

Keeping fit and active at Sonya Lodge Residential Care Home



Armchair exercise

Keeping fit and mentally agile is more important than ever for our sense of well-being, and the team at Sonya Lodge Residential Care Home know just how to keep the fun in fitness!

Last week, our residents enjoyed a morning of armchair exercise to a **Joe Wicks chair-based workout** – donning retro arm bands and head bands too!

Giant parachute and ball games

Our residents had a great laugh while playing **ball games with the giant parachute** recently; the balls flying everywhere had us all in fits and giggles! We also had a few games of **catch with a soft ball** – all of which require good hand-to-eye coordination – great for keeping us sharp.

Sensory session

Thank you Jo, our Well-being Champion, who kindly brought in a range of fresh vegetables and herbs from her back garden to use in

a **sensory exploration session** with our ladies and gents.

Our residents took it in turn to touch and smell a bunch of carrots, a sprig of lavender, freshly picked mint, a sprig of parsley and samples of rosemary, chives and thyme. The different textures and fragrances were very interesting and a treat for the senses!





