

VOLUNTEERS

Volunteers play a vital role in enhancing the lives of our residents at Yack Health by offering companionship, emotional support, and assistance with daily lifestyle programs. Their presence not only alleviates the feelings of loneliness and isolation that many elderly individuals face but also provides them with opportunities for social interaction and meaningful connections. For the volunteers, the experience is equally rewarding. Volunteering at Yack Health allows individuals to develop empathy, build a sense of community, and gain a deeper appreciation for the elderly. Moreover, it provides volunteers with the chance to learn new skills, improve their communication abilities, and feel a sense of accomplishment from making a positive impact on someone's life. If you would like the opportunity to volunteer with us, please reach out to the Lifestyle Team for more information.

This week we welcomed back Dave on the Ukulele who visits every second Thursday for a few tunes and a sing-along

We had an impromptu visit from one of our resident's sons on Monday who volunteered to read for book club and we ended up hearing some amazing stories. Thanks Nick we had a really interesting and entertaining morning.



THE WEEK THAT WAS 25th January ~ 31st January 2025




Alex Campbell was a kind and caring man who touched the lives of many with his warmth and generosity. Known for his compassion and willingness to help others, he was a beloved figure in our community. Alex's positive spirit and selflessness made him a friend to all who knew him. His legacy of love, kindness, and loyalty will continue to inspire those who were fortunate enough to cross his path. His passing leaves a profound void, but his memory will live on in the hearts of those who loved him.

 **Stay Cool and Hydrated!** 

With the temperatures soaring, it's more important than ever to take care of yourself. Stay cool by staying inside during the hottest part of the day, wearing loose clothing, and using fans or air conditioning when possible. Most importantly, **stay hydrated** — drink plenty of water throughout the day to keep your body feeling its best. Avoid sugary drinks or too much caffeine, as they can contribute to dehydration.

If you're heading outside, try to do so during the cooler parts of the day (early morning or evening), and always wear sunscreen to protect your skin.

Let's stay safe and beat this heat together! 

Desserts Word Search

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

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|------------|-----------|---------|
| BROWNIE | FLAN | PIE |
| CAKE | FRUIT | PUDDING |
| CHEESECAKE | FUDGE | SMORES |
| CHOCOLATE | ICE CREAM | SORBET |
| COBBLER | MILKSHAKE | SUNDAE |
| COOKIE | MOUSSE | TART |
| CUPCAKE | PARFAIT | TRIFLE |
| DOUGHNUT | PASTY | TRUFFLE |



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Medical Centre

RESIDENTS FLU CLINIC 2025

Dr Jane Gardener's Patients:

April 15th from 1 to 3pm

Dr Richard Barkas's Patients:

April 16th from 9 to 10am TBC

Dr David Oliver's Patients:

April 17th from 9.30 to 11.30am

Dr Tess Goodwin's Patients:

April 17th from 1 to 2pm

MEDICAL CENTRE STAFF WILL COME TO YOUR ROOM



AMAZING CHICKEN FACTS!

- They can distinguish between 100 faces
- They see more colors than humans
- They make friends and will grieve
- They can taste salt but not sweet
- They have dreams when asleep
- The world's oldest chicken lived to 16
- There are more chickens on earth than humans
- They are the closest living relatives of the T-Rex
- In the wild they navigate using the sun
- They cannot sweat
- They can run at 9mph

Monday 10th February

9.30 – Exercise News and Discussion

10.45 – Book Club

1.00 - Bible Study E Wing

2.00 – Bingo

Tuesday 11th February

HAIRDRESSER

9.30 – Walk & Talk

10.30 – Card Making

2.00 – Knit & Natter

2.00 – Cards & Board games

Wednesday 12th February

COOKED BREAKFAST

9.30 - Cooking with Tracey

2.00 – Movement to music News & Discussion

Thursday 13th February

Hand & Nail Care

10.30 – Prayer Service Father Chris

2.00 – Tai-Chi & Quiz

Friday 14th February

9.30 – The Little Shop Coffee Stop open.

1.30 – Carpet Bowls

Saturday 15th February

10.00 – Walk and talk in the sunshine

2.00 – Listen to the music

Sunday 16th February

Poppy Place ONLY

10.00 – Sunshine Walk

1.30 – Milkshake Sunday and videos.

