

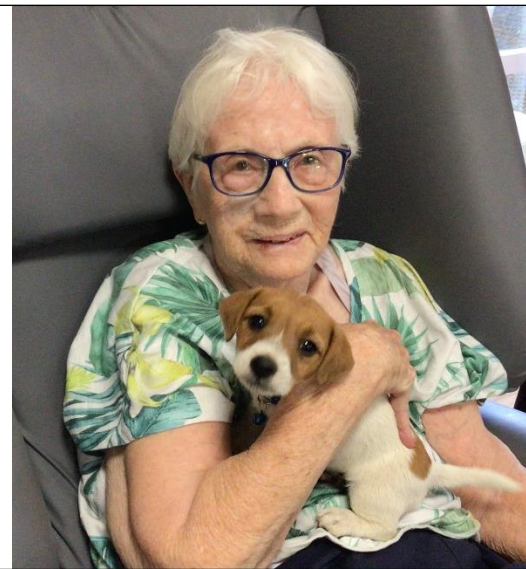
PHOTO GALLERY

Lunch with Tracey and the Chef.

Entrée: Vegetable Patties

Main Meal: Chicken Kebabs

Dessert: Apple pie with Ice cream.



Jean Beverly Helen
Spend time having cuddles with "Bruce Wayne" – Becky's Jack Russell puppy.
[below] The rest of the Belinda's litter came for a cuddle visit too.
The residents were overjoyed to have puppy time.

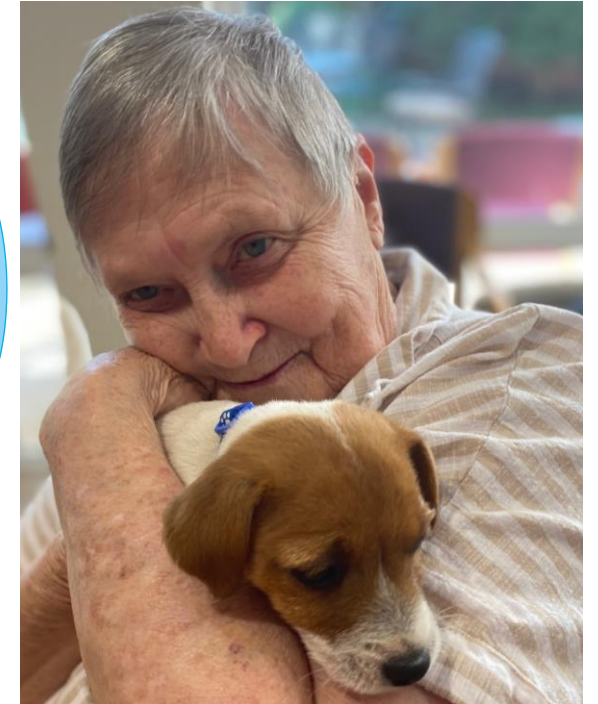
Shirley Pepita Veronica Les.



yackandandah
health

**Residents
Weekly**

THE WEEK THAT WAS 17th Feb – 23rd February 2024



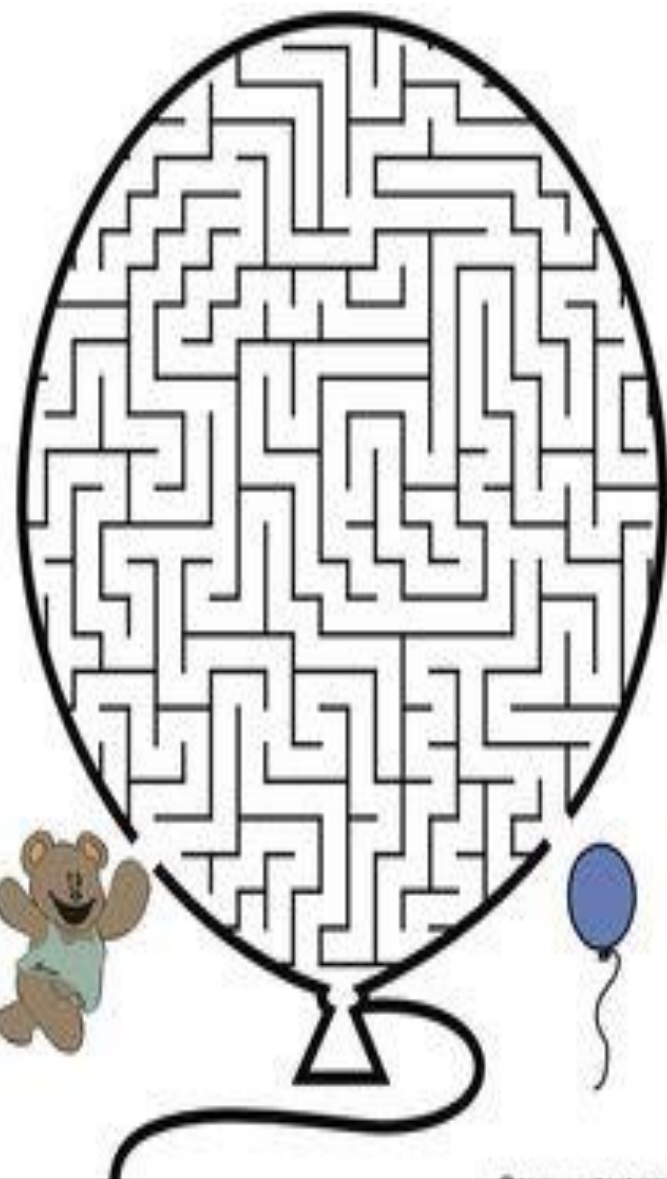
We recently had the pleasure of a visit from Belinda Suffern's litter of Jack Russell puppies and as you can see from this week's photo's the pleasure gained cannot be weighed.

