



Pre COVID lockdown – Concert with Geoff McCracken



Another pre COVID lockdown – Happy hour.
2nd Friday of every month



Lockdown fun – top left – Dulcie, Heather, Louise, Grace
Bottom Left – Nancy, Judy and Frances all catching up on their reading and puzzles.



yackandandah
health

RESIDENTS
WEEKLY

17th March – 24th March 2023



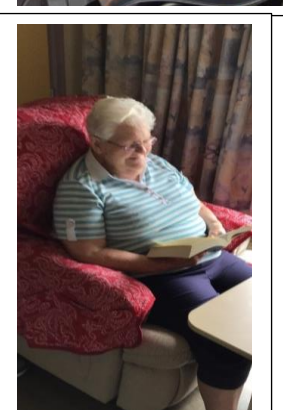
Horst Wimmer
Enjoying the
Sunshine today



Norma Bagley
Taking in a few
sun rays this
morning



Kevin {Pom}
Oliver
Letting the
sunshine in.



Dulcie enjoying some puzzles and
Diann relaxing in the sunshine



Once again the dreaded COVID has encroached on our lifestyle programs. Unfortunately, due to lockdown we were unable to go ahead with our Advanced Directive Care morning tea scheduled for Thursday 23rd March. Although very disappointing it could not go ahead, I feel that it is such an important topic that we rescheduled for Thursday 13th April at 10.00am in the activities room. Dr David Oliver and Eileen O'Toole R.N. will be our guest speakers on the day.

We have been taking the opportunity to get the residents out into the sunshine, being as we are still in lockdown, we take each wing out to different locations around the facility. It was a lovely opportunity to sit and chat with the residents and to enjoy the sunshine and fresh air.

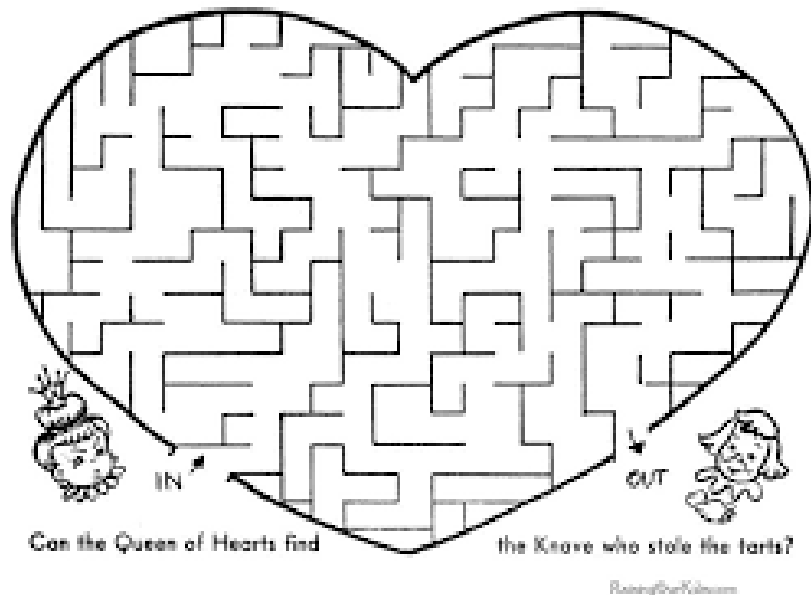
We are providing residents with daily activity sheets with different things to do and read, I have to say SUDUKO seems to be a disaster, but the find-a-words are a real treat.

And don't forget if everything goes to plan our Coffee Shop will be open on Good Friday morning, so why not put on in and have a coffee and scones and maybe even a little treat from the Easter Bunny, we will be open from 9.00-11.45am. Look forward to seeing you all there.

Can you believe we are almost in April, where has this year got to? ANZAC Day on the 25th we have been very lucky in securing a Ceremonial Support person from the Defence Force to join us here at Yackandandah Health for a service. The service will begin at 10.00am at the flag pole and we will conclude with a morning tea for our residents and visitors, please feel free to join us as we Thank our forefathers for their services to Australia and the world.

JOKE OF THE WEEK

Late one night this guy is speeding down the empty road. A cop sees him go flying past so chases him and pulls him over. The cop goes up to the car and when the man rolls down the window, he asks, "Are you aware of how fast you were going, sir?" The man replies, "Yes, I am. I'm trying to escape a robbery I got involved in." The cop looks at him disbelievingly and asks him, "Were you the one being robbed, sir?" The man casually replies, "Oh no, I was the one who committed the robbery. I was escaping." The cop is shocked and surprised that the man has admitted this so freely. He says, "So you're telling me you were speeding...AND committed a robbery?" "Oh yes," replies the man calmly. "I have all the loot in the back." The cop is now starting to get angry and says, "Sir, I'm afraid you have to come with me" as he reaches into the window to take the car keys out of the ignition. The man shouts, "Don't do that! I'm afraid that you'll find the gun in my glove compartment!" At this the cop pulls his hand out of the window and says, "Wait here" as he returns to his car and calls for backup. Soon there are cars, cops, and helicopters all over, Everywhere you look. The man is quickly dragged out of his car, handcuffed and taken towards a cop car. However, just before he is put in the car and taken away a cop walks up to him and says, while pointing at the cop that pulled him over, "Sir, this officer tells us that you had committed a robbery, had stolen loot in the trunk of your car, and had a loaded gun in your glove compartment. However, we didn't find any of these things in your car." The man replies, "Yeah, and I bet that liar said I was speeding too!"



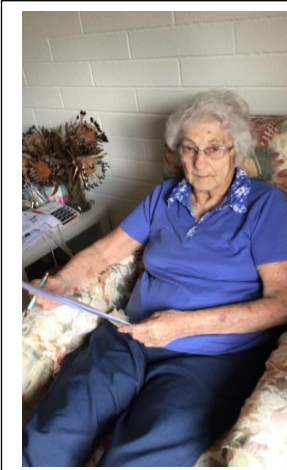
I am just so very **GRATEFUL** this very moment, to have a roof over my head, food to eat, clean clothes to wear, a warm bed to sleep in, drinkable running water, electricity... We take so much for granted, when there is so much to be **GRATEFUL** for.

LESSONS TAUGHT by Life

Don't worry about **getting old**, worry about **thinking old.**



Above - Olive
Lockdown can never ruin a good Jigsaw puzzle or it seems a lovely cup of tea in the sunshine.
Below - Nancy, Judy, and Grace



Heather also enjoying her lockdown puzzle books.



WEEKLY ACTIVITY PROGRAM

ALL PROGRAMS FOR NEXT WEEK WILL BE ADVISED ACCORDING TO LOCKDOWN REQUIREMENTS

MONDAY 27th March

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

TUESDAY 28th March

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

WEDNESDAY 29th March AUTUMN IS HERE

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

THURSDAY 30th March

10.00 – Morning Tea information session
The importance of Advanced Care Directives
2.00 – TAI-CHI & Quiz

FRIDAY 31st March

9.15 – Move in 2023 Exercise group in Big Ben
9.30am – Musical Memories
10.00am –
2.00 – Carpet Bowls

SATURDAY 1st April

Activities in Poppy place
3.00pm – MOVIE in activities room

SUNDAY 2nd April

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.