

Sonya Lodge Residential Care Home residents enjoy relaxing activities and garden centre trip



After some very busy days at Sonya Lodge Residential Care Home that were jam-packed with activities, our residents decided to enjoy some of their favourite ways to relax.

Some of our ladies and gents enjoyed a quiet (yet very competitive!) game of **dominoes**, while others delighted in being **pampered with hand massages**. Everyone was very relaxed and enjoyed the peaceful day, *which was in contrast to many of our party days!*

We rounded off the day with a lovely trip out to our **local Hawley Garden Centre**, for a nice cup of coffee and a piece of one of their delicious homemade cakes.