

Silverpoint Court Residential Care Home residents love to get moving



On Tuesday 13 July we hosted another of our 'Move It or Lose It' exercise classes for our residents at Silverpoint Court Residential Care Home.

We had a full house again and we needed lots of water as it was a hot day.

We are learning a routine so we can **put on a show** together!

Everyone loved the class; a few more lessons needed, but we are getting there and everyone said it was '*fabulous*' which made Recreation and Well-Being team member Julie very happy!

Julie has also enjoyed a lesson in **card making** from resident Beryl!



Beryl and one of her homemade cards