residents had done, where they worked and where they had been on holiday. **Rose** talked about holidaying in Cornwall and working in London. **Albert** talked about his job in London as a solicitor's clerk, then working as a spray painter for tractors in Basildon where he worked for 35 years. **Alan** was so relaxed during his hand and nail pampering, he fell asleep!

### Games afternoon

In the afternoon our residents **Jean, Rose and Ella played snakes and ladders together**. Every time they went up a ladder or down a snake they had to take a shot of juice, to make it fun! *Congratulations to Jean for winning the game!*

*We also listened to 50s music, with Ken singing along. Good fun!*