

Enjoying local community outings at Sonya Lodge Residential Care Home



Our residents at Sonya Lodge Residential Care Home love getting out and about and spending time visiting people and places in our local community. Last week they visited Hawley Garden Centre, St Michael's Church Coffee Stop and Dartford Town Centre.

Beryl is a keen gardener and requested to visit our local garden centre. We were happy to oblige and it was lovely to see her enjoying the **sensory input** of the sweet smelling plants and colourful flowers. After planning and discussing which plants and flowers would look best in the Sonya Lodge garden, she then headed inside to see what else was on offer. **Beryl found a sun hat** that she rather liked the look of and also a bird feeder to put outside of another resident's room who likes to look at the birds. We then rounded off this lovely trip with a visit to the **garden centre café** for a cup of tea and slice of homemade lemon drizzle cake. Yum!

Angela and George ventured out with our team to Dartford town centre to do a spot of essential shopping, enjoy a hot chocolate pit stop in the local café and have a surprise meeting with **St George and the Dragon** on the high street!

Several other residents enjoyed their **regular weekly trip to our local church** for their coffee morning. They always love visiting this, not only for the excellent company and chats, but also for the delicious cake!









