

# PHOTO GALLERY



## A TOUCH OF CUTENESS OVERLOAD.

It's that time of the year! Lifestyle team are very busy!  
Tracey is having Calves & Belinda is having Puppies



## Men's Fish & Chips



Mens Fish & Chip lunch is held on the last Friday of each month. This promotes and fosters camaraderie and social connections among the men, it provides a space for sharing experiences and stories which promotes emotional well being.

## CONSUMER EXPERIENCE SURVEY.

The consumer experience survey has been distributed to all families. Your participation in completing and returning the survey is greatly appreciated. This survey is to be filled out every 3 months in accordance with the Aged Care Commissions Standards. If you have not received your copy, there are hard copies available at reception.

Residents will also receive a copy of the survey. Some residents will be offered an interview-assisted survey to ensure that all families have a voice in the care and services provided at Yackandandah Health.



# yackandandah health

# Residents Weekly

## THE WEEK THAT WAS 17<sup>th</sup> Feb – 23<sup>rd</sup> February 2024



This week we welcomed back the UKUANDANDAH UKULELE CLUB for 2024. These ladies and gents visit our facility monthly for a sing-along with our residents. Why not join us on the second Wednesday of March or April for a fun afternoon of music.

## Ever wanted to volunteer?

Why not come and have a chat with me [Becky, Lifestyle Coordinator] or the Lifestyle team here at Yack Health.

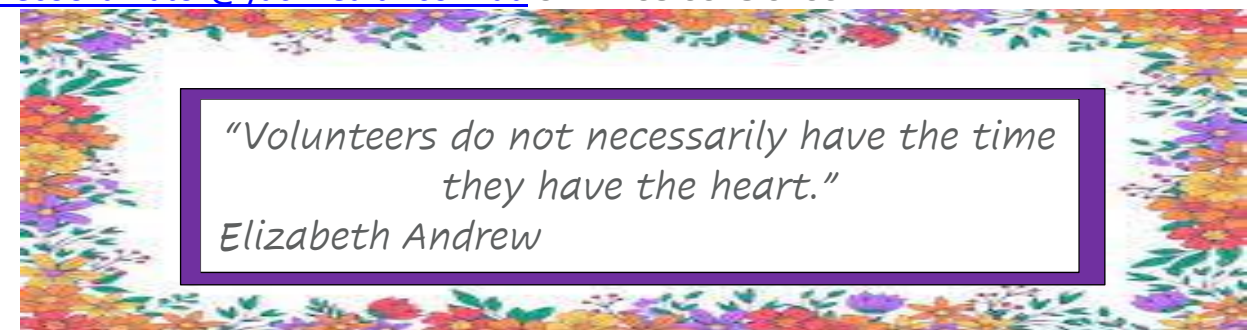
Volunteering at Yackandandah Health offers a multitude of benefits for both volunteers and residents alike.

Volunteers provide invaluable companionship and social interaction for our residents. This social engagement helps combat feelings of loneliness and isolation, promoting mental well-being and overall happiness. Additionally, volunteers often bring fresh ideas, perspectives, and experiences that can inject a sense of vitality into the daily routines of our residents.

Volunteering through various activities such as art & craft, games, cards, music, cooking or simply chatting, volunteers contribute to the resident's cognitive stimulation and emotional support.

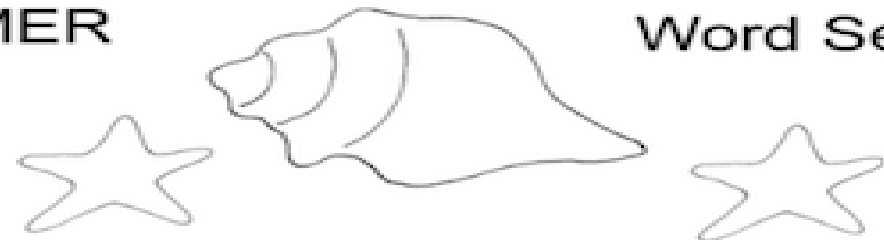
Volunteering at Yack Health allows individuals to gain a deeper understanding of the aging process. It is profoundly rewarding offering a sense of purpose and fulfillment by making a positive difference in the lives of our residents.

[lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au) or Ph: 03 6028 0100.





# SUMMER



## Word Search

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

BEACH  
FLIPPLOPS  
SANDCASTLE  
SEAGULL  
SHOVEL

SUMMER  
SUNSCREEN  
SWIM  
SWIMSUIT  
TOWEL  
UMBRELLA  
WAVES

### JOKE OF THE WEEK

#### Resurrected Rabbit...

A man was driving along the highway and saw a rabbit hopping across the middle of the road. He swerved to avoid hitting the rabbit, but unfortunately the rabbit jumped in front of the car and was hit. The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the rabbit. Much to his dismay, the rabbit was dead. The driver felt so awful, he began to cry.

A woman driving down the highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained, "I accidentally hit this rabbit and killed it."

The woman told the man not to worry. She knew what to do. She went to her car trunk and pulled out a spray can. She walked over to the limp, dead rabbit, and sprayed the contents of the can onto the rabbit.

Miraculously the rabbit came to life, jumped up, waved its paw at the two humans, and hopped down the road. 50 meters away the rabbit stopped, turned around, waved, and hopped down the road, another 50 meters, turned, waved, and hopped another 50 meters. The man was astonished. He couldn't figure out what substance could be in the woman's spray can!!

He ran over to the woman and demanded, "What is in your spray can? What did you spray on that rabbit?"

**The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."**

## Hairdresser TASH'S HAIR SALON

Tash has the hairdressing salon open on a Tuesday.  
All requests for appointments can be made through Lifestyle.



### COVID UPDATE

We are still COVID free, congratulations to everyone for maintaining all the precautions and keeping us healthy.

2024 COVID Vaccinations – The Pharmacist was on site on Wednesday 21<sup>st</sup> February to administer 2024 Covid booster to residents.

Remember, hand hygiene, wear your N95 mask and a negative RAT prior to entry.

If you are unwell, please delay your visit until you are feeling better.

*The little shop  
Coffee stop*

### OPENING HOURS

Friday mornings 9.30 – 11.15am

Why not bring your friends and drop in for a coffee with your friends and family.



Bertie [L] is a regular visitor to the coffee shop and likes to socialize with everyone there. [below] Betty and her daughter enjoy a catch up.



### Monday 26<sup>th</sup> February

9.30 – Exercises  
10.30 – Book Exchange  
11.00 – Book club  
News & Discussion  
2.00 – Bingo

### Tuesday 27<sup>th</sup> February

#### HAIRDRESSER

9.30 – Walk & Talk News & Discussion  
10.30 – Garden Club  
Painting Garden Stones  
2.00 – Cards & Games or  
Knit & Natter

### Wednesday 28<sup>th</sup> February

#### COOKED BREAKFAST

9.30 - Cooking with Tracey and the Chef –  
BBQ Kebabs and Vege patties.  
2.00 – Movement to music  
News & discussion

### Thursday 29<sup>th</sup> February

10.30 – Bus Trip  
[weather permitting]  
2.00 – David on the Ukulele  
2.00 – TAI CHI & Quiz

### Friday 1<sup>st</sup> March

The Little Shop & Coffee Stop.  
9.30 – Musical Memories  
2.00 – Carpet Bowls

### Saturday 2<sup>nd</sup> March

#### Shannon

10.30 – Walk & talk  
1.30 – Short Stories

### Sunday 3<sup>rd</sup> March

#### Shannon

10.30 – Walk & Talk – news and discussion  
1.30 – Sunday Arvo Movies

