

Relaxing activities at Sonya Lodge Residential Care Home



As well as enjoying some busy activities this week, our residents also relaxed with some calming pastimes at Sonya Lodge Residential Care Home including braiding, pampering and a baby bath reminiscence activity.

Our residents worked on their **fine motor skills while braiding some wool**. This activity initiated conversations about reminiscing over years spent braiding the hair of their children and friends when they were younger.

Others enjoyed some **relaxing hand massages and manicures**. Many of our ladies and gents love hand massages and we can see them visibly **relaxing** during them. Some of our ladies also chose to have their **nails painted** in their favourite shades of nail polish, which looked beautiful.

A number of our residents have their own children and grandchildren and have many years experience of looking after babies. As a result, they really enjoy the **reminiscing baby bath activity** when they bathe our baby dolls and dress them in a new outfit. They will often sing **nursery rhymes** throughout the activity and talk about **memories** of their own experiences with young children, which is so beautiful to hear.