

Quality time together at Sonya Lodge Residential Care Home



Everyone at Sonya Lodge Residential Care Home enjoys doing different things and the company of different people. We work hard to make sure that every resident has the opportunity to be involved with activities that they enjoy and has time to socialise with their preferred people. By ensuring that this is facilitated for our residents, we are promoting meaningful social interactions and a good quality of life.

A few examples of meaningful, quality time that was enjoyed last week included **trips out together, some pampering, music sessions, afternoons teas, games and puzzles.**

Maggie loved having her nails painted by one of our team members. She selected the colour and nail art design she wanted – *we all think her nails are beautiful.*

Angela and Teresa enjoyed spending some time together at our local church coffee morning. It was wonderful to see them both sharing jokes and chatting together over a slice of delicious homemade cake and a hot drink.

Pauline and Joan both love doing jigsaw puzzles. They both find this activity relaxing and rewarding, and this shared interest means they can often be found together trying to complete another one!

