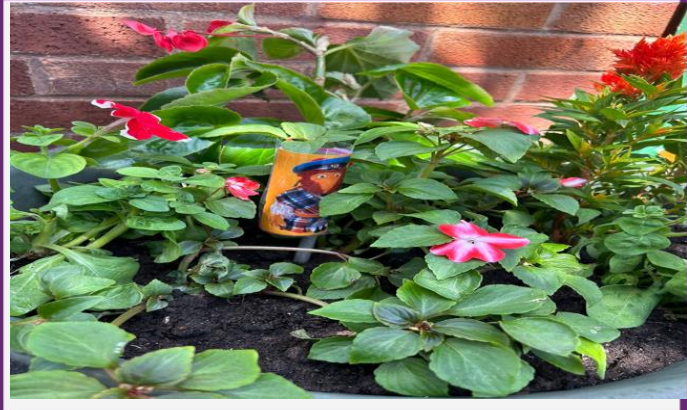


AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



Garden contest

Exmouth House had a lot of fun preparing the garden for the Amica care trust's annual garden contest.

Congratulations to both The Orchards and Signature House for their outstanding efforts in bringing the theme of 100 years of the BBC to life through their remarkable garden designs

STORIES INSIDE THIS ISSUE

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OUR SEPTEMBER ACTIVITIES

Our Activities Team has planned a fun-filled month of activities.

Keep an eye on our Facebook page for the latest photos.



[Facebook.com/ExmouthHouseCareHomeExmouth](https://www.facebook.com/ExmouthHouseCareHomeExmouth)



Exercise Sally: Sally will be hosting armchair exercise every Thursday afternoon.

Hairdresser: Annabel will be at the home every Wednesday



Church service: On Friday 4th the local Church will be joining us for a service and hymns

Jewellery making: We have been busy making each other gifts, we will be taking some of these to the Amica Trust Awards as a well done to the winners

Cameron Lemmur: On the 25th we will be joined by a musician to sing some classics



WHAT WE HAVE BEEN UP TO

Birthdays



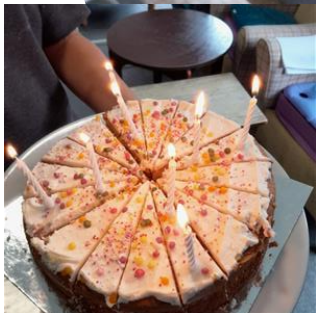
We had four birthday parties in July
Happy Birthday

Sally C

Jean K

Ann B

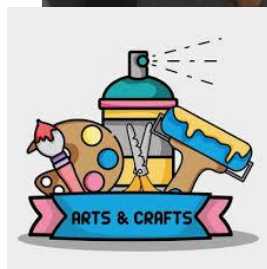
Christine L



WHAT WE HAVE BEEN UP TO



Art and crafts



Paul's day out on the trike



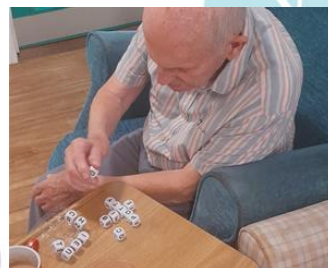
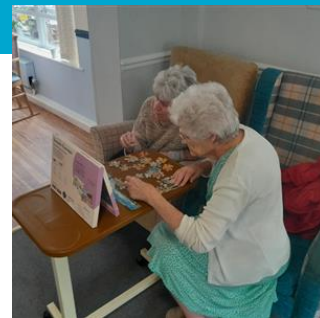
WHAT WE HAVE BEEN UP TO



A DAY AT THE BEACH



PUZZLES AND GAMES



WE NEED YOUR HELP



The residents have said that they would very much like a library area.

If you have a bookshelf please could you contact the home with it's size to see if we can make use of it.



CHEESE AND WINE EVENING



We recently had a resident and family member meeting, it was suggested that the families have a social evening, this would be an opportunity for you to meet and support one another.

I offered to help set up the first one, I am planning for Wednesday 13th September at 6pm, please can you contact the home if you would like to attend.



BIRTHDAYS

August Birthstone

• Peridot •



Symbolizing dignity, fame, and prosperity. **Peridots** have been used in jewellery through the ages to achieve peace and success, and to attract love and good fortune. Hawaiians believe the traces of peridot found in volcanic ash are the tears of the volcano goddess, Pele.

August birthday:
17th August: Joy H

We only have one birthday in August but it's a big one, Joy will be turning 101 years old, we have a party planned and will be joined by a 25 piece A Capella group

Happy Birthday from everyone at Exmouth house.

