

JOKES AND PUZZLES

A husband walks into Victoria's Secret to purchase a sheer negligee for his wife.

He is shown several possibilities that range from \$250 to \$500 in price -- the more sheer, the higher the price. He opts for the sheerest item, pays the \$500, and takes it home.

He presents it to his wife and asks her to go upstairs, put it on, and model it for him.

Upstairs, the wife thinks (she's no dummy), "I have an idea ... it's so sheer that it might as well be nothing. I won't put it on, I'll do the modeling naked, return it tomorrow, and keep the \$500 refund for myself."

She appears naked on the balcony and strikes a pose.

The husband says, "Good Grief! You'd think for \$500. they'd at least iron it!"



yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 8th July – 14th July 2023

Yackandandah Health welcome a new Board of Management appointed following the resignation of Doug Westland, Tim Evans, and Bill Gee.

Heather Maddock and Ben Evans will remain a part of the new board, four new members are: Patten Bridge Diane Shephard, Margo Northey and Fabian Burder.

[Pictured left to right below] **Patten, Diane, Margo, Heather and Fabian would like to invite you to a meet and greet on Tuesday 18th July at 9.30am in the activities room at Wattle Grove.**

The board bring with them a wealth of knowledge, experience, and expertise as well as some fresh perspectives to our organization and we are delighted to welcome them to Yack Health. Please join the residents on Tuesday for the opportunity to meet the Board and ask any questions that you may have.



REMINDER – Resident Relative and Friends meeting.
Tuesday 8th August 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 or Becky Hyde lifestylecoordinator@yackhealth.com.au

KIND WORDS WORD SEARCH

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

THOUGHTFUL
GENTLE
KINDNESS
HUMANITY
COMPASSION
SWEETNESS
HELPFUL
TENDERNESS

GOODNESS
GENEROUS
HOSPITABLE
SMILE
EMPATHETIC
UNSELFISH
COURTESY





Saturday arvo treats, not as healthy as the Carrot, but, it still has fruit, so that classes at Healthy too!!!!

Horst is very proud of the magnificent Carrot from his vegetable patch.



The Boys vs the Girls at Pub Trivia on Sunday Afternoon



July Birthday party celebrated with High Tea. Happy Birthday to all July babies.



We had the privilege of escorting Edna, Dulcie, Flo, June, Betty and Grace to the "LORE" at Yackandandah Hall.

LORE is an immersive light and sound show based around the first nations people and country.

We were lucky enough to meet the artist Helen Newman who made and produced this wonderful show. We ended our morning with a lovely morning tea at Gum Tree Pies.

Monday 17th July

- 9.15 – Gentle exercise and walk in the garden
- 10.00 – Book Exchange
- 10.30 – Footy tipping
- 11.00 – Book Club with Judy
- 2.00 – Bingo

Tuesday 18th July

- 9.15 – Walk & Talk
News and Discussion
- 9.30 – Resident Meeting
- 10.30 – Yackandandah State School Intergenerational program
- 2.00 – Knit & Natter

Wednesday 19th July
COOKED BREAKFAST

- 9.15 – Cooking with Tracey
- Lunch with the Chef
- 2.00 – Movement to music
- News & discussion

Thursday 20th July
HAIRDRESSER TODAY

- 10.30 – Prayer Service
Fth. Matthew Healey
- 2.00 – Tai Chi & Quiz
- 2.00 – David on the Ukulele

Friday 21st July
PYJAMA DAY

- 9.30 – 11.30 SHOP and COFFEE TODAY**
- 9.15 – Exercises with Becky in Big Ben
 - 9.15 – Musical memories
 - 1.30 – Carpet Bowls

Saturday 22nd July

- ACTIVITIES IN POPPY PLACE – Belinda
- 2.30 – Saturday afternoon Movie

Sunday 23rd July

- ACTIVITIES IN POPPY PLACE – Jennifer
- 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, Shannon, Jennifer

