



INTRODUCTION

Message From Our Manager

Welcome to our Autumn Newsletter.

We have been enjoying the changing season at La Fontana, with residents making the most of time in the garden as well as taking part in plenty of activities around the home. Our pumpkins have been growing nicely in the allotment, and we are already looking forward to carving them.

Music and relaxation have also been on the programme, with visits from Kelly Dale, Nanette with her sound bowls and Dawn from Drumtastics. We have also enjoyed an outing to the Oldies at the Parish Hall and lots of different games and activities at home.

Thank you to everyone who has visited us and helped make our activities so enjoyable. We hope you enjoy catching up on some of our recent news.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign Up Form](#)

Best wishes,

Helen

Helen Rushton
Home Manager



ACTIVITIES & EVENTS

Autumn Days

We have been making the most of some lovely autumn days with a mixture of painting and time outdoors.

Residents enjoyed walking in the garden and checking on the pumpkins growing in our allotment. They are coming along nicely, and it won't be long before it is time to start carving them.

It has been lovely to enjoy the garden as the season begins to change and see the results of what has been growing in our allotment.



Drumming with Drumtastics

A big thank you to Dawn from Drumtastics for bringing us a fun afternoon of drumming.

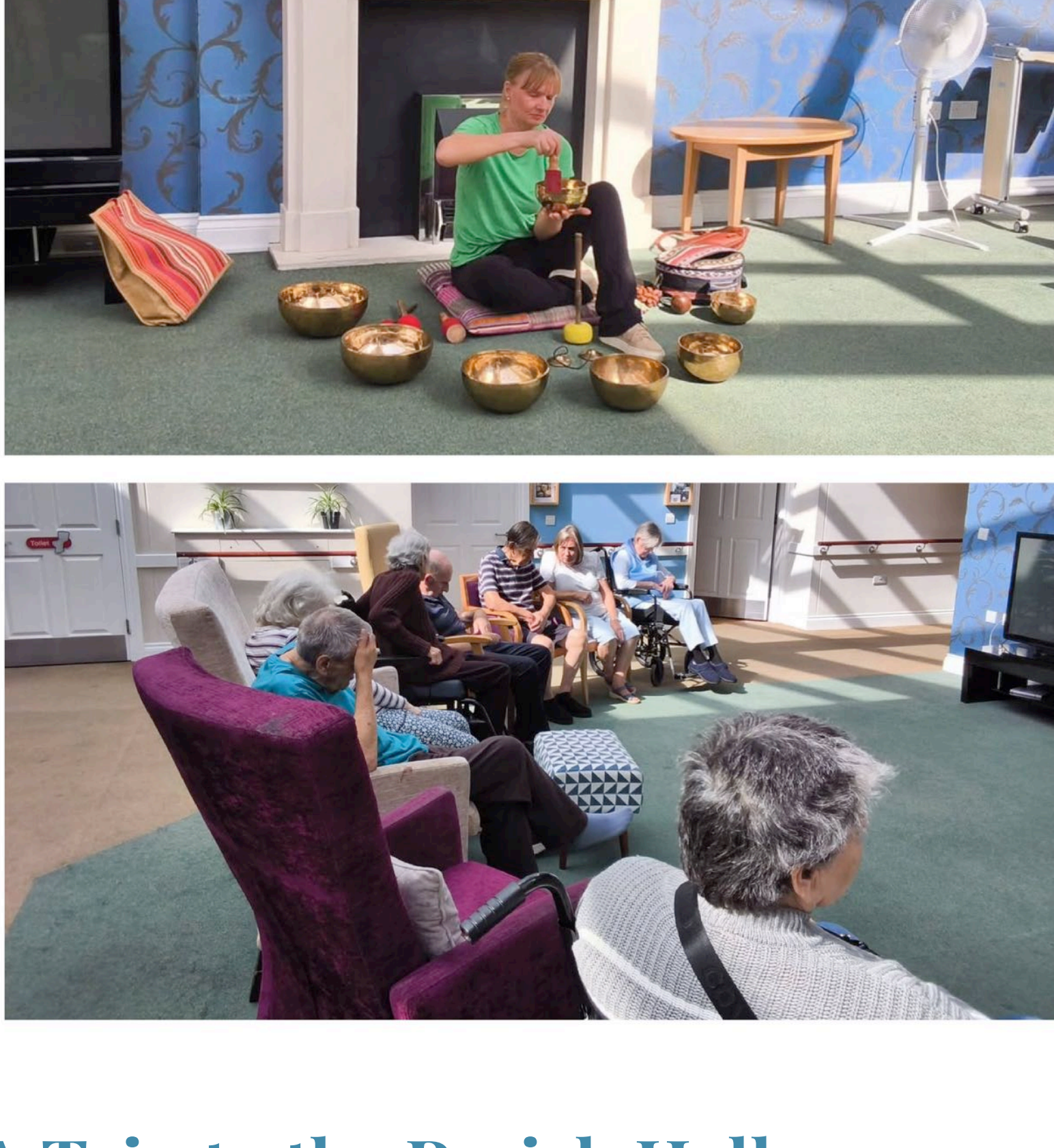
Residents and staff really enjoyed getting involved in the session and trying out the drums together. It was lively, interactive and something a little different for everyone to enjoy. We are already looking forward to welcoming Dawn back for another session.



Relaxing with Sound Bowls

For a change of pace, residents enjoyed a relaxing afternoon of meditation with Nanette and her sound bowls.

Nanette's visits are always enjoyed by our residents, giving everyone the opportunity to sit back, listen to the sounds and enjoy some quiet time together. We look forward to seeing her again on her next visit.



A Trip to the Parish Hall

We had a great time on our visit to the Oldies at the Parish Hall. Residents enjoyed getting out and spending time together, and we would like to thank everyone at the Parish Hall for having us and making us feel welcome.



Games, Activities & Visitors

There is always something to get involved with at La Fontana, and residents have enjoyed a varied selection of activities recently.

Hungry Hippos brought out everyone's playful side, while colouring jungle scenes provided an opportunity for something a little more creative. We have also been exercising our minds by matching sentences to complete well-known proverbs.

Alongside our games and creative activities, residents have continued to enjoy visits and relaxing sound bowl meditation sessions, giving us a good mixture of lively and quieter activities.



Singing Along with Kelly Dale

Kelly Dale returned for another afternoon of live entertainment, and residents were pleased to see her again. Kelly always gets plenty of smiles from our residents, and her familiar songs soon had everyone joining in for a singalong.

It was another enjoyable afternoon of music and good company, and we look forward to welcoming Kelly back again.



COMING UP

Looking Ahead...

As autumn continues, we are looking forward to watching our pumpkins finish growing and getting started on the carving.

There will also be plenty more activities, entertainment and visits to enjoy, with a mixture of music, creativity, relaxation and fun to keep everyone busy over the coming months.

EXTERNAL LINKS

Social Media

Make sure to check out the La Fontana Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

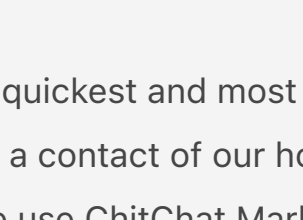
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[Carehome.co.uk Reviews](#)



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