



Yackandandah Health

Residents

Weekly

THE WEEK THAT WAS 10th November ~ 22nd November 2024

MUSIC

Music and singing offer numerous benefits for our residents here at Yack Health, contributing significantly to their overall well-being. Engaging with music can enhance cognitive function, helping to stimulate memory and recall. Singing, whether individually or in groups, promotes social interaction, reducing feelings of isolation and fostering a sense of community. It can also improve mood and emotional health, as music has the power to evoke positive memories and reduce anxiety or depression. Additionally, the physical act of singing can improve lung function, breathing, and vocal strength. Overall, music and singing provide a holistic way to support both the mental and physical health of our residents, creating a nurturing environment where they can thrive.

At Yack Health we are fortunate to have regular visits from Dave on the Ukulele, and Phil, Mitzy, Janet, Lesley and Robin from the Uke-andandah Club who come and play resident choice sing-alongs. Huge Thanks to all these lovely people, we Love your work.

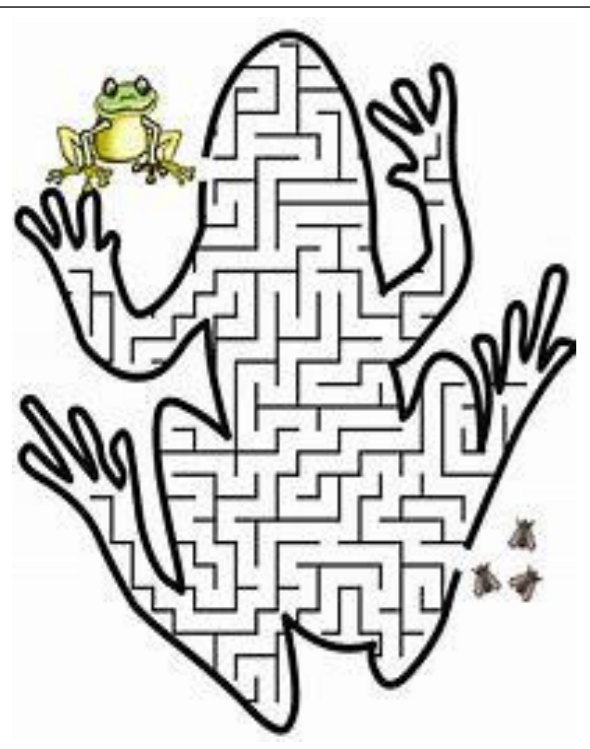


INTERGENERATIONAL GET TOGETHERS

This week we again welcomed Little Yacks on Monday who worked with our residents to cook a batch of Jam Drops. The kids and residents had a lovely time with lots of laughter and smiles.

Last week we welcomed the Children and Mums from the Home school sector. The kids joined with the residents to paint pinecones for Christmas table decorations. A great time was had by all with lots of paint and glitter.





Name: _____

Food Word Search

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

Word list:
 APPLE
 BREAD
 EGGS
 JUICE
 MEAT
 MILK
 ORANGE
 PEAR
 PEAS
 YOGURT

GRANDMA'S LAUNDRY

I remember Grandma's laundry with a basket made of cane
 And lines that stretched from wall to wall to hang things when it rained.
 There used to be a copper out where Grandma used to toil
 It used to take forever to wash when the water reached the boil.
 There were twin tubs made of concrete with a wringer in between
 A wringer in a laundry now is hardly ever seen.
 Upon a shelf a little box of starch called "Silver Star"
 Kero tins for buckets, remember back that far?
 A dipper with a handle to help our grandma cope
 And a little wire basket with a piece of Sunlight Soap.
 She used to have a washboard for scrubbing out the clothes
 You must be getting on in years if you used one of those.
 A saucer on the windowsill with bags of Reckitt's Blue
 To make the white clothes whiter still and good for bee stings too.
 Some sand soap and a scrubbing brush, for scrubbing all the floors
 And some firewood for the copper in a box behind the door.
 A tin roof and some guttering with a funny sort of sag
 And a heap of wooden dolly pegs in a homemade hessian bag.
 And out the back a clothesline not the kind that spins around
 But a clothes prop held the clothes up high from dragging on the ground.
 I wonder what would Grandma say if only she could see
 That wash-a-matic marvel where the copper used to be
 The dryer in the corner the tubs of stainless steel
 Hot water pouring from the taps I wonder how she'd feel.
 I think that Grandma would approve the changes made and yet
 There were things in Grandma's laundry that I simply can't forget.



YOU ARE INVITED TO

Residents, Relatives and Friends



Yackandandah Health's Resident, Relative & friends
 Christmas party is fast approaching. Please save the
 date – 20th December for lunch.

We will have Santa visiting and also a concert by the
 famous
 PETE DENAHY

The guest list will be 2 visitors per resident for lunch.
 RSVP is via return email or through reception.
 Please RSVP by Thursday 12th December for catering
 purposes

Email: becky.hyde@yackhealth.org.au

phone: 02 60280100

Or

Leave details at Reception.



JOKE OF THE WEEK

At a wedding ceremony the priest asked if there was
 anyone who had any reason why this marriage shouldn't
 go on, it was time to stand up and speak, or forever hold
 his or her peace. The moment of utter silence was
 interrupted by a young beautiful woman carrying a baby.
 She started slowly walking toward the pastor. Everything
 quickly turned to chaos. The bride slapped the groom and
 stormed out of the church. The groom's mother fainted.

The groomsmen and bridesmaids ran away in all
 directions.

The priest asked the woman, "Can you tell us why you
 came forward? What do you have to say?"

The woman replied, "I can't hear anything from the
 back....so am moving to the front seats."

Monday 25th November

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

Tuesday 26th November

9.15 – Walk & Talk News and Discussion
 10.30 – Getting Christmas Ready Craft
 2.00 – Knit & Natter
 2.00 – Cards & Board games

Wednesday 27th November

COOKED BREAKFAST

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

Thursday 28th November

CHRISTMAS DECORATIONS

10.30 – Prayer Service
 Heather Matthews
 2.00 – TAI CHI & Quiz
 2.00 – Dave on the Ukulele

Friday 29th November

THE LITTLE SHOP COFFEE STOP OPEN

2.00 – Carpet Bowls

Saturday 30th November

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

Sunday 1st December

Poppy Place ONLY

10.00 – Sunshine Walk
 1.30 – Milkshake Sunday and videos.

