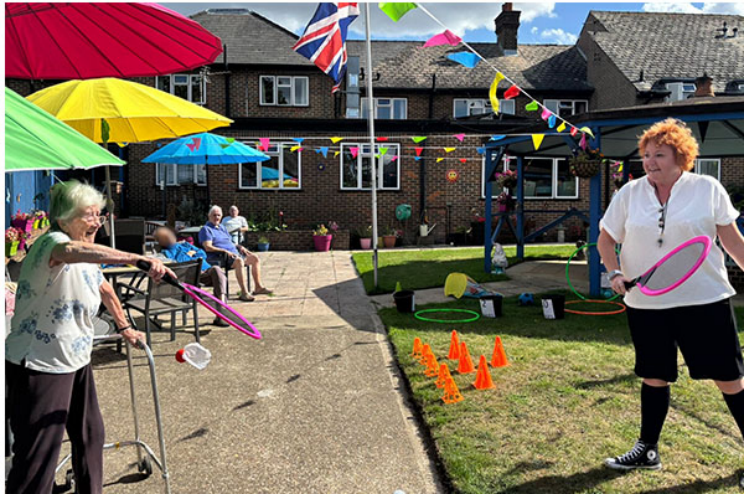


Sports Day fun and medals at Sonya Lodge Residential Care Home



At Sonya Lodge Residential Care Home, we recently celebrated our annual Sports Day, and what a fantastic afternoon in our garden it was! The day was filled with fun, laughter, and plenty of encouragement as our residents cheered each other on.

Activities included **hoop tossing, volleyball, ball tossing, and other light-hearted games** and there were some impressive scores. Our ladies and gents loved taking part – whether playing or supporting from the sidelines.

At the end of the games, we held a **special awards ceremony**, where every participant received a **medal** in recognition of their efforts. The celebrations were rounded off perfectly with a delicious ice cream treat, enjoyed by all. *Well done everyone!*

