



Newsletter

OCTOBER 2026

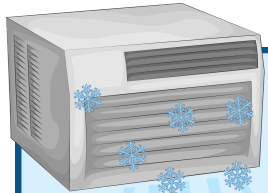


Happy National Seniors Day
to all of the seniors
who call OSCR home!

October 1st
National
Seniors Day

October 12th
Thanksgiving

October 31st
Halloween



AC Removals

Air conditioners will
be removed during
the week of October
13th to the 16th.
Clients are responsible
for storing their AC
units over the winter.

Fight the Flu: Fall Respiratory Season

As we approach the **2026–2027 fall and winter respiratory illness season**, staying up to date with your vaccinations is more important than ever.

Respiratory illnesses such as **influenza (flu), COVID-19, and RSV** are expected to circulate during the fall and winter months, when people spend more time indoors. Vaccination can help protect you, your family, and our community from serious illness and hospitalization.

It is especially important for **seniors and individuals with weakened immune systems** to stay up to date with recommended vaccinations. Being vaccinated against **influenza, RSV, and COVID-19** can provide important protection against severe illness and hospitalization, while also helping reduce the strain on our healthcare system.

The **updated COVID-19 vaccine and seasonal flu vaccine can be given at the same visit**. If you have questions about vaccination, please speak with your physician or pharmacist to discuss the benefits and risks based on your individual health needs.

More information will follow regarding on-site vaccination clinics, including dates and availability.

Stay protected. Stay informed.
Fight the flu this fall and winter.

HEALTHY LIVING *highlights*

October 7th / 9:30am
Connect Care Booth

October 8th / 2:00pm
OSCR Fall Fair

October 13th / 2:00pm
Halloween Art with Carla

October 21st / 2:30pm
The Country Queens

October 22nd / 2:30pm
Family Feud Game
Hosted by Eugene

October 27th / 2:30pm
Fiddlestix Halloween Show

Happy Birthday To You!



Audrey R.

Marie M.

Margaret H.

Michael T.

Aline D.

Hugh M.

Edmay K.

Noel O.

Milos L.

Jim A.

Judy V.

Rosa D.

Ida S.

Carlos M.

Judy F.



Staff Spotlight

This month our Staff Spotlight shines on Christianah, who is a Homemaker here at OSCR. She joined our organization at the beginning of the year. Be sure to say hello to Christianah the next time you see her around the building!



Caution: Coyote Sighting at OSCR

Coyotes are part of Oakville's natural environment. Usually docile, they are currently more visible in residential areas when they are sick with mange, as they attempt to find food and stay warm.

DO NOT FEED. Feeding causes coyotes to approach people. It is against town of Oakville by-laws to feed coyotes on public or private property.

If you encounter a coyote, **do not turn your back or run**- back away slowly. Scare away coyotes that approach or are in inappropriate places (residential areas, sidewalks). Make loud noises & continue until the animal leaves. This is a proven technique that, if done consistently by the community, will retrain any wayward coyote to avoid people.

Keeping Your Belongings Safe

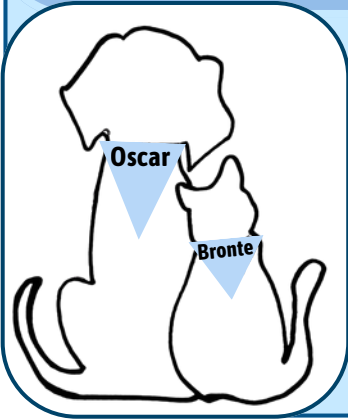
As a reminder to all clients, please take a few simple precautions to help keep your personal belongings safe and secure:

- Keep valuables secure and avoid keeping large amounts of cash or other valuable items in your unit
- Do not leave purses, wallets, phones, keys, or other personal belongings unattended in common areas, dining rooms, lounges, the lobby or other shared spaces
- Please remember to close and lock the door to your room when you are away and whenever appropriate while you are inside
- If you bring a purse or wallet with you, keep it with you or within your immediate view rather than leaving it unattended
- Consider keeping important identification, credit cards, and other valuables in a secure location
- If you notice that something is missing or misplaced, please notify staff as soon as possible so the concern can be documented and addressed

While staff are here to support a safe environment, everyone is encouraged to take reasonable precautions with their personal belongings.

Thank you for helping us maintain a safe and secure community for everyone.

OSCR SENIORS ASSOCIATION



H E A D S ★ U P !

Our very own 2027 OSCR Calendar
will be on sale soon.
Stay tuned for more info!

Resident Guide **Garbage & Recycling** *Recap:*

What Goes Where:

Recyclable items can be placed in the recycling bag in your suite. Your homemaker will collect the recycling at each visit.

Normal household waste can be placed in your in-suite garbage bins. Your homemaker will collect the garbage at each visit. Please do not accumulate clutter or flammable items in your suite. Do not keep perishable food or drink items in your suite unless you have a mini-fridge.

There is a garbage bin located outside of the lounge on each floor that may be used to dispose of a small amount of perishable food items. This bin is not to be used for disposal of your regular household waste.

Disposal of Batteries:

There are battery disposal bins located in the basement of the Residential Tower, just to the right when you exit the elevators. There are also battery disposal bins located in the Recycling Room of the Apartment Tower.