

THE WEEK THAT WAS



Armchair Travel To London

We understand that travel to London is off the cards at the moment due to COVID-19, however residents of Yackandandah Health enjoyed a COVID-friendly way to see the sights of London..... from the comfort of their armchairs. Some passengers were delighted to receive a free upgrade to a window seat. Max was a wonderful pilot, many remarked that the landing was so smooth they barely felt it!

Next month we are off to Germany to see the sights. We have our fingers crossed for good weather to enjoy outside in the Café courtyard. Rumour has it that Brett will be cooking up a fantastic German lunch on the BBQ.



Pilot Max preparing for landing



Our pilot Max with the cabin crew Bea, Belinda and Bron



Bonnie enjoying her first class, window seat



John approves of the first class snacks 😊



Lockdown wasn't going to stop Roger from spoiling his beautiful wife Janne for their anniversary on Tuesday. Happy Anniversary from everyone at YH!!



Above: Geoff enjoying fish 'n' chips at the men's Chinwag
Below: Nancy & Hazel enjoy the Tovertafel



Farewell RN Maggie, you will be missed by all at YH. Best wishes for your future.



Meet the Yack Health Family Carolyn Wood



Tell us about yourself?

I was born and bred in Corowa, with my Mum, Dad and brother. I settled in Balldale to raise my 4 children, Nathan, Alison, Troy, and Danielle (Danielle also works at Yack Health). We built our first house there which we lived in for 15 years. I worked in Howlong waitressing at the Howlong Golf Club for several years before retraining to work in Aged Care. I started off at Karinya House at Corowa, over the years I have also worked at aged care facilities in Sale and Albury before coming to Yack Health in January 2020, which I am really enjoying.

My husband Kevin and I were married in Darwin 9 years ago, we now live in Wodonga and have 15 grandchildren between us.

What do you like to do for fun?

I love spending time with my family and friends, catching up with friends is always fun over a glass of wine. I love spending time in my garden, spring is my favourite time of year.

Eating out is more fun than cooking!

What town have you enjoyed living in most? Why?

I have lived in Balldale, Howlong, Sale, Albury and now Wodonga. As much as Balldale is a tiny town, this is where I raised my children and watched them grow. Bringing up children in the country gave us room to have kinds of pets. Sophie the wombat was special, she arrived on our doorstep weighing 600gms and grew to be over 10kgs! She was amazing! We have wonderful memories of living there, we lived a happy life in this tiny town.

What is your favourite meal?

I really enjoy seafood, especially prawns! Prawn cocktail (an oldie but a goodie) or garlic prawns. I also love a great BBQ in Summer.

What are you looking forward to?

I can't wait to travel again. My husband and I recently purchased a caravan to travel Australia. We are planning to travel up the centre to Darwin then over to the Western Australian coastline. We love the ocean and the smell of the sea air.

This week's laugh!

Have fun trying out these tricky tongue twisters!

Bonus points if you can say them aloud!

I saw a kitten eating chicken in the kitchen

Lesser leather never weathered wetter weather better!

If a black bug bleeds black blood, what colour blood does a blue bug bleed?

The great Greek grape growers grow great Greek grapes

It can be understood through tough thorough thought, though!

Chester cheetah chewed a chunk of cheap cheddar cheese

We shall surely see the sunshine soon

How many yaks could a yak pack pack if a yak pack could pack yaks in Yackandandah?

WHATS ON THIS WEEK Poppy Place Activities

Monday 30th

Hot towels & Pamper
Father's Day Craft
Footy Tipping
Group Exercises

Tuesday 31st

Newspaper Reading
Hand and Nail Care
Garden Walks
Balloon Tennis

Wednesday 1st

Reminiscing Books
Cooking – residents' choice
Facetime Calls
3:00 Catholic Mass
Individual Music playlist

Thursday 2nd

9:30 Celebration of life service
2:00 Tai Chi
Hand Massage
Art & Craft

Friday 3rd

10-12 Café & Shop
Garden Walks
Emotional & Spiritual Support
Newspaper Reading & Discussion

Saturday 4th

Pamper Morning
1:30 Musical Bingo (in WG Activity Room)
2:45 Movie Afternoon

Sunday 5th

Happy Father's Day
11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK Monday 30th

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading
11:00 Emotional & Spiritual Support Visits

2:00 Bingo

Tuesday 31st

Guest Speaker Gerry cancelled due to covid-19 restrictions 😞

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Word Challenge

2:00 Knit, Natter & Craft

Wednesday 1st

9:30 Cooking in Big Ben Kitchen
2:00 Gentle Chair Exercises
2:30 Newspaper Reading
3:00 Catholic Mass

Thursday 2nd

9:30 Celebration of life service
Walks in the Garden
11:00 Hand & Nail Care
2:00 Tai Chi (Library)
2:45 Wheelchair Walks

Friday 3rd

9:30 Musical Memories
10:00-11:30 Café & Shop open
2:00 Carpet Bowls
3:00 Individual visits

Saturday 4th

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

Sunday 5th

Happy Father's Day
11.30 Songs of Praise