

JULY 2026 IN THIS ISSUE 18-24 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

If you're in Cape Town, we hope you're soaking up the sunshine today!

CARE CENTRE ACTIVITIES

Our Care Centre welcomed a delivery of new beds, side cabinets, and tray tables, which we are very excited about, and our residents made the most of the spectacular weather today.



HEALTH TIPS

Healthy eating and regular physical activity can be keys to good health at any age. Health tips include:

- Select high-fiber foods like whole grain breads and cereals.
- Avoid fried foods. Choose broiled, grilled, or boiled options instead.
- Drink vitamin D-fortified low-fat milk, milk products, or other drinks with added vitamin D and calcium to help keep your bones strong as you age.
- Drink fluids throughout the day.
- Pick physical activities that you enjoy and can do on your own or with a friend or group.
- Stay connected with family, friends, and your community.

PHYSIO TIP FOR THE WEEK



Don't let fear keep you in bed after surgery. While your body needs time to heal, too much bed rest can slow your recovery. Gentle movement, as advised by your healthcare team, helps prevent stiffness, maintains strength, improves circulation, and builds your confidence. Every little step counts. The goal isn't complete rest; it's safe, gradual movement.

Live the Evergreen Lifestyle

