

Chocolate and strawberries at Lulworth House Residential Care Home



Chocolate heaven

We all enjoyed some delicious chocolate tasting at Lulworth House Residential Care Home in celebration of World Chocolate Day on Thursday 7 July.

Jean found the **Green and Blacks** chocolate much too bitter and said she liked the **Kinder bars** best. Kathy agreed about the Kinder bar and had seconds!

We also **decorated chocolate digestives** with chocolate buttercream and sprinkles to really celebrate all things chocolatey. *Double yummy!*

Strawberry delights

After the fun of all the chocolate, we turned our attention to the wonderful **strawberry**.

We enjoyed a **sensory session**, where we touched, smelled and of course ate some delicious fresh strawberries, which everyone

thoroughly enjoyed.

We also had fun with some strawberry-themed **colouring**.

No stress!

And we've also been letting out our tensions with some **squishy stress balls**, which are so good for relaxation.

Our Nourishment and Social Wellness Coordinator Katja got to show off her **juggling skills** with three balls and had a giggle with some two-person juggling with Anne too. *Great fun!*



