



A game of box bowls on Saturday and Quoits on Sunday.



**Note in all the pictures above we are busy with physical movement, through exercise, walking, floor games and gardening.** Physical movement promotes well-being and quality of life among our residents. Engaging in regular physical activity offers a plethora of benefits that extend far beyond just the physical advantages. It helps to enhance cardiovascular health, improve muscle strength, and maintain joint flexibility. It also stimulates the release of endorphins, fostering a sense of happiness and reducing anxiety. Exercise supports brain health and provides opportunities for social interaction and engagement; it has the capacity to combat feelings of isolation and loneliness. Through physical movement we empower older individuals to maintain their independence and enhance their overall vitality which can result in them enjoying a better quality of life.

THE WEEK THAT WAS 29<sup>th</sup> May – 2<sup>nd</sup> June 2023



*Lindsay and Ann Jarvis celebrated their 56<sup>th</sup> Wedding Anniversary on Saturday 27<sup>th</sup> May 2023. **HUGE CONGRATULATIONS** to you both.*

Message from the Chair of Yackandandah Health Board, Doug Westland

*It was a pleasure to join fellow Board member Tim Evans in meeting with residents on Wednesday and explaining the proposed transfer of ownership of Yackandandah Health to Apollo Care.*

*This agreement is a great outcome for residents and the wider Yackandandah community – if approved by members, it secures the future of not only our residential aged care operations but also the retirement village, childcare centre, and GP clinic. Apollo Care is a financially strong, national operator with a great track record successfully operating small, aged care operations, especially in regional areas, that would otherwise struggle in the present regulatory environment. Apollo's model respects local communities and residents and, just as importantly, the company has the resources to invest in improvements to the experience of our residents.*

*We have been encouraged by the positive response from residents to the announcement. We will keep residents informed of the transfer process and look forward to introducing you to Apollo Care management at the earliest opportunity.*

Doug Westland Chair, Yackandandah Health



# JOKE OF THE WEEK

## The new teacher:

A new teacher is sitting with her 6<sup>th</sup> grade class for the first time. Naturally, she's keen to apply all the techniques she's learned in her teacher training, and in particular, she's keen to use what she's learned in her psychology class. She stands in front of her class and says, "Right children, everyone who thinks they're stupid, please stand up." Well, for a few minutes there's silence and no one stands up. However, just then Little Johnny bravely gets to his feet. The teacher smiles and says, "Do you think you're stupid, Johnny?" "No mam," Johnny responded, "But it's not fair, you are standing there all on your own."

