

## Princess Christian Care Home celebrated Nowruz



## Last week at Princess Christian Care Home we celebrated Nowruz which is Iranian New Year.

We invited our Iranian residents along with loved ones to a delicious lunch of special dishes, and after lunch we welcomed our wonderful singer Najwa who performed some wonderful Iranian and English songs for all of us.

Our residents enjoyed seeing some of our guests dancing, as well as our Nurse Alisha who danced beautifully.

*As is the tradition for Nowruz, we set up a table called 'Haft-Sin' with the following items on it:*

**Sabzeh** – wheat, barley or lentil sprouts growing in a dish

**Samanu** – a sweet pudding made from wheat germ

**Senjed** – the dried fruit of the oleaster tree

**Sîr** – garlic

**Sîb** – apples

**Somaq** – sumac berries

**Serkeh** – vinegar

**Sonbol** – the fragrant hyacinth flower

Haft-Sin, also known as Haft-Seen, is a beautiful and meaningful Persian New Year tradition. It's a symbolic display of seven items, each starting with the Persian letter "sin," which represents the seven creations and seven holy immortals in the Iranian religion

Zoroastrianism.

