



## MAY 2026 IN THIS ISSUE 9-15 MAY 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

With mop up operations underway across the Western Cape, we are very thankful for the sunny weather today.

### CHOCOLATE CHIP AND CUPCAKE DAY

Today, we indulged in a delightful celebration of chocolate chip treats, thanks to the Friends of Care, who generously treated the residents to scrumptious homemade cupcakes and chocolate chip cookies.



### PHYSIO TIP FOR THE WEEK



Research shows that 20 to 30 minutes of walking per day can improve strength, balance, overall health, and can reduce the risk of falls in older adults. Every step counts so get up, get moving and stay stronger for longer!

### NURSE'S DAY



The 12th of May was International Nurse's Day, and we would like to take the opportunity to say a big thank you to all the nurses out there for all that you do.

*Live the Evergreen Lifestyle*