

Badminton and duck racing fun at Sonya Lodge Residential Care Home



Our residents enjoyed some seated badminton fun last week with our Recreation and Well-Being Champion Jo.

We put up a **net indoors** and used a **balloon** to bat back and forward, which was great exercise and such a lot of fun!

And duck racing is back at the **Lodge!** Our ladies and gents really enjoy this dice-rolling game. All our residents and staff get involved.... it can be quite boisterous too! *Quack quack!*



Anyone for badminton...?