

## Nutrition and Hydration Week and music at St Winifreds Care Home



### Afternoon tea

Last week we enjoyed celebrating Nutrition and Hydration Week with some themed activities here at St Winifreds Care Home.

We threw a **Mad Hatter's tea party** on Wednesday 15 March, with themed decorations and photo frame, plus a delicious tea and cake spread.

We had a great time dressing up with the **Mad Hatter's famous hat**, taking the fun around to all our ladies and gents in our Home so everyone could join in.

### Barry Goss

On Friday 17 March we welcomed **singer Barry Goss** in the morning. He sang a fantastic repertoire of songs including *The Shadows* and *Elvis*, and we had a great time singing along and dancing.

Continuing on the Nutrition and Hydration theme, we all **enjoyed an ice lolly** which was so refreshing after all the dancing!

## Java Jive

We also had a brilliant Java Jive morning, with **lots of different music to enjoy** – from an old fashioned singalong through to the 60s, and even an instrumental of Guns 'n Roses' '*Sweet child of mine*'. *Great fun!*

## Welcoming our new Hairdresser

We welcomed our new Hairdresser Marie on Wednesday 22 March and all our ladies were very pleased to meet her. They enjoyed a **pamper** and having their **hair and nails** done!













