

## AUGUST 2026 IN THIS ISSUE 22-28 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 the last edition for August, another month down and another month closer to the end of the year.

### CUPCAKE DECORATING

Our residents got to explore their creative sides and got to eat their creations with this wonderful activity.



### PROPER HYDRATION

As we get older, the natural sense of thirst can weaken, so we may not feel thirsty even when dehydrated. General guidelines for proper hydration for adults should be to aim for 6 to 8 glasses of fluid per day, and our total intake should include plain water, milk, milk alternatives, herbal tea, broth, and water-rich foods like fruits and vegetables.

### PHYSIO TIP FOR THE WEEK

Check your assistive devices. Your walking aid or wheelchair should be checked regularly. Over time, wear and tear can affect the safety and function of your equipment. Assistive devices can also become incorrectly adjusted, particularly in height, which may affect your posture, balance, and mobility.

- Check that rubber tips, wheels, brakes, and grips are in good condition.
- Make sure your walking aid is adjusted to the correct height.
- Check wheelchair brakes, tyres, footrests, and cushions regularly.
- Report any loose, damaged, or uncomfortable equipment to your healthcare professional.

Well-maintained and correctly fitted equipment helps you move safely and comfortably.

*Live the Evergreen Lifestyle*

