

## **Sports Day sunshine at Sonya Lodge Residential Care Home**



**Great fun was had by everyone at Sonya Lodge Residential Care Home on Friday 21 August when both our residents and staff joined in the Sports Day fun and games hosted by Jo and Deanne.**

We had **hoopla**, **hula hooping**, **hook a duck**, **bean bag throwing** and **egg and spoon races**, to name a few!

There was lots of cheering and shouting of encouragement and we were delighted that the weather was beautiful and the sun was out for the day's events in our garden

There was a staff team event – the '**three legged racing**' - this was very competitive but great fun too!

There were plenty of drinks available from our **Hydration Station**, with ready made cool squashes for everyone, followed by a selection of assorted **doughnuts**. Our lunchtime dinner service was served in our garden too for our residents to continue to enjoy the sunshine.

In the afternoon we hosted an **award ceremony** for all our worthy staff and resident winners. Our medals went down a treat!

Well done to everyone for taking part – *it was fantastic to see everyone enjoying our Sports Day atmosphere!*





























