

Brain training games at Sonya Lodge Residential Care Home



During this past week at Sonya Lodge Residential Care Home we've shared a number of mentally stimulating activities.

We've enjoyed lots and lots of **word searches and cross words** (firm favourites here!). We have fabric wallets that hang on our cupboard in the lounge that we regularly stock with word searches, cross words, colouring and more, so our residents can just help themselves to whatever they fancy.

On Friday we had our '**Big bingo afternoon**' in our lounge with some great prizes up for grabs! **Joan** won a box of Match Makers – well deserved too, as she did two bingo cards at once! Next, **Pauline** won a Terry's chocolate orange. It was really fun and a few of our team members found themselves playing too. *We certainly love our bingo here!*





