

## JOKES AND PUZZLES

Today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today?" I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look. I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "oh, have you got a cat?" I just say, "No, it's for company!" Employment application forms always ask who is to be called in case of an emergency. I think you should write "an ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The roman numerals for forty [40] is XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me.

I want people to know why I look this way.

I've travelled a long way and a lot of the roads were not paved.

Ah! Being young is beautiful but being old is comfortable.

May you always have:

Love to share.

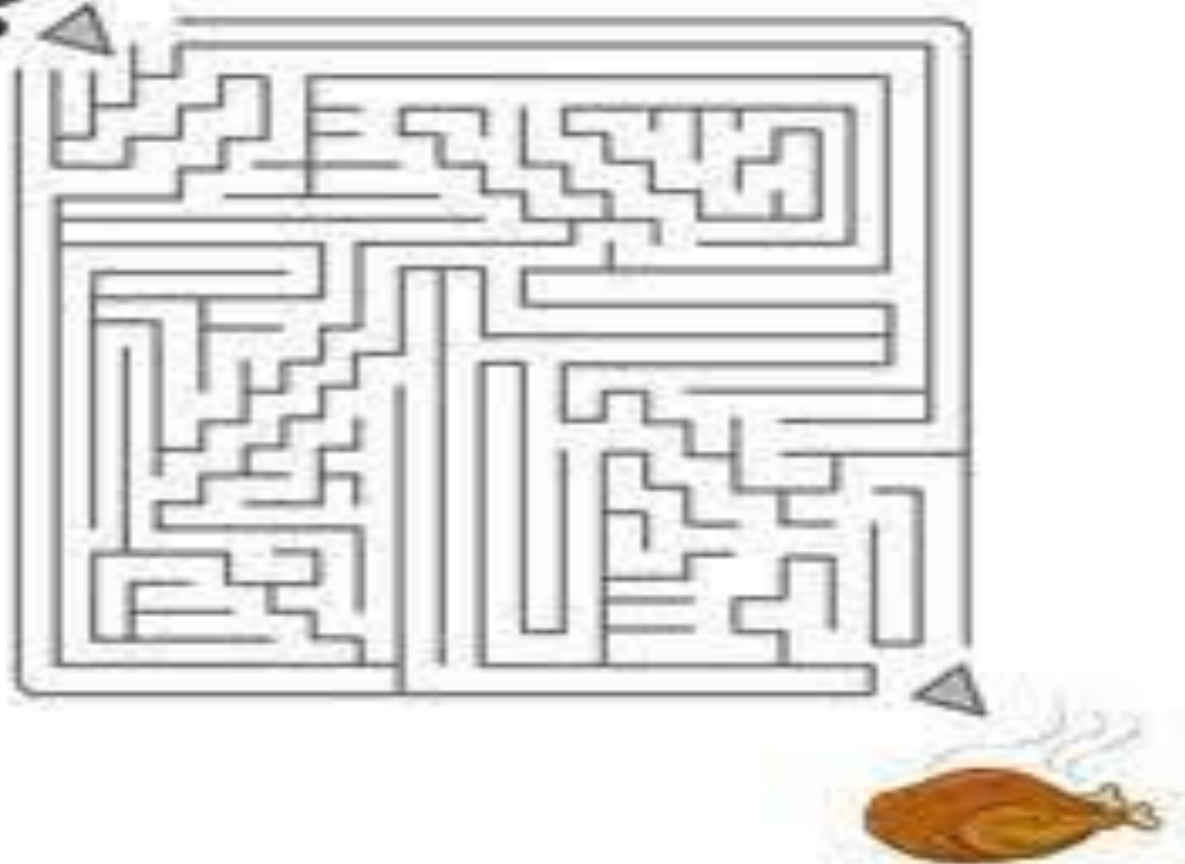
Cash to spare.

Tyres with air.

And Friends that care.

One day at a time is all we  
need to deal with.  
We can't go back to yesterday,  
we can't control tomorrow.  
So let's live for today, do our  
best. Be little more kinder to  
one another.  
And make this world a tiny bit  
better...

