

## From smoothies to hand painting at Lukestone Care Home



### Smoothie Saturday

Our residents at Lukestone Care Home enjoyed making smoothies on Saturday 18 June, outside in our garden.

We used fresh fruit and milk to make our nutritious drinks and had help from many of our residents who enjoyed the process of creating the smoothies just as much as drinking them later! *Delicious!*

### Outside games

As we had lovely weather most of last week, we made sure to use it wisely and spend lots of **time outside** – *not forgetting sun screen of course!*

We had a large variety of activities on offer and played lots of games including **tin can alley, darts** and **more**. Brian challenged us all to a game of darts and unfortunately we all lost by a mile – which officially makes **Brian our Lukestone darts champion!**

We are hoping for more sunny weather next week as our ladies and gents love spending time in the garden.

## Hand painting

Throughout the week our residents also enjoyed getting their **hands painted with face paints**. We had a variety of requests – from flowers to cars!

Everyone was very proud to show off the paintings on their hands! *It turned out so well that we will be sure to do more in the future!*



Our ladies loved their hand paintings



Pretty floral designs