

## Recent outings at Sonya Lodge Residential Care Home



**As we've moved into spring, so have our trips here at Sonya Lodge Residential Care Home! We love getting out and about, so here are a few of our recent outings...**

Our Recreation and Well-Being Coordinators, Jo and Deanne, went to our **local Sainsbury's** to restock our treat trolley – and of course the decision was made to stop for tea and cake! A shopping list was made, but judging by the trolley they didn't stick it! *Oh well, you can never have too many treats!* Trips like this are an important way to maintain normal day-to-day activities at The Lodge and we do enjoy simply going to the supermarket.

A couple of days later it was back to the supermarket, **Lidl this time to pick lots of fresh flowers** to arrange and fill our Home with. Olga, Angela and Rosina picked out vibrant roses, carnations and lilies and then took them back to their friends to arrange into beautiful glass vases.

Lastly, on Sunday Rosina and our Recreation and Well-Being Coordinator Victoria headed out to a **local church** service, but got their timings slightly off and were early! With half an hour to spare, instead of going back home they went for a **beautiful spring walk around their local park**. Their favourite part was the stunning pink blossom tree they found on their travels. Then it was off to the church service!













