

Loose Valley Care Home celebrates Nutrition and Hydration Week



This week we are celebrating Nutrition and Hydration Week here at Loose Valley Care Home and we have lots of lovely treats for everyone's tastebuds!

As part of the fun, our residents had a glorious afternoon on Tuesday 15 June when they enjoyed a fabulous afternoon entitled 'A smoothie with a Smoothie'.

Our residents sat back, relaxed and reminisced as one of our regular entertainers 'Smoothie' **Kevin Walsh**, tantalised their senses with a wonderful set of love songs.

Not only were their hearts 'a flutter and ears in heaven, they also tickled their tastebuds with a selection of **juices and smoothies**. A wonderfully refreshing afternoon!

Our tasty week of delicious treats is filled with something for everyone;

Monday 14 June

Sparkling Coke floats with cream soda.

Tuesday 15 June

Delicious smoothies and milkshakes, accompanied by Smoothie signer Kevin!

Wednesday 16 June

A relaxing afternoon tea with a choice of sweet and savoury scones.

Thursday 17 June

Ice lollies and Neapolitan ice cream with wafers to keep everyone cool.

Friday 18 June

Mocktail time! With apple, orange, pineapple and tropical juices.

Saturday 19 June

Tasty yoghurts and a choice of fresh fruit

Sunday 20 June

Stewed apples – always a favourite!



We love our 'Smoothie' Kevin!