



Above: The cooking group cooking Pepita's birthday cake
Below: Len gets a tidy up from Andy, the barber.



Above: Happy Birthday Pepita!



Above: Leo working in the garden
Below: Gladys loves to spend time in the garden



Above: Wally makes a friend



ALISHA WITH HER
BEAUTIFUL FAMILY



Welcome to our new hairdresser Alisha & her team



My name is Alisha McPherson, I was born in Numurkah, a small country town near Shepparton. I turn 40 on the 9th of December this year which is a Thursday so I will be at Yack Health, shaping and primping and trimming and beautifying you all on my big day, I cannot wait.

I grew up on a harness racing horse farm of approximately 100 acres. We had lots of horses, cows, sheep, chooks, rabbits, ferrets, and dogs.

I started hairdressing at the age of sixteen and completed my apprenticeship in Numurkah. I owned my first salon at the age of 20 years, buying the one I was apprentice to. I have represented Australia for hairdressing in the international Worldskills competition in Switzerland. You compete against each region in Australia until there is only one winner, then that lucky winner gets to go overseas to compete with other trades from Australia, so it's pretty much the TRADE Olympics. I competed in Switzerland against 36 countries and was placed 9th in the world. That was a personal professional highlight in my life, what an experience.

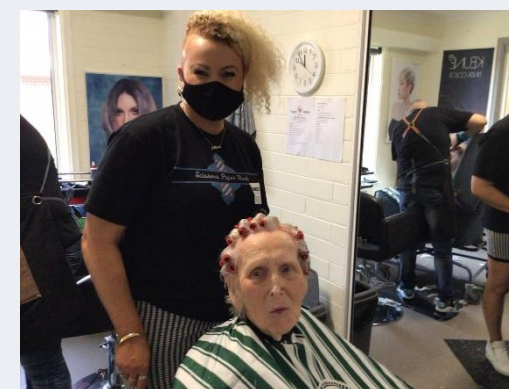
I have travelled around Australia twice, once in a camper trailer without children and once in a caravan with my children. We certainly live in a beautiful and amazing country.

I have two children, both girls. Willow is 13 and attends Catholic college in Wodonga and Pepper is 10 nearly 11 and attends St Patricks primary school in Albury. Willow is a gentle, loving, soft girl with brown skin, brown curly hair and brown eyes. Willow is my precious first born and I love her dearly. We have a wonderful mother and daughter relationship, and she feels comfortable to talk to me about anything. Pepper is a firecracker. She is hilarious, loud and never stops talking. If Pepper is not talking, she is singing or asleep. It's so lovely to have such a happy child, no one will ever break her spirit.

Pepper has red hair, blue eyes, and white peachy skin. Pepper is pretty much a mini me and I love her so much I could squeeze her till she pops.



Above: Tash & Andy
Alisha working her magic on Flo



MEET ALISHA & HER TEAM CONTINUED

Both girls play netball and Willow plays the saxophone, Pepper plays the guitar. My partner's name is David, he is a Chef and teaches at TAFE NSW in Albury. David is an amazing cook and does most of the cooking at home, hence why I am never skinny ha ha ha.

As a family we love watching movies, going out for yummy lunches, going for walks, visiting new places and travelling overseas. David has just taken up gold detecting and is extremely unsuccessful at hunting for gold but is amazing at finding old relics like old saddle stirrups, old railway bolts, bottle tops etc... I won't hold my breath for a nugget but maybe one day he will surprise us all with something big! I'll let you know when that happens.

I moved to this area about 15 years ago and worked at a private hair dressing college in Wodonga and at a local salon. I then got a full-time job teaching at TAFE NSW and have taught there for many many years. I teach Apprentice hairdressers and barbers, so all my students have jobs, and my students range from the ages of 14 years old to 60 years old. I have also worked in a local salon and barber shop on weekends.

Around 3 years ago I started a hairdressing salon/barber shop in Yackandandah, called Scissors Paper Rock. I absolutely love it here. I feel so welcome, and it feels like home. I love how you can walk down the street, and everyone is so happy and talkative. All my clients are such loving, wonderful, bubbly kind-hearted people and I feel privileged to live and work in such a wonderful town. I have trained two apprentices here in Yackandandah: one is the beautiful Natasha (Tash), a hairdresser and barber; and Andreas (Andy) is a Barber. Andy has been trained by me to cut short ladies' hair also. Both Tash and Andy will be helping me make you beautiful ladies look stunning and amazing, and you men looking suave and dapper. We will have you all looking your finest in no time.

