



WALK ALONG THE MURRAY

On Thursday Theo, Flo, Helen, Judy, Dulcie, Lawrie, and Flo enjoyed a walk along the Murray River followed by Fish and Chips at Nouriel Park in Albury. And nothing like a “choccy” milk with lunch by the river.

[Left Below:] Heather and Veronica and [Right Below:] Syd and Jack all enjoying a sing-along with David on the Ukulele.



Nancy and Margaret joined with ladies from the Yackandandah Golf Club yesterday for an afternoon tea and get together. Lots of laughs around the table.



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Residents
Weekly

THE WEEK THAT WAS 24th Sept – 29th September 2023



I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles when life is done.
I'd like to leave an echo whispering softly down the ways,
Of happy times and laughing times and bright and sunny days.
I'd like the tears of those who grieve, to dry before the sun.
Of happy memories that I leave when life is done.

Michael Carey 7-2-1933 - 23-9-2023



On Wednesday 28th September the Special General Meeting was held at the Yackandandah Public Hall. The meeting was attended by the current standing board, The CEO, Apollo Care and along with approximately 200 members.

The vote for Apollo care’s acquisition of Yackandandah Health was a resounding 85% of the 340 votes in favour of the merger.

The merger promises to bring together the expertise and resources of both organisations, ensuring that the community would continue to receive the best possible care and support for many years to come, a future that is now firmly set on a path of prosperity and innovation.

A quote from Andrea O’Neill CEO: **I am so excited by the opportunity to work with Apollo to continue to provide care to our residents, children, families and patients.**



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Spring Word Search

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

SPRING **FLOWERS** **PICNIC**
NATURE **TULIP** **BUTTERFLY**
BLOOM **RAINBOW** **BREEZE**
WIND **SUNSHINE** **DRIZZLE**
SNAIL **WARMTH** **YELLOW**



We don't talk about trees getting older, we say they're "growing". Let's use the same term for ourselves. We're not getting older, we're just "growing". That's the spirit of living.

SKIING TRIP

Two senior gentleman – Tom and Bill – decided to go on a skiing trip but on their way north their van was halted by a terrible blizzard. So, they pulled into a nearby farm and asked the attractive lady who answered the door whether they could possibly stay the night.

“You may stay,” she replied, “but, I am recently widowed, and I worry what the neighbors will say if I allow two men to share my house. So, I am afraid you will have to sleep in the barn.”

“Don’t worry,” they said, “that’s find by us, and if the weather breaks, we’ll be gone by first light.”

The weather did indeed clear in the morning, and they continued their trip north.

Ten months later, Bill received an unexpected letter from an attorney. The next time he saw Tom, he said, “Do you remember that good-looking widow from the farm we stayed at on our skiing trip last year?” “Sure,” said Tom.

“While we were there, did you happen to get up in the middle of the night, go up to the house and pay her a visit?”

“Well, er, yes, I admit I did,” said Tom, embarrassed at being found out.

“And did you use my name instead of telling her your real name?” “Yes, buddy, I have to own up. I did. I’m really sorry. Anyway, why do you ask?”

“Because she just died and left me everything!!!”

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 on Tuesday 24th October at 6.00pm in the activities room.

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.

Would you like the opportunity to capture some cherished moments with your loved ones?
 Little Yacks recently had a day session with Linda from Vision Portraits, and we thought what a wonderful way to preserve some beautiful memories. Linda specialises in heartwarming and timeless photographs that showcase the beauty and vitality of your family members through photographs.
 We have scheduled the photo day for the 5th of December with a delivery of photos in time for Christmas. The cost will be as follows:
\$50 - one high resolution digital photo of resident
\$70 - one 8" x 12" portrait of resident PLUS high-resolution digital Photo
\$100 - one high resolution digital photo of resident PLUS one high resolution digital photo of family PLUS 8"x12" print of resident and one 8"x12" print of family.
\$150 - 2 x prints PLUS full family photo shoot including 15 high resolution digital photos of all pose combinations.
 We will set up payment methods within the next week or two and if we have enough interest by the 20th of November, we will confirm the 5th of December date for the photography.

- Monday 1st October**
 9.15 – Gentle exercise and walk in the garden
 10.00 – News & Discussion
 11.00 – 1:1 walking
 11.00 – Book Club
 2.00 - Bingo
 - Tuesday 2nd October**
 9.15 – Walk & Talk
 News & Discussion
 1.00– Knit & Natter/ Art & Craft – with Kirsten and Belinda
 - Wednesday 3rd October**
COOKED BREAKFAST
 9.15 – Cooking with Tracey
 11.00 – Picnic in the Park
 2.00 – Movement to music
 News & discussion
 - Thursday 4th October**
HAIRDRESSER TODAY
 10.30 – Prayer Service
 Rev. Matthew Healey
 2.00 – Tai Chi & Quiz
 - Friday 5th October**
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 6th October**
GRANDFINAL DAY
 POPPY PLACE – Shannon
 Wattle Grove – Jennifer
 2.30 – Saturday afternoon Movie
 - Sunday 7th October**
 POPPY PLACE – Shannon
 Wattle Grove - Tracey
 11.30 – Songs of Praise ABC
 2.30 – Movie
- Becky, Tracey, Belinda, Bea, Shannon, Jennifer and Richard.**
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