

Sonya Lodge Residential Care Home residents mark National Cheese Lovers Day



What's that you say? Another opportunity to celebrate and enjoy cheese? Then you can count us in at Sonya Lodge Residential Care Home!

Many of our residents love cheese at **Sonya Lodge** and we think the smiles you can see in the pictures really do speak for themselves. We celebrated this fantastic day with **two cheese-themed activities**.

The first was a **colouring** session, when some of our residents really showed-off their artistic skills. We had some **beautiful artwork produced**, from realistically coloured cheese to rainbow-coloured cheese, and why not?!

Our second activity (and our favourite!) was a **cheese tasting afternoon**. Our residents enjoyed a selection of cheeses that included **brie, stilton, smoked cheddar, goats cheese, red Leicester** and **garlic and herb Boursin**.

The cheeses were accompanied by a selection of crackers and a range of cheese flavoured crisps and snacks. *Yum yum yum!!*