I have been hairdressing and barbering for 24 years. I have never had a break from my occupation as I am so in love with my job.

I love teaching and hairdressing it is my passion. I have never gotten out of bed and not wanted to go to my job because hairdressing and barbering for me is not an occupation it is a passion that I live for.

I teach at TAFE NSW every Monday Tuesday and Wednesday, I work at the salon in Yackandandah Tuesday night and Friday one week and the other week Thursday night, Friday, Saturday, and Sunday. I get all the school holidays off to spend with my beautiful two girls and my partner David.

I am so excited to be coming to Yackandandah Health once a week to pamper you all. We do all hairdressing and barbering services as well as facial waxing and tinting.

When I heard that the hairdressing position at Yack Health was vacant through some of the residents visiting my salon, I jumped at the chance to have all of you amazing people looking your best. We have revamped the salon it is looking bright and happy so we hope it will be an awesome experience for everyone, every visit. I have purchased all new appliances, rollers, towels, beauty products, perming and hair products; nothing but the best for my Yackandandah health residents. Tash, Andy, Myself, and my family are super excited about this new venture in our lives. We hope to be able to offer you all this unique experience of having your hair done by my great team. We hope to give personalised, individualised services and conversation is so important for everyone through every stage in our lives. We cannot wait to bring the best experience to you all and learn all your names and be able to call you all my friends.

RESIDENTS CHRISTMAS PARTY



The Yackandandah Health Resident Christmas Party will take place on the lawns of the Café Courtyard on Thursday 16th December at 11:00.

We are excited to announce the entertainment will be no other than the extremely talented Golden Guitar winner Pete Denahy. Pete has again been nominated for the upcoming Golden Guitar in Tamworth, he will certainly have the full support of his fans here at Yackandandah Health behind him, particularly his father Bob who is a resident of YH.

Pete's talents include singing and playing the guitar, mandolin and fiddle, all the best of luck Pete! There will be a BBQ lunch, spinning prize wheel and lucky door prizes. We have put in a request for good weather for the day, and rumour has it we may even have a special jolly, red visitor – I can't wait! Unfortunately, due to Covid number restrictions, this will be a resident attended event only.

What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 29TH

Reminiscing Books
Facetime calls
Exercises
Spinning Wheel Toss
Garden Walks

TUESDAY 30TH

Hand & Nail Care
Group Knitting
Balloon Tennis
Current Affairs and Discussion

WEDNESDAY 1ST

Put the Christmas Tree up
Reminiscing Books
Group Exercises
Cooking – Residents' Choice

THURSDAY 2ND

Hand and Nail Care
Garden Walks
Men's Choir and luncheon
2:00 High Tea to celebrate Hazel's 107th Birthday

FRIDAY 3RD

10-12 Café & Shop
12:00 Men's chin-wag lunch
Balloon play
Hot towels & Pamper

SATURDAY 4TH

10:00 Pamper Morning
1:30 Musical Bingo
2:45 Movie Afternoon

SUNDAY 5TH

11:30
Songs of Praise (ABC)

MONDAY 29TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Balloon Tennis
2:00 Bingo

TUESDAY 30TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 10 Pin Bowling
11:30 Quiz
2:00 Knit, Natter & Craft

WEDNESDAY 1ST

9:30 Cooking in Big Ben Kitchen
1 on 1 walks in the garden with Bea
2:00 Decorate the Activities Room
3:00 Catholic Mass

THURSDAY 2ND

Hazel Fox's 107th Birthday
9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Hand & Nail Care
11:00 Men's Choir (Café Courtyard)
2:00 High Tea to celebrate Hazel's 107th Birthday

FRIDAY 3RD

9:30 Musical Memories
Café & Shop Open 10:00-11:30
12:00 Men's Chinwag & Farewell to Tomarsh
2:00 Carpet Bowls

SATURDAY 4TH

10:00 Pamper Morning
1:30 Musical Bingo
3:00 Movie Afternoon

SUNDAY 5TH

11:30 Songs of Praise