

Greek Easter celebrations at Sonya Lodge Residential Care Home



Victoria from our Activities Team is Greek Cypriot, so we were happy to celebrate Greek Easter at Sonya Lodge Residential Care Home on Sunday 16 April, which is an important holiday from her culture.

Victoria spoke with our residents about this Greek celebration and what normally happens on this special day. Some of our residents then **reminisced and shared stories** with her about holidays they have had to various Greek islands.

Our ladies and gents spent the morning enjoying some **Greek-themed colouring** and **word puzzles** and then in the afternoon, Victoria treated everyone to a phenomenal **Greek food tasting activity!**

*We enjoyed **olives, tzatziki, hummus, Greek sesame bread, feta cheese, aubergine tapenade, feta pie, spanikopita (spinach and feta pie) and baklava** – what a feast! Our residents and staff loved the tasters and different Mediterranean flavours.*

This activity brought back more **memories** for some of our residents and we shared some laughs about holidays they have been on. Our residents washed their food tasters down with a **traditional Greek drink**. It was a rose cordial mixed with milk. We were surprised by how much everyone enjoyed this drink, with most people asking for some more!

Thank you Victoria for such an enjoyable and delicious day!

