



Residents enjoying their daily walk around the gardens followed by a chat under the OAK tree.



Arts and Crafts and Cooking the obligatory Lamingtons– All the preparations for Australia Day



Keeping our New Years Resolution to Move in 2023
This is our exercise group enjoying one of our morning sessions with Tracey.
Think we need to increase the exercise regime with all the goodies baked and eaten this week



yackandandah
health

RESIDENTS
WEEKLY

It is with great sadness that Colin Ginnivan left us on 23rd January 2023

20th January – 27th January 2023

CELEBRATION OF LIFE

Thursday 9th February we are going to celebrate the lives of all those that have left us in the last 3 months.

We invite you to join us in the Activities room to remember your loved ones.

The service will begin at 10.00am with a light morning tea after.

We would love to see you here to celebrate and to reminisce about those we have lost.

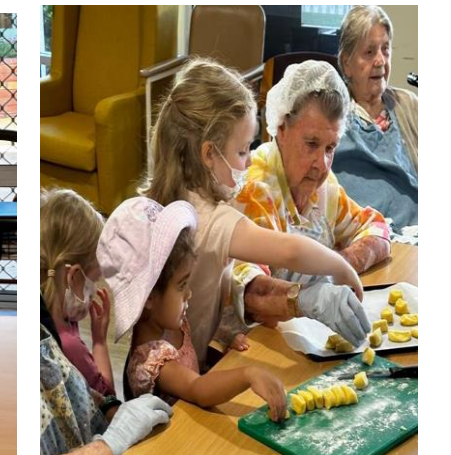


Until We Meet Again

*Those special memories of you will always bring a smile.
If only I could have you back for just a little while.*

*Then we could sit and talk again, just like we used to do.
You always meant so very much and always will too.*

*The fact that you're no longer here will always cause me pain,
But you're forever in my heart until we meet again.*



INTERGENERATIONAL PROGRAM
Little Yacks joined Big Yacks
Cooking up a storm
Lemon Polenta Biscuits and Blueberry Muffins
and they all went down a treat
A fantastic morning was had by all

JOKE OF THE WEEK

**My 3 year old daughter asked:
"Where does poo come from?"**

**To make it simple, I said:
"You just had breakfast?"**

"Yes", she replied.

**"Well, the food goes in your mouth down
into your tummy. Our body takes all the
good stuff it needs out of the food and
then what's left goes down to your
bottom and when you go to the toilet that
comes out as poo."**

**She looked confused and stared at me in
stunned silence for a few seconds.**

Then she asked: "And Tigger?"



Parents Are Not Around Forever

Call them, visit them, take their grandchildren to see them, laugh with them, hug them, let them speak and tell you the old stories over and over again, take them their favorite foods and sweets, treat them with respect, patience, and plenty of love.

Tomorrow might be too late...



AUSTRALIA DAY 26TH JANUARY 2023



READY SET GO YABBIES & SNAILS



Snails were a little slower off the mark.

WEEKLY ACTIVITY PROGRAM

MONDAY 30th January

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

TUESDAY 31st January

- 9.15am – Wheelchair Flora & Fauna Walks
- 10.00am – News and Discussion
- 10.30 – Art with Kirsten Coates
- 1.30 – Bus drive to Stanely

WEDNESDAY 1st February

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

THURSDAY 2nd February

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

FRIDAY 3rd February

- 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 4th February

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

SUNDAY 5th February

- 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.

Australia Word Search

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

- beach
- Canberra
- cricket
- crocodile
- eucalyptus
- fish
- gold
- goldenwattle
- green
- kookaburra
- oysters
- rugby
- snake
- Sydney



I knew a place called Yesterday
Where once I used to live.
Nobody there would turn away
Their time, they'd always give.

Everyone looked out for you
As you did the same for them.
In that place called yesterday
I can still remember when.

People never had anything much
What they did have, it was shared.
They always waved and gave a
smile,
That's how we know they cared.

We used to call it mucking in,
That's what it was all about
It was easier to help each other
When all you had was now't.

Now I live here in the present,
In a street of those unknown,
Whose life is so much easier
If they keep it close to home.

Yes, I was raised in Yesterday
Where we always had respect.
Here in this place called the present
I find it suffering from neglect