

Friday Music Therapy at Sonya Lodge Residential Care Home



Every Friday we enjoy Music Therapy at Sonya Lodge Residential Care Home.

Grace, our Music Therapist, has a wide collection of instruments for our residents to chose from. We have a big group session throughout the morning and then Grace does one-to-one sessions in the afternoon.

There is a set list, but Grace kindly also does requests! We love to sing '*Que Ce Ra*' and '*We'll Meet Again*' – two of our favourites at Sonya Lodge. **Remin**

Not all of our residents enjoy a sing along, so Grace will play her flute or guitar. This could be a song they request or a classic nursery rhyme. It normally brings back lovely memories for everyone.

We love music and find it one of the most beneficial therapies here at **The Lodge**.

