

AUGUST 2026 IN THIS ISSUE 15-21 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

Welcome to another edition on this Bok Friday.

JOLLY JAMMER MEN

Friends Of Care delighted our residents with these wonderful creations: a Jolly Jammer head, NikNaks body, Fizzer arms, and Chomp legs.



HEALTHY TIPS FOR GOOD EYESIGHT

To keep your eyes healthy, follow these tips and daily habits:

- 20-20-20 rule: look at something 20 feet away for 20 seconds every 20 minutes to ease screen strain.
- Wear sunglasses to block UVA and UVB rays.
- Blink often to lubricate your eyes, especially during computer work.
- Wear protective eyewear when working with hazardous materials.
- Proper nutrition, like leafy greens, oily fish, citrus, berries, seeds, and nuts, helps boost eye health.
- Regular check-ups and eye exams every 1 to 2 years can help with early detection.

PHYSIO TIP FOR THE WEEK



Your bones need loading too! Just like muscles, bones respond to the demands placed on them. Weight-bearing and resistance exercises such as walking, stair climbing, sit-to-stands, and lifting weights can help maintain bone strength. Regular, appropriately challenging exercise helps keep your bones strong as you age.

Live the Evergreen Lifestyle