

Balloon volleyball at Sonya Lodge Residential Care Home



Our residents here at Sonya Lodge Residential Care Home have been enjoying a daily exercise activity or something fun to bring a smile.

We have been doing this as part of '*Heather's Rather Regal Chair Exercise Extravaganza*'. Heather is a young person in Scotland who started doing **virtual movement activities online during the pandemic** when she was unable to visit her grandmother in a care home in Scotland.

Since then, **Heather has raised lots of money for Dementia charities** and has continued to arrange nationwide events for care homes. This month-long challenge has been to celebrate the Queen's Jubilee whilst having fun and some exercise.

At **Sonya Lodge**, we enjoyed a **balloon volleyball tournament**. This definitely made us all smile and giggle (and brought out our competitive streaks!). We all fell about laughing when some of our residents thought it was hilarious to make the balloons stick to their heads with static electricity!