## WINTER

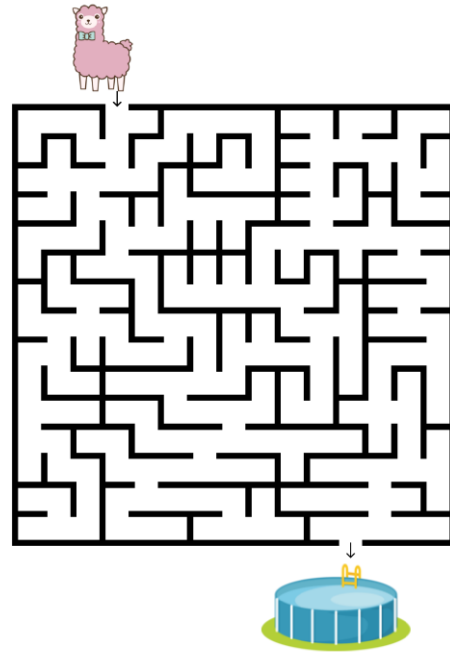
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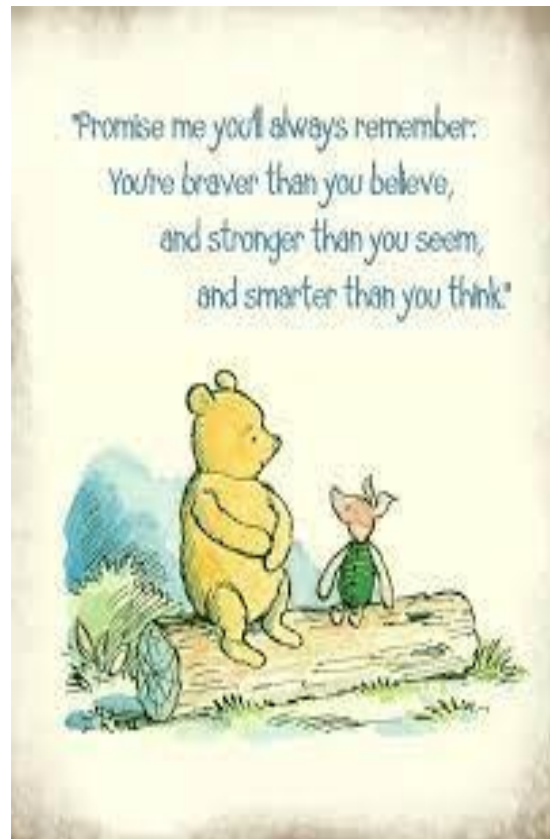
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|----------|---------------|-------------|-----------|
| boots    | hot chocolate | shovel      | snowboard |
| flurries | icicle        | skates      | snowman   |
| frozen   | igloo         | skiing      | snowsuit  |
| gloves   | mittens       | sledding    | sweater   |
| hockey   | penguin       | snow angels | toboggan  |
| holidays | scarf         | snowball    | winter    |

Tree Valley Academy

## MAZE GAME



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REMINDER – Resident Relative and Friends meeting.

Tuesday 13<sup>th</sup> June 2023 @9.30am in the Activities Room

Or we will establish a Zoom link if you wish to attend virtually.

Are you looking for a way to advocate for the needs and rights of your loved ones at Yackandandah health. Why not join us at the Resident Relative and Friends meeting?

Our group is dedicated to supporting and empowering residents, families, and friends. We provide a safe forum for discussion, information sharing, and advocacy, with our main goal of improving the quality of care and quality of life for residents.

As a resident/consumer advocate, you will have the opportunity to share your expertise, insights, and ideas on how to improve the long-term care system. You will also have the chance to connect with other advocates and work together to make a real difference in the lives of residents.

We invite you to join us at our next meeting held on the second Tuesday of every second month.

Together we can ensure that our loved ones in care receive the care and attention they deserve.

For further information you can contact Heather Maddock, Chair of the meeting [maddockheather@gmail.com](mailto:maddockheather@gmail.com) or Becky Hyde [lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au)

Men's Lunch – Fish & Chips  
 Beer and Ice cream.



### Monday 5<sup>th</sup> June

- 10.00 – Gentle exercise and walk in the garden
- 11.00 – Book Club with Judy
- 11.00 – Lifestyle Team meeting
- 1.30 – BINGO

### Tuesday 6<sup>th</sup> June

- 9.30 – Wheelchair Walks
- 10.30 – Box Bowls
- 2.00 – Knit & Natter

### Wednesday 7<sup>th</sup> June

#### COOKED BREAKFAST

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

### Thursday 8<sup>th</sup> June

#### HAIRDRESSER TODAY

- Hand & Nail Care
- 10.30 – Prayer Service
- Father Tony Shallue
- 2.00 – TAI CHI & Quiz

### Friday 9<sup>th</sup> June

#### SHOP and COFFEE TODAY

- 9.15 – Exercises with Becky in Big Ben
- 9.15 – Musical memories
- 2.00 – Happy Hour

### Saturday 10<sup>th</sup> June

#### ACTIVITIES IN POPPY PLACE

- 2.30 – Saturday afternoon Movie

### Sunday 11<sup>th</sup> June

#### ACTIVITIES IN POPPY PLACE

- 11.30 – Songs of Praise ABC
- 2.30 – 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

