

Community trips and selfies at Sonya Lodge Residential Care Home



Community trips

We have had several community trips last week from Sonya Lodge Residential Care Home.

Our residents enjoyed their regular Tuesday visit to the **coffee morning at our local church** where they enjoyed a **hot drink of their choice and a slice of homemade cake** (yum!). Our ladies and gents love this weekly trip as they catch up with some familiar faces and friends from our local community.

We also popped along to the **Wilmington Farmers Market** on Thursday where we enjoyed looking at all of the wonderful crafts and local produce on offer. Our residents sat together and enjoyed some cake and tea before heading back to Sonya Lodge.

Our local church (St Michaels and All Angels in Wilmington) also hosted a **'Holiday at Home' event**. Four of our residents attended and were treated to an array of craft activities and also enjoyed the musical talents and soulful voices of the fantastic **singing duo PJ and Rose**.

If this wasn't already a jam-packed day, the group was also served a delicious **roast dinner** and tasty selection of sweet treats. *Our residents loved this event and we are already looking forward to the next one!*

Games and fun with selfies

Our residents enjoy our big events at Sonya Lodge, but they **enjoy our more chilled out** days too!

We recently shared a relaxing day, where residents and staff spent time together having a good **catch up over a cup of tea** and some **board games**. *They also had a giggle while taking some selfies – say cheese!*



