

PHOTO GALLERY



Jean



& Mary & Pepita
Catching up with old friends



Dorothy in the Sunshine



Terence enjoyed meeting Henry



Denys concentrating in reminiscing



Ladies High Tea and Men's fish and chips



yackandandah health

Residents Weekly

THE WEEK THAT WAS 27th April – 3rd May 2024



Nancy

*Autumn leaves are falling and winter is looming!
There is no such thing as bad weather
Just bad clothing for the weather.*



Errol

&
Enjoying the autumn weather and having a stroll in the garden

The Importance of Fresh Air and Sunshine.

Going for walks in the sunshine and fresh air is invaluable for our residents as it has a multitude of benefits. It promotes physical health by providing a rich oxygen supply that aids in better respiratory function therefore improving overall well-being. Exposure to natural light has been linked to better sleep patterns which can boost mood, reduce stress, and alleviate symptoms of depression and anxiety. Furthermore, the sensory stimulation provided by nature can enhance cognitive function and memory retention, fostering a sense of engagement and connection to surrounding environment. Ultimately, incorporating fresh air into our daily routines can significantly improve the quality of life for our residents, promoting both physical and mental health.



BEACH VACATION

WORD SEARCH

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

- | | | | | |
|------------|-------------|------------|-----------|----------|
| BEACH | LIGHTHOUSE | SEAGULL | SUNSHINE | UMBRELLA |
| FLIP FLOPS | OCEAN | SEASHELLS | SWIM SUIT | VACATION |
| HAT | POOL | SUMMER | SWIMMING | WAVES |
| HOT | SAND | SUNGLASSES | TIDE | |
| JELLYFISH | SANDCASTLES | SUNSCREEN | TOWEL | |

<https://everydaychaosandcalm.com>



JOKE OF THE WEEK

A woman decided to give herself a big treat for her 70th birthday by staying overnight in a really nice hotel.. When she checked out the next morning, the desk clerk handed her a bill for \$250.00. She demanded to know why the charge was so high "I agree it's a nice hotel, but the rooms aren't worth \$250.00 for just an overnight stay - I didn't even have breakfast!" The clerk told her that \$250.00 is the 'standard rate,' and breakfast had been included had she wanted it. She insisted on speaking to the Manager. The Manager appeared and forewarned by the desk clerk, announced: "This hotel has an Olympic-sized pool and a huge conference centre which are available for your use." "But I didn't use them." "Well, they are here, and you could have." He went on to explain that she could also have seen one of the in-hotel shows for which they were so famous. "We have the best entertainers from the world over performing here." "But I didn't go to any of those shows.." "Well, we have them, and you could have." No matter what amenity the Manager mentioned, she replied, "But I didn't use it!" and the Manager countered with his standard response. After several minutes' discussion, and with the Manager still unmoved, she decided to pay, wrote a check, and gave it to him. The Manager was surprised when he looked at the check. "But Madam, this check is for only \$50.00."

"That's correct I charged you \$200.00 for sleeping with me."

"But I didn't!" "Well, too bad, I was here, and you could have."



Let's introduce
ANNEKE OOSTRA

Anneke was born in the Netherlands and has come to us from Mapleton on the Sunshine Coast. Anneke now lives in Beechworth and is loving the area.

Anneke is a Registered Nurse and has 45 years experience, she has joined the Yack Health team as the Care Manager [the role was formerly known as the Director of Nursing].

Anneke is married and has two grown up children and 3 grandchildren who all live in Canberra, so she is excited to be a little closer to her family now.

If you see Anneke around please say Hi and introduce yourself.

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 6th May**
9.15 – Exercises Walk News & Discussion
10.00 – Book Exchange
10.45 – Book Club
11.00 – Footy Tipping
1.30 – Bingo
- Tuesday 7th May**
HAIRDRESSER
10.00 – Intergenerational Program
2.00 – Knit & Natter
2.00 – Cards & Games
- Wednesday 8th May**
ACTIVITY WEDNESDAY
COOKED BREAKFAST
9.30 - Cooking with Tracey
9.30 – Cards & Boardgames
In Ben and Jack, Poppy Place and Wattle
2.00 – Movement to music
News & Discussion
- Thursday 9th May**
Hand & nail care
10.30 – Prayer Service
Fth Shallue
2.00 – David on the Ukulele
2.00 – Movement to music
News & Discussion
- Friday 10th May**
The Little Shop & Coffee stop open
1.30 – Carpet Bowls
- Saturday 11th May**
Poppy Only
10.00 – News & Discussion in the Sunshine
1.30 – Movie
- Sunday 12th May**
Poppy Only
10.00 – Sunday garden walks
1.30 – Quiz & Trivia

