



The Garden Club joined our residents in some Rock Painting on Tuesday.
The Tuesday Walk & Talk group enjoying the outdoor sensory garden.
This group loves to meet up for their regular Tuesday chat session.



Healthy Aging

At Yackandandah Health we believe in promoting healthy aging for our residents. Healthy aging is more than just physical health: it encompasses emotional, social, and mental well-being as well. We encourage regular physical activity tailored to individual needs, nutritious meals that support overall health, and engaging social activities to stimulate the mind and foster social connections. Our staff is dedicated to providing personalized care that focuses on maintaining independence and quality of life. Through a holistic approach, we aim to support our residents in aging gracefully, with dignity and vitality.



June and Nancy connecting through their creative minds.



Norma, Dulcie, Judy, and Flo
Enjoy 500, to stimulate their minds.

Residents enjoy a variety of different physical activities to enhance their physical wellbeing.

Joan enjoying pet companionship to enhance her day.



St. Patrick's Day Wordsearch

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

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



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JOKE OF THE WEEK

Mrs O'Leary went to the doctor's office where she was seen by one of the new physicians. After about four minutes in the examination room, she burst out the door and ran screaming down the hall. An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room. The older doctor marched down the hallway to the back where the first doctor was and demanded. "what's the matter with you? Mrs. O'Leary is 72 years old, she has seven grown children and ten grandchildren, and you told her she was pregnant?" The new doctor continued to write on his clipboard and without looking up said, "Does she still have the hiccups?"

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 2nd 1.00 – 3.00pm
 Dr Tess Goodwin – April 4th 1.00 - 2.00pm
 Dr David Oliver – April 11th 9.30 – 11.30am
 Medical Centre staff will go to residents' rooms for vaccinations.



Monday 11th March

PUBLIC HOLIDAY

1.00 – Footy Tipping
 2.00 – Bingo

Tuesday 12th March

HAIRDRESSER

9.30 – Walk & Talk
 News & Discussion
 10.30 – How Many words
 2.00 – Knit & Natter – St Patrick's Day

Wednesday 13th March

COOKED BREAKFAST

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

Thursday 14th March

10.30 – Prayer Service
 Fth Tony Shallue
 Hand and Nail care
 2.00 – Tai Chi & Quiz

Friday 15th March

The Little Shop & Coffee shop open
 2.00 – Happy hour

Saturday 16th March

Shannon

10.00 – Proverbs
 1.30 – Movie

Sunday 17th March

Belinda

ST.PATRICKS DAY

10.00 – Quiz in the garden
 1.30 – Ice Cream Sunday

