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Drinks pong

On Wednesday 6 July we had a friendly competition at Woodstock Residential Care Home – playing drinks pong! The aim of the game was to work in teams to dunk the ball into the selection of opposing team's drinks.

Both sides of the table had some delicious drinks, with a variety of fizzy and soft drinks. Where the ball landed in the drink decided which drink would be given to the opposing team.

This was a fun way to **promote hydration** and it was also a great game to improve focus, concentration and exercise our arms.

We had lots of **laughs and giggles** and enjoyed cheering each other on. We went around with a portable version so everyone could have a go at this fun game. *Cheers!*

World Chocolate Day

Every year on 7 July, people celebrate World Chocolate Day which **allows chocolate lovers to indulge in their favourite treats without any guilt!**

Our residents at **Woodstock** loved this activity, as we made **chocolate crisp cakes** in the morning and then in the afternoon we had a variety of different **hot chocolates** with cream and marshmallows to drink. *It was a tough job, but somebody had to do it!!*

Mint hot chocolate was the most popular flavour with our residents, with some even coming back for seconds.

What a delicious day!



Chocolate heaven!