



JULY 2026 IN THIS ISSUE 4-10 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

With another Bok Friday upon us, we hope that you enjoy this week's edition of our weekly update.

SING ALONG

A big thank you to the Village residents who came to the Care Centre to share their musical talents with a wonderful sing-along session for our residents.



PHYSIO TIP FOR THE WEEK

Act **F.A.S.T.**



FACE
droops



ARM
weakness



SPEECH
difficulty



TIME
is critical.

Remember **F. A. S. T.** to recognize a stroke:

F - Face: Ask them to smile. Is one side drooping?

A - Arms: Ask them to raise both arms. Does one arm drift down?

S - Speech: Ask them to repeat a simple sentence. Is it slurred or strange?

T - Time: If you notice any of these signs, call emergency medical services immediately.

Act **FAST**, every minute counts

Live the Evergreen Lifestyle