

## Sensory tray and creative pastimes at Sonya Lodge Residential Care Home



### Sensory tray

It is extremely important to incorporate a variety of activities and engagement opportunities for our residents here at Sonya Lodge Residential Care Home, and this includes sensory-based activities.

Our **sensory tray has become a firm favourite** amongst some of our ladies and gents. They enjoy feeling the different textured items and running their fingers through the sand. The different smells of seashells alongside the textures they feel often **invoke memories** and this almost always leads to many shared stories of times at the seaside or childhood memories of sandpits and building sandcastles. It is such a privilege to hear these wonderful stories that our residents share with us.

### Jigsaw puzzles

While some residents enjoy the sensory activities, we also have some residents who are huge fans of jigsaw puzzles! It has been lovely to witness a **wonderful friendship forming between Joan and Betty**, who can often be found working together to complete another puzzle. They are always in deep concentration during these times, only breaking their laser focus to share a joke and a laugh!



## Flower arranging

Many of our residents also enjoy a bit of flower arranging, and we were very happy to arrange this activity for them recently.

We first needed to get a nice selection of flowers, so some of our residents set off on the minibus with our Activities Team to **our local Lidl**.

They enjoyed selecting the most **beautiful and sweet-smelling flowers**, adding the bunches to the trolley and heading over to pay at the checkouts.

On their return, our residents gathered together to start the creative and busy task of making flower arrangements in vases. This activity brought about lots of laughter and jokes, and the end result was an array of **stunning vases of colourful flowers** to lift everyone's spirits at **Sonya Lodge**.

*Great work everyone!*





