

## Retirement community enjoys birthday bash for resident's 100th year

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**A retirement community in Torquay marked one of its resident's centenary year with an afternoon of celebrations.**



Mr Oswald "Oz" Tackley, recently marked his 100th birthday at Dunboyne Court, a retirement community run by Sanctuary Supported Living, with a grand celebration in the communal lounge. Organised by his sons, the bash was complete with balloons and a personalised cake and attended by the rest of his family as well as fellow residents and staff.

Born in Harrow, London, in 1924, Oz has lived through some of the most significant events of the 20th century. Just after World War II, He qualified as a dentist in 1946 from the Royal Dentist Hospital and met his late wife soon after, who worked as a receptionist. They shared many beautiful years together marked by a letter from the Queen Elizabeth II and Prince Phillip for their Golden Wedding Anniversary.

In 1947 he was called up to do two years service in the army, spending a year in Cyprus. Despite the challenges of the time, he fondly recalls his service years, noting that his officer status afforded him better living conditions. After his service years, he continued his career as a dentist while growing his family, now boasting five grandchildren and ten great-grandchildren.

On his 100th birthday, Oz enjoyed the day reminiscing and opening birthday cards, one of which was received from King Charles III, a tradition for centenarians and tribute to a life well-lived.

At Sanctuary Supported Living's Dunboyne Court, he continues to embrace life with good health and humour. He said the secret to reaching such a grand age is simple: "My father used to give me a handful of nuts when I was younger, and I've kept up the habit. I also stick to a regular meal routine and enjoy a few squares of dark chocolate."

Wellbeing and Inclusion Assistant, Ali Martin, said: "Oz is a much-loved resident here at Dunboyne Court and we all had a wonderful time celebrating his special day. We work hard to support residents to lead fulfilling lives, and marking special occasions and birthdays plays a huge part in this."