



Leo from Mt Jack tending his garden and below some of the fruits of his labour. YUMMO



Frances with some assistance from Eva conquered the jigsaw [pictured below] This is great for our upcoming Australia day celebrations

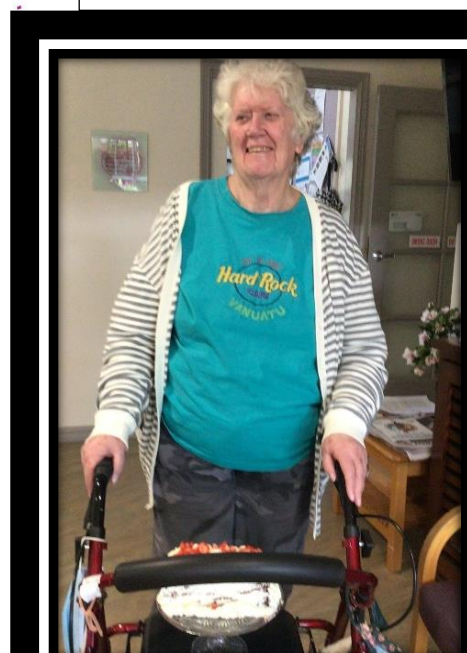


Frances hanging out with the lifestyle team.



Judy [left] helping to make Eri's Birthday Cake.

Happy Happy Birthday Eri [below]



THE 500 GROUP  
Leo, Dulcie, Brian, and Tracey  
Playing a round of 500



yackandandah  
health

RESIDENTS  
WEEKLY

1st January – 6<sup>th</sup> January 2023

*Note to Self  
When things feel  
overwhelming, remember:*

- ❖ One thought at a time
- ❖ One task at a time
- ❖ One day at a time



**Norma Wimmer loving wife of Horst passed away peacefully on the 4<sup>th</sup> of January 2023**

I give you this one thought to keep...  
I am with you still, I do not sleep,  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sunlight on ripened grain,  
I am the gentle Autumn rain,  
When you awaken in the morning hush,  
I am the swift, uplifting rush  
of quiet birds in circled flight...  
I am the soft stars that shine at night,  
Do not think of me as gone  
I am with you still in each new dawn.



Welcome to 2023, with everyone so busy with life, I thought the above words of wisdom would be beneficial to us all. Remember to take a breath, enjoy the moment, and take the time. Friday's, we take the time to enjoy a coffee and scones with our residents, why not take some time and join us at the coffee shop to enjoy the moment with your loved ones and have a coffee.



## JOKE OF THE WEEK

A lady decided to give herself a big treat for her 70th birthday by staying overnight in a really nice luxurious hotel.

When she checked out the next morning, the desk clerk handed her a bill for \$250.00. She demanded to know why the charge was so high "I agree it's a nice hotel, but the rooms aren't worth \$250.00 for just an overnight stay  
"I didn't even have breakfast!" The clerk told her that \$250.00 is the 'Standard rate,' and breakfast had been included had she wanted it.

She insisted on speaking to the Manager.

The Manager appeared and forewarned by the desk clerk, announced: "This hotel has an Olympic-sized pool and a huge conference Centre which are available for use." "But I didn't use them."  
"Well, they are here, and you could have."

He went on to explain that she could also have seen one of the in-hotel shows for which they were so famous.  
"We have the best entertainers from all over the world performing here." "But I didn't go to any of those shows." She pleaded.

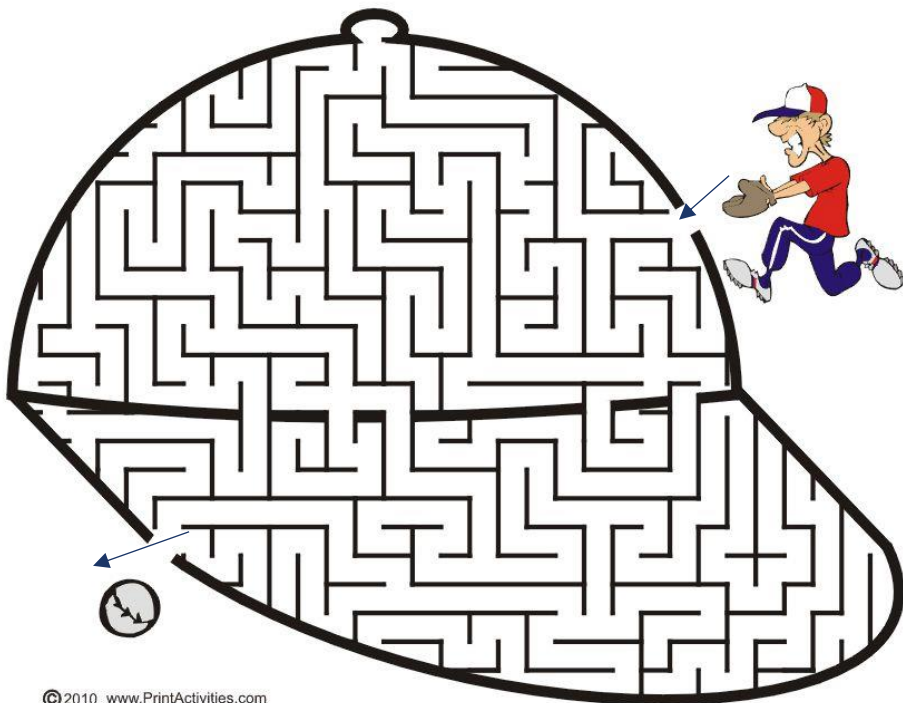
"Well, we have them, and you could have." was the reply. No matter what amenity the Manager mentioned, she replied, "But I didn't use it!" and the Manager countered with his standard response.

