

## Celebrating sweet treats at Sonya Lodge Residential Care Home



### More muffins please!

With National Blueberry Muffin Day fast approaching, we decided to get in the spirit of it and start celebrating early here at Sonya Lodge Residential Care Home. Many of our residents are big fans of blueberry muffins so they just couldn't wait any longer!

We started off the day by creating some **blueberry muffin themed art**. Our residents chose a selection of pictures and then got to work with their colouring pencils to make them their own. Once they had completed their artwork we used their masterpieces to decorate our dining area. We then set up for a **luxurious blueberry muffin afternoon tea**. Yum!

Everyone loved this and devoured their blueberry muffins with cups of tea. The dining room was filled with **laughter and conversations** and we enjoyed sharing stories about afternoon teas we have been to elsewhere.

### Chocolate heaven

We have lots of chocolate fanatics at **Sonya Lodge**, so it goes without saying that we wanted to celebrate **World Chocolate Day** on Friday 7 July!



We opted for a **chocolate tasting activity** when our residents tried a variety of different chocolate before choosing their favourites. The selection on offer included white, milk, dark, blonde, orange, mint, honeycomb, fruit, and nuts. There was so much choice that it was difficult to choose a favourite!

Our ladies and gents also enjoyed a selection of **milkshakes** and **ice-creams** to wash down their sweet treats.

*It was such a lovely activity and one that everyone thoroughly enjoyed.*

