Hilarious Things My Mother Taught Me...

 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."

My mother taught me RELIGION. "You better pray that will come out of the carpet."

 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!"

 My mother taught me LOGIC. " Because I said so, that's why."
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."

My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."

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."

My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"

 My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

Game 1 Word Search

C H J Y S F P N E X J K U Y G DNFPVJJPRINTERO UBKIPRVJBNBPT ΚI W Y G S C R A P B O O K A E E EVJZSVMPVGN NQKI DVTKZVEBEI СJ XWF A S I N U A N N V R T W V A T EROUSLEAAXF ΤΟG BXYSELEMENTSO WF 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

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!!!!!!





THE WEEK THAT WAS 29th July – 5th August 2023

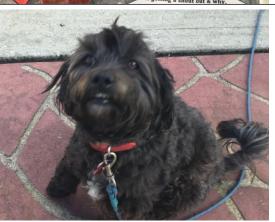
DON'T FORGET !!! This Monday is Aged Care Staff Appreciation Day. If you would like to show your appreciation of the Staff here at Yackandandah Health please feel free to pick up a "Leaf" off one of the Staff Appreciation Tree's [in reception and in Wattle dining room] And send a shout out to a staff 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.

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

Residents Weekly







PADSIP – Intergenerational program.

The children from Yackandandah, Wooragee and Osborne Flats primary school enjoy meeting up with out 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. <u>This Tuesday</u> 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 longterm 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

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 Mosiac 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 7th 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 8th August

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

Wednesday 9th August

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

Thursday 10th 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 11th 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 12th August

POPPY PLACE – Shannon Wattle Grove - Jennifer

2.30 – Saturday afternoon Movie

Sunday 13th 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