Hina Dhokya



yackandandah  
health

Residents  
Weekly

THE WEEK THAT WAS 15<sup>th</sup> July – 21<sup>st</sup> July 2023



Marie Dodd  
05/04/1923-15/06/2023

Marie celebrated her  
100<sup>th</sup> Birthday in April  
this year surrounded  
by the whole of her  
beautiful family.  
May she Rest  
in Eternal Peace.



REMINDER – Resident Relative and Friends meeting.  
Tuesday 8<sup>th</sup> 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](mailto:maddockheather@gmail.com) or Becky Hyde [lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au)



On Tuesday we commenced our PADSIP Intergenerational program with the Children from Yackandandah, Wooragee and Osborne's Flat primary schools. All students participating are in Year 6. 20-25 students along with about 8 volunteers will visit our facility every Tuesday morning for the next 12-15 weeks, they will engage with our residents with the aim of producing digital stories. The themes of the stories can be wide ranging from life stories and how things have changed over time to common interests to addressing the important and complex issues facing us today.

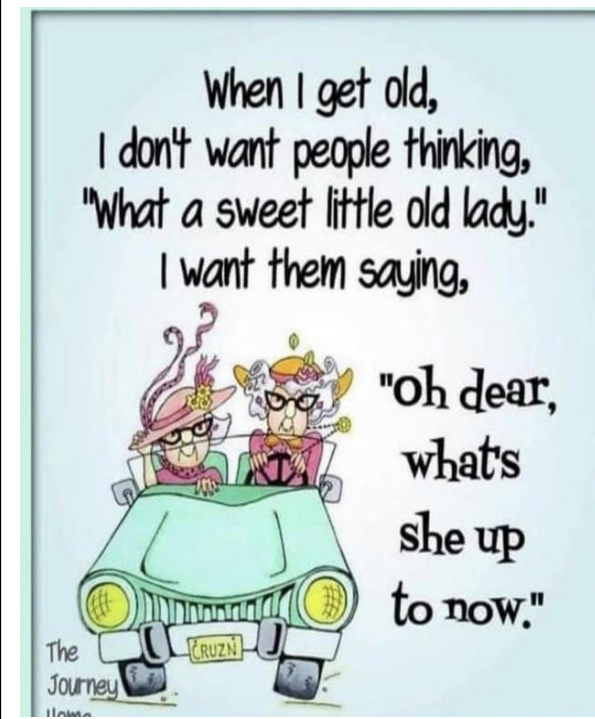
**PADSIP – Positive Ageing Digital Storytelling Intergenerational Program**

Intergenerational programs are about building meaningful ties that connect people through sharing experiences, talents & resources, not only by supporting each other in relationships of mutual benefit but also strengthening communities. They include activities designed to bring the generations together that improve the wellbeing and quality of life of all those involved.

Nothing like a game of Chair Soccer to get the adrenalin pumping prior to meeting up with the kids. Pictured right: Theo, Flo, Betty, Eril, June, Johnny, Helen, Jurgen, Judy, Grace, Eileen & Dulcie.



Residents, relatives, and friends had the opportunity of meeting the new board on Tuesday 18<sup>th</sup> July 2023. Patten Bridge, Diane Sheppard, Fabian Burder and Heather Maddock attended the activities room and willingly answered the questions posed to them. They also took the opportunity to meet with staff on Tuesday morning and afternoon to answer their queries.



**Monday 24<sup>th</sup> July**

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

**Tuesday 25<sup>th</sup> July**

9.15 – Walk & Talk  
 News and Discussion  
 10.30 – Yackandandah State School Intergenerational program With Garden Club  
 2.00 – Knit & Natter – with Kirsten

**Wednesday 26<sup>th</sup> July**  
**COOKED BREAKFAST**

9.15 – Cooking with Tracey  
 2.00 – Movement to music  
 News & discussion

**Thursday 27<sup>th</sup> July**  
**HAIRDRESSER TODAY**

9.00 – Bus outing  
 2.00 – Tai Chi & Quiz

**Friday 28<sup>th</sup> July**

**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 29<sup>th</sup> July**

POPPY PLACE – Shannon

2.30 – Saturday afternoon Movie

**Sunday 30<sup>th</sup> 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*

