



## MAY 2026 IN THIS ISSUE 23-29 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

Please enjoy the last edition for the month of May.

### BIRTHDAY PARTY

The Friends of Care truly went above and beyond once again, creating a delightful display of homemade treats to honor everyone celebrating a birthday at the Care Centre in May. We extend our warmest birthday wishes to Mrs. Wozniak, Mrs. Franklin, Mrs. Gilchrist, and Mr. Wolstenholme!



### BIRTHDAY CARDS

These are just a few examples of the exquisite cards created by Stephanie de Haas, which are presented to residents on their birthdays.



### PHYSIO TIP FOR THE WEEK



Keeping the mind active is just as important as keeping the body moving. Simple activities like puzzles, reading, card games, learning new skills, or even regular conversation can help to improve memory, concentration, and confidence in older adults. A healthy mind supports better balance, coordination, and overall well-being too.

*Live the Evergreen Lifestyle*

