

Relaxation and quality time together at Sonya Lodge Residential Care Home

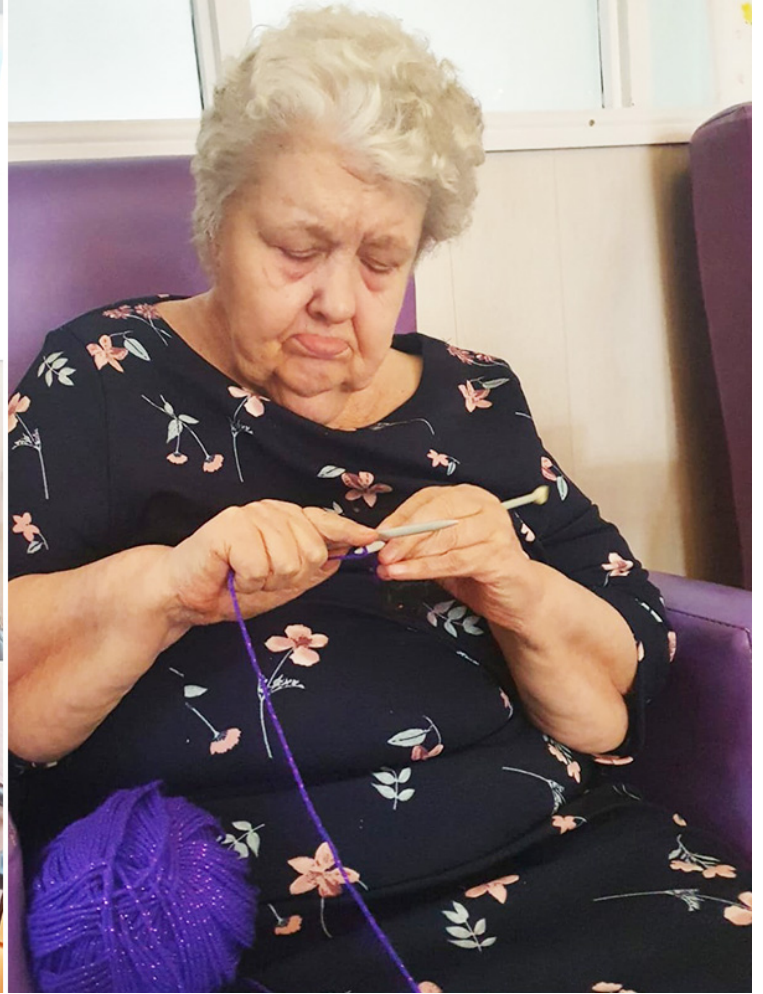


Our residents at Sonya Lodge Residential Care Home are often busy with a variety of activities on offer, so they always welcome a day of activities that focus on relaxing and spending quality time together.

These activities look different for each individual, but they are all equally meaningful and treasured.

Last week, some of our residents enjoyed getting a **manicure**, whilst others loved a good gossip in their **Knit 'n' Natter Club**.

Our gents got together for their **Men's Club** and worked together to build some toy cars for children to use when visiting us. They also enjoyed a good catch up over a nice cold glass of beer. *Perfect!*



Constructing toys and knitting