

Cafe trips and chair fitness at Sonya Lodge Residential Care Home



Trip to the Spitfire Cafe

Some of our residents here at Sonya Lodge Residential Care Home enjoyed a special trip out to the Spitfire Café in Biggin Hill recently. Our residents were in awe of the WWII memorabilia that filled the walls of the café and the amazing Spitfire model hanging from the ceiling.

The walls were covered in photographs, documents, uniforms, parts of planes, and wonderful signed pictures of Vera Lynn. As you can imagine, all of these items sparked lots of reminiscing and conversations with our residents about their memories of this time or the stories that they were told by their family members.

Whilst at the café we enjoyed some lovely cups of tea and coffee, and some bacon sandwiches which were delicious! The staff at the Spitfire Café treated us all like royalty and we would definitely recommend paying a visit to the Spitfire Café in the future (*we know we will be!*).

Celebrating Fathers' Day

We like to make sure that all of our residents know how much we appreciate them, and **Fathers' Day** provides us with that

opportunity to do something special for our male residents at **Sonya Lodge**.

Our gentlemen here enjoyed being waited on with a selection of beers, sweets, and not to mention the lovely cards and presents they received. Our residents had a lovely day and it was a pleasure to show them how much they mean to us all.

Trips to the Local Pub and Ruxley Garden Centre

With the weather brightening up the height of summer approaching, some of our residents decided that it was time to get out and about again in our local community.

Our residents decided that they would like to visit our local pub for a cool and refreshing drink. This of course, also included many chats, jokes and giggles with the staff and other locals in the pub, who all made us very welcome.

Another group of residents chose to visit the **Ruxley Garden Centre**. They enjoyed looking at the bright coloured flowers and smelling the beautiful aromas of all of the plants and flowers there. And as I'm sure you'll agree, no trip to a garden centre is complete without first visiting their café for a cup of tea and slice of homemade cake! Our residents delved into huge slices of luxurious Victoria Sandwich.

Chair Fitness with G-Fitness

We had an amazing visit from the lovely **Jane from G-Fitness**. She led a wonderfully fun and energetic chair fitness session for our residents. Jane had visited us previously for a taster session and was such a huge hit with our residents that she now provides a regular fitness session at **Sonya Lodge**.

The residents were singing and dancing along, whilst joining in with gentle exercises. Our residents also used resistance bands during the session to focus on strengthening exercises to support the joint mobility and circulation.

We all absolutely love these fitness sessions with Jane and we can all see the physical benefits. But more importantly, we have already seen the huge benefits and positive impact on our residents' emotional well-being and self-esteem following each session.

Thank you Jane and G-Fitness, and roll on the next fitness session!





