

Sonya Lodge Residential Care Home ladies visit Greenwich Park



On Wednesday 21 August Janet, our Recreation and Well-being Champion, drove some of our lovely residents from Sonya Lodge Residential Care Home to Greenwich Park in our minibus.

Our ladies fed the birds with bird seed and spent time watching deer in the park.

They also enjoyed stopping for a coffee or tea in the local cafe within the park, which always goes down well!

We got some super photos of our day out – including some with our ladies' '*hands in the air*' move, which has become their signature pose whenever they go out with Janet!

A really wonderful day, with panoramic views and lots of fresh air.











