

Independent pastimes and inspiring moments at Sonya Lodge Residential Care Home

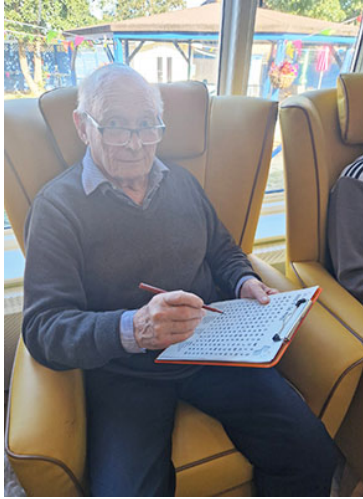


Pastime choices

At Sonya Lodge Residential Care Home, our residents enjoy a wonderful mix of group activities and independent pastimes, giving everyone the opportunity to express themselves in their own unique way. While many love taking part in our planned events and social sessions, others find comfort and relaxation in spending time on quieter, independent activities – sometimes alongside a member of our Activities Team for a little one-to-one quality time together.

***Our residents' independent activities are wonderfully varied** – from completing word searches, jigsaw puzzles, knitting projects and making pom-poms, to watching a favourite TV programme or enjoying a cuddle with one of our visiting animals.*

Each activity offers moments of calm, creativity and personal satisfaction, helping to maintain a strong sense of independence and well-being.



Meaningful moments

We've also shared some **very special one-to-one time** recently with our residents **Terry and Monica**, when they shared some of their skills and talents whilst reminiscing with us about moments in their lives.

Monica, who previously worked as a teacher with a **special interest in computing**, spoke fondly about her career and the joy she found in helping students develop skills that would shape their futures. Although she sometimes misses the classroom, Monica still loves supporting others – and recently **enjoyed sitting down with our Home Manager John to help type up some notes**. Her enthusiasm for learning and sharing knowledge continues to inspire us all. We don't know what we'd do without her!

Meanwhile, during a visit to our local church, **Terry treated us to a beautiful impromptu piano performance**. Spotting the piano, he couldn't resist sitting down to play – and soon the church was filled with his wonderful music. He played several tunes for us, and we had tears as we were so moved by his **musical talent and this special moment**. It was a touching reminder of the power of music and the joy it brings, both to the player and those listening.

It's fantastic to see our residents enjoying these creative activities and special moments that continue their independence and help build their self-esteem.

