

Sonya Lodge Residential Care Home residents enjoy Brooklands Lake



On Thursday 2 September a group of our ladies from Sonya Lodge Residential Care Home went for a very pleasant stroll around Brooklands Lake which is set over 28 acres, surrounded by trees.

They walked for approximately 1.5 miles, taking in the lovely views and nature as they went.

A little 'scrumping' went on too, with some opportunistic **apple picking**!

What a lovely way to get some fresh air, exercise and one of their five a day!



Enjoying a rest at Brooklands Lake