

Celebrating birthdays and Nutrition and Hydration Week at Hengist Field Care Home



Happy birthday Derek

Everyone here at Hengist Field Care Home wished our lovely resident Derek a happy 94th birthday last week. He had a wonderful day and loved his specially made coffee and walnut cake which he shared with other residents in the Home.

Gardening Club

We have some keen green fingered gardeners here at **Hengist Field** and continue to hold our **Gardening Club** sessions. Last week we planted some basil, cress, parsley and coriander – these will be lovely when they've grown.

Chocolate fountain here we come!

Having won the **Nellsar Care Homes** pancake competition, we can't wait for the chocolate fountain prize to arrive! Many of our residents will enjoy chocolate dipped strawberries or marshmallows very soon!

Nutrition and Hydration Week

Hengist Field Care Home are proud to embrace **Nutrition and Hydration Week (11 to 17 March 2019)**. This is an annual event with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration – locally, nationally and globally.

You'll see from our Activity Planner that we have lots planned! From mocktails and cocktails to ice-cream sundaes, plus fruit smoothies and exotic fruit tasting too. *Watch this space!*

We will also have 'The Big Breakfast' available to all residents – whether they're on a normal dietary plan, or if they require puréed or soft food options. They'll be plenty of snacks on the trolley including fruit purées.

Click [here](#) to book a visit to **Hengist Field** or click [here](#) to download our brochure.







ROWENA WEEKLY ACTIVITIES MARCH 2019
CELEBRATING NUTRITION AND HYDRATION WEEK

DATE	MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th	SATURDAY 16th	SUNDAY 17th
AM	Armchair Exercises Cherry Lounge 	Coffee Morning & Quiz Cherry Lounge 11am 	Armchair Exercises Cherry Lounge 	Thirsty Thursday Mocktails, Pimm's, Old Fashioned Cordials 	Fruit Tasting 	Smoothie Saturday 	Armchair Exercise Cherry Lounge 
PM	Book Club Russell Lounge 2.30pm 	Spring Watch Indoor Gardening Club 	Tea Party Orangery 2.30pm 	Bruce Winters Entertains Cherry Lounge 2.30pm 	Knit & Natter Orangery 2.30pm 	Book Club Cherry Lounge 	Sundays on Sunday 