

Sonya Lodge Residential Care Home residents go travelling across America



Our residents at Sonya Lodge Residential Care Home had great fun last week when they enjoyed an online creative session from a company called Bright Shadow.

We are excited to have six 'Zest at Home' sessions from **Bright Shadow** booked for our residents, which take place over Zoom, these are:

Week 1 – **Garden**

Week 2 – **USA**

Week 3 – **India**

Week 4 – **Paris**

Week 5 – **Sixties**

Week 6 – **London**

The Zest sessions are themed creative sessions led by artist and musician **Emily Watts**, which take residents on a **sensory, imaginary journey** to stimulate, be **social** and **have fun**. Emily will be joining us online every Tuesday to take us on a creative journey together!

Last week's activity saw us travelling across America, complete with **props** and **song sheets** to get our creative juices flowing!

We're looking forward to our next destination already!



Everyone enjoyed joining in at the Zest session