



The Week that Was 7th March ~ 13th March 2026

Edith and Beatrice sat together beside the water feature in the sensory garden, catching up after not seeing each other for a little while. As they talked, they reminisced about growing up in Yackandandah and shared a few memories from their younger years. They spoke about familiar places around town and some of the people they used to know, enjoying the chance to reflect on the past. The quiet setting of the garden made it a comfortable place to sit, chat, and reconnect as old friends.



Name: _____ Date: _____

Backyard Birds Word Search

- Cardinal
- Crow
- Dove
- Finch
- Hawk
- Junco
- Mallard
- Oriole
- Owl
- Pigeon
- Quail
- Raven
- Robin
- Sparrow
- Starling
- Swift
- Towhee

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



- Warbler
- Swallow
- Blue Jay
- Peacock
- Nuthatch
- Partridge
- Pheasant
- Goldfinch
- Kingfisher
- Chickadee
- Mockingbird
- Woodpecker
- Hummingbird

ERA Elder Rights Australia
Promoting the human rights of all older people

📞 Aged Care Advocacy Line:
1800 700 600
📅 Tuesday 17th March
🕒 10:30am
📍 Activities Room Yackandandah Health



INTERGENERATIONAL LITTLE YACKS PROGRAM

Little Yacks visit the residents every fortnight, bringing plenty of energy and smiles with them. During their visits, the children spend time chatting, playing simple games, and sharing activities with the residents. These catch-ups are enjoyable for both the young and the old, creating a relaxed and friendly atmosphere where everyone can connect and have a bit of fun together. The visits are something many residents look forward to and help build a lovely sense of community between the groups.



The Knitting Natters group meets every week, bringing together people who share a love of knitting and crochet while making a difference in the community. With needles clicking and yarn in hand, members create beautiful handmade items such as blankets, scarves, and beanies, all with the goal of helping others. Last year, the group generously donated their creations to people experiencing homelessness, providing warmth, comfort, and care during colder months. Beyond the charity work, the gatherings are a welcoming space for conversation, laughter, and support, where friendships grow and social connections flourish while everyone works together for a meaningful cause.



Our Resident Influenza Vaccination Dates

Residents flu clinics are as follows.

Dr Richard Barkas 8th April 9-10.30am
 Dr David Oliver 9th April 9-11am
 Dr Tess Goodwin 9th April 1-2pm
 Dr Jane Gardner 10th April 9-11am

All residents require a completed consent form. These need to be signed by the resident or NOK/POA - The consent forms will be available from Reception or emailed closer to the date.

Resident Relative & Friends Meeting

Just a reminder to all residents' family and friends that our upcoming Residents Family & Friends Meeting will be held on 31st March at 10:00am in the Activities Room. We warmly encourage you to attend, share your thoughts, and stay updated on what's happening in our community. We look forward to seeing you there!

JOKE OF THE WEEK

Went to bed the other night and saw people stealing from my shed. I called the police-they said no one was available.

So I called back a minute and said, "No need to hurry now... I've shot them."

Within minutes, there were half a dozen cop cars, helicopters, and a full armed unit swarming the place. Officer: "I thought you said you shot them?"
 Me: "I thought you said no one was available"

Monday 16th March

9.30 – Exercise News and Discussion
 10.00 – Book Exchange
 10.30 – Book Club
 1.00 – Bible Study
 2.00 – Bingo
 2.00 - PODIATRY

Tuesday 17th March

10.00 – ELDER RIGHTS ADVOCACY INFORMATION SESSION
 2.00 – Cards & Board Games and Knitting Natters/Crochet chats

Wednesday 18th March

COOKED BREAKFAST

9.30 – Cooking
 2.00 – UKU-ANDANDAH CLUB SING-ALONG

Thursday 19th March

10.30 – Prayer Service - Mth Jane
 1.15 – TAI CHI & Quiz
 1.15 – Moose the Therapy dog
 2.00 – Cards & Boardgames.

Friday 20th March

9.30 – Little Shop Coffee Stop OPEN
 1.30 – Carpet Bowls

Saturday 21st March

10.00 – Walk and talk in the sunshine
 1.30 – Craft

Sunday 22nd March

10.00 – Sunshine Walk
 1.30 – Air hockey
 2.30 – Afternoon of Classical Music

