



## MAY 2026 IN THIS ISSUE 30 MAY - 5 JUNE 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

Welcome to the first edition for the month of June. It is hard to believe that we are almost halfway through the year already!

MEET DR. KIMMIE, ONE OF OUR CARE CENTER DOCTORS.



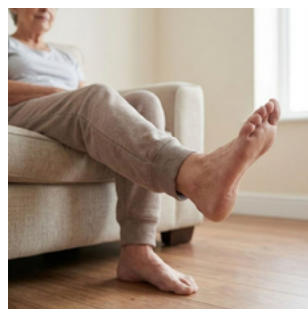
Dr. Kimmie is a graduate of the University of Cape Town and is certified by the Health Professions Council of South Africa. She has over 13 years of experience in private practice, coming from a background in emergency medicine, and has found a passion for family medicine and promoting wellness. She founded KimoraMed in 2017, and part of KimoraMed's vision and mission is to provide quality and convenient on-call doctor services in Cape Town and telephonic and video consultations throughout South Africa.

### DOUGHNUT DAY

Thank you to the Friends of Care for once again treating our residents to some fantastic homemade treats.



### PHYSIO TIP FOR THE WEEK



Movement is one of the best ways to improve circulation. If you've been sitting or lying down for long periods, take a short walk, change position, or do a few ankle movements to keep blood flowing and reduce stiffness. Go with the flow!

*Live the Evergreen Lifestyle*

