

## Sonya Lodge Residential Care Home Sports Day 2022



**Our residents and staff here at Sonya Lodge Residential Care Home put on their workout gear and sweat bands ready for our annual sports day.**

The residents had a fantastic time playing hook a duck, hoopla, basketball, nerf gun targets, and the bean bag toss. We were bowled over by our residents' excellent hand-eye coordination and competitiveness. We also enjoyed the very comical staff hula-hooping competition!

Our Chef, Steve, then cooked everyone a delicious BBQ with burgers, sausages, chicken and various salads. The food was amazing and enjoyed by all!

In the afternoon we had our medal ceremony and our residents were very proud of their achievements and many didn't want to take their medals off!





What a fantastic day and we can't wait for our next annual sports day