

# PHOTO GALLERY



Anyone for GOLF? – Residents enjoy a fun game as part of their physical exercise program.



Got a feeling there is a little more TALK than WALK in our Walk and Talk group.



Anyone for a game of cards?? 500 is the game of choice with our residents



Enjoying the Sunshine and a cool breeze. [L] Zina and [R] Brian with his two fur friends. And note the dogs are being sun smart.



THE WEEK THAT WAS 7<sup>th</sup> Jan – 12<sup>th</sup> January 2024

### STAFF UPDATE

This week we farewell Alison who is going on to complete her Nursing training. We wish her all the very best in her future endeavors.

We would like to take the opportunity of welcoming our new staff members:

- Mon Wagley - Personal Care Assistant [PCA]
- Cassie Shoesmith - Enrolled Nurse [EN]
- Aakriti Regmi – PCA
- Anamika Chaudhary – PCA
- Pratibha Phulara – PCA
- Rupesh Bist – PCA
- James Reyes – PCA



Welcome to Yackandandah Health and we all look forward to working ...

### CONSUMER ADVISORY COMMITTEE

We are excited to announce a new initiative at Yackandandah which will provide a forum for residents and representatives to discuss and raise issues that are important to them. Our inaugural Consumer Advisory Committee meeting will be held in the Big Ben Lounge Room at 1.30pm on Thursday 25<sup>th</sup> Jan 2024.

We invite you to nominate to be part of the Committee by contacting Lifestyle to obtain and complete the nomination form. Nominations must be received by COB Friday 19<sup>th</sup> January 2024. The Consumer Advisory Committee will not replace our existing Resident, Families, and Friends meetings, our aim is to represent our resident profile, including residents living with Dementia, NDIS participants, Aboriginal and Torres Strait Islander residents and residents from culturally and linguistic backgrounds.

Please contact me at any time if you would like further information about the committee. Email: [lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au) or phone: 02 60280100.



26<sup>th</sup> January 2024 Australia Day Public Holiday our coffee shop will be open. So why not take the opportunity and joined us and your loved ones for a coffee and a chat



# BEACH WORDSEARCH

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

## WORD LIST

BEACH	OCEAN	SEAGULL	SWIMSUIT
BIKINI	SAILBOAT	SEASHORE	TOWEL
DUNE	SAND	SHELL	TROPICAL
FISHING	SANDALS	SNORKEL	UMBRELLA
LAGOON	SCUBA	SUN	WAVE

Homemade GIFTS MADE EASY

## JOKE OF THE WEEK

By the time a Marine pulled into a little town, every hotel room was taken. "you've got to have a room somewhere," he pleaded. "Or just a bed, I don't care where."

"Well, I do have a double room with on occupant, a Navy guy." Admitted the manager, "and he might be glad to split the cost. But to tell you the truth, he snores so loudly that people in adjoining rooms have complained in the past.

I'm not sure it'd be worth it to you."  
"No problem," the tired Marine assured him, "I'll take it."

The next morning the Marine came down to breakfast bright-eyes and bushy-tailed.

"How'd you sleep?" asked the manager.

"Never better!"

The manager was impressed. "No problem with the other guy snoring, then?"

"Nope, I shut him up in no time," said the Marine.

"How'd you manage that?" asked the manager.

"He was already in bed, snoring away, when I came in the room," the Marine explained.

"I went over, gave him a kiss on the cheek, said, 'goodnight beautiful,' and he sat up all night watching me."



### Monday 15<sup>th</sup> January

9.15 – Chair Exercises  
News & Discussion  
10.30 – Book exchange  
11.00 – Book Club  
2.00 – High Tea

### Tuesday 16<sup>th</sup> January

9.30 – Walk & Talk  
News & Discussion  
10.30 – Balloon tennis  
2.00 – Knit & Natter

### Wednesday 17<sup>th</sup> January

**COOKED BREAKFAST**  
9.30 - Cooking with Tracey  
2.00 – Movement to Music  
News & Discussion

### Thursday 18<sup>th</sup> January

**HAIRDRESSER**  
10.30 – Prayer Service  
Fth Matthew Healy  
Hand and Nail care  
2.00 – Sing-along with the **Ukandandah Club**  
2.00 – Tai Chi & Quiz

### Friday 19<sup>th</sup> January

10.00 – Musical Memories  
2.00 – Happy Hour

### Saturday 20<sup>th</sup> January

**Wattle – Belinda**  
10.30 – Musical Movie  
**Poppy – Tracey**  
10.00 – Balloon Volleyball  
1.30 – Reading circle

### Sunday 21<sup>st</sup> January

**Wattle – Jennifer**

**Poppy – Tracey**  
10.00 – Garden Walks  
1.30 – Lifestyle Choice

