

Afternoon sing-along at Sonya Lodge Residential Care Home



We love a sing-along here at Sonya Lodge Residential Care Home; in fact it's one of our favourite things to do. This was a little bit spontaneous this particular afternoon but it went down a storm.

We sang Vera Lynn, Abba and lots more! Of course it wasn't just a sing along, it ended with a good dance! We find music very uplifting; it soothes the soul, releases stress and promotes tranquility.

*At **Sonya Lodge**, we like to use music as a therapy, a reminiscing tool and to have a good ol' singalong. You'll always hear some sort of music here at **Sonya Lodge**!*

