

Football and feasting at The Old Downs Residential Care Home



Come on England!

On Sunday 13 June some of our residents at The Old Downs Residential Care Home joined in to watch the Euro 2020 England vs Croatia match on television. Our England flag bunting was at the ready!

They enjoyed beer, snacks and viewing the game.

Everyone had a great time and the **1-0 result** to us was a bonus!

Nutrition and Hydration Week

On Wednesday 16 June our residents and staff joined in to celebrated **Nutrition and Hydration Week** with **fresh fruit platters** and **homemade smoothies**.

We had **cantaloupe and honeydew melon, grapes, strawberries, pears, bananas, papaya, blueberries, pineapple, pomegranate, kiwis and mango**. *What a feast!*

Our residents loved the variety of different colours, flavours and textures on offer.

A delicious afternoon!

World Tapas Day

Our residents enjoyed marking **World Tapas Day** together on Thursday 17 June by celebrating Spain's cuisine of miniature plates and tasting menus.

We served a variety of different **salamis, cheese, crackers, grapes, pitta breads and hummus, accompanied by wine.**

Everybody loved the food, music and bright colours of the event. *Viva Espana!*



