

Edith with Helen Haines for her 108th Birthday



Flo and Edith social distancing in the sun.



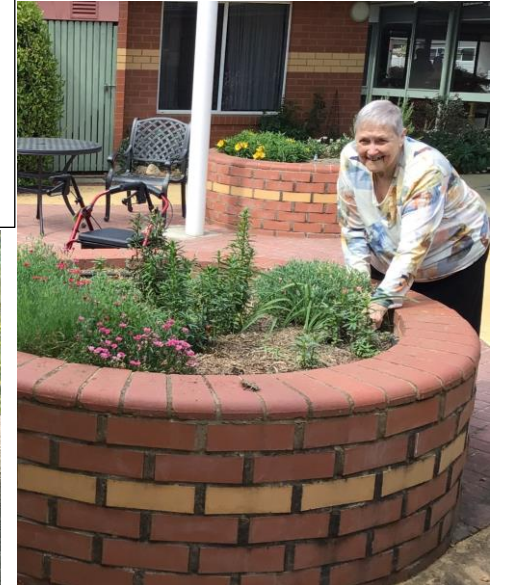
yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 22nd Oct – 27th October 2023



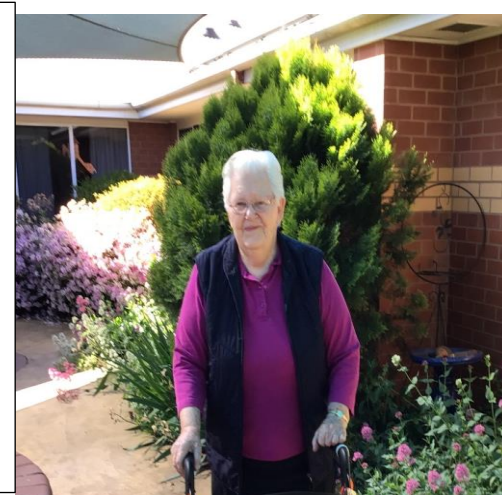
Lockdown does not stop us getting some sunshine and fresh air. Everyday we take our residents out individually for a little jaunt. [Left-right] Edna, June, and Louise



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Grace

Frances

Dulcie

Residents take the opportunity to enjoy the gardens and some exercise with the Lifestyle team.

Paul relaxing in B wing garden



Nancy doing some craft



Joyceleen takes time to smell roses



BE KIND & SHARE A SMILE

As we navigate through lockdown a simple act of kindness can brighten someone's day. Just a heartfelt message, a helping hand, or a friendly smile, kindness connects us even if we are apart.

Let's be the support system we all need, and by choosing kindness, we can our work a little bit brighter one gesture, one smile at a time.



MELBOURNE CUP SWEEPS

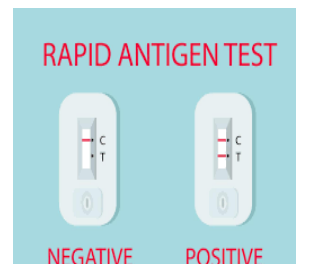
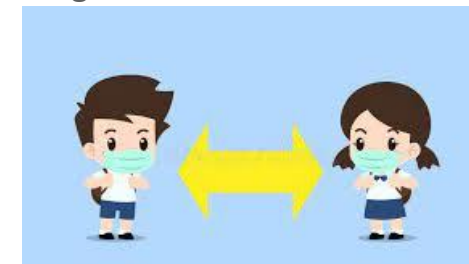
Melbourne cup sweeps are now open, we have \$1.00 and \$2.00 sweeps. If you would like a ticket please see lifestyle staff.

