



## Individual Activity Choices

There is much more to the lifestyle program than big group activities - the choices are endless. A healthy and active lifestyle is important regardless of age. Getting older can be isolating for many residents, especially with decreased mobility, but it's healthy to remain engaged in activities that you enjoy. You have lots of options to choose from, whether you prefer to do individual activities in the privacy of your own room, or group activities, we are here to help in any way possible to support you in these chosen activities, assisting you to meet your needs, preferences and goals. Here are some examples of residents of Yack Health enjoying their chosen individual programs.

## THE WEEK THAT WAS



Bob enjoys aqua paints, which is an innovative and unique painting activity. Bob paints water onto the drawing to reveal the coloured images.

As the water dries the image will fade, allowing the aquapaint to be used again. You can see the concentration on Bob's face as he uses the paint brush and blotter to reveal the items on the page.

We have an extensive range of aqua paintings available, why not give one a try?



Ingrid was born in Germany and enjoys reading through German language cards with staff, supporting her emotional, spiritual, and cultural needs.

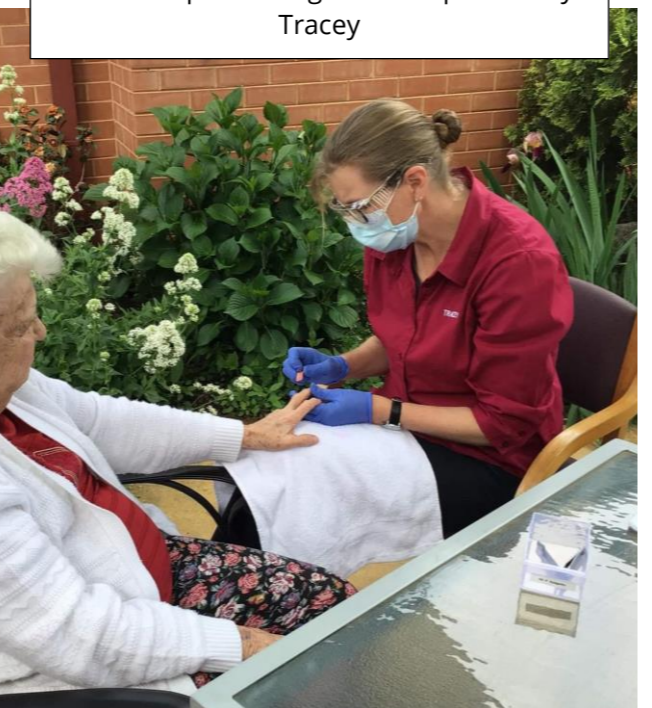
Flo & Joan enjoy a walk in the garden



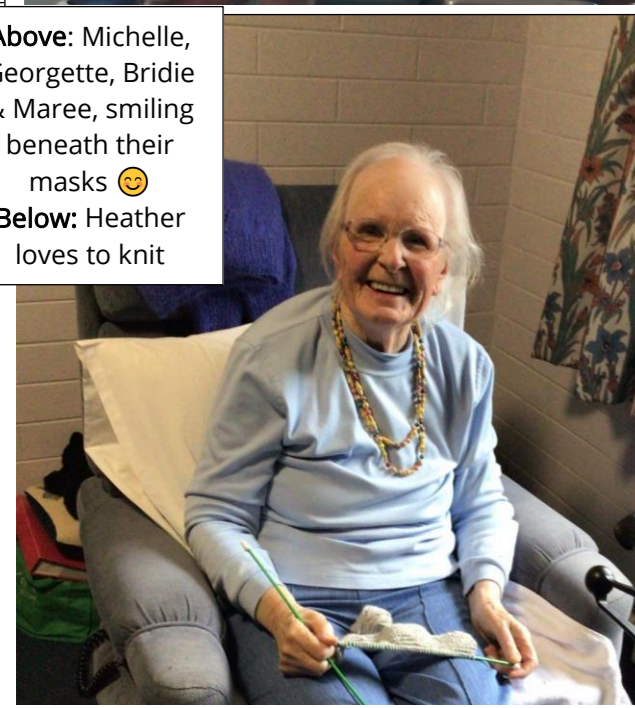
Above Max with his son in law Chris & daughter Bev



Above: Bev bringing out her creative side.  
Below: Pepita having her nails painted by Tracey



Above: Michelle, Georgette, Bridie & Maree, smiling beneath their masks 😊  
Below: Heather loves to knit



Janice enjoys listening to music, her favourite being ABBA. She remembers driving with her family to central Australia as they played and sang to ABBA most of the way.

