



The Heatwave for Dulcie
By Gabrielle and Jaala

Sweat trolling down our faces
The sky is clear, stripped of clouds
The hot summer wind whips my dress
As I walk down the aisle.
Three weeks is all it took us to fall in love
Three weeks is all it took for us
To know we were right for each other!
And now
Heatwave or not it is
OUR WEDDING DAY.



Dancing For Edna
by Summer Johnstone

Come on let's dance
We can dance all night long
But when we get home
You have cows to milk
But before that have a sleep
My dear
He doesn't
It's straight to work
No sleeping for my husband
And that is why I love him



VectorStock



A Day in the Life of Betty
For Betty by Viv O'Brien

5:00 am, alarm goes off
Beep
Beep
Beep
Crawl out of bed, the moon is out
Just enough light
Take the old rusted bucket and head to the cows,
And start milking
One cow
Two cows
Three cows
Four
Five cows
Six
Seven
Eight
Nine
And... Ten
Hard work, but just the beginning
Pop your shoes on
Hurry now
School starts soon
Get on your way
Only 1 1/2 miles to go...
A Day in the Life of Betty.



Going Places
For Jurgan by Manu Quaglio

Sitting on the black comfy seat
He gets ready to go
Ready to do the most amazing thing ever
Then he takes a deep breath and takes off
He zips across the road with his wheels going faster and faster
The wind brushes across his face
He looks ahead
At the stretching road
It goes on forever
He is ready for this adventure
Days turn into weeks
Weeks turn into months
Months turn into years
And nothing makes him happier
Then to be on the bike
Going places



yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 9th Sept – 15th September 2023

FAREWELL TO

VICKI NORMAN, KIM STEWART, PAM WARD, AND ESTELLA HARRY.



4 of our fantastic long-term staff have left us this week. Vicki [who was unable to be at the afternoon tea] is remaining on as a casual Registered Nurse [night shift], Kim Stewart and Pam Ward have both retired and Estella is having a change of career.

We wish them all the very best of luck and happiness in their future journeys.



On Thursday we took the opportunity to ask our staff and residents RU OK? It's important that we care for each other, and we have the support we need, if you need help our EAP team is there for assistance, call lifeline on 131114 or talk to someone you trust.



Cheers!



An old woman walked up and tied her old mule to the hitching post. As she stood there, brushing some of the dust from her face and clothes, a young gunslinger stepped out of the saloon with a gun in one hand and a bottle of whiskey in the other. The young gunslinger looked at the old woman and laughed, "Hey old woman, have you ever danced?"

The old woman looked up at the gunslinger and said "No,.....I never did dance....Never really wanted to."

A crowd had gathered as the gunslinger grinned and said "Well, you old bag, you're gonna dance now." And started shooting at the old woman's feet.

The old woman prospector not wanting to get her tow blow off started hopping around, everybody was laughing, when his last bullet had been fired, the young gunslinger still laughing, holstered his gun and turned around to go back into the saloon.

The old woman turned to her pack mule, pulled out a double-barreled shotgun, and cocked both hammers.

The loud clicks carried clearly through the desert air, and the crowd stopped laughing immediately.

The young gunslinger heard the sounds too, and he turned around very slowly. The silence was almost deafening. The crowd watched as the young gunman stared at the old woman and the large gaping holes of those twin barrels. The barrels of the shotgun never wavered in the old woman's hands, as she quietly said, "Son, have you every kissed a mule's butt?" The gunslinger swallowed hard and said, "No M'am....but I've always wanted to.

There are five lessons here for all of us!

- 1 – Never be arrogant
- 2 – Don't waste ammunition
- 3 – Whiskey makes you think you're smarter than you are
- 4 – Always make sure you know who has the power
- 5 – DON'T MESS WITH OLD PEOPLE: THEY DIDN'T GET OLD BY BEING STUPID!!!!!!~

Spring Word Search

- BLOSSOM
- BLOOM
- FLOWERS
- RAIN
- SHOWERS
- EASTER
- SPRING BREAK
- GRASS
- HATCH
- BIRDS
- SUNSHINE
- SEASON
- MARCH
- APRIL
- MAY

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

ONESTOPWORDSEARCH

Intergenerational program

Yackandandah Health and Yackandandah Primary school along with Wooragee and Osborne Flats Primary schools will be holding a Presentation evening with families to exhibit and present an "Insight into generations." This will be held in October at a date to be advised at 6.00pm in the activities room. Confirmation of date will be in next weeks newsletter.

Message about Yackandandah Health.

Tuesday 19th September

The Board will be in the activities room to speak with family and residents at 9.30am. Please feel free to join us. Remember to RAT prior to entry and always wear a face mask while in the facility.

The special general meeting to put the vote to the Members regarding the transition of Yack Health to Apollo Care is scheduled for Wednesday 27th September 2023 at 6.30pm in the Yackandandah Community Hall.

If you are unable to attend, you can make a proxy vote on the form attached to the letter from the Board. These votes can be placed in the locked tin in the reception area. If you are having difficulty understanding the process, please feel free to speak to Lifestyle staff for assistance.

Australian Electoral Commission

Referendum.

The referendum for The Voice is scheduled for the 14th of October 2023.

The Australian Electoral Commission will establish a polling booth here in the Activities Room at Yack Health.

The polling booth will be here on **Wednesday 11th October** with the morning set for people to attend the activities room to vote. In the afternoon the representatives of the AEC will visit residents who are unable to attend the activities room in their rooms.

If your family member has been removed from the Electoral Roll please advise the Lifestyle Department prior to this date.

Or you can email

lifestylecoordinator@yackhealth.com.au.

Monday 18th September

9.15 – Gentle exercise and walk in the garden
10.00 – News & Discussion
10.30 – Book exchange
11.00 – 1:1 walking
11.00 – Book Club with Judy
2.00 - Bingo

Tuesday 19th September

9.15 – Walk & Talk
News & Discussion
10.30 – Trivia & quiz in the Sunshine -Weather permitting
1.00– Knit & Natter/ Art & Craft – with Kirsten and Belinda

Wednesday 20th September

COOKED BREAKFAST

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

Thursday 21st September

HAIRDRESSER TODAY

10.30 – Prayer Service
Fth. Matthew Healey
12.45 – Group with Mark and Sam
2.00 – David on the Ukulele
2.00 – Tai Chi & Quiz

Friday 22nd September

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 23rd September

POPPY PLACE – Shannon
Wattle Grove – Jennifer
2.30 – Saturday afternoon Movie

Sunday 24th September

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

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

