

Games and chair fitness at Sonya Lodge Residential Care Home



Bingo and dominoes

Our residents at Sonya Lodge Residential Care Home love spending time playing games together.

Some of our ladies and gents enjoy a **quiet game with a friend or member of staff**, while others enjoy a **loud and riotous round of Picture Picture!**

Roy opted for the first option last week – a peaceful (but competitive) game of **dominoes** with a member of our Activities Team.

Meanwhile some of our other residents had a fun game of **Picture Bingo** together which filled our Home with laughter and raucous bingo calls, while everyone enjoyed some delicious **cakes and biscuits!**

Fun with chair fitness

Our residents worked hard with their exercises last week as we enjoyed **two sessions of chair fitness**.

We hosted an hour of seated exercises with Jane from **G-Fitness** on Monday, followed by another one hour session with **Alex from the Ellenor Team** on Tuesday.

Everyone loved these sessions and this was evident from the **smiles, laughter and singing** throughout!

It is great to see so many of our residents getting involved in this group activity and having fun together.



