



*The "Will-be Trio - 1"*

Huge thanks to Doug and Owen minus Tim who entertained us on Thursday Afternoon  
A great afternoon was enjoyed by many of us.



Musical Bingo for a relaxing ANZAC day afternoon.



Cooking Wednesday – Lunch with Tracey and the Chef. This week's Theme Italian, Lasagna with homemade bread finished off with Biscotti.



Residents come together for Happy Hour.



THE WEEK THAT WAS 22<sup>nd</sup> April – 28<sup>th</sup> April

ANZAC DAY 2023

*Lest we Forget*



Major Michelle Sheather stands to attention as Andrea O'Neill raises the flag.  
Right: Mr Kevin Oliver laying the wreath from Yackandandah Health  
Mrs Frances Danaher laying the wreath hand made by Little Yacks





## The Man with The Ostrich

A man walks into a restaurant with a full-grown ostrich behind him. The waitress asks for their orders. The guy says, "A hamburger, fries, and a coke," and turns to the ostrich, "What's yours?" "I'll have the same," says the ostrich. A short time later the waitress returns with the order. "That will be \$18.40 please." The man reaches into his pocket and, without looking, pulls out the exact change for payment. The next day, the guy and the ostrich return to the same restaurant and the guy says, "A hamburger, fries, and a coke." The ostrich says, "I'll have the same." Again, the guy reaches into his pocket and pays with exact change. This becomes routine until one night they enter the restaurant, and the waitress asks, "The usual?" "No, this is Friday night, so I will have a steak, baked potato, and salad", says the guy. "Me too," says the ostrich. The waitress brings the order and says, "That will be \$42.62." Once again, the guy pulls the exact change out of his pocket and places it on the table. The waitress can't hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change out of your pocket every time?" "Well," says the guy, "several years ago I was cleaning my attic and found an old lamp. When I rubbed it a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there." "That's brilliant!" says the waitress. "Most people would wish for a million dollars or something, but you'll always be as rich as you want for as long as you live!" "That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the guy. The waitress asks, "But, sir, what's with the ostrich?" The guy sighs and answers, "My second wish was for a tall chick with long legs who agrees with everything I say."



"You're braver than you believe, and stronger than you seem, and smarter than you think."  
- Christopher Robin



### Be Seated

P	T	H	R	O	N	E	O	Z	Z	X	S	Z	A
B	T	X	R	E	T	S	O	O	B	B	C	R	Y
E	A	R	M	C	H	A	I	R	H	T	O	O	B
N	A	V	I	D	M	C	E	S	I	A	H	C	P
C	U	S	H	I	O	N	A	S	W	B	A	K	A
H	S	K	I	L	I	F	T	E	E	C	S	E	P
S	A	D	D	L	E	P	P	A	L	V	S	R	A
E	H	K	C	A	B	G	N	I	W	B	O	K	S
T	T	E	O	Z	A	B	U	T	O	N	C	L	A
T	R	I	U	N	A	M	O	T	T	O	K	L	N
E	A	E	C	G	F	U	T	O	N	A	F	O	S
E	C	X	H	L	O	O	T	S	T	O	O	P	E

ARMCHAIR	CUSHION	ROCKER
BEANBAG	DIVAN	SADDLE
BENCH	FUTON	SETTEE
BLEACHER	HASSOCK	SKI LIFT
BOOSTER	LAP	SOFA
BOOTH	LOVESEAT	STOOL
CART	OTTOMAN	STOOP
CHAIR	PAPASAN	THRONE
CHAISE	PEW	WINGBACK
COUCH	RECLINER	ZABUTON



Phyllis enjoys a walk around the facility with Shannon.

The happy faces of the residents of Ben and Jack who have just come out of lockdown. Congratulations to Karen and the staff who managed to limit the spread of the virus, with only one resident testing positive.

And a timely reminder that the dreaded lurgies are still around.

COVID is everywhere, we must all remain vigilant and practice safe hygiene so we can keep our residents safe and free from lockdowns.

Always do a RAT prior to coming to visit, always wear a mask when in the facility, use your hand sanitizer and practice safe distancing 1.5m. If you have a cold or any symptoms, perhaps put off the visit until you are feeling better and free of any symptoms.



### Monday 1<sup>st</sup> May

10.00 – Gentle exercise and walk in the garden  
10.00 – Book Exchange  
11.00 – Book Club with Judy  
11.00 – Footy Tipping  
1.30 – BINGO

### Tuesday 2<sup>nd</sup> May

9.30 – Wheelchair Walks  
10.00 – Visit to Yackandandah State School  
10.30 – Box Bowls  
2.00 – Knit & Natter

### Wednesday 3<sup>rd</sup> May

#### COOKED BREAKFAST

9.15 – Cooking – with Tracey  
2.00 – News reading/Discussion Exercises and Walk

### Thursday 4<sup>th</sup> May

#### HAIRDRESSER TODAY

10.00 – Trivia & Quiz morning  
2.30 – TAI CHI & Quiz

### Friday 5<sup>th</sup> May

#### SHOP and COFFEE TODAY

9.15 – Musical memories  
1.30 – Indoor Bowls

### Saturday 6<sup>th</sup> May

#### KING CHARLES'S CORONATION

### Sunday 7<sup>th</sup> May

11.30 – Songs of Praise ABC  
2.00 – Movie

*If you have any suggestions for Lifestyle program, please feel free to talk to the Lifestyle team at any time, this program is for you so let's do what you want to do!*

*Becky, Tracey, Bee, Belinda and Shannon*

