



# WHITE LODGE NEWSLETTER



## October 2023

### News

Welcome to our October Newsletter, with the weather getting quite Autumnal and the evenings getting darker earlier, our activities team are starting to plan for Christmas. So watch this space

Our Local Doctors will be coming in to do the Flu and Covid Vaccine in the next few weeks

On Friday 20<sup>th</sup> October we are having wear anything Pink day to raise money for Breast Cancer.

Everyone invited to come and have a coffee and a cake (see Invite)

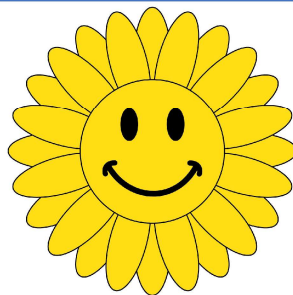
When you are here join in and help us too

*'Pedal round the success of South Coast' on our bike*



### **Staff news**

We would like to welcome Kelly to our team she is our new chef to work with Dawn.



### Photos from September



Beryl sitting outside her new room in the sun with Leah and Jess



Maurice with his daughter enjoying the afternoon sun

### **GARDEN CLUB PRODUCE**



### Toiletries

We keep a small amount of toiletries as a back up, please can you provide and make sure your family member has enough for their use eg shower gel, toothpaste Thankyou



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Residents Own	1	Residents Own
Reading in the Lounge	2	Film Afternoon
Hair & Nails	3	Exercise Pete
Wordsearch	4	Ping Pong Game
Board Games	5	Tea afternoon
Quiz millionaire	6	Knitting & Crochet
Keep Fit Ball games	7	Card Bingo
Residents Own	8	Residents Own
Coffee Morning	9	Horse racing with Nick
Hair & Nails	10	Chair Yoga
Still Life Drawing	11	Duet Singing
Crossword	12	Musical Movie
Bingo	13	Sing-a-long
Quiet Time	14	Tongue Twisters
Residents own	15	Residents Own
Coffee Morning	16	Skittles with Nick
Hair & Nails	17	Exercise with Pete
Where in the World	18	Conundrums
Father Andrew	19	Flower Arranging
<b>Breast Cancer WEAR Anything Pink</b>	20	<b>Breast Cancer WEAR Anything Pink</b>
Cockney Sing-a-long	21	Mocktails & Jazz
Residents Own	22	Residents Own
Chair Exercise	23	Darts competitions
Hair & Nails	24	Exercise with Pete
Board Games	25	Tin Can Alley
Dominos & Chat	26	Card Bingo
Card Bingo	27	Alexis
Crossword	28	Musical Movie
Residents Own	29	Residents Own
Flower Pressing	30	Spooky Arts & Craft
Hair & Nails	31	Spooky Halloween Tea



Choosing a Care home can be a daunting prospect and any insight into care being provided can be very helpful. Care home UK gives you the opportunity to review White Lodge and help others to make an informed decision about the care we provided. You can follow the link below or pick up a paper review from the Foyer at White Lodge.  
<https://www.carehome.co.uk>