

Trying Tai Chi at Silverpoint Court Residential Care Home



On Monday 8 August at Silverpoint Court Residential Care Home we tried a different type of seated exercise – Tai Chi.

Our residents were very good at learning the **new techniques** and really enjoyed trying the new movements, especially as it was easy to learn and **gentle on the body**.

Well done to everyone who gave it a go!



Our ladies enjoyed trying the Tai Chi exercises