

Strictly Come Dancing at Sonya Lodge Residential Care Home



Watching the Strictly Come Dancing Final

We love dancing here at Sonya Lodge Residential Care Home; we do all types – ballroom, seated, line – so 'Strictly' is a firm fave here!

A group of our biggest fans gathered around the TV on Saturday and awaited its start! The smiles started from the second the theme tune started, and we could see the moment memories started beaming in from the residents own history of dancing.

Our residents enjoyed lots of yummy treats, fizzy drinks, crisps, mince pies and cakes as they watched.

We find 'Strictly' is great for reminiscing – the music, routines and outfits stimulate vibrant memories.