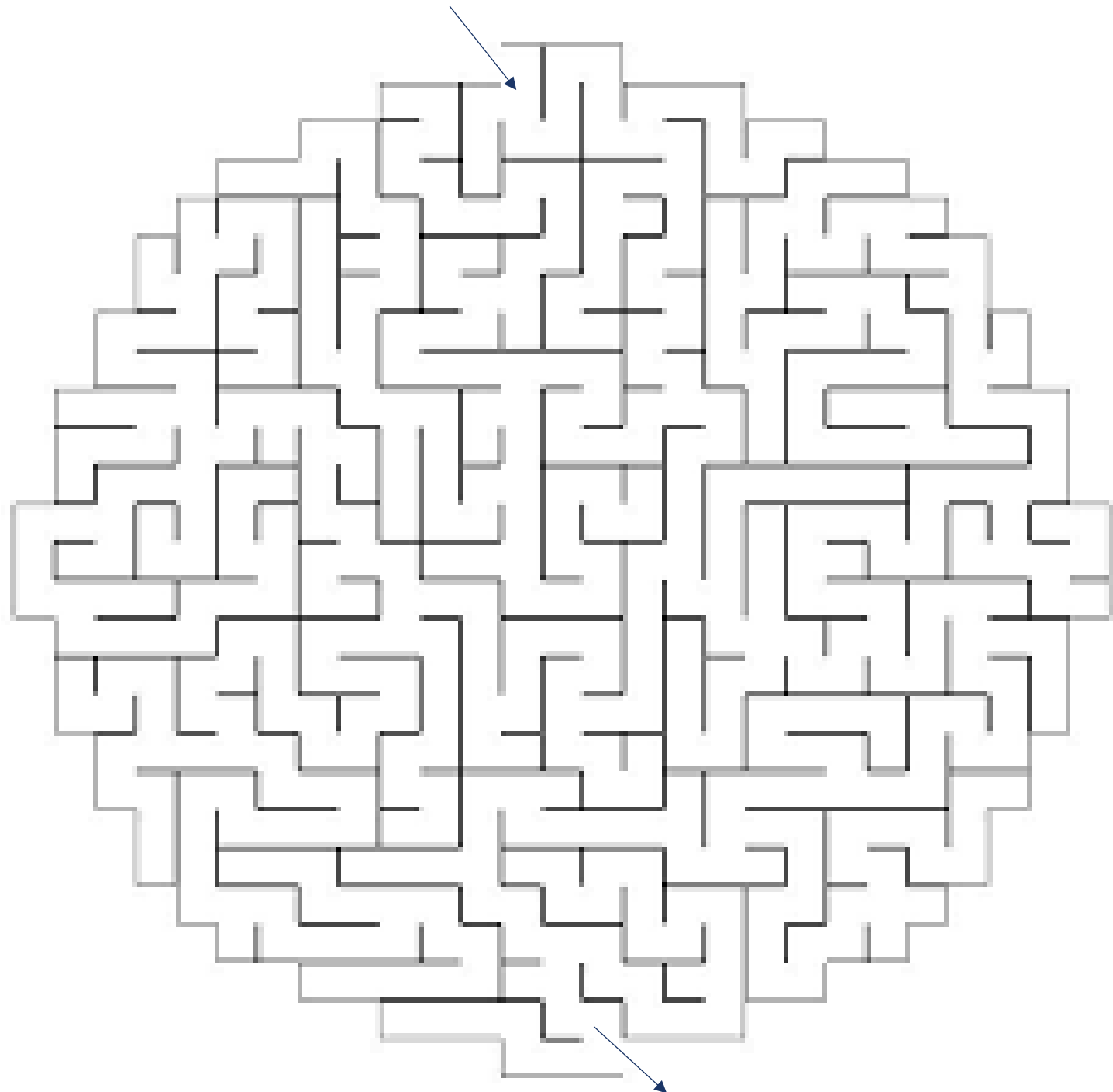


Wednesday 20th December
Resident Christmas Party

Just as the winter months fall behind us and we were feeling a little confident about Covid outbreaks, it has emerged within our facility. We have 3 residents tested positive this week and unfortunately this has put the facility into lockdown again. But thanks to the diligence and vigilance of the staff, residents and families it has not spread any further.

