

Pancake heaven and G Fitness at Abbotsleigh Care Home



Pancakes with Alina

For the 6th year in a row our lovely Manager Alina at Abbotsleigh Care Home served up a feast of pancakes on Pancake Day, with fresh fruit and sauces for our residents.

She made them in our lounge and **encouraged our residents to smell the ingredients** she used, like vanilla essence and freshly squeezed lemons. It was a **feast for the senses!** We also counted the ingredients in, one spoon, two spoons....

In the afternoon our **Chef Alex made more pancakes for our staff, residents and guests.** He was busy in the kitchen flipping and making wonderful flavour pancakes with cream, Nutella, fresh fruits and of course the traditional lemon and sugar variety.

A delicious day was had by all!



Keeping fit

Henry from G Fitness came to make us move this week! Our ladies and gents do love to join in, and catch the ball really quickly – *they can be a speedy bunch!*

