

PHOTO GALLERY



Top Row [L-R] -Margaret, Veronica with Robyn, Shirley.
 Middle [L-R] -Valda, Jean with her granddaughter.
 Middle [L-R] – June Helen and Jean with her family all enjoyed Mother's Day with a lovely lunch and a small gift from Yack Health on Sunday.
 Bottom [L-R] – Beryl and Bruce assisted making the chocolate bags as a Thank you to our nurses and care staff on International Nurses Day on Sunday.

THE WEEK THAT WAS 11th May – 17th May 2024

The Benefits of music at Yackandandah Health

Music in aged care offers numerous benefits that enhance the overall well-being of elderly residents. It has been shown to improve mood, reduce stress, and alleviate symptoms of depression and anxiety, contributing to better mental health. Music can also stimulate cognitive functions, aiding memory recall and slowing the progression of dementia-related symptoms. Socially, music encourages interaction and community building, as group activities like singing and dancing foster connections among residents. Additionally, music can alleviate physical discomfort by providing a calming effect that reduces the perception of pain. Overall, incorporating music into aged care programs promotes a higher quality of life by addressing emotional, cognitive, social, and physical needs.



The UKUANDANDANDAH Sing-along

Pictured [L-R] top: Phil, Mitzi,
 Bottom: Robyn, Marion, and Leslie.



Nancy and Terrence enjoy a dance to one of the many tunes enjoyed.

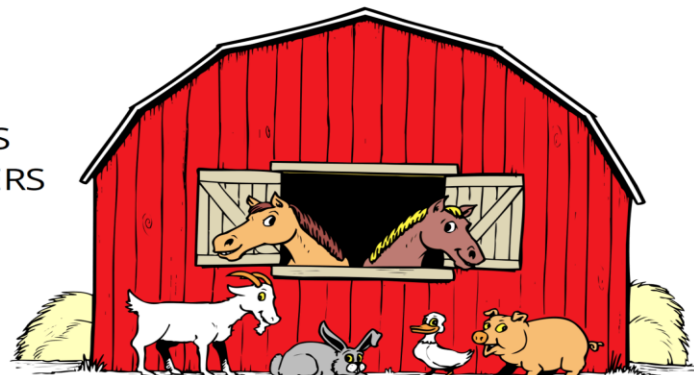
Ukuandandah Club visit on the 3rd Wednesday of every month. Why not come along and enjoy the music and even a dance with your loved ones?

Farm Animals

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

Word list:

- | | | |
|----------|--------|----------|
| CATS | DUCKS | LLAMA |
| CHICKENS | GEESE | PIGS |
| COWS | GOATS | RABBITS |
| DOGS | HORSES | ROASTERS |
| DONKEY | LAMB | SHEEP |



JOKE OF THE WEEK

A woman called a local hospital. "Hello," she said. "I'd like to find out if a patient is getting better, doing as expected or getting worse." The voice on the other end of the line said, "What is the patient's name and room number?"

"Sarah Cohen in Room 302," the woman answered.

"Just a moment, let me look at her records. Oh, yes. Mrs. Cohen is doing very well. In fact, she's had two full meals, her blood pressure is fine, her blood work just came back as normal, she's going to be taken off the heart monitor in a couple of hours and, if she continues this improvement, Dr. Weiss is going to send her home Tuesday at noon."

"Thank G-d!" the woman said. "That's wonderful! Oh! That's fantastic, what wonderful news!" The nurse said, "From your enthusiasm, I take it you must be a family member or a very close friend!"

"Not exactly," the woman said. "I'm Sarah Cohen in 302! Nobody here tells me anything."



Hello <Name>

You are invited to our Australia's Biggest Morning Tea. Let's get together and enjoy a cuppa so we can support those impacted by cancer.

Host	Yackandandah Health
Where	Little Shop Coffee Stop
Date	7 th June 2024
Time	9.45am
Details	
RSVP by	Becky Hyde
Phone/Email	lifestylecoordinator@yackhealth.com.au



Come join us for Australia's Biggest Morning Tea. To be held in the Little Shop Coffee Stop Friday 7th June @9.45am All money raised will go to the Cancer Council for ongoing research.

Monday 20th May

- 9.15 – Exercises Walk News & Discussion
- 10.00 – Book Exchange
- 11.00 – Footy Tipping
- 1.30 – High Tea

Tuesday 21st May

HAIRDRESSER

- 10.00 – Intergenerational Program
- 2.00 – Knit & Natter
- 2.00 – Cards & Games

Wednesday 22nd May

COOKED BREAKFAST

- 9.30 - Cooking with Tracey
- 2.00 – Movement to music News & Discussion

Thursday 23rd May

- Hand & nail care
- 10.30 – Prayer Service
- Heather Maddock
- 2.00 – David on the Ukulele
- 2.00 – TAI CHI & Quiz

Friday 24th May

- The Little Shop & Coffee stop open
- 1.30 – Happy Hour

Saturday 25th May

Poppy Only

- 10.00 – News & Discussion in the Sunshine
- 1.30 – Movie

Sunday 26th May

Poppy Only

- 10.00 – Sunday garden walks
- 1.30 – Quiz & Trivia

