

St Georges Day and exercises at Silverpoint Court Residential Care Home



St George's Day fun

Our Silverpoint Court Residential Care Home residents enjoyed St George's on Saturday 23 April when we played some fun games including 'Never have I ever', shared some trivia on St George and also held a quiz on St George and England.

Sally from our team dressed up in a 'riding a dragon' costume and had fun dancing to 60s music in it which made everybody laugh!

We made **decorative hats** for the day and decked our dining room in themed **St George's Day balloons and table settings**.

We also played **themed music**, gave a **talk on St George** himself and relaxed with some **themed colouring** too. *What a memorable day!*

Move it or Lose It

On Thursday 21 April we held our popular **seated exercise class with pom-poms**! Lots of amazing energy and movement on show.

It was a hot day so we took it slowly and gently, with lots of drinks for everyone to stay well hydrated.

We also did some dancing to our favourite tunes – the Macarena and Jackson 5. It's so rewarding to see our residents having so much fun and **learning new movements**, with our staff joining in too. *Lots of smiles and laughter throughout our Home!*



Move it or Lose It!