



Yackandandah Health

THE WEEK THAT WAS 8th March ~ 14th March 2025



HAPPY HOUR

Residents enjoy an afternoon of social connection and sensory overload with beautiful food and drinks



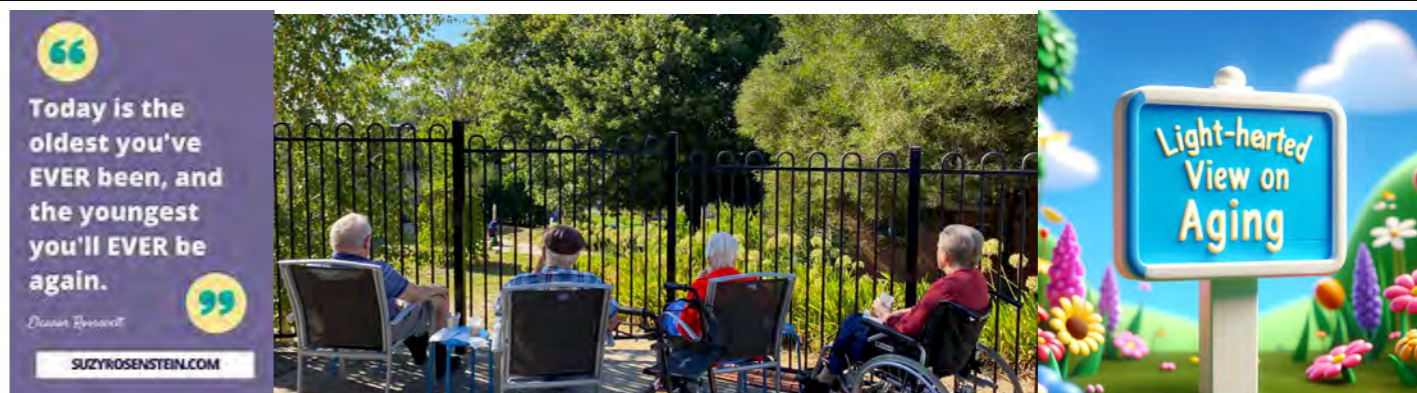
REMINISCING

Residents enjoy a morning of reminiscing over music in musical bingo
[and a chocolate never hurts when reminiscing]

JOKE OF THE WEEK

An 85-year-old couple married almost 60 years dies in a car crash and goes to Heaven.

They had been in good health for the last 10 years mainly as a result of the wife's focus on diet and exercise. St Peter welcomed them into Heaven and showed them to their small palace on the hill. They had everything. A swimming pool, a jacuzzi, a huge bedroom, billiard tables, an entertainment centre, everything they could have dreamed of, and the husband says, what's this going to cost us? And St Peter said don't be silly this is Heaven. Everything is free. He then took them out back to see the championship golf course. They could have an Angel as a caddy on demand, anytime they wanted, and the course changed routinely to mimic the best courses on earth. The husband said surely this can't be free. St Peter again said of course it is it's Heaven. He then took them to the restaurant adjacent to the golf course which had been designed to replicate 3-star Michelin dining every single day. The husband said come on there has to be a charge, do we have to work for this? He says Of course not everything is free. Welcome to Heaven. Suddenly the husband let out a whale and started pounding his fists, no one could understand what the problem was. Finally, his wife said Honey, what is it? He says if it hadn't been for your low salt, low carb, low this and that we could have been here 15 years ago!!!



A few of our residents took time out of the Walk & Talk group to enjoy morning tea on the verandah watching the 4 nearly 5-year-olds from Little Yacks having a run around the gardens. John, Laurie, Barbara and Jean.

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" you're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" you could be 13, but hey, you're gonna be 16! And then the greatest day of your life... you become 21.

Even the words sound like a ceremony... YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED, we had to throw him out. There's no fun now, you're just sour-dumpling. What's wrong? What's changed?

You become 21, you turn 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you reach 50 and your dreams are gone.

But wait!!!! You MAKE it to 60, you didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50, and MAKE IT to 60.

You've built up so much speed that you hit 70! After that it's a day-by-day thing: you HIT Wednesday!

You get into your 80's and every day is a complete cycle: you HIT lunch: you TURN 4.30: you REACH bedtime. And it doesn't end there.

Into the 90's you START going backwards; "I was JUST 92."

Then a strange thing happens. If you are 100 you become a little kid again, "I'm 100 and a half!"

CANS FOR SUDAN UPDATE

Jordan has returned from Sudan and last Thursday at the weekly prayer service Jordan presented a slide show of his time in Sudan. The presentation was very popular, and residents have requested a second show, this has been scheduled for Monday 24th March at 10.30 in the activities room. If you would like to join us on the 24th please feel free to pop in for a slide show presentation and a Q&A with Jordan.



Yackandandah Health
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

CONSUMER ADVISORY COMMITTEE

The first Consumer Advisory Committee meeting is scheduled for Wednesday 19th March at 2.30pm in the lounge area of Mt Jack. With future meetings scheduled 7th May, 6th August, and 5th November. The purpose of the Committee is to provide a forum for residents and their representatives to discuss and raise issues that are important to them in a relatively independent forum.

The aim is to establish a committee that represents the diversity of our residents, including residents living with dementia, NDIS participants, Aboriginal and Torres Strait Islander residents and residents from culturally and linguistic backgrounds.

We have had a fantastic response from residents and families who wish to participate and be committee members and we would certainly love to hear from anyone else who may be interested in attending these meetings.

Please contact
Christine Farrell Residential Service Manager
[RSM]
On 0414 433 359
Or email
Christine.Farrell@apollocare.com.au

Monday 17th March

9.30 – Exercise News and Discussion
10.30 – Footy Tipping
10.45 – Book Club
1.00 - Bible Study E Wing
2.00 – Bingo
PODIATRY

Tuesday 18th March

HAIRDRESSER

9.30 – Walk & Talk
10.30 –
2.00 – Knit & Natter
2.00 – Cards & Board games

Wednesday 19th March

COOKED BREAKFAST

9.30 - Cooking with Tracey
2.00 – Sing along with the Uku-andandah Club

Thursday 20th March

Hand & Nail Care
10.30 – Prayer Service Anglican
12.00 – Poppy Place March Birthday party
2.00 – Dave on the ukulele
2.00 – Tai-Chi & Quiz

Friday 21st March

STAFF APPRECIATION DAY

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

Saturday 22nd March

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

Sunday 23rd March

Poppy Place ONLY

10.00 – Sunshine Walk
1.30 – Milkshake Sunday and videos.

