



MARCH 2026 IN THIS ISSUE 14-20 MAR WEEKLY UPDATE

Daily Schedules

Monday - Friday

- 08h00 - Breakfast
- 11h00 - Activities
- 13h00 - Lunch
- 15h00 - Tea Trolley
- 17h00 - Dinner
- 20h00 - Snack

Other Activities

- Friends of Care
- Movies
- Musical sing along
- Daily walks
- Arts and crafts

Laundry Services through
Evergreen Health
Daily

Dear Residents

This week, we celebrated St. Patrick's Day in style, paying tribute to the patron saint of Ireland, while also enjoying a brief respite from the heat we experienced last week.

ST PATRICK'S DAY

We extend our thanks to the Fynbos Bistro for delighting our residents with beautifully themed cupcakes and for generously supplying fantastic props and decorations for St. Patrick's Day. The festive spirit brought a lot of joy to the Care Centre, and the staff thoroughly enjoyed the hats!



HECTOR NAIDOO & ASSOCIATES

Hector Naidoo & Associates are a physiotherapy group with interest in the the functional rehabilitation of neurological, respiratory and orthopaedic clients as well as care of the elderly.

They currently provide the physiotherapy services in the Care Centre, utilising the well equipped therapy space and can also provide physiotherapy within the comforts of the home.

For more information and bookings, you can contact 087 236 6518



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