

## Chair fitness and relaxing pastimes at Sonya Lodge Residential Care Home



### Seated exercise

Our Sonya Lodge Residential Care Home residents enjoyed their weekly chair fitness session with Alex from the Ellenor Team.

These sessions are aimed at helping our residents **improve or maintain their strength and mobility**; this is done by doing specific exercises while seated.

Some of our ladies and gents can't wait for this session to start each week and are always the first people sat down and ready for Alex to begin.

As a result, these residents have **bonded and formed lovely friendships** through this shared interest.

### Time to relax

Sometimes we all want to spend some **quality time to sit and relax** with a preferred pastime.

For some of our residents, they like nothing more than flicking through a **magazine** or burying their head in a **good book**. While others prefer to sit with their friends for a **chat** or to play their **favourite game**.

