



JULY 2026 IN THIS ISSUE 27 JUNE - 3 JULY 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

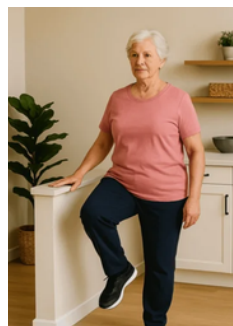
We hope that you are all staying cozy and wrapped up during these wintry days.

SNACK DAY

Friends of Care treated all the Care Centre residents to some delicious savoury snacks and nibbles. A big thank you once again to this special group for all that they do for the Care Centre residents.



PHYSIO TIP FOR THE WEEK



As we age, balance naturally declines, but it can be improved. Try standing on one leg while lightly holding onto a kitchen counter or sturdy surface for support. Hold for 10-30 seconds on each leg and repeat a few times. Practicing balance regularly can improve stability, confidence, and can help reduce the risk of falls.

Live the Evergreen Lifestyle

