



## MAY 2026 IN THIS ISSUE 6 - 12 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

After another busy week in the Care Centre, we hope that you all enjoy the start of the weekend with another edition of our newsletter.

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



Dr. Khan qualified in 1984 and has worked in various hospitals in Lesotho, Gauteng, KZN, and Cape Town. He has experience as a tutor/Assistant Lecturer in the Department of Anatomy at UCT and has worked as a Registrar in Surgery in the Trauma Unit of Groote Schuur Hospital. He currently runs his own practice, which offers services in Family Medicine, Travel Medicine, Occupational Health, Dive Medical Certifications and Sports Medicine.

### GROUP EXERCISES

Our Care Centre residents are showing us how to beat those winter blues and work up a sweat!



### PHYSIO TIP FOR THE WEEK



Keep your hands active to maintain dexterity and independence. Simple activities such as eating finger foods, playing dominoes, sorting coins, or completing puzzles can help improve fine motor skills and hand coordination. Small daily activities can make a big difference in keeping your hands strong and functional.

*Live the Evergreen Lifestyle*