

The Oast, Newsletter

October 2026



What we got up to in September

We had lots of birthdays to celebrate this month

Vera



Sandra



Analeen



And a very special day when Joy turned 100 years old !





Kevin sang for us





One of our residents' son played the ukulele for us



We did some singing and seated exercises



We picked lavender from our garden and made beautiful lavender bags for the rooms



We played cards and spent time with Benny



Our activity lady Sarah gained her 5 year service award



We made a scarecrow for Harvest Festival



And saw some very happy faces !



What we look forward to in October:

- Musical Bingo on 6th
- Kevin singing on 8th
- ‘Oktober Fest’ celebration and themed menu on 13th
- Seated exercises on 15th
- Reiki on 23rd
- Church chaplain visit on 27th

As always, thank you for your support.

Sarah and The Oast family