

Sonya Lodge Residential Care Home celebrates International Coffee Day



To celebrate International Coffee Day on Sunday 1 October, we hosted a coffee morning with our residents here at Sonya Lodge Residential Care Home.

We had a selection of **different flavoured coffee** for everyone to try – and of course, you can't enjoy a steaming cup of coffee without a delicious sweet treat to accompany it!

Our residents enjoyed **spending time together in our Forget-Me-Not Tearoom** during the morning – the room was full of chatter, laughter and the delicious smell of coffee.

With everyone talking about the nice aroma of coffee, it **inspired us to do a sensory-based activity** in the afternoon when we took turns smelling different pots and trying to identify the aromas.

The pots contained a variety of scents that you might find in the kitchen – coffee, spices, herbs and fruits. We all thoroughly enjoyed this activity which **sparked many conversations**, as the smells **provoked memories** that our residents shared and reminisced about.