After several minutes' discussion, and with the Manager still unmoved, She decided to pay, wrote a cheque, and gave it to him.

The Manager was surprised when he looked at the check. "But Madam, this check is for only \$50.00" "That's correct" she replied, "I charged you \$200.00 for sleeping with me."

"But I didn't sleep with you madam!" said the manager  
"Well, too bad, I was here, and you could have."

Help the baseball player through the cap shaped maze to find his baseball



## RIDDLES TO GET YOU THINKING

### What am I?

I look at you, you look at me, I raise my right, you raise your left.

### What am I?

I am not alive but i have 5 fingers.

### What am I?

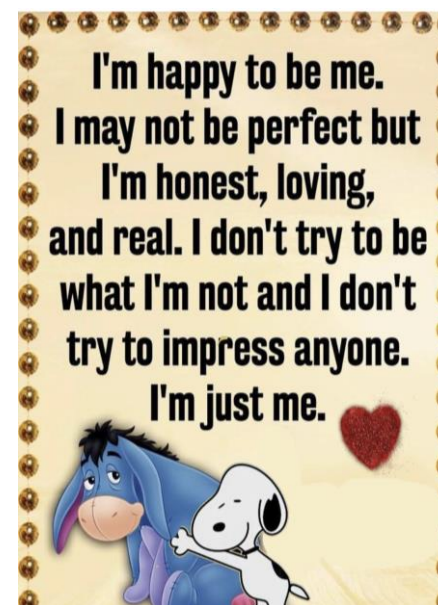
Turn me on my side and I am everything. Cut me in half and I am nothing.

### What am I?

I come from a mine and get surrounded by wood. Everyone uses me.

### What am I?

Spelled forwards I'm what you do every day, spelled backwards I'm something you hate.



5. LIVE
4. PENCIL
3. NUMBER 8
2. A GLOVE
1. MIRROR

ANSWERS TO RIDDLES ABOVE



## Benefits of exercise to the older body

Some of the many benefits of regular exercise for older people include:

**Muscle** – the amount and size of muscle fibres decreases with age. There is evidence to suggest that the changes are related to a sedentary lifestyle, rather than age. Muscle mass can increase in the older person after regularly exercising for a relatively short period of time.

**Bone** – bone density begins to decline after the age of 40, but this loss accelerates around the age of 50 years. As a result of this bone loss, older people are more prone to bone fractures. Exercise may help to reduce the risk of bone loss and [osteoporosis](#)

**Heart and lungs** – moderate intensity exercise is most favourable: for example, regardless of age, people are able to improve their cardiorespiratory fitness through regular exercise.

**Joints** – the joints of the body require regular movement to remain supple and healthy. In particular, people with arthritis can benefit from [aerobic and strengthening exercise programs](#).

**Body fat levels** – carrying too much body fat has been associated with a range of diseases including cardiovascular disease and [diabetes](#). Regular exercise burns [kilojoules](#), increases muscle mass and speeds the [metabolism](#). Together, these physiological changes help an older person maintain an appropriate weight for their height and build.

## WEEKLY ACTIVITY PROGRAM

### MONDAY 9<sup>th</sup> January

9.15 – Move in 2023 Exercise group in Big Ben  
9.15 – Exercises – in Wattle  
10.30 – Book Exchange  
11.00 – Book Club with Judy  
1.30 – BINGO

### TUESDAY 10<sup>th</sup> January

9.15am – Wheelchair Flora & Fauna Walks  
10.00am – News and Discussion  
10.30 – Box Bowls  
2.00pm – Knit & Natter

### WEDNESDAY 11<sup>th</sup> January

9.15am – Move in 2023 Exercise group **Big Ben**  
9.15am – Cooking – with Tracey  
1.30pm – Movement to music  
News reading and discussion

### THURSDAY 12<sup>th</sup> January

HAIRDRESSER TODAY  
9.30am – Prayer Service  
10.30 – Hand and Nail care  
10.30 - Reminiscing  
2.00 – TAI-CHI & Quiz

### FRIDAY 13<sup>th</sup> January

9.15 – Move in 2023 Exercise group in Big Ben  
9.30am – Musical Memories  
10.00am – Café & Coffee Shop Open  
1.30 - Carpet bowls

### SATURDAY 14<sup>th</sup> January

Activities in Poppy place  
3.00pm – MOVIE in activities room

### SUNDAY 15<sup>th</sup> January 2023

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.