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Over the past week we have been keeping ourselves hydrated with different **fruity trolleys** here at **Woodstock Residential Care Home**, as the weather has been so hot.

We enjoyed '**Fruity Friday**' with a variety of fruits to taste including strawberries, bananas, watermelon and mango. We all loved having fruit bowls – very delicious and refreshing in the heat! We all enjoyed trying something different and all had a choice of fruity drink to quench our thirsts too.

As part of the fruity fun, we made different **delicious smoothies** and these went down a treat! We used kiwis, frozen fruits, honey and yoghurt and blended them to perfection. They were delicious and everyone was excited to try the different flavours and concoctions.

We also enjoyed **getting creative by decorating our own perfect versions of a fruit smoothie** as we joined in with colouring in a smoothie cup, chatting about our favourite fruits and smoothies which gave us ideas of what flavours would be popular as smoothies. We used these pictures as decorations on our trolleys and they looked great. *What a delicious time we've had!*

