

Seated football and Knit and Natter at Sonya Lodge Residential Care Home



We kicked off the New Year at Sonya Lodge Residential Care Home with a game of seated football!!

Our residents love this game – it's physically stimulating and **keeps us all active**. We can bring an outdoor activity inside when the weather's poor; we gather in a circle and pass the ball around the room whilst trying to catch it! Always a popular one here.

Next, Knit and Natter. We **run our Knit and Natter session regularly** here at Sonya Lodge. It helps to keep our residents social whilst learning a new hobby or keeping up with an old one. However, this activity normally becomes a **teaching session from our residents to our team members!** We have some very talented residents here.

What a fun way to start 2024!