



JULY 2026 IN THIS ISSUE 11-17 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

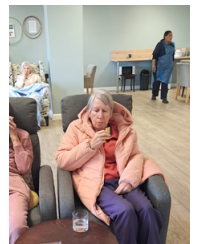
Laundry Services through
Evergreen Health
Daily

Dear Residents

We hope that you are all looking forward to the weekend ahead as we take a look back at our Care Centre activities this week.

BISCUIT DAY

Our residents were surprised with a biscuit day this week. As always, a big thank you to Friends of Care for the wonderful work that you do for our Care Centre residents.



MEET DR MOERAT, ONE OF OUR CARE CENTRE DOCTORS.



Shuaib Moerat graduated from UCT in 1996 and owns and operates a Multidisciplinary Medical practice in the Cape Town CBD. He has served on the W.P. Rugby panel of doctors and was part of the team that headed up and established the ER of Paarl Mediclinic. After Emergency Medicine, Dr. Moerat found a new passion as a Rehab Medical Practitioner and is a member of the South African Society of Physical and Rehabilitation Medicine as well as the International Society of Physical and Rehabilitation Medicine. Dr. Moerat is also involved in teaching 2nd and 3rd year medical students at UCT in Family Medicine.

PHYSIO TIP FOR THE WEEK



A few simple changes at home can greatly reduce your risk of falling:

- Remove loose rugs.
- Keep walkways free of extension cords and clutter.
- Ensure good lighting, especially at night.
- Wear supportive, non-slip footwear.

Live the Evergreen Lifestyle

