



MAY 2026 IN THIS ISSUE 16-22 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

As the weekend approaches, we hope you've all had a great week and that you enjoy this week's edition.

RAINY DAY ACTIVITIES

What better way to pass the time on a cold, wet day than to relax with a good book, watch a movie, or warm up with some fun exercises?



PHYSIO TIP FOR THE WEEK



Daily activities can help maintain strength and independence in older adults. Tasks like getting up from a chair, making the bed, gardening, carrying light groceries, and climbing stairs all help to keep muscles active, improve balance, and reduce the risk of falls. Keep moving and stay strong!

FLU VACCINE



This is a reminder that it's not too late to get the flu vaccine. If you are still interested, please contact our reception team at 0211372701 or email them at receptionhealth@evergreenlifestyle.co.za, and they can assist you with the arrangements.

Live the Evergreen Lifestyle

