

Arts and crafts session at Sonya Lodge Residential Care Home



Our residents got to work with their creative and artistic flair last week here at Sonya Lodge Residential Care Home.

Some of our ladies enjoyed **decorating some signs** for an upcoming event here at **Sonya Lodge**. They were turning **giant letters** into colourful works of art by adding stickers, paint and glitter to them. *It was a messy activity but we all had lots of fun and giggles along the way!*

Other residents turned their creative skills to **beading** and made some beautiful beaded necklaces and bracelets. One of our gents turned his skilled hands to **building construction toys** for children to use when they visit us.

Not only are all of these activities enjoyable for our residents but they also support the use of their fine motor skills. *Great fun and good exercise!*

