

Caribbean capers at Meyer House Care Home



We were excited to host our very own Caribbean Themed Lunch here at Meyer House Care Home on Tuesday 20 August.

We transformed our **Home** into a colourful **tropical paradise**, with grass skirts, tropical flower bunting, coconuts, garlands and of course some reggae music!

On our amazing menu we offered:

Jerk chicken with rice
Curried goat with rice
Jamaican patties with sweet potato mash/chips

We also made a delicious selection of desserts, all offered with coconut ice cream / rum flavoured custard:

Mojito cake
Jamaican rum upside down sponge
Jamaican carrot cake

And what Caribbean event would be complete without a mocktail or two? We prepared **mango paradise and mojito mocktails** for our residents to drink from coconuts. They went down a treat!

The whole experience was a big hit with everyone.

Outings to town and Herne Bay

Two of our ladies have been out and about recently to our local town, to browse in the shops and enjoy coffee and brunch together, which they really enjoyed.

We have also had a rather soggy trip to **Herne Bay**! Umbrellas were definitely at the ready! But we didn't let the rain stop us and soldiered on by the sea, enjoying the sights and fresh air.

Fun and games

Closer to home, we've all had fun with parachute and balloon games, which are always a good giggle – a great chance to socialise and do some gentle upper body exercise too!









