

AUGUST 2026 IN THIS ISSUE 1-7 AUGUST 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

It seems that we're in for a busy weekend ahead as we celebrate the remarkable women in our lives this Sunday.

BOW TIE DAY

Friends of Care as always, bringing joy to the Care Centre in new and creative ways



SLEEP HYGIENE

Sleep hygiene means daily habits that can help you to get a good night's sleep. Good habits include:

- Waking up at the same time every day.
- Getting sunlight to set your body clock.
- Avoiding long daytime naps so that you feel tired at night.
- Exercising daily but not too close to bedtime.
- Avoiding caffeine, alcohol, nicotine, and big meals before bedtime.
- Keeping the room cool, dark, and quiet.
- Using the bed only for sleep.
- Turning off screens at least 30 minutes before sleep.

If you cannot sleep after 20 minutes, get out of bed and do a quiet activity in dim light until you feel sleepy.

PHYSIO TIP FOR THE WEEK



Stay safe in cold and rainy weather. Wear shoes with a good grip and non-slip soles. Walk slowly and take extra care on wet and slippery surfaces. Dress warmly to help reduce muscle stiffness. Use handrails whenever available. Stay active indoors with gentle movement to maintain strength, balance, and circulation. A few simple precautions can help prevent slips, falls, and injuries this winter.

Live the Evergreen Lifestyle

