

## Silverpoint Court Residential Care Home residents enjoy pastimes and exercise



### Pastimes and exercise

On Tuesday 17 January, a group of our residents at Silverpoint Court Residential Care Home came together for some flower arranging.

Our ladies loved **creating colourful displays** with some gorgeous rose stems, with lots of laughter and chatting. *Their arrangement displays look wonderful.*

We've also been doing **jigsaw puzzles**, with lots of concentration and chatting as they take shape.

And John did his **exercises on his cycle-style machine** – five minutes with his arms and five minutes with his legs, which is great for flexibility and circulation.

### A touch of Sparkle

On Wednesday morning we spent some time reading the **Weekly Sparkle** – a wonderful **reminiscence newspaper** designed for

older people and those living with dementia.

Our ladies and gents always enjoyed us reading this, and it certainly sparks lots of conversations and laughing.