

SEPTEMBER 2026 IN THIS ISSUE 29 AUG-4 SEPT 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

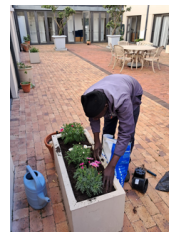
Laundry Services through
Evergreen Health
Daily

Dear Residents

Welcome to the first week of September and the first week of Spring!

SPRING FEVER

Thanks to all our gardeners for adding some beautiful blooms to our outdoor space.



PARTICIPATING IN ACTIVITIES YOU ENJOY AS YOU AGE

There are many things you can do to boost your health as you age, and this includes participating in social activities and activities that you find meaningful.

- Stay connected with family and friends.
- Learn something new.
- Become more active in your community.
- Get out and get moving.

Engaging in social activities helps to maintain your well-being and independence as you age.

PHYSIO TIP FOR THE WEEK



Inactivity can greatly impact our bodies. Prolonged sitting and reduced mobility in older adults can lead to:

- Muscle weakness
- Joint stiffness
- Reduced endurance
- Poor balance
- Increased falls risk
- Loss of independence

Regular movement, even in small amounts, is key to maintaining your independence.

Live the Evergreen Lifestyle