

PHOTO GALLERY



Our Knitting Natters group have been busy knitting and crocheting some warm and wonderful beanies and scarves for the homeless in our community. Here is a picture of Leanne who gratefully accepted our donations to be distributed.

Thanks to Di, Beryl, June, Pepita, Barb and Margaret for your magnificent knitting skills and not only completing all these beautiful warm items but, also taking the time to teach Belinda and Becky how to knit. Special thanks to Betty who is always there to supervise the afternoon.



With Mali

Reminiscing is a powerful way to reconnect with cherished memories and experiences. Pictured left is Nancy, Veronica, Laurie, Norma, Betty, Theo, and Flo who spent time with Mali reflecting on their lives, and gaining insight on how they have, and the world, has changed over the generations.



Friday 6th September
Yack Health celebrated a day of Rainbows. Staff and residents took the opportunity to brighten everyone's day with lots of colour and cheer.



THE WEEK THAT WAS 7th Sept – 13th September 2024



At Yackandandah Health, R U OK? is celebrated every day because we believe that the well-being of our residents and staff is integral to our overall quality of life.

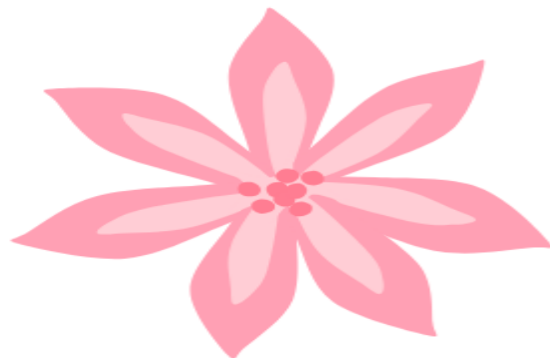
By fostering a culture of continuous care and open conversation, we try and create an environment where individuals feel supported and valued. This commitment to checking in on one another helps break down the stigma surrounding well-being issues and ensures that every one has a space to express their feelings and seek support.

Our goal is to maintain a compassionate community where asking, "Are you Okay?" becomes a routine part of our daily interactions, reinforcing our dedication to the health and happiness of everyone here at Yackandandah Health.

Huge Thank you to Jasmin [Admin] who did all the decorating and setting up of the coffee/chocolate stop for staff and residents, and Thanks also to Tracey [lifestyle] who whipped up and iced 50 cup cakes. Great effort everyone to make R U OK day significant at Yack Health.

Spring

X	D	N	Z	L	X	Q	R	L	A	D	Y	B	U	G	F	R		butterfly
Z	A	K	W	I	J	F	H	W	C	C	M	B	E	H	Q	A		daffodil
S	E	B	X	N	V	P	P	O	L	F	H	U	F	A	T	I		sunshine
P	R	G	N	P	N	G	D	J	O	R	G	U	R	T	X	N		umbrella
R	B	R	U	D	H	T	J	D	U	Q	U	J	U	C	F	B		blossom
I	L	E	Z	P	A	S	W	V	D	F	I	H	G	H	K	O		ladybug
N	O	E	F	Z	T	U	L	T	S	L	I	B	K	Q	Z	W		rainbow
G	S	N	T	W	S	N	E	E	L	L	U	W	V	M	R	R		showers
C	S	F	B	S	W	S	A	H	Z	P	O	R	N	E	S	T		breeze
H	O	P	U	H	V	H	F	D	A	F	F	O	D	I	L	X		chicks
I	M	L	N	O	K	I	J	E	A	R	H	D	D	H	N	H		clouds
C	Y	L	N	W	Q	N	W	J	W	O	R	M	S	Y	X	Q		easter
K	M	V	Y	E	W	E	U	M	B	R	E	L	L	A	B	G		picnic
S	B	A	H	R	M	Y	U	B	R	E	E	Z	E	I	E	R		puddle
R	Q	P	P	S	B	U	T	T	E	R	F	L	Y	U	E	A		spring
P	I	C	N	I	C	P	U	D	D	L	E	N	D	E	S	S		bunny
Z	E	A	S	T	E	R	Y	Z	T	S	T	U	L	I	P	S		grass
																		green
																		hatch
																		tulip
																		worms
																		bees
																		leaf
																		nest



JOKE OF THE WEEK

A wife sends a message to her husband.

WIFE: "Honey, please don't forget to buy bread when you're coming home from work and lest I forget...Your girlfriend Fatimah is also here and says hello to you."

HUSBAND: "Who is Fatimah?"

WIFE: Nobody, I just wanted you to respond, so I can have confirmation that you saw my message.

HUSBAND: But I'm with Fatimah right now, I thought you saw me!

WIFE: What??? Where are you???

HUSBAND: Near the neighborhood bakery.

WIFE: Wait, I'm coming right now!!

After 5 minutes, his wife sends a message:

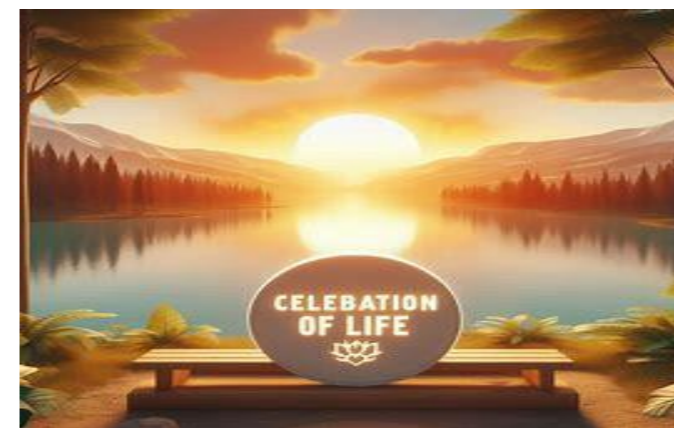
WIFE: I'm at the bakery, where are you?

HUSBAND: I'm at work. Now that you are at the bakery could you please buy the bread before you head home??



TASH'S Hair Salon

Open Tuesday with appointments available through Lifestyle.



We warmly invite you to join us in the activities room at Yack Health on Tuesday 24th of September for a Celebration of Life. We will be honoring the cherished individuals who have touched our hearts and left an enduring impact. This special gathering is a place for reflection and remembrance where we will celebrate their lives. This gathering will be a reflection and remembrance, where we will celebrate the lives of our loved ones through tributes and shared memories. Please join us as we celebrate their lives and the lasting impression, they have made on us all.

Monday 16th September

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

Tuesday 17th September

- 9.30 – Walk & Talk
- 10.30 – Reminiscing with Marli
- 2.00 – Knitting Natters – Big Ben
- 2.00 – Cards & Board games

Wednesday 18th September

COOKED BREAKFAST

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

Thursday 19th September

HAND & NAIL CARE

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

Friday 20th September

THE LITTLE SHOP COFFEE STOP OPEN

- 1.30 – Happy Hour

Saturday 21st September

Poppy Place ONLY

- 10.00 – Movement to music
- Reading Circle
- 1.30 – Afternoon movie

Sunday 22nd September

Poppy Place ONLY

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

