

Art work completed by our residents during "Art with Kirsten"



Top left: Tracey also catching up on her reading. Centre: Belinda and Ken playing oranges and lemons. Right: Jean with Belinda and friends from Little Yacks. Below: Ladies enjoying reminiscing about the "good old days" in the laundry and kitchen. Right: Frances won't let those jigsaws beat her.



**ADVANCED CARE PLANNING WEEK**  
**MARCH 20<sup>th</sup> – 26<sup>th</sup> 2023**

It may seem challenging to find the right time to talk about Advance Care Planning. Yet having the conversations and documenting values and preferences about future medical care can ensure those preferences are respected. Whether you need to talk about yourself, a family member, a patient or a client, Advance Care Planning is a great time to start the conversation.

If you were unwell, who would speak for you and what would they say? More than one in two of us will be unable to make our own medical decisions at the end of our lives. Advance Care Planning is a good pathway for a heart to heart about your future health care preferences with someone close to you.

**What is an Advanced Care Directive.**  
An advanced care directive is a plan for your future health care. It enables you to make decisions regarding the care you receive if you were to become seriously ill and unable to communicate your preferences or make decisions about your treatment. Advanced care planning allows your family and health providers to care for you in a way that matters to you and to respect your treatment preferences.

If you have further questions, or require further information:  
Come and join us for an information session including morning tea.

**WHEN:** Thursday 23<sup>rd</sup> March

**TIME:** 10.00am

**WHERE:** Yackandandah Health  
20 Isaacs Ave Yackandandah

**SPECIAL GUEST SPEAKERS**

Dr David Oliver

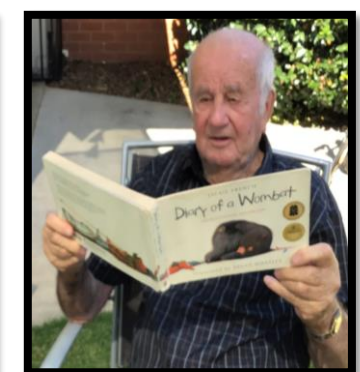
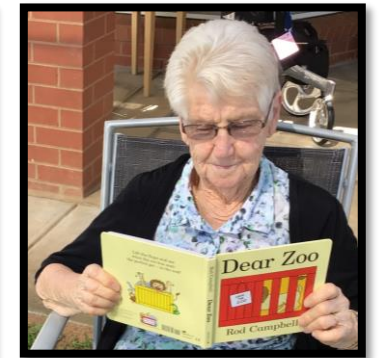
Eileen O'Toole Director of nursing.

RSVP:

[lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au)

Or Reception on 03 60280100

**17<sup>th</sup> February – 24<sup>th</sup> February 2023**



Veronica, Norma, Edith and Laurie catching up on some light reading with the Little Yacks. In the centre is Pauline having a quiet chat with Alina and Miller from Little Yacks. Our Intergenerational program runs every Monday Morning in the courtyard outside the café, if you feel like coming and joining in the fun please feel free to come on in.

## JOKE OF THE WEEK

**Police Officer didn't give him enough time to explain....  
But when he does.....Priceless**

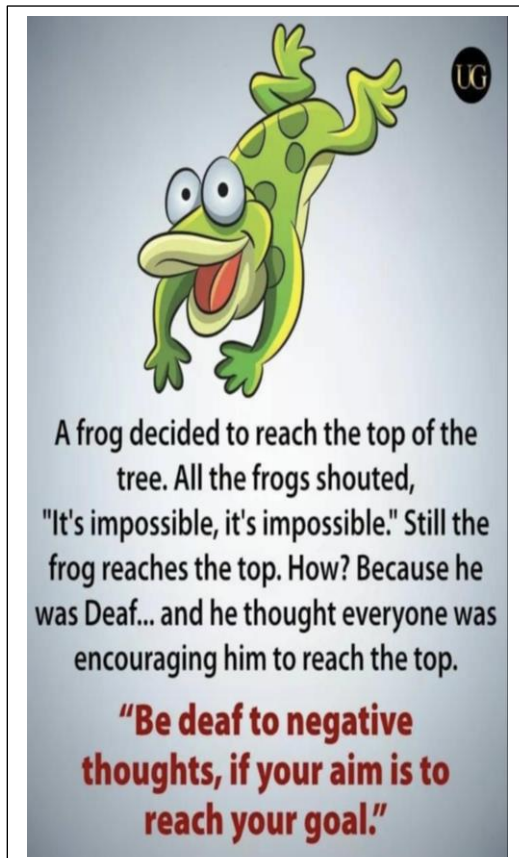
A police officer in a small town stopped a motorist who was speeding down the main street.  
"But, Officer," the man began, "I can explain"

"Just be quiet," snapped the officer. "I'm going to let you cool your heels in jail until the chief gets back."

"But, Officer, I just wanted to say"

"And I said to keep quiet!!! You're going to jail!"

A few hours later the officer looked in on his prisoner and said,  
"Lucky for you that the Chief's at his daughter's wedding.  
He'll be in a good mood when he gets back".  
"Don't count on it" answered the fellow in the cell.  
"I'm the GROOM."



## Types of Gemstones

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

- TOPAZ
- EMERALD
- KUNZITE
- AQUAMARINE
- ONYX
- AZURITE
- CITRINE
- SAPPHIRE
- AMETHYST
- JASPER
- DIAMOND
- PEARL
- RUBY
- GARNET
- TANZANITE
- PERIDOT
- JADE
- OPAL

Play this puzzle online at : <https://thewordsearch.com/puzzle/11/>

## WEEKLY ACTIVITY PROGRAM

### MONDAY 27<sup>th</sup> February

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.15 – Exercises – in Wattle
- 10.00 – Bus trip to the Shops
- 10.30 – Little Yacks with Big Yacks
- 11.00 – Book Club with Judy
- 1.30 – BINGO

### TUESDAY 28<sup>th</sup> February

#### VALENTINES DAY

- 9.15am – Wheelchair Flora & Fauna Walks
- 10.00am – News and Discussion
- 10.30 – Balloon Tennis
- 2.00pm – Art & Craft with Kirsten

### WEDNESDAY 1<sup>st</sup> March

#### AUTUMN IS HERE

- 9.15 – Exercises group in Big Ben
- 9.30 – Cooking with Tracey
- 2.00 – Movement to Music

### THURSDAY 2<sup>nd</sup> March

- 10.30 – Anglican Prayer Service
- 11.00 – Nail care
- 2.00 – TAI-CHI & Quiz

### FRIDAY 3<sup>rd</sup> March

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.30am – Musical Memories
- 10.00am – Café & Coffee Shop Open
- Come in and have a coffee and scones with your loved ones.**
- 2.00 – Carpet Bowls

### SATURDAY 4<sup>th</sup> March

- Activities in Poppy place
- 3.00pm – MOVIE in activities room

### SUNDAY 5<sup>th</sup> March

- Activities in Poppy place
- 3.00pm – MOVIE in activities room

Your Lifestyle Team Becky, Tracey, Belinda, Bee and Shannon – please feel free to contact us at any time to discuss your ideas.



Happy Birthday Jim Holloway  
&  
Happy Birthday Dulcie Ridout



### I'M NOT OLD

I woke up,  
I lifted my arms,  
I moved my knees,  
I turned my neck....  
Everything made the same noise:  
'Crrrrrrrrrrrrraaaaaaaacccck!'



....I came to a conclusion:  
I am not old,  
I am crispy!

