



Yackandandah Health

Residents Weekly

Welcome back to 2025



Pictured above: A afternoon tea was shared by staff and residents to bid farewell to Marg, celebrating her time with us. The gathering was filled with warmth and fond memories, as everyone came together to express their gratitude. A special thank you to the kitchen for providing an outstanding spread that made the occasion truly memorable.

Top Left: The Uku-andandah Club were our first official visitors for 2025. What a great afternoon was had by all, singing along to some old-time favourites.

Bottom Left: Residents singing with the Uku-andandah Club

Watch out "Australia's Got Talent"

THE WEEK THAT WAS 11<sup>th</sup> January ~ 17<sup>th</sup> January 2025



We would like to extend our heartfelt gratitude to Marg for her incredible 26 years of dedicated service as the head of the Environmental Team at Yackandandah Health. Her unwavering commitment to ensuring the high-quality laundering and maintenance of our residents clothing and belongings and her eye for detail in ensuring a clean home for our residents. Marg's expertise, passion, and tireless work ethic have set a high standard and have been an inspiration to all. As you step into this well-deserved retirement, we wish you nothing but the best. May this new chapter bring you joy, fulfillment, and all the relaxation you've earned. Thank you for everything, Marg—you will be greatly missed!



Some of the Environmental team [L-R] Robin, Michelle Marg, Jenny, Melanie, Alice, and Sue.

Marg receiving a farewell gift From Emma [CGM]

# Healthy Foods

## Word Search Puzzle



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



ALMONDS	EGGS	PINEAPPLE
APPLES	FRUIT	SALMON
BEANS	GRAINS	SPINACH
BEETS	MILK	SQUASH
BELL PEPPER	OATMEAL	TOMATO
BERRIES	ORANGES	VEGETABLES
BROCCOLI	PEACHES	YOGURT
CARROTS	PEARS	ZUCCHINI

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### JOKE OF THE WEEK

A man suffered a serious heart attack while shopping in a store. The store clerk calls 000 when she saw him collapse. The paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery. He awakened from the surgery in the care of nuns at a Catholic Hospital. A nun was seated next to his bed, holding a clipboard with several forms and a pen. She asked him how he was going to pay for his treatment, do you have health insurance? She asked, he replied in a raspy voice "no health insurance." The nun asked, "do you have any money in the bank?" he replied, "no money in the bank." "Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun" The nun again became irritated and announced loudly "Nuns are not Spinsters, Nuns are married to God." The patient then replied "Perfect, send the bill to my brother-in-law."

## RESIDENT RELATIVE AND FRIENDS MEETING

**Tuesday 4<sup>th</sup> February 10.00am**  
**Activities Room**

The Resident Relative and Friends meeting at Yack Health will be held on the 4th of February this year, marking a slight change in the usual schedule. Traditionally held on the second Tuesday of every second month, the meeting has been moved to the first Tuesday of the second month, in an effort to better accommodate the schedules of attendees. This gathering provides an important opportunity for residents' relatives and friends to stay informed about the health and wellbeing of their loved ones, as well as to offer feedback and suggestions to enhance the quality of care and support offered at Yack Health.

The meeting will cover a range of topics relevant to the community, including updates on health services, activities, and upcoming events. It also serves as a forum for discussion, where attendees can voice concerns or ask questions to the management and staff. The change in the meeting date is a part of Yack Health's ongoing commitment to improving communication and engagement with residents' families and friends. All are encouraged to attend and participate in this important dialogue.



### Monday 20<sup>th</sup> January

9.30 – Exercises News & Discussion  
10.30 – Book Exchange  
10.45 – Book Club  
1.00 – Bible Study E Wing  
2.00 – High Tea

### Tuesday 21<sup>st</sup> January

#### HAIRDRESSER

9.30 – Walk & talk  
10.30 – Table Bowls  
2.00 – Knit & Natter  
2.00 – Cards & Board games

### Wednesday 22<sup>nd</sup> January

#### COOKED BREAKFAST

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

### Thursday 23<sup>rd</sup> January

Hand & Nail Care  
10.30 – Prayer Service  
2.00 – Tai-Chi & Quiz  
2.00 – Poppy Birthday Party

### Friday 24<sup>th</sup> January

9.30 – The Little Shop Coffee Stop open.  
1.30 – Carpet Bowls

### Saturday 26<sup>th</sup> January

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

### Sunday 26<sup>th</sup> January

#### AUSTRALIA DAY

#### **Poppy Place ONLY**

10.00 – Sunshine Walk  
1.30 – Milkshake Sunday and videos.

