

Festive chair fitness at Sonya Lodge Residential Care Home



Our residents love their chair fitness sessions, and it has become a permanent fixture on our weekly activity schedule here at Sonya Lodge Residential Care Home.

It may have been the Christmas break for most, but we didn't want to miss a chance to stretch out our joints, strengthen our muscles and focus on our joint mobility! *It also meant we could enjoy an extra mince pie without any guilt!!*

With that being said, it was the turn of our very own Nikki to step up to the plate and deliver the session.

Our **residents and staff got stuck into the movements and laughed together** all the way through! At the end of the group, we even turned the activity into our very own spontaneous party, with some of our residents getting up for a **dance and boogie** together. *Brilliant!*



Festive stretches!