

Silverpoint Court Residential Care Home residents enjoy varied activities



'In the news' and bingo

On Thursday 22 September we came together at Silverpoint Court Residential Care Home to discuss the news and we shared a fact file about the postal strike and asked our residents about what strikes they remembered.

We talked about a young boy who was only 16 when he flew around the world; it took him five months to complete and everybody was amazed by this.

We also enjoyed a few rounds of **bingo** – everyone really enjoyed playing and having fun with our Activities Team acting silly and making everyone laugh.

Move it or lose it

We had lots of fun on Friday with our popular '**Move it or Lose it**' class when we had some dancing for everyone to join in with.

One of our gents in a wheelchair managed to get up and dance, which was so wonderful to see. After the **dancing**, we got some

batons out and had a giggle **hitting a balloon around our lounge**. *We then had sword fights with the batons and everyone was laughing!*

We took around our **hydration trolley** too – serving banana and strawberry **milkshakes** in very posh glasses, which everybody loved! *Yum!*

Flower power

One of our residents also did some **flower arranging** and thoroughly enjoyed placing the blooms in vases; one vase was placed in the hallway and one in her bedroom. *Beautiful!*

Our kitchen staff also did a great job of making our dining room look stunning for dinner service.



Weekend fun

Our weekend was filled with singing, dancing, chatting and laughing as everyone shared time together socialising.

We played a few lovely games of bingo, plus some **games of bowls** on Sunday, with a couple of our new residents joining in the fun!

Some of our residents also relaxed for a lovely **pampering session**, with some chilled out **chats** and **fingernail painting**.

