

Sonya Lodge Residential Care Home residents enjoy chair fitness and a Coffee Stop



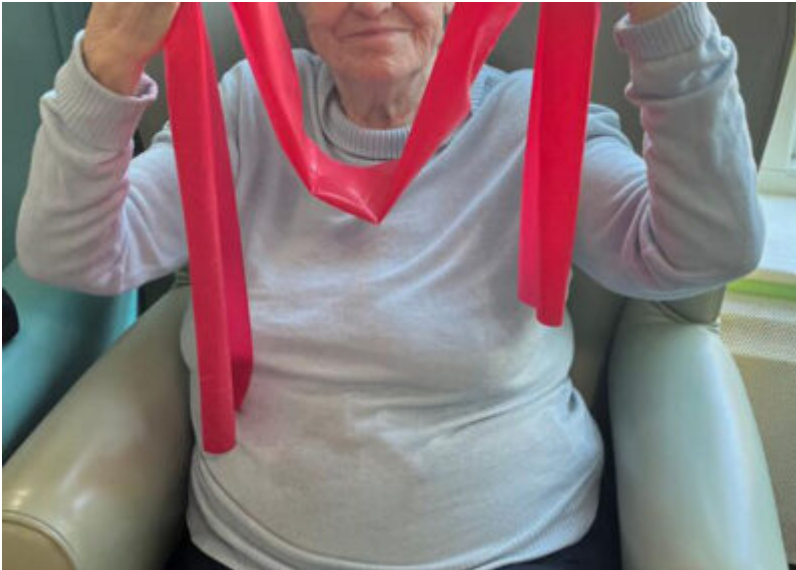
Chair Fitness

Our residents were happy to see Jane joining us again at Sonya Lodge Residential Care Home for their regular chair fitness session.

Our ladies and gents laughed together as they attempted all of the **stretches and strengthening exercises**, using stretch bands and balls.

Jane always brings a party atmosphere with her, so as always, this fitness session ended with a **good sing song and boogie!**







Visiting St Michael's Church

Every Tuesday morning our residents enjoy going out in groups to visit St Michaels Church next door to us.

The church holds a **weekly community 'Coffee Stop'** and our residents love popping along to enjoy a hot drink and delicious slice of homemade cake.

Last week we decided that we would take a cake along too for members of the local community to enjoy.

One of our residents, **Pauline**, loves baking cakes, so she set to work in the kitchen. She **made a wonderful chocolate cake** that everyone was very happy to sample. *Thank you Pauline!*

