

Enjoying a range of activities at Sonya Lodge Residential Care Home



At Sonya Lodge Residential Care Home we try to ensure that we provide a wide variety of activities to meet each individual's preferences. We also regularly research upcoming holidays, national days and events to ensure that our residents are given the opportunity to join in with these fun occasions.

This week some of the activities on offer included **water painting, word puzzles and games** (hangman is a favourite with our residents here!) and **coffee and catch-up sessions** which provide an opportunity for different residents to socialise together over a coffee and piece of cake. This is also a great opportunity to share stories and reminisce with one another.

We also recently celebrated **National Dark Chocolate Day** when our ladies and gents enjoyed some chocolate related quizzes and art work together.

They then enjoyed a dark chocolate tasting session; we were impressed by how keen everyone was to try the different flavours of dark chocolate on offer. *Yummy!*

