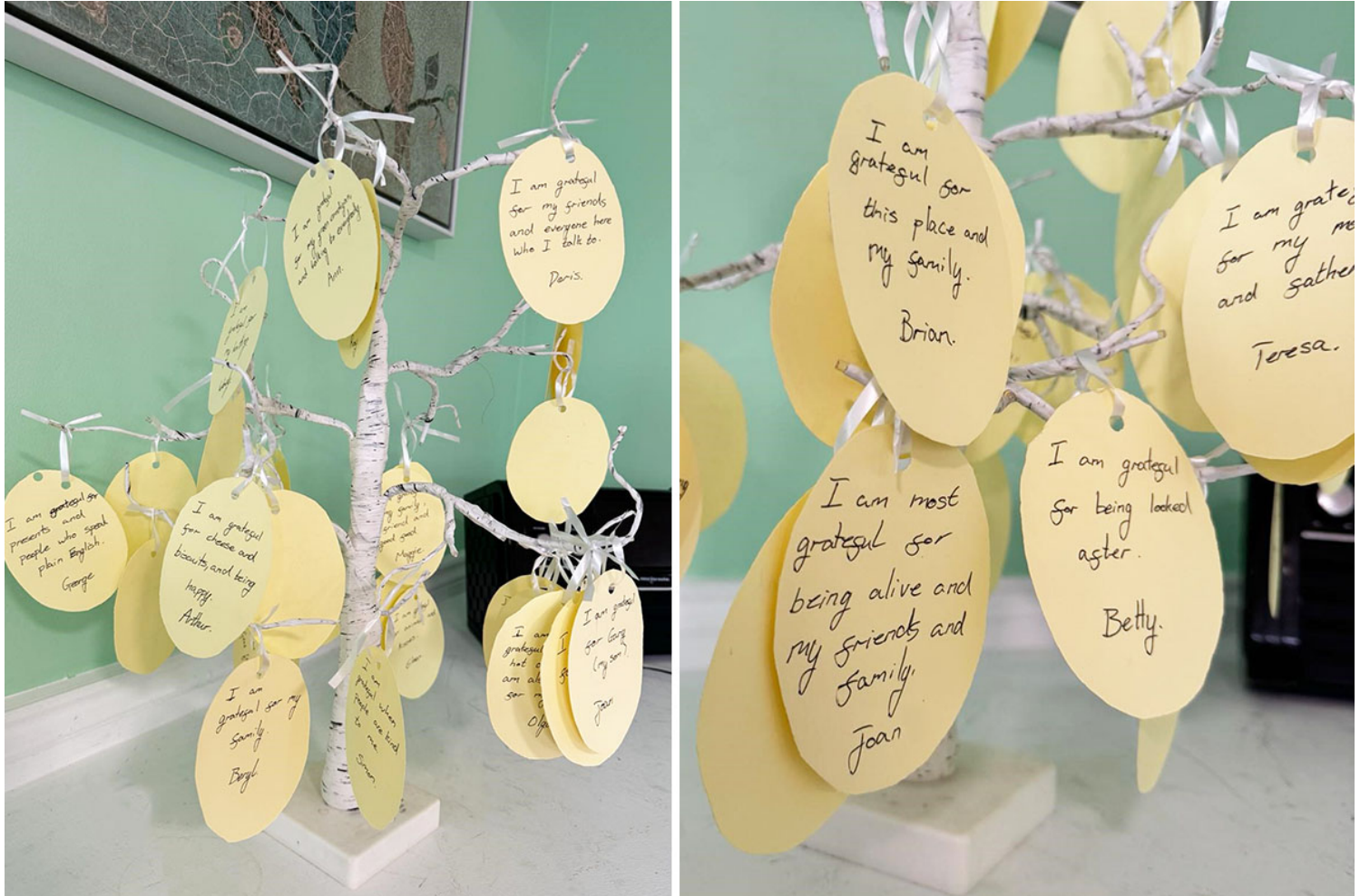


## Sonya Lodge Residential Care Home celebrates World Gratitude Day



**We celebrated World Gratitude Day here at Sonya Lodge Residential Care Home last week and what better way to do this than to talk about what we are grateful for!**

We made a '**Gratitude Tree**', writing down something we are grateful for and hanging up our comments on our little white tree; when it was completed, we turned the fairy lights on!

It was a **great way to reminisce**, as it got us all talking about our time growing up and the different things we are all grateful for. Everyone said lots of different things which made it such an interesting discussion.

### **Here are some of our residents' lovely gratitude messages...**

*'I am grateful for my wife.' George*

*'I am grateful for my green cardigan and talking to my friends.' Ann*

*'I am grateful for this place and my family.' Brian*

*'I am grateful for dancing and my bed.' Jean*

*'I'm grateful for my mother and father.' Teresa*

*'I am grateful for being looked after.' Betty*

*'I am most grateful for being alive and my friends and family.' Joan*

*'I am grateful for cheese and biscuits, and being happy.' Arthur*