

The Oast Newsletter

September 2026



What we got up to in August

We had three residents' birthdays to celebrate this month

Stefano was 93, Trevor was 83 and Margaret was 84!

This meant lots of cakes





We had seated exercises



Played dominoes with new friends



Had special times with Benny the therapy dog

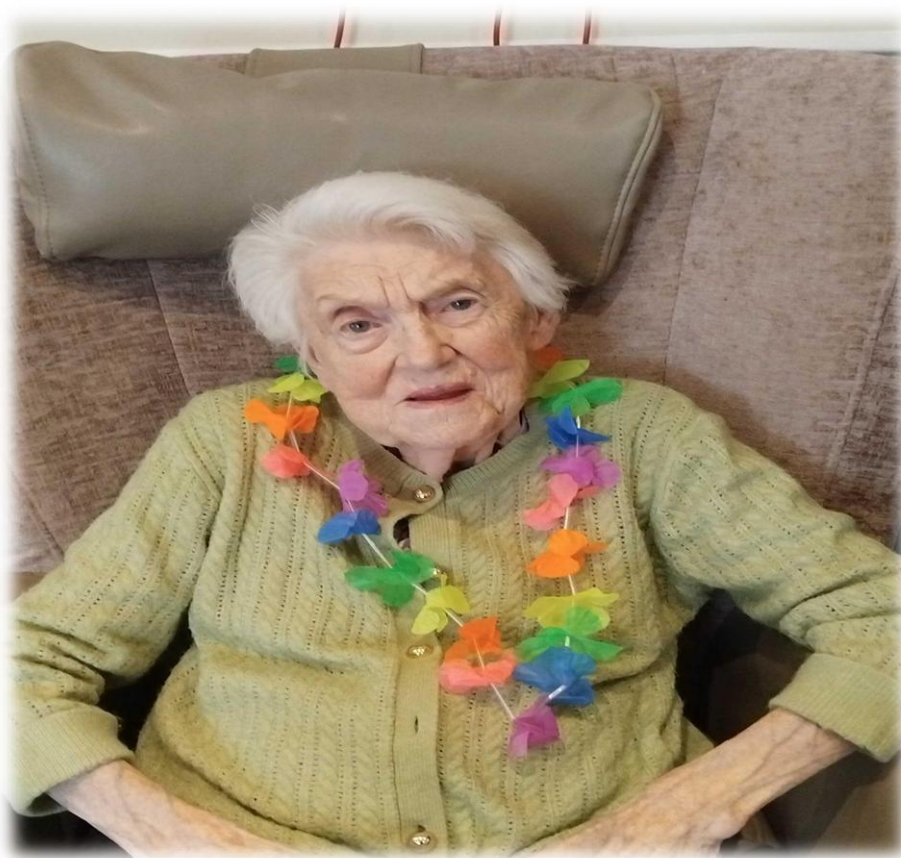




Kevin sang for us



We had an amazing Caribbean day with reggae music and Caribbean lunch





And we enjoyed the start of our new weekly breakfast specials, went down a treat!



What we're looking forward to in September:

- September 1st, Summer closing BBQ ! with John singing
- We have 5 birthdays to celebrate in September, one will be a 100th , watch this space!
 - September 8th Kevin will sing
- September 15th Phil and Kathy sing- a- long
 - September 16th seated exercises

**Thank you for all your
continued support from
Sarah and all the team at
The Oast**

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