

Watching movies and dancing at Silverpoint Court Residential Care Home



Many of our residents here at Silverpoint Court Residential Care Home love to join in with a variety of fun activities throughout the week. And last week was no exception!

High Society

We enjoyed a musical movie afternoon with popcorn and colourful drinks – we watched the 1956 *'High Society'* starring Bing Crosby, Grace Kelly and Frank Sinatra. *A classic movie!*



A colourful bunch

Our lovely lady Beryl did a bit of flower arranging, and what a fantastic job she did! Roses are Beryl's favourite we enjoyed a long chat about flowers while we worked. Beryl also enjoyed chatting about her grandchildren.



Musical keep fit and balloons, bats and bowls

We held a gentle keep fit class to county and western music where we 'rode our horses' and 'lassoed some cattle'. It was a bit like a sit down line dancing class and everyone was amazing!

We also played with balloons and bats to encourage lots of movement to help our residents' maintain their mobility. It was wonderful to hear lots of laughing among our 13 residents who took part – either using their hands or pool noodles. *Everyone had a lot of fun!*

Having played a few games of bowls, our resident Jean was a clear winner! And during a little dancing session, Maureen got up and danced with Juliet.



Cheese, crackers and Chester

One afternoon, our residents enjoyed a selection of cheeses with crackers and grapes. They loved helping and choosing which ones to eat; It was lovely to see lots of smiles.

On another afternoon, we had a visit from Chester the dog; Our ladies and gents really enjoyed playing with and stroking Chester.

