

Royal exercise finale at Sonya Lodge Residential Care Home



Friday 27 May marked the final day of 'Heather's Regal Chair Exercise Extravaganza' here at Sonya Lodge Residential Care Home.

Heather is a young person in Scotland who has been hosting virtual movement activities online during the pandemic when she couldn't visit her grandmother in a care home. Heather has been fundraising for Dementia charities and has continued to arrange nationwide events for care homes. This month-long challenge has been to celebrate the Queen's Jubilee.

Our residents gathered together to put in the effort for the big finale. Everyone put on their **crowns** and sat up in their chairs ready to start the exercise session.

We joined in with **Heather's live exercise class online**; we **marched, waved, laughed** and put in all of the enthusiasm we could find – *and we had that by the bucketload!*

We were all so **proud of ourselves for completing the challenge** and we all felt like we had definitely earned ourselves a nice cup of tea and piece of cake!

Well done to all our residents who took part and congratulations to Heather for such an inspirational idea!

