

Remembrance Sunday at Sonya Lodge Residential Care Home



Remembrance Sunday will always be an important day for us at Sonya Lodge Residential Care Home and we always try to commemorate it to remember our fallen heroes.

On Remembrance Sunday we started by putting our **poppies** on to show support for our armed forces community. Our residents enjoyed some **reminiscing** about poppies – why they are worn and how much they mean to them.

At 10.30am, we crowded around our televisions to watch the **Sunday Remembrance service**. Sonya Lodge fell quiet at 11am whilst we all participated in the **two-minute silence**.

At lunchtime, everyone enjoyed **eating lunch together** at one long table, which was adorned with union jacks and poppies. We also read the poem '*In Flanders Field*' before eating.

Everyone tucked into a **lamb roast dinner** and **pineapple upside-down cake** decorated with rice paper poppies, all accompanied by a glass of the British classic, Pimm's.

To finish a wholesome Sunday, we ran our weekly **Sunday choir**. We sang our usual song list but added a few extras in – The '*Hokey cokey*', '*Time warp*' and yes...a Christmas song!

It was a very peaceful day and a very important day for us all.

