

IN THE SUMMERTIME WHEN THE WEATHER IS FINE
Don't forget to **SLIP, SLOP, SLAP** and follow the information below

BEAT THE HEAT

THIS SUMMER



WATCH OUT

Be aware of heat related symptoms, including nausea, fainting, dizziness, headache, and vomiting

See your GP if you are unwell

In a medical emergency call 000

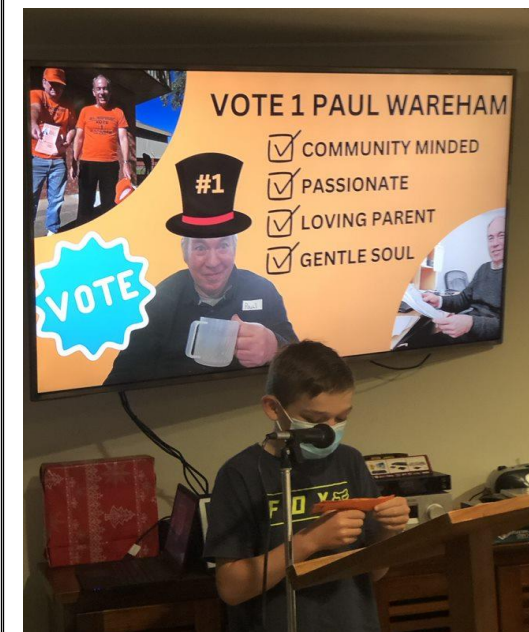
THE WEEK THAT WAS 1st Dec – 8th December 2023

YOU ARE INVITED TO THE RESIDENT CHRISTMAS PARTY.

DATE: Wednesday 20/12/2023
VENUE: YACKANDANDAH HEALTH
TIME: 12.00pm
R.S.V.P. lifestylecoordinator@yackhealth.com.au
Or Reception on 02 60280100.

Come along and share a BBQ lunch with your loved ones, a visit from Santa and a Christmas concert with **PETE DANEHEY**

PADSIP INTERGENERATIONAL 2023 PROGRAM



A **sneak peak** at the PADSIP Intergenerational programs GALA presentation held on Tuesday 5th December. We will be forwarded a copy of the presentation and when it arrives, we will organize a morning presentation for Residents and families – Watch this space for details.



GETTING INTO THE CHRISTMAS SPIRIT

Geoffrey
Melanie, Estella and Belinda

Jean

Lee

Radosava with Kylie
Betty



The multi-talented RN Kit, entertaining the Residents of Poppy Place.

The Tuesday walking group.
UMMM: Can't see much walking????

RESIDENTS RELATIVES AND FRIENDS MEETING – TUESDAY 12TH DECEMBER 9.30am ACTIVITIES ROOM

You are invited to attend the Resident, Relative, and Friends meeting where your valuable insights and experiences are highly valued. Join us for engaging discussions, fostering a sense of community, and strengthening the bonds that make our place truly special. We look forward to sharing your views, ideas, concerns, and compliments with us on Tuesday.

VOLUNTEERS! A huge SHOUT OUT to our regular Volunteers in 2023. **THANK YOU.**

The Ukuanandah Club who visit monthly for a sing-along. David on the Ukulele who comes in fortnightly for some tunes and a few laughs.

And to the Yackandandah Garden Club who visit monthly to work with our residents to brighten life through gardening.

Gratitude abounds for our dedicated volunteers whose selfless contributions make a lasting impact. Your tireless efforts and unwavering commitment are a driving force behind positive change. Thank you for being part of our community and making a positive difference.



Monday 11th December

- 9.30 – Gentle chair exercises
- News and Discussion
- 10.30 – Book club
- 10.30 – Book Exchange
- 2.00 – High Tea

Tuesday 12th December

- 9.30 – Resident, Relative and Friends Meeting
- 2.00 – Knit and Natter

Wednesday 13th December

COOKED BREAKFAST

- 9.30 – Cooking with Tracey
- 2.00 – Ukuandandah Ukulele Club – Christmas Sing-along

Thursday 14th December

HAIRDRESSER

- Hand & Nail Care
- 10.30 – Prayer Service
- 2.00 – TAI CHI & Quiz

Friday 15th December

CAFÉ & SHOP OPEN

- 10.00 – Musical Memories
- 1.30 – Carpet Bowls

Saturday 16th December

Wattle – Shannon

- 10.00 – Garden Walks
- 1.30 – Ice cream YUM

Poppy – Jennifer

- 10.00 – Balloon Tennis
- 2.00 – Christmas Sing-along

Sunday 17th December

Wattle – Jennifer

- 10.00 – Box Bowls
- 1.30 – Pub Trivia

Poppy – Shannon

- 10.00 - Aqua Painting
- 1.30 – Ice cream Sunday

