

## Meeting friends and colouring at Sonya Lodge Residential Care Home



### Coffee and catch up

Many of our residents at Sonya Lodge Residential Care Home enjoy spending time with their friends and having a good natter. It is important to have this devoted time to talk about everything and anything, and it is only ever made better with a nice hot drink and delicious cake!

Recently, some of our ladies and gents **visited their friends at our local church for their weekly coffee morning**. While other residents opted to stay at The Lodge and make the short journey to the garden to **visit our 'Forget-Me-Not' Tearoom**.

*Everyone had a lovely time and we could hear lots of laughter and chatter as residents caught each other up on their latest news.*

### Relaxing with colouring

It is important for people to identify activities that they not only enjoy, but they also find relaxing – and for some of our residents, they will often opt to do some **colouring** when they would like to relax.

They **enjoy getting creative** with the different colours and will often show their finished pictures to everyone with pride. *Beautiful!*

