

REMINISCING



The Benefits of Pet visits. Check out the smiles on the faces of these residents.

ALBY

JEAN

ROBERT



Just enjoying the day.

BETTY

JEAN

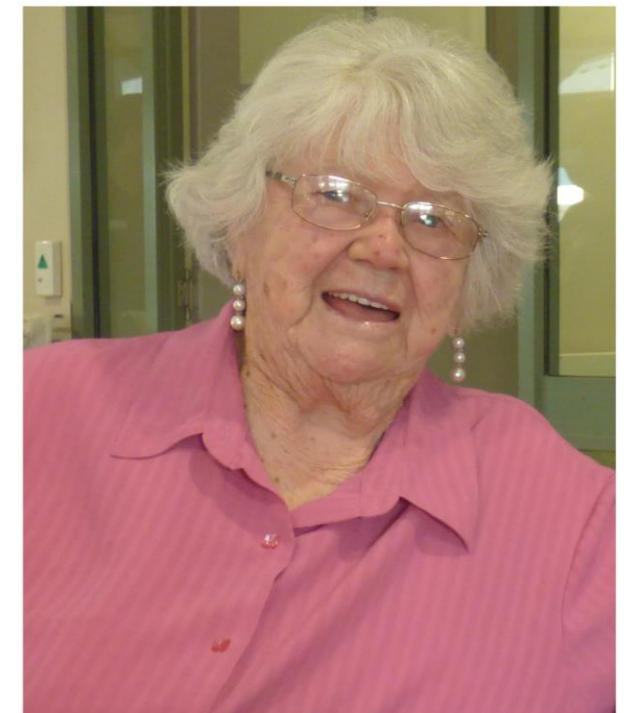
JUNE

Reminiscing at Yack health is a very popular program that offers numerous benefits that enhance resident's well-being. It fosters connectivity and strengthens relationships as residents share personal stories and experiences. Reminiscing boosts cognitive function, helping to stimulate memory recall and mental engagement. It also promotes emotional well-being by allowing residents and individuals to reflect on joyful moments, reducing feelings of loneliness. Reminiscing can also encourage a sense of identity and continuity, reinforcing self-worth. It is a supportive environment that values each person's history and journey.



THE WEEK THAT WAS 5th October ~ 11th October 2024

Jill Ward 31/07/1931 ~ 20/09/2024



Les Keeble 07/07/1931 ~ 5/10/2024

The Moment That You Left Me

The moment that you left me
My heart split in two
One side filled with memories
The other side died with you.

I often lay awake at night
When the world is fast asleep
And take a walk down memory lane
With tears upon my cheek.

Remembering you is easy
I do it everyday
But missing you is a heartache
That never goes away.

I hold you tightly within my heart
And there you will remain
As my life goes on without you
But will never be the same.

MAY THEY REST IN ETERNAL PEACE



Colors

WORD LIST:

- RED
- ORANGE
- YELLOW
- GREEN
- BLUE
- PURPLE
- BROWN
- PINK
- BLACK
- WHITE

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

FRIDAYS DITTY

In deep mid-winter freezing cold, walked down the path feeling bold.
 Needed to go, just couldn't wait but wind and rain would not abate.
 Those powdered walls that made you white if you should touch them out of fright,
 When big black spiders came to greet, as you sat upon that cold that seat.
 The Sunday paper cut in squares, ready to greet your derriere
 Hung from a nail upon the wall, something to read whilst in the stall!
 Meanwhile the spiders getting near, making your time there filled with fear.
 Suspense is interrupting flow, should you stay, or should you go?
 Try as you may it will not come, so you grab a square to wipe your bum.
 With one fast move you're out of there brushing cobwebs from your hair.
 This was terror when I was a lad when they put loos inside, I was glad!
 So be thankful as you pull that chain you don't have to go outside again.

INTRODUCING



Christine Farrell – Registered Nurse Consultant currently at Yack Health in the temporary position of Resident Services Manager. Christine is from Coffs Harbour and her favourite past time is work, and of course her husband, 4 children and 3 grandchildren.



Kaye Stretton – joins us as a Human Resources / Roster temp - Kaye comes to us from Howlong, she lives with her husband and has two children and a fur baby. Her favourite past time is walking her dog a Kelpie/Collie Cross.

Monday 14th October

- 9.30 – Exercises News & Discussion
- 11.00 – Book Club
- 1.00 – Bible Study E Wing
- 2.00 – Bingo
- Podiatry

Tuesday 15th October

HAIRDRESSER

- 9.15 – Walk & Talk News and Discussion
- 10.30 – Reminiscing with Mali
- 2.00 – Knitting Natters – Big Ben
- 2.00 – Cards & Board games

Wednesday 16th October

COOKED BREAKFAST

- 9.30 - Cooking with Tracey
- 10.00 – Bowls with Richard
- 2.00 – Ukuandandah Sing-along

Thursday 17th October

HAND & NAIL CARE

- 10.30 – Prayer Service
- Rev Matthew Healy
- 2.00 – TAI CHI & Quiz
- 2.00 – David on the Ukulele

Friday 18th October

THE LITTLE SHOP COFFEE STOP OPEN

- 2.00 – Happy Hour

Saturday 19th October

- 10.00 – Walk and talk in the sunshine
- 2.00 – Listen to the music

Sunday 20th October

Poppy Place ONLY

- 10.00 – Sunshine Walk
- 1.30 – Milkshake Sunday and videos.

