

THE WEEK THAT WAS 17th Sept – 22nd September 2023



Beautiful Spring

Grace doing some spring gardening

Olive and Grace take a stroll

And Louise enjoying the garden.



Betty Theo Laurie and Flo enjoying coffee in the Sunshine at the Coffee Shop

Lunch with the chef this week was Irish Stew Followed by Apricot upside-down cake.



Robert with his wife Nadia [left] enjoy a dance to the tunes of David on the Ukulele.

Karen and Jurgen with Betty and Rachel [right] assist with RU OK DAY.



On Wednesday 20th September Residents, Families and Staff had the opportunity to meet with 2 of the Board from Apollo Care Wayne Knatt [left] and Barry Ashcroft [center], Patten Bridge [right] and Heather Matthews were also present from the Yackandandah Health Board. Barry spoke to what would happen if a “Yes” vote was gained at the special general meeting scheduled for the 27th of September. Barry assured residents that Apollo Care’s absolute priority is that of the Residents, and to ensure they remain safe and secure in their home.



**CONGRATULATIONS TO
JIMMY [CHARLES] HOLLOWAY**

Jimmy also known as “Sparrow” received his service award for 65 years’ service to the Barnawartha Fire Brigade. Jim joined the CFA on 27/11/1955. Jim is pictured here with his niece Doreen Cook.



Public Holiday 29th September 2023

Our coffee shop will be open on Friday the 29th September. Why not take the opportunity to come in and spend some time with your loved ones and have a chat with other residents and families.

We will be serving Cappuccino with our famous scones with Jam and cream.

They weather is meant to be 23 and sunny, so let’s enjoy the morning at our Coffee shop

SPRING WORD SEARCH

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

- BLOOM APRIL TULIPS BUNNY
- BUTTERFLY CHIRP DAFFODIL FLOWERS
- GREEN GROW SEEDS RAIN
- SUNSHINE BLOSSOM CHICK GRASS
- SHOWERS EGGS GARDEN CATERPILLAR

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...



One winter morning during breakfast a husband and wife in Falls creek were listening to the radio. They heard the announcer say, "We are going to have 8 to 10 inches of snow today. You must part your car on the even numbered side of the street, so the snowplows can get through." So, the good wife went out and moved the car. A week later while they were eating breakfast again, the radio announcer said, "We are expecting 10-12 inches of snow today. You must part your car on the odd numbered side of the street so the snowplows can get through." So, the good wife went out and moved the car. The next week they were again having breakfast, when the radio announcer said, "We are expecting 12-14 inches of snow today. You must park...." Then the electricity went out. The good wife was very upset, and with a worried look on her face she said, "Honey, I don't know what to do, which side of the street do I need to part on so the snowplows can get through?" With the love and understanding in his voice that all men who are married to lovely women exhibit, the husband replied "Why don't you just leave it in the garage this time?"

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 week's newsletter.

Message about Yackandandah Health.

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 25th 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
- 2.00 - Bingo

Tuesday 26th September

- 9.15 – Walk & Talk
- News & Discussion
- 10.30 – Grandfinal preparation
- 1.00– Knit & Natter/ Art & Craft – with Kirsten and Belinda

Wednesday 27th September

COOKED BREAKFAST

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

Thursday 28th September

HAIRDRESSER TODAY

- 10.30 – Prayer Service
- 12.45 – Group with Mark and Sam
- 2.00 – David on the Ukulele
- 2.00 – Tai Chi & Quiz

Friday 29th September

9.30 – 11.30 SHOP and COFFEE TODAY

- 9.15 – Exercises with Becky in Big Ben
- 9.15 – Musical memories

Saturday 30th September

GRANDFINAL DAY

- POPPY PLACE – Tracey
- Wattle Grove – Jennifer
- 2.30 – Saturday afternoon Movie

Sunday 1st October

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

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