# One Foot Forward Challenge



The team have finished their challenge having walked well in excess of their goal of 100kms. The kilometers walked are still being tallied and will be announced in next week's weekly.

We cannot express our pride in your determination to achieve your goals for such a wonderful cause.

We would like to say a big thank you to Eileen Collins, Eril Brown and the Westland family who kindly made generous donations throughout the week. We are just over halfway to our fundraising goal of \$500.

If you would like to donate, please follow the link below.

<https://www.onefootforward.org.au/fundraisers/yackandandahhealth>



## This week's laugh!

There was a couple who had given their twin sons very strange names. One was named Trouble, while the other boy's name was Mind Your Own Business. So, one day they were playing hide and seek. Mind Your Business counted to a hundred and then started looking for his brother. But somehow, he couldn't find him anywhere. He saw a police car passing the neighborhood, so he stopped it to ask for help. When the police officer asked him for his name, he replied, "Mind Your Own Business!" Feeling insulted, the police officer still asked politely who he was looking for. Mind Your Own Business replied, "I am looking for Trouble!"

A boy asked out the girl he liked. To get flowers for her, he had to stand in a line outside the florist for an hour. To make things worse, he had to wait another hour in a line outside the tuxedo shop. Finally, he goes to the dance with the girl. The girl wanted to have some apple punch so the boy went to get it, but to his surprise, there was no punch line.

The historians had gathered for a party in Cairo after they had discovered a new mummy. The discovered mummy, on display at the party hall, suddenly woke up. Seeing the historians alarmed, the mummy said that he just wanted to listen to some music. The mummy said, "Please don't play jazz because my trom-bones are in a very bad shape. Could someone please put on some wrap music?"

## WHATS ON THIS WEEK Poppy Place Activities

Monday 1<sup>st</sup>

**Ingrid Lahm's Birthday**

Melbourne Cup Sweeps

Facetime Calls

Cook Ingrid's Birthday Cake

Art & Craft

Tuesday 2<sup>nd</sup>

**Melbourne Cup Day**

Melbourne Cup Quiz & Games

Fashion on the Field & Hat Parade

3:00 The Big Race

**Wednesday 3<sup>rd</sup>**

Group Puzzles

Spinning Wheel Toss

3:00 Catholic Mass

Hot towels & Pamper

Music Therapy

**Thursday 4<sup>th</sup>**

Table Games

Current affairs and Discussion

2:00 Tai Chi

Individual Activities

**Friday 5<sup>th</sup>**

10-12 Café & Shop

Garden Walks

Emotional & Spiritual Support

Newspaper Reading Discussion

**Saturday 6<sup>th</sup>**

10:00 Pamper Morning

1:30 Musical Bingo (with drinks & snacks)

2:45 Movie Afternoon

**Sunday 7<sup>th</sup>**

11:30 Songs of Praise (ABC)

## WHATS ON THIS WEEK

Monday 1<sup>st</sup>

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

10:30 Melbourne Cup Sweeps

2:00 Bingo

Tuesday 2<sup>nd</sup>

**Melbourne Cup Day**

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

11:00 Melbourne Cup Quiz &

Games

2:00 Fashion on the Field & Hat Parade

3:00 The Big Race

**Wednesday 3<sup>rd</sup>**

9:30 Cooking in the Big Ben Kitchen

2:00 Gentle Chair Exercises

2:30 Newspaper Reading

3:00 Catholic Mass

**Thursday 4<sup>th</sup>**

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

10:30 Hand & Nail Care

2:00 Tai Chi (Library)

Quick Quiz following Tai Chi

**Friday 5<sup>th</sup>**

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

**Saturday 6<sup>th</sup>**

10:00 Pamper Morning

1:30 Musical Bingo (with drinks & snacks)

3:00 Movie Afternoon

**Sunday 7<sup>th</sup>**

11.30 Songs of Praise (ABC)