



yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 12th August – 18th August 2023

Pauline Henderson
23rd January 1933

~

9th August 2023

*DO NOT STAND BY MY GRAVE AND
WEEP*

*Do not stand at my grave and weep.
I am not there. 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 waken in the morning's hush
I am the swift uplifting rush.*

*Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry.
I am not there. I fly.*



Some more beautiful pics from Poppy Place
Top left-right: Geoffrey, Jean B, and Nancy
Bottom left-right- Heather, Stephen, and David

“WALK & TALK”



The walking group promotes gentle exercise, mobility, and social interaction with a dose of vitamin D, which assists in maintaining strong bones and supports the immune system. Fresh air and sunshine offer a multitude of benefits for our residents, for both their physical and mental wellbeing. In essence, embracing the outdoors can provide a holistic approach to enhancing the quality of life, promoting vitality, and emotional balance. Why not join our walking group and enjoy the “walk & talk.”



The Board of Yackandandah Health held a Community information evening last night at the Public Hall in Yackandandah. To the right is a list of upcoming dates to remember:

- 23/8/23:** For membership renewals – all members who joined prior to 1st July 23 must renew membership by this date. Also, our new membership application close date. If you want a voice in the future of Yack Health, we welcome your application.
- 23/08/23:** Board review of viable options.
- Last week September:** Special General Meeting to vote on the recommended options.

Alice was to bake a cake for the church ladies 'group bake sale, but she forgot to do it until the last minute: She baked an angel food cake and when she took it from the oven, the center had dropped flat. She thought. "Oh dear, there's no time to bake another cake." So, she looked around the house for something to build up the center of it. Alice found it in the bathroom, a roll of toilet paper. She pushed it in and covered it with icing. The finished product looked beautiful, so she rushed it to the church. Before she left the house, she had given the daughter some money and specific instructions to be at the bake sale the minute it opened and to buy that cake and bring it home. But when the daughter arrived at the sale, the attractive cake had already been sold. Alice was beside herself.



The next day, she was invited to a friend's home where two tables of bridge was to be played that afternoon. After the game, a fancy lunch was served and to top it off, the cake she had baked was presented for dessert! Alice saw it, so she started to get out of her chair to rush into the kitchen to tell her hostess all about it, but before she could get to her feet, one of the other ladies said, "What a beautiful cake!" Alice sat back in her chair and smiled to herself when she heard the hostess [who was a prominent church member] say..... "Thank you, I baked it myself."

We are nearly there - SPRING

Spring

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

BIRDS
BLOSSOM
BUGS
BUNNY
BUTTERFLY

CALF
CATERPILLAR
CHICKS
FLOWERS
FROG

GARDEN
GRASS
HATCH
INSECTS
LADYBUG

LAMB
NATURE
NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM

Tree Valley Academy

It's nice to be
important
But it's
Much more
important
To be Nice



"You are never too
old to set another
goal or to dream a
new dream."

A FRIENDLY REMINDER FOR THE FANTABULOUS LADIES IN THE LAUNDRY.

Could you please ensure that any new clothes purchased for your loved ones is labelled clearly with their names. It is a tad challenging for these ladies to identify who belongs to clothes if they are not named. If you can't label them yourself, please by all means put them in a separate plastic bag marked with their name and send to laundry for labelling.

DONATIONS PLEASE

The Lifestyle department are in desperate need of any stones, rocks, pebbles, glass or whatever you use for a Mosaic project. We are working on a project with Little Yacks, and we need some more tiles, plates, whatever you can spare. Kirsten is assisting us with the project, and we would really appreciate anything you can donate.

VOLUNTEERS

Enriching Lives and Building Connections: The benefits of volunteering at Yackandandah Health.

Volunteering at Yack health brings forth a multitude of benefits, fostering a sense of community, compassion, and personal growth. Volunteers are a vital thread that weaves together the generations of the Yack community. It provides an avenue for building meaningful connections. Here at Yack health, we offer the space for volunteers to engage in genuine conversations, sharing stories, experiences, and laughter with residents. These interactions bridge the generations gap offering the residents a chance to stay connected to the community and volunteers an invaluable opportunity to learn from the wisdom of our seniors. Volunteering offers personal growth and a sense of fulfillment. Being a volunteer at Yack Health you are contributing to enhancing the quality of life for our residents, providing companionship, and participating in recreational activities that bring joy to all involved. If you are interested in becoming a volunteer, please feel free to contact Becky Hyde on 0438 789 071 or email lifestylecoordinator@yackhealth.com.au

We would like to take the opportunity to welcome Richard Morgan to our Lifestyle Team.

Monday 21st August
 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 22nd August
 9.15 – Walk & Talk
 News & Discussion
 10.30 - Reminiscing
 2.00 – Knit & Natter – with Kirsten

Wednesday 23rd August
COOKED BREAKFAST
 9.15 – Cooking Lunch with Tracey & Becky {Oh Dear, watch this space}
 2.00 – Movement to music
 News & discussion

Thursday 24th August
HAIRDRESSER TODAY
SPANISH DAY
 10.00 – Armchair Travel SPAIN
Lunch
 Bean Empanadas
 Red Bean & Sausage Stew
 Spanish Rice Pudding
 12.45 – Mark and Sam's group
 2.00 – Tai Chi & Quiz

Friday 25th August
9.30 – 11.30 SHOP and COFFEE TODAY
 9.15 – Exercises with Becky in Big Ben
 9.15 – Musical memories
 12.00 – Men's Lunch
 1.30 - Carpet Bowls

Saturday 26th August
 POPPY PLACE – Shannon
 Wattle Grove - Jennifer
 2.30 – Saturday afternoon Movie

Sunday 27th August
 POPPY PLACE – Jennifer
 Wattle Grove - Shannon
 11.30 – Songs of Praise ABC
 2.30 – Movie

Becky, Tracey, Bee, Belinda, Shannon, Jennifer and Richard.