

Sonya Lodge Residential Care Home residents enjoy games and chair fitness



Board games and bingo

Sometimes nothing beats a good game together here at Sonya Lodge Residential Care Home!

With a combination of luck, skill and strategy our residents enjoyed **playing a selection of board games** with each other recently. It got a little competitive at times, but everyone had fun!

It was then time for a **game of bingo** – this is serious business here at **Sonya Lodge**!

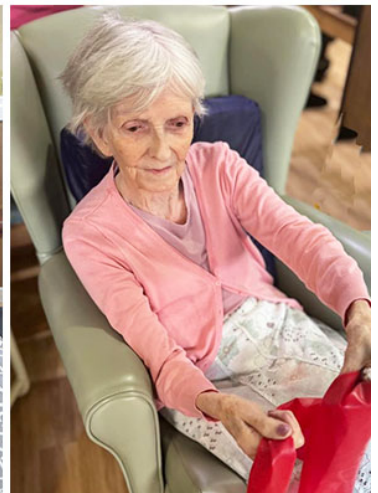
As soon as 'eyes down' was called, a hush fell over the group of residents as they were focused on their bingo sheets. *Great fun!*

Chair fitness session

With the the start of the new year and resolutions made, it was time to continue on with our **regular chair fitness session**.

Our residents love these classes with **Jane from G-Fitness**; as soon as she arrives, everyone gathers round in the lounge and huge smiles light up their faces.

Our ladies and gents joined in with **movement to music** that focused on stretching and strengthening exercises to support their mobility.



Fun, games and fitness!



We enjoy sharing time together