This is a very timely reminder that Covid-19 is still around and prevalent in our community. To protect our residents and ourselves it is crucial to maintain social distancing, wear masks, practice good hand hygiene and always test prior to visiting your loved ones. If you are unwell, please reconsider your visit until you are feeling better.





**INTERGENERATIONAL PADSIP
PROGRAM
GALA PRESENTATION
Tuesday 14th November – 6.00pm**

Due to Covid outbreak we had to postpone last Tuesday night's presentation. We hope you can make it on the 14th. Students from Yackandandah, Wooragee and Osborn Flats Primary school will be hosting a presentation of their stories which are written about some of our residents, if you would like to be a part of this celebration, please join us on Tuesday evening at 6.00pm to celebrate the stories of your loved ones.

Photo Session

Time is just about out; we only have one week left to get our orders in or we have to cancel.

Please think about getting these photos done, it would be so special for all.

Don't forget to log onto the address below and book your photo opportunity.

You may like one of just your loved one or you may like a family portrait for Christmas. Linda does a fantastic job; I have seen her prints from Little Yacks photo day, and they are tremendous.

So, don't forget to log on and get organized, it promises to be a lot of fun for everyone.

<https://yackandandah.eventbrite.com.au>

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Date Claimer

**7th November – Melbourne Cup
Chicken and champagne luncheon**

**11th November – Remembrance Day
Service commencing at 10.00am.
Service will be led by Major Lucas Liew**

**14th November – Intergenerational Gala Presentation
6.00pm in the activities room.**

**20th November – High Tea
Birthday party for November**

Care Plans

Remember if you want a copy of your loved one's care plan, please feel free to reach out at any time, we are able to print a copy whenever you require. And remember care plans are reviewed every month or when it is required. If you have concerns always and at any time, contact the facility.

Monday 30th October

- 9.15 – Gentle exercises and walk
- News & Discussion
- 10.00 – Book Exchange
- 10.45 – Book Club
- 11.00 – 1:1 Walks
- 2.00 – Bingo

Tuesday 31st October

- 9.15 – Walk and Talk
- 2.00 – Knit & Natter - Fascinators
- 3.00 – Cards

Wednesday 1st November

COOKED BREAKFAST

- 9.30 – Cooking with Tracey
- 2.00 – Bus drive & Ice cream

Thursday 2nd November

HAIRDRESSER TODAY

- 10.30 – Prayer Service
- Hand and nail care before and after church
- 2.00 – TAI CHI & Quiz – Library
- 2.00 – David on the Ukulele
- 3.00 – Cards

Friday 3rd November

COFFEE SHOP OPEN 9.30-11.30

- 9.30 - Musical Memories
- 2.00 – Carpet Bowls

Saturday 4th November

- Wattle – Tracey
- Poppy – Jennifer
- 10.00 – Box Bowls
- 1.30 – Milkshake

Sunday 5th November

- Wattle – Tracey
- Poppy – Jennifer
- 10.00 – Sunshine Walk & talk
- 1.30 – Balloon Volleyball

The Lifestyle Team

Becky, Tracey, Belinda, Bea, Shannon, Jennifer & Richard



**Getting Old Should
Require Training ...**



I bought a new stick deodorant today. The instructions said: "Remove cap and push up bottom." It hurts to walk, but whenever I fart, the room smells lovely.

Eleven people were hanging on a rope, under a helicopter.

10 men and 1 woman. The rope was not strong enough to carry them all, so they decided that one had to leave, Because otherwise they were all going to fall. They weren't able to choose that person, until the woman gave a very touching speech.

She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general, and was used to always making sacrifices with little in return.

As soon as she finished her speech, all the men started clapping

A man and woman were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night.

The old man would shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!"

Neighbours feared him. The old man liked the fact that he was feared. Then one evening, he died when he was 98.

After the burial, her neighbours, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

The wife said, " Let him dig. I had him buried upside down...and I know he won't ask for directions."