The visit was incredibly heartwarming and a beneficial experience for the residents. The presence of these puppies evoked many memories and laughs about past pets.

The therapeutic benefits of dog visits into aged care facilities are well documented. Studies have shown that petting a dog can lower blood pressure and reduce stress, promoting both physical and mental well-being. The presence of a dog can also encourage socialization among residents, as they come together to share stories about their own pets or reminisce about fond memories. These visits often spark conversations and laughter, fostering a sense of community within the care facility. Overall, bringing a furry friend into Yack Health is not just about the wagging tails and furry cuddles: it's about bringing moments of happiness, comfort, and companionship to those who can benefit from it the most.

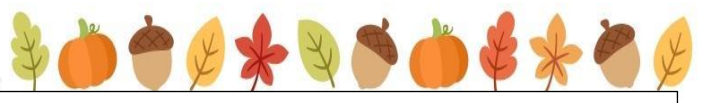
Pet interaction has been shown to reduce feelings of loneliness and depression among the elderly. Animals provide unconditional love and companionship, which can significantly improve the mood and overall mental health of residents. Interactions have a calming effect that can lower stress levels and promote a sense of happiness and contentment.

The presence of pets encourages physical activity and engagement. Residents can walk the dog or play games with cats. These activities promote movement and exercise, which are crucial for maintaining mobility and overall health.



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

BONFIRE	FESTIVAL	HALLOWEEN	PINE CONE
BRISK	FLANNEL	HARVEST	SCHOOL
CORN	FROST	JACKET	SQUASH
EQUINOX	GOLDEN	LEAVES	SWEATER



JOKE OF THE WEEK

One Sunday a Pastor told the congregation that the church needed some extra money and asked the people to prayerfully consider giving a little extra in the offering plate. He said whoever gave the most would be able to pick out three hymns.

After the offering plates were passed, the pastor glanced down and noticed that someone had place \$1000.00 in the offering. He was so excited that he immediately shared his joy with his congregation and said he'd like to personally thank the person who placed the money in the plate.

A very quiet, elderly, and saintly lady all the way in the back shyly raised her hand. The pastor asked her to come to the front. Slowly she made her way to the pastor. He told her how wonderful it was that she gave so much and in thanksgiving asked her to pick out three hymns.....Her eyes brightened as she looked over the congregation, pointed to the three handsomest men in the building and said,

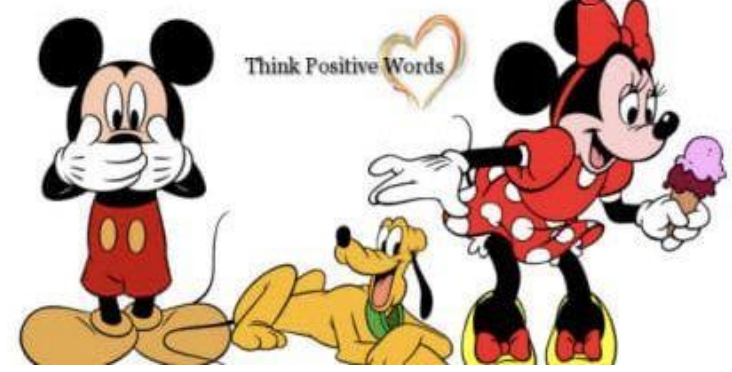
"I'll take him and him and him."

Hairdresser
TASH'S HAIR SALON

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



If you have to choose between being kind and being right,
CHOOSE being kind and you will ALWAYS be right.
Have a beautiful day.



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.
 Coffee with Scones only \$4.00

- Monday 4th March**
 9.30 – Exercises News & Discussion
 10.30 – Footy Tipping
 11.00 – Book club
 2.00 – Bingo
- Tuesday 5th March**
HAIRDRESSER
 9.30 – Walk & Talk News & Discussion
 10.30 – How Many Words
 2.00 – Cards & Games or Knit & Natter
- Wednesday 6th March**
COOKED BREAKFAST
 9.30 - Cooking with TRACEY
 2.00 – Movement to music
 News & discussion
- Thursday 7th March**
 10.30 – Prayer Service
 Discovery Church
 2.00 – TAI CHI & Quiz
- Friday 8th March**
 The Little Shop & Coffee Stop.
 9.30 – Musical Memories
 2.00 – Carpet Bowls
- Saturday 9th March**
 Shannon
 10.30 – Walk & talk
 1.30 – Short Stories
- Sunday 10th March**
 Shannon
 10.30 – Walk & Talk – news and discussion
 1.30 – Sunday Arvo Movies

