

PHOTO GALLERY



Norma Barb



Dulcie & Beryl

Attended Yackandandah Library on Wednesday for a warm winter talk with author and poet Stephen Whiteside [pictured with the ladies]. They had the privilege of hearing the story of Alpine pioneers Bill Spargo and Evelyn Piper and the fascinating exploration of the people who once lived in a one room hut above the snow line of Mt Hotham.



Errol



Mark



Jean with her fur baby

Come join us for Australia's Biggest Morning Tea. To be held in the Little Shop Coffee Stop Friday 21st June @9.45am All money raised will go to the Cancer Council for

TAKE 3

We invite you [again] to join us next Friday 21st June for AUSTRALIA'S BIGGEST MORNING TEA Barring any more COVID. We look forward to seeing you all there to enjoy some extra YUMMIES and of course our usual Cappuccino with Scones jam and cream.



yackandandah health

Residents Weekly

THE WEEK THAT WAS 8th June – 14th June 2024



Christine



Geoff

Robert

All spending some time Reminiscing

THE JOY OF REMINISCING



Reminiscing as a group or individual program offers a unique and powerful way to connect with the past, it stimulates cognitive function and enhances emotional well-being. Engaging residents in quizzes about historical events, popular culture, and personal memories encourages mental stimulation, helping to maintain cognitive abilities and it can assist in the slowing down of the dementia process. These activities foster a sense of accomplishment and validation as individuals recall information and share stories from their past. Furthermore, the experience of participating in quizzes and reminiscing can create a lively and interactive environment, promoting social interaction among residents which is crucial in combating feelings of isolation and loneliness.

Watching the joy that is derived from reminiscing through pictures is equally enlightening. Viewing photographs from different stages of life evokes cherished memories and emotions, allowing resident to relive happy moments and reconnect with their identity. The visual journey can trigger discussions, laughter, and even tears of joy, providing a therapeutic outlet for expressing emotions and fostering a deeper connection with families and staff. Reminiscing enriches the residents' day-to-day experiences and helps preserve their personal history, affirming their life's journey and reinforcing their sense of self-worth.

NAME:

DATE:

SPORTS

Word Find

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

GOLF
 GYMNASTICS
 HANDBALL
 HOCKEY
 ICE HOCKEY
 JUDO
 WRESTLING

KARATE
 LACROSSE
 POLO
 RACING
 RUGBY
 SAILING

SKIING
 SNOOKER
 SOCCER
 SOFTBALL
 SQUASH
 SUMO

SURFING
 SWIMMING
 TAEKWONDO
 TENNIS
 VOLLEYBALL
 WEIGHTLIFTING



COOL2BKIDS

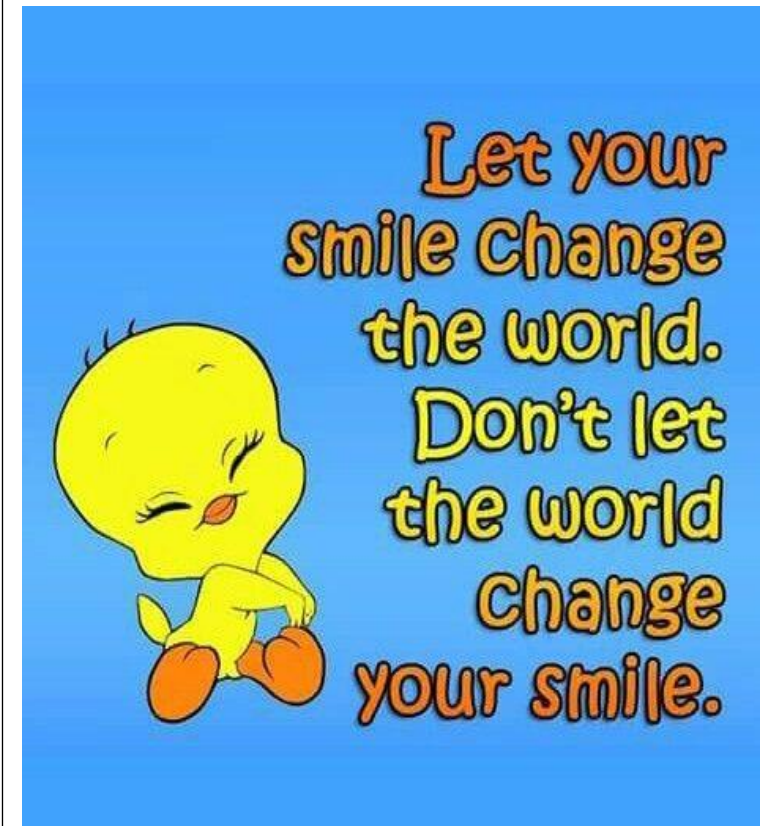
JOKE OF THE WEEK

Sean had long heard of the story of a family tradition. It seems that his father, his grandfather, and his great grandfather had all be able to walk on water on their 18th birthday.

On that special day they would walk across the lake to their local pub, 'Murphy's Bar' for their first legal drink. So, when Sean's 18th Birthday arrived, he and his friend Mick took a boat, rowed out to the middle of the lake and Sean stepped out of the boat. He immediately sank, and nearly drowned. He was only saved by Mick who managed to pull him back into the boat.

Furious and confused he went to see his grandmother and said "Gran 'tis my 18th birthday, so, why can't I walk across the water, like me father, me grandfather and his father before him?"

Grandma looked deep into Seans troubled eyes, looked at him with kind benevolent eyes and said, "Because, they were all born in January, and the lake was frozen over. You were born in August, ye darn idiot!"



Monday 17th June

- 9.15 – Exercises Walk News & Discussion
- 10.00 – Book Exchange
- 10.30 – Book Club
- 11.00 – Footy Tipping
- 1.30 – Bingo

Tuesday 18th June

HAIRDRESSER

- 9.30 – Resident Relative & Friends Meeting
- 2.00 – Knit & Natter
- 2.00 – Cards & Games

Wednesday 19th June

COOKED BREAKFAST

- 9.30 - Cooking Lunch with Chefs Wendy and Tracey
- 2.00 – UKUANDANDAH Club Sing-along

Thursday 20th June

- Hand & nail care
- 10.30 – Prayer Service
- Rev. Matthew Healey
- 2.00 – David on the Ukulele
- 2.00 – TAI CHI & Quiz

Friday 21st June

Australia's Biggest Morning Tea at The Little Shop & Coffee stop

- 1.30 – Carpet Bowls

Saturday 22nd June

Poppy Only

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

Sunday 23rd June

Poppy Only

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

