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On Thursday 16 March we continued our Nutrition and Hydration Week activities at Woodstock Residential Care Home with some delicious mocktails – having fun taste testing different flavours.

We had some **gorgeous drinks to choose from** including Pina colada, orange and grenadine, sangria with cranberry, orange and lemonade and fruit, and lots more!

We hosted a 'Happy hour' to brighten the day and everyone's faces lit up as they enjoyed tasting all the different juicy flavours.

Our day was finished off with a **dance and sing along** with one of our **favourite singers, Rob T** who always brings some great tunes and creates a fantastic atmosphere.

