

JUNE 2026 IN THIS ISSUE 20 - 26 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

Let's take a look at what we have been up to in the Care Centre this week.

CARE CENTRE HAPPENINGS

We've had a busy week with some new equipment for activities which we immediately had to try out, and then, of course, the wonderful Friends of Care helped us to celebrate the June birthdays with their amazing treats. A very happy birthday to Mrs. Audrey Forbes, Mrs. Lyn Law, Mrs. Lynne Hains, Mrs. Eileen Swartz, and Mrs. Joan Brazendale.



MEET REGISTERED NURSE WASHEILA DOYLE



Sister Doyle completed her Diploma in Nursing through Groote Schuur Hospital Nursing College in 2000. She has gained a wealth of experience in care centres and rehabilitation facilities and has worked as a Registered Nurse in the UK for a number of years. Sister Doyle's experience as a clinical facilitator also highlights her passion for training and upskilling staff.

PHYSIO TIP FOR THE WEEK



Don't underestimate the power of changing positions regularly. Sitting, standing, or lying in one position for long periods can lead to stiffness and discomfort. Aim to change your position every 30-60 minutes to keep your joints moving, muscles active, and your body feeling its best.

Live the Evergreen Lifestyle