

## Strength exercises and art club at Silverpoint Court Residential Care Home



On Monday 20 June, we did some strength and balance exercises in the morning here at Silverpoint Court Residential Care Home.

Everyone is coming on well with their movements and it's always such an enjoyable session.

In the afternoon we held our **art club** in which Malcolm, our resident artist, showed everyone how to draw. *Everybody enjoyed having a go themselves.*