

Home activities and staying hydrated at Sonya Lodge Residential Care Home



Home and garden

Keeping up with our regular Home activities here at Sonya Lodge Residential Care Home is important for us all and one such activity is watering our lovely garden.

Various residents enjoy coming out in the morning, often just to look around our **vibrant plants** including daisies, roses, fresh coriander, lemon balm, sunflowers and many more!

We always enjoy flower arranging, but on one particular day recently our resident Pauline decided she would like to give some flowers out to some of our staff. She arranged mini bouquets of beautiful red roses with some sweet gypsophila; we then went around and handed the fragrant bunches of flowers out. We caught some of our team members' reactions to being gifted these – it was a special moment for all.







Fruit and veg

To try and combat this recent heat, we decided to serve our residents some **cooling fresh fruit and veg platters with dips** – not only delicious, but beneficial for **hydration**.

We cut up **fresh melon, grapes, watermelon, tomatoes, apples, carrots, peppers and cucumber, accompanied by sour cream and chive dip, humous and guacamole**. We served it with cold drinks to boost hydration. *Despite not being chocolate-covered, it went down a treat! Ha!*

We like to try and find lots of **creative ways to stay hydrated** and food can be a fun way to incorporate fluids. We will definitely

have to make this a recurring activity. *Yum!*



