

MAY 2026 IN THIS ISSUE 13 -19 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

As we approach the end of another week, we hope that preparations for Father's Day are in full swing.

HAPPY FATHER'S DAY

We wish all the dads out there a very happy Father's Day, and we hope that you enjoy your special day with your loved ones as we recognize all that you do.



MEET REGISTERED NURSE BANELE JOLINGANA



RN Banele became a part of the Care Centre team in April, taking on the role of shift leader during the day shift. He earned his B-Tech Degree in Nursing Science from the Cape Peninsula University of Technology in 2020. Banele brings a wealth of experience, not only in aged care but also in psychiatric care and trauma management.

PHYSIO TIP FOR THE WEEK



Good foot care is essential for maintaining mobility and independence. Check your feet regularly for cuts, blisters, or pressure areas, keep toenails trimmed, and wear well-fitting closed-toe shoes with no loose laces to reduce the risk of trips, falls, and injury.

Live the Evergreen Lifestyle