



[L to R] Dorothy, Louise and Frances  
Enjoy some outdoor sunshine during lockdown



**Exercising**

While lockdown has been challenging for everyone, the residents have had restricted movement and social interactions during this period. So, we are back in full swing with our regular exercise programs to enhance muscle strengthening, mental health, physical wellbeing and social connectedness.



Nancy's Grandson Luke who is a teacher in Albury has had his class send letters to our residents this week. Many of our residents have enjoyed the opportunity to receive a letter and to write back to the children.

**A Woman's perspective**

Eleven people were hanging on a rope, underneath a helicopter.  
Ten men and one 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!!!!!!!



yackandandah  
**health**

**Residents  
Weekly**

THE WEEK THAT WAS 11<sup>th</sup> – 17<sup>th</sup> November 2023

**Happy Baker Yack**



**A HUGE Shout out of Thanks to the Happy Baker Yack for their continued support of Yackandandah Health. The staff and residents love the Yummy treats.**



*Les & Shirley Keeble  
Happy Anniversary  
66 years*



# BEACH WORDSEARCH

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

## WORD LIST

BEACH  
BIKINI  
BOARD SHORTS  
BOARDWALK  
DUNE  
FISHING  
ICE CREAM  
LAGOON

LIFEGUARD  
OCEAN  
PALM TREE  
SAILBOAT  
SAND  
SAND CASTLE  
SANDALS  
SCUBA

SEAGULL  
SEASHORE  
SHELL  
SNORKEL  
SUN  
SUNSCREEN  
SURFBOARD

SWIMMING  
SWIMSUIT  
TOWEL  
TROPICAL  
UMBRELLA  
VACATION  
WAVE

*Homemade*  
GIFTS MADE EASY



*It is with much sadness that we announce the death of Horst Wimmer who passed away at home on Saturday 4<sup>th</sup> November 2023.*

*Horst was surrounded by his loving family and his dog.*

## ALL IS WELL

Death is nothing at all.

I have only slipped away into the next room.

I am I, and you are you.

Whatever we were to each other, that we still are.

Call me by my old familiar name,

Speak to me in the easy way which you always used.

Put no difference in your tone,

Wear no forced air of solemnity or sorrow.

Laugh as we always laughed at the little jokes we

enjoyed together.

Play, smile, think of me and if you want to, pray for

me.

Let my name be ever the household word that it

always was,

Let it be spoken without effect,

Without the trace of a shadow on it.

Life means all that it ever meant.

It is the same as it ever was;

There is unbroken continuity.

Why should I be out of mind because I am out of

sight?

I am waiting for you,

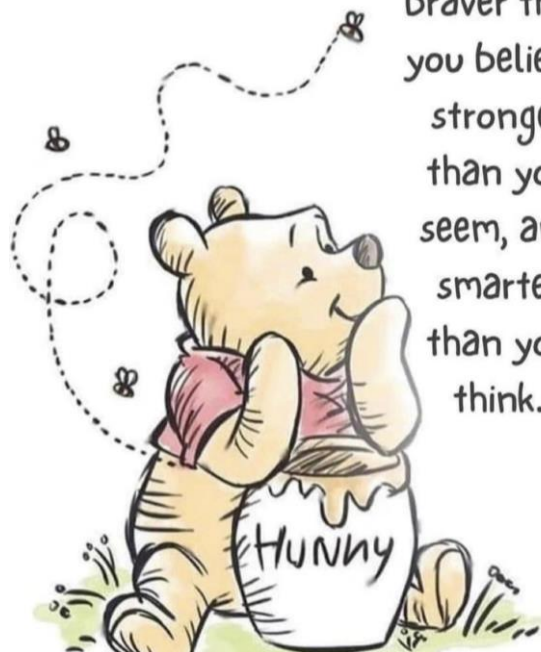
For an interval,

Somewhere very near,

Just around the corner.

All is well.

You are  
braver than  
you believe,  
stronger  
than you  
seem, and  
smarter  
than you  
think.



## COVID Update

As of 11.00am this morning all residents in the facility have been tested.

### AMBER ZONE.

Wattle – 2 residents currently being treated for Covid virus with all other residents testing negative.

### AMBER ZONE.

Ben and Jack – All residents have tested negative.

### RED ZONE.

Poppy – 12 residents currently being treated for Covid virus all other residents testing negative.

Please remember there are no visitors permitted in the red zone except for end of life.

All visitors must have a negative RAT prior to entry and wear a N95 face mask and a face shield. And please if you are unwell defer your visit until you are well.

## Monday 20<sup>th</sup> November

9.30 – Gentle chair exercises & Walk  
News & Discussion  
10.30 – Book Exchange  
10.30 – Book Club  
2.00 - Bingo

## Tuesday 21<sup>st</sup> November

9.30 – Walk & Talk  
News & Discussion  
10.30 – Reminiscing  
2.00 – Knit & natter

## Wednesday 22<sup>nd</sup> November

### COOKED BREAKFAST

9.30 – Cooking with Tracey  
2.00 – Movement to music

## Thursday 23<sup>rd</sup> November

10.30 – Prayer Service  
11.00 – Nail and Hand care  
2.00 – Tai Chi & Quiz

## Friday 24<sup>th</sup> November

9.30 – Musical Bingo  
1.30 – Carpet Bowls

## Saturday 25<sup>th</sup> November

### Wattle – Jennifer

10.00 – Balloon tennis  
1.30 – The Price is Right

### Poppy – Shannon

## Sunday 26<sup>th</sup> November

### Wattle – Shannon

10.00 – Box Bowls  
1.30 – How many Words

### Poppy – Jennifer

