

Skittles and crafts at Silverpoint Court Residential Care Home



Milkshake and skittles

On Thursday 5 May everyone enjoyed a nice milkshake and fun game of skittles here at Silverpoint Court Residential Care Home.

Our residents had a choice of **banana or strawberry milkshake** – and as for the skittles, everybody had great fun trying to knock them down with the ball.

Ready, aim and throw! Great for hand-eye coordination!

Strength, balance, arts and crafts

We did some **strength and balance exercises** on the morning of Monday 9 May with our residents, and in the afternoon we held an arts and crafts session, where we cut out a selection of **bear pictures** from card and spent a relaxing time colouring them in.

One of our residents asked if they could be given to children in one of our **local schools**, which we think is a lovely idea!

