

Sunflowers and gentle exercise in the garden at Silverpoint Court Residential Care Home



Music and sunflowers

Some of our residents at Silverpoint Court Residential Care Home have loved sitting out in our garden listening to 50s and 60s rock and roll music recently, now the warmer weather has arrived. Some have also enjoyed lunch 'alfresco'.

We brought our **sunflowers** over for everyone to see – they have grown so much and everyone was so surprised to see how quickly they have have shot up!

Gentle exercises

We've also held our '**Move it or lose it**' exercise class in the garden. We took it very slowly and made sure everyone had suntan lotion or hats on, sat in the shade of our parasols and had plenty of water. Everyone did very well shaking their pom-poms, and there were lots of sunny smiles!

Afterwards, we had a **discussion about where we had been on holiday** when we were young and what our **favourite toys** were.

One of our gents explained that he hadn't had toys, but did have a pet chicken that was his friend and went everywhere with him! We all thought that was lovely!



Growing fast!