

St Patrick's Day fun



[I] Ann enjoying the outdoors with our resident chook, [M] Ken and his wife Jenny enjoying the sensory garden and [R] Norman with Geoff at a sing-along



Smiling is infectious,  
you catch it like the flu,  
When someone smiled at me today,  
I started smiling too.

I passed around the corner  
and someone saw my grin.  
When he smiled I realised  
I'd passed it on to him.

I thought about that smile,  
then I realised its worth.  
A single smile, just like mine  
could travel round the earth.

So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected!



yackandandah  
health

Residents  
Weekly

THE WEEK THAT WAS 18<sup>th</sup> March – 22<sup>nd</sup> March 2024

THE BENEFITS OF SUNSHINE AND FRESH AIR

Spending time in the sunshine and fresh air holds a multitude of benefits for our residents here at Yack Health. The warm rays of the sun provide a natural source of Vitamin D, essential for maintaining strong bones and overall health. Breathing in fresh air not only improves respiratory function but also enhances mood and cognitive function. Outdoor activities like gentle walks or simply sitting in a garden can promote physical activity, stimulate the senses, and reduce feelings of isolation. The natural surroundings, with their sights, sounds, and scents, create a calming and rejuvenating environment, fostering a sense of well-being and connection to the world outside. These moments under the sun and in the open air play a vital role in enhancing the quality of life for our elderly residents, promoting both physical and mental health."

Enjoying the sunshine and fresh air around out beautiful gardens



2024 Intergeneration Program  
PADSIP

On April 23rd, Yackandandah Health is launching the 2024 intergenerational program, bringing together 10 to 12-year-olds with members of the Yack Health community. This innovative initiative aims to bridge generational gaps, fostering meaningful connections and mutual learning. Participants will engage in a variety of activities designed to promote understanding and empathy across age groups, such as storytelling, arts and crafts, and shared recreational pursuits. Through this program, Yackandandah Health not only aims to enrich the lives of both younger and older participants but also to create a vibrant sense of community where wisdom and youthful energy intersect."



# HAPPY EASTER

## WORD SEARCH PUZZLE

- BASKET
- BUNNY
- CHICK
- COLOR
- DECORATE
- DESIGN
- DOZEN
- DUCKS
- DYE
- EGGS
- FAMILY
- FLOWERS
- FRIENDS
- FUN
- GRASS
- HUNT
- KIDS
- PEEPS
- RABBIT
- SPRING
- TRADITION
- TULIPS



The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.

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### JOKE OF THE WEEK

Lawyers should never ask a Yackandandah grandma a question if they aren't prepared for the answer.

In a trial, in the small-town a prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, "Mrs Jones, do you know me?" she responded, "Why, yes, I do know you, Mr Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realise you'll never amount to anything than a two-bit paper pusher, Yes, I know you" The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked "Mrs Jones do you know the defense attorney?" She again replied, "why yes, I do. I've known Mr Brandon since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him."

The defense attorney nearly died.

The judge asked both counsellors to approach the bench and, in a very quiet voice said, "If either of you idiots asks her if she knows me, I'll send you both to the electric chair."

## Hairdresser TASH'S HAIR SALON

Tash has the hairdressing salon open on a Tuesday.

All requests for appointments can be made through Lifestyle.



### Update from Karen IPC.

It's that time of the year again with the influenza season fast approaching we need to be vigilant about the flu vaccinations.

Yackandandah Health are having their vaccination sessions in April.

Patients of:

Dr Jane Gardner – April 2<sup>nd</sup> 1.00 – 3.00pm

Dr Tess Goodwin – April 4<sup>th</sup> 1.00 - 2.00pm

Dr David Oliver – April 11<sup>th</sup> 9.30 – 11.30am

Medical Centre staff will go to residents' rooms for vaccinations.

### LITTLE SHOP COFFEE STOP

We will be open on GOOD FRIDAY.

Why not join us for a Cuppa, a Scone and maybe just maybe the Easter Bunny Will have dropped off a few goodies to share.



### Monday 25<sup>th</sup> March

#### PUBLIC HOLIDAY

9.30 – Exercises Walk News & Discussion

10.00 – Book Exchange

10.45 – Book Club

11.00 – Footy Tipping

2.00 – Bingo

### Tuesday 26<sup>th</sup> March

#### HAIRDRESSER

9.30 – Walk & Talk

News & Discussion

10.30 – How Many words

2.00 – Knit & Natter

### Wednesday 27<sup>th</sup> March

#### COOKED BREAKFAST

9.30 - Cooking with Tracey

2.00 – Movement to music

News & discussion

### Thursday 28<sup>th</sup> March

10.30 – Prayer Service – Heather Maddock

Hand and Nail care

2.00 – Tai Chi & Quiz

### Friday 29<sup>th</sup> March

#### GOOD FRIDAY

The Little Shop & Coffee shop open

### Saturday 30<sup>th</sup> March

#### Tracey

10.00 – Proverbs

1.30 – Movie

### Sunday 31<sup>st</sup> March

#### Tracey

#### EASTER SUNDAY

10.00 – Easter Bunny Delivery

