

SEPTEMBER 2026 IN THIS ISSUE 5-11 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

Let's have a look at what we have been up to in the Care Centre this week.

CARE CENTRE ACTIVITIES

The residents took part in a very serious game of Bingo, and Friends of Care created Eat A Second Dessert Day, which many agreed should be celebrated every day.



UNDERSTANDING TYPE 2 DIABETES

Type 2 diabetes is when your body does not use insulin properly, and more insulin is produced to compensate for this. However, over time, the pancreas cannot make enough insulin to keep blood glucose levels normal. Treatment for Type 2 diabetes can include an eating plan, physical activity, and medication. Common symptoms of diabetes include urinating often, thirst, hunger, extreme fatigue, blurry vision, cuts or bruises that take a long time to heal, and tingling or numbness in the hands or feet. Early detection and treatment can decrease the risk of developing complications, so speak to your healthcare provider if you experience any of the symptoms.

PHYSIO TIP FOR THE WEEK



Fuel your body to move safely. Nutritious, balanced meals provide the energy your body needs for walking, exercising, and taking part in daily activities. Not eating enough can leave you feeling weak, tired, or dizzy, which can affect your balance and increase your risk of falls. Good nutrition equals more energy, safer movement, and greater independence.

Live the Evergreen Lifestyle