

## Hilarious Things My Mother Taught Me...

1. My mother taught me TO APPRECIATE A JOB WELL DONE . "If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION. "You better pray that will come out of the carpet."
3. My mother taught me about TIME TRAVEL . "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC. " Because I said so, that's why."
5. My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
7. My mother taught me IRONY "Keep crying, and I'll give you something to cry about."
8. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
9. My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"
10. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

My doctor told me I need to work out:

So I listed the exercises I do every day:-

Jump to conclusions, Cling the walls, drag my heels, Push my luck, make mountains out of molehills, bend over backward, run around in circles, put my foot in my mouth, go over the edge, and beat around the bush.

By the time I do all that, I don't have time or energy to do anything else!!!!!!



## Game 1 Word Search

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

SCRAPBOOK  
 DIGITAL  
 PAPER  
 PREVIEW  
 ELEMENTS  
 FLOWERS  
 LEAVES  
 CREATIVE  
 SUZYQ  
 HYBRID  
 PRINTER  
 RIBBONS  
 BRADS  
 MEMORIES



yackandandah  
**health**

**Residents  
 Weekly**

*THE WEEK THAT WAS 29<sup>th</sup> July – 5<sup>th</sup> August 2023*

***DON'T FORGET !!!***

*This Monday is Aged Care Staff Appreciation Day.  
 If you would like to show your appreciation of the Staff here  
 at Yackandandah Health please feel free to pick up a "Leaf"  
 off one of the Staff Appreciation Tree's  
 [in reception and in Wattle dining room]  
 And send a shout out to a staff member or a team or to the  
 whole facility.  
 And thank you to those who have already contributed, it is  
 uplifting to see the appreciative notes.*



*Today you could be  
 Standing next to someone  
 Who is trying their best  
 Not to fall apart.  
 So, whatever you do  
 Today do it with  
 KINDNESS  
 In your heart.*

**Right:**  
 "Beauty"  
 enjoyed her  
 morning visit  
 with Mum to  
 the coffee  
 shop this  
 morning.







PADSIP – Intergenerational program.

The children from Yackandandah, Wooragee and Osborne Flats primary school enjoy meeting up with our Residents on Tuesday Mornings to work together to compile digital stories.



Men's lunch on the last Friday of each month is enjoyed by many.



A bus trip to Tallangatta with lunch at the Pub.



Edna with daughter Sandy And Son-in-law Jaime



Di with Daughter-in-law Angela



Laurie with his daughter Sharon

Friday morning Coffee Shop at Yack Health.

Why not be like these families and join us for a social gathering at the Coffee Shop on Friday Mornings. But be quick scones sold out today by 11.00am

**REMINDER – Resident Relative and Friends meeting.**

**This 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)

**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 have run out of things to complete the project. Kirsten is assisting us with the project and we would really appreciate anything you can donate.

**Monday 7<sup>th</sup> August**  
**STAFF APPRECIATION DAY**

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

**Tuesday 8<sup>th</sup> August**

9.15 – Resident Relative and Friends meeting  
11.00 – Yackandandah State School Intergenerational program  
2.00 – Knit & Natter – with Kirsten

**Wednesday 9<sup>th</sup> August**  
**COOKED BREAKFAST**

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

**Thursday 10<sup>th</sup> August**  
**HAIRDRESSER TODAY**

10.30 – Prayer Service  
Fth. Tony Shallue  
12.45 – Mark and Sam's group  
11.00 – Hand and Nail Care  
2.00 – Tai Chi & Quiz

**Friday 11<sup>th</sup> August**

**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 12<sup>th</sup> August**

POPPY PLACE – Shannon  
Wattle Grove - Jennifer

2.30 – Saturday afternoon Movie

**Sunday 13<sup>th</sup> August**

POPPY PLACE – Jennifer  
Wattle Grove - Shannon  
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**

