

Posted on July 25, 2022



**On Thursday 21 July, our residents at Woodstock Residential Care Home were keeping cool in the warm weather.**

We served delicious **fresh fruit** to keep everyone hydrated; our ladies and gents enjoyed eating **melon, watermelon, pineapple, strawberries** and **raspberries**. *Yum!*

They also put their feet in bowls of **cool water** and used **cold flannels** for their heads – a new take on '*chill out time*'!





Keeping hydrated and cool in the warm weather