FRIENDS OF CARE

\* Get involved – a good Care & Frail Care facility is an asset for all of us at Evergreen \*

Would you like to help make the life of residents in the Care Centre brighter? Here are some suggestions.

* Give some time: even half an hour will help, could be on a regular basis or once in a while; we’re open to suggestions as to what you could do but just to talk to a small group of people would be good.
* A small monetary donation will help support our ongoing projects.
* Bake a cake or whatever you enjoy baking and provide a small tea party. (Collyeen Sinclair is first on the list.)
* Invite a resident to have tea/coffee with you at the Bistro – one-on-one conversation is so meaningful. (Ann Robertson meets a lady from Care once a week for tea in the Bistro).

We already have:

* Monday 10.30 – Chat Hour – Denise and Caryl Vaughn Scott (a non Evergreen resident) who comes from Simonstown.
* Tuesday 10.00 – Chat with Viv - Viv t’Hart chats (accompanied by her photo albums) mainly about her overseas trips from her youth.
* Wednesday 10.00 – Exercises with Pat Swilling and Denise – residents do exercises sitting in chairs to 40s and 50s music – fun and beneficial.

You may have something we haven’t thought of to offer.

Please contact DENISE ELKIN, Apartment 320 or email [denisehip@yahoo.com](mailto:denisehip@yahoo.com)