



yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 19th August – 25th August 2023

VOLUNTEERING.

A Huge Thank you to those who have already joined us with the volunteering, it was great to see Brian here playing 500 with our residents on Wednesday, and I hazard a guess he may have won the game.

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



Phalangeriformes - How Many Words can you find?

a paraphyletic suborder of about 70 species of small to medium-sized arboreal marsupials native to Australia, New Guinea, and Sulawesi. The species are commonly known as possums, gliders, and cuscus.

{L} Olive and {R} Eril enjoy painting Daffodils for Daffodil Day and the Knit and Natter group with Kirsten working on the Mosaics.



Nothing like a friendly game of Pub Trivia on a Sunday Arvo: Judy, Frances, Joan, Dot, Louise, Grace, Flo, Robert, Laurie, Leo and Theo battle it out.



Sing Australia
CONNECTING AUSTRALIANS IN SINGING

Many of our residents enjoyed a Saturday morning of entertainment and sing-along with the Chiltern Sing Australia group visiting us on the 19th of August.

Special thanks to this lovely group and we are looking forward to their next visit, tentatively October.

God said, "Adam, I want you to do something for Me." Adam said, "Gladly lord, what do you want me to do?"
 God Said, "Go down into the valley. "Adam said, "What's a valley?"
 God explained it to him.
 Then God said, "Cross the River." Adam said, "What's a river?"
 God explained that to him and then said, "Go over to the hill....."
 Adam said, "What is a hill?" So, God explained to Adam what a hill was.
 He told Adam, "On the other side of the hill you will find a cave."
 Adam said, "What's a cave?"
 After God explained, he said, "in the cave you will find a woman."
 Adam said, "What's a woman?" So, God explained that to him too.
 Then God said, "I want you to reproduce." Adam said,
 "How do I do that?" God first said [under his breath]. "Geez....."
 And then, just like everything else, God explained that to Adam, as well.
 So, Adam goes down into the valley, across the river, and over the hill,
 Into the cave and find the woman.
 Then in five minutes, he was back.
 God, his patience wearing thin, said angrily, "What is it now?"
 And Adam said..... "What's a Headache?"



Let's look at Brett

Brett has worked at Yackandandah Health for about 10 Years.
 Brett is local to Yackandandah and is married to the beautiful Marie, Brett has 4 children and a Grandchild due soon. Two fur babies Billy and Maive.



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.

Monday 28th August

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

Tuesday 29th August

9.15 – Walk & Talk
 News & Discussion
 10.30 – Gardening – Garden Club
 1.00– Knit & Natter – with Kirsten at Little Yacks

Wednesday 30th August

COOKED BREAKFAST

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

Thursday 31st August

HAIRDRESSER TODAY

DRESS IN YELLOW AND BRIGHTEN THE DAY

9.30 – Bus trip – Peards Albury
 2.00 – Tai Chi & Quiz
 2.00 – David on the Ukulele

Friday 1st September

9.30 – 11.30 SHOP and COFFEE TODAY

SPRING IS IN THE AIR

9.15 – Exercises with Becky in Big Ben
 9.15 – Musical memories
 1.30 - Carpet Bowls

Saturday 2nd September

POPPY PLACE – Jennifer

Wattle Grove – Tracey
 10.00 - Tai -Chi
 1.30 - Musical Bingo
 2.30 – Saturday afternoon Movie

Sunday 3rd September

HAPPY FATHERS DAY

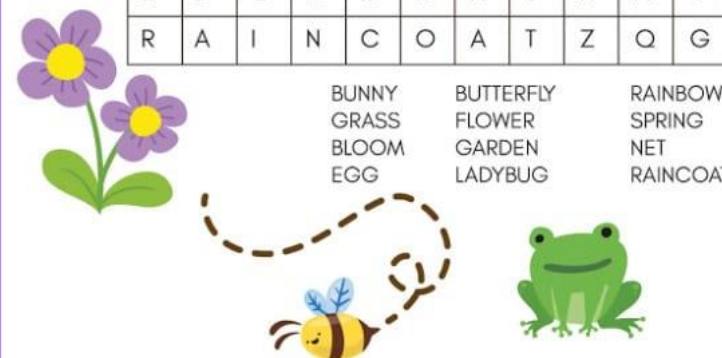
POPPY PLACE – Jennifer
 Wattle Grove - Tracey
 11.30 – Songs of Praise ABC
 2.30 – Movie

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



SPRING WORD SEARCH

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



BUNNY GRASS BLOOM EGG
 BUTTERFLY FLOWER GARDEN LADYBUG
 RAINBOW SPRING NET RAINCOAT

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Remember when we were young, how we couldn't wait to be grown up? Wow, were we stupid or what?



And now

