

## Choir party at Sonya Lodge Residential Care Home



**Every week we have a Choir practice here at Sonya Lodge Residential Care Home and we absolutely love it!**

We rotate songs every so often and ask our residents what songs they would like to sing next.

*One thing about the choir at **Sonya Lodge** is that we can't guarantee that it doesn't turn into a bit of a **dance** and this particular session **turned into a party!** Our lovely residents' families got involved and enjoyed a dance with their loved ones. We always take song requests at the end and this is where the party started – we always do the 'hokey cokey'!*

This activity **stimulates the emotional needs of our residents**; music can aid reminiscence and bring back lots of memories.

*We always look forward to Choir afternoons on a Sunday!*

