

Sonya Lodge Residential Care Home residents enjoy The Grand National



The excitement started to build amongst our residents over the weekend as we got ready for the Grand National horse race on Saturday 15 April.

Many of our residents enjoy **horse racing** (especially the Grand National) and were quick to tell us about times they have either been to the race or made a trip to the betting shop to place a bet. Some residents **shared stories** about how they would sit with all the family to watch it on television or listen to it on the radio as they cheered their horse on.

We wanted to support our residents to enjoy this race together and get in the Grand National spirit. **Everyone chose their own horse and became the 'owner' for the day**. We then made **flags** of the jockey's riding colours to wave and cheer with during the race.

When the race began, our residents sat together in our lounges around the televisions and **cheered their horses** towards the finish line.

At the end of the race we had our **award ceremony** with the winning 'owner' receiving a medal and box of chocolates (which she was ecstatic with!). The other 'owners' who also placed in the race received a medal and bag of chocolate buttons.

We had so many giggles on the day and it was lovely to reminisce and build more memories together with our residents.

