

## Lulworth House Residential Care Home residents cruise to India



**We had another jam-packed week here at Lulworth House Residential Care Home.**

We said '*Bon voyage*' to the cold weather as we set off to **India** and our residents enjoyed a selection of **drinks and cocktails** on deck (in the garden in the sunshine) – though we weren't sure if we'd actually end up in India as our Captain enjoyed his break with a cold beer!

We did arrive at our destination! When our Cruise docked in India, our ladies and gents had fun experiencing traditional **Indian snacks, fashion, music** and even had **temporary henna tattoos** to get into the spirit of the day.

It was a fantastic afternoon which lifted everyone's spirits. All slept well in their cabins, ready for our next destination, Spain. We just hope we don't get hijacked by Pirates on the way!

### Flowers and painting

We have also held a flower arranging session and have been exploring our emotions through the power of **Art Therapy**. This has been a very relaxing activity which has allowed our residents to paint their feelings, with some lovely tree pictures to display.



