

THE WEEK THAT WAS

Melbourne Cup Day Fun

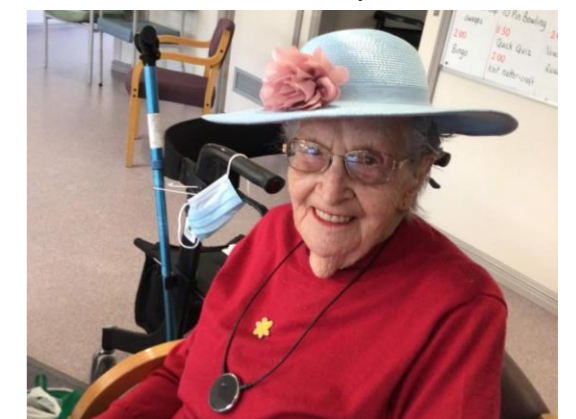
Melbourne Cup Day was celebrated in style on Tuesday, with many ladies frocking up in their best dresses and taking to the stage to the sounds of Lionel Richie's "Three times a lady". The men strutted their stuff to Otis Redding's "Love Man" to the sounds of cheering and clapping from the crowd. The day was full of themed activities including quizzes, games, sweeps, fashions on the field and a hat parade.



Pepita & Norma in the fashions on the field.



Not to be outdone the men, Jurgen, Max & Wally take to the catwalk



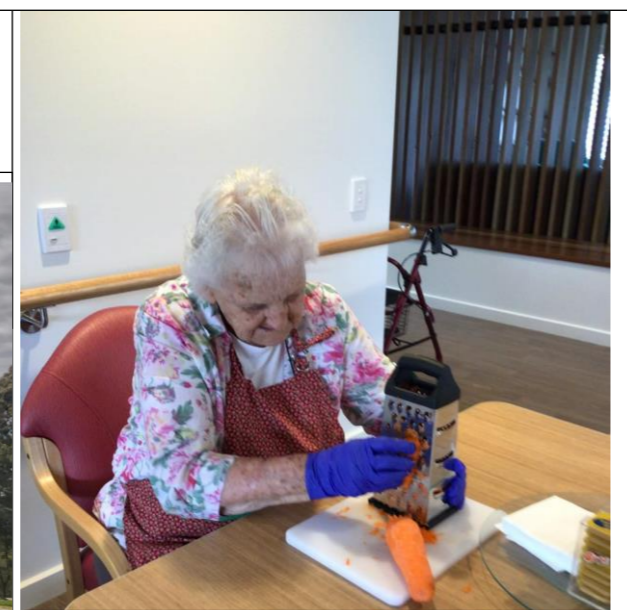
Olive (above) and Eril (below) looking verry ellegant (see what we did there?)



Flo and her Granddaughter Jessica enjoy a cuppa in the garden



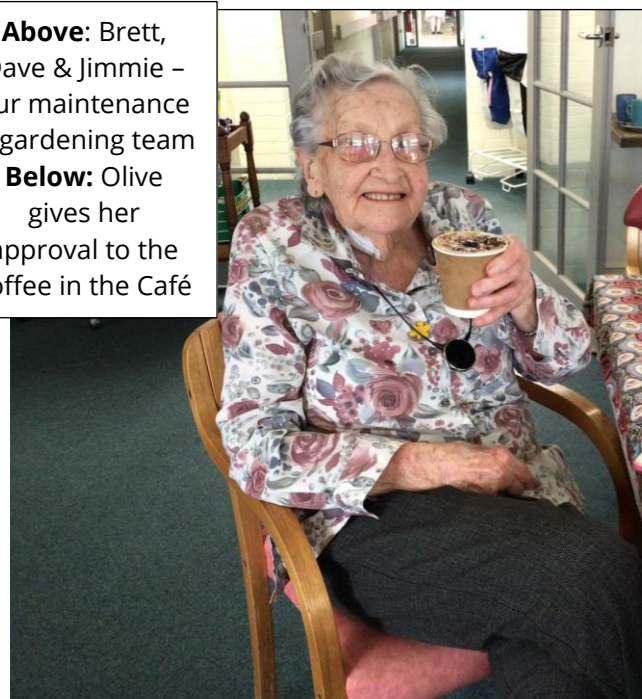
Above: Edie lets it rip in 10 pin bowling



Above & Below: Big Ben kitchen is always a hive of activities on Wednesday mornings. This week the residents cooked a carrot cake and a boston bun.



Above: Brett, Dave & Jimmie - our maintenance & gardening team
Below: Olive gives her approval to the coffee in the Café

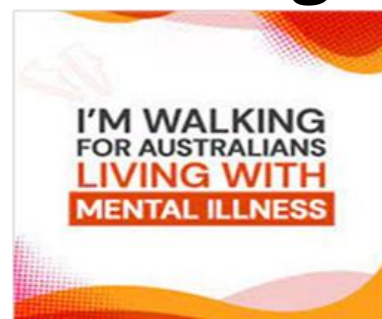


RFF Meeting



A resident, family & friends meeting will take place in the Activities Room on Tuesday 9th November at 9:30. We welcome all residents, along with their families and friends to take part. This is a great opportunity to be actively involved in the planning and wellbeing of all residents of Yack Health. For families wishing to attend please contact reception for details.

One Foot Forward Challenge



They made it! The kilometers are all tallied up and we are astounded to announce that this inspiring team of walkers managed to walk an incredible 206.18kms throughout October raising much needed funds for the black dog institute.

We would like to say a big thank you to Nancy Harrap, Phillip Dryden and Emma Atkin who kindly made generous donations throughout the week bringing us to a total of \$304.95 raised. Thankyou to all who supported the team.

FREE WEBINAR

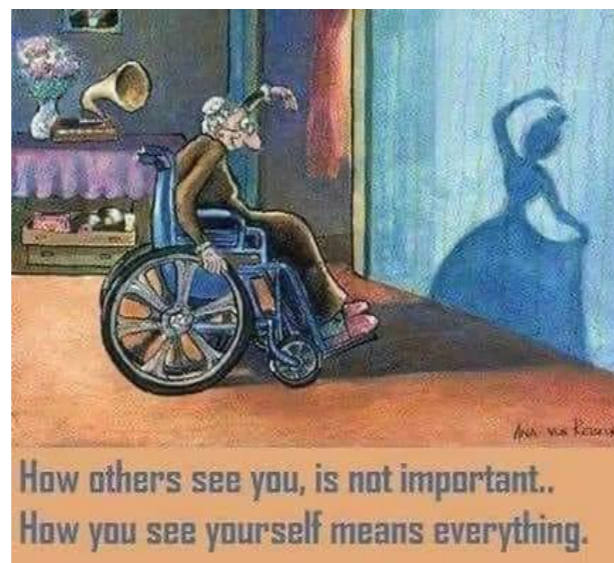
Advocacy and Understanding Your Rights in Aged Care



ERA Elder Rights Advocacy Supporting your right to quality care Call 1800 700 600 or visit www.era.asn.au

Elder Rights Advocacy have organised the following webinar which will be broadcast in the Big Ben Lounge Room on Wednesday 10th November at 10:30-11:30. This session can be accessed by consumers/residents, their families and representatives. It will provide an overview of Elder Rights Advocacy (ERA) services, advocacy and the rights of people who may be accessing Commonwealth funded aged care services (residential, home care packages, Commonwealth Home Support Programme) or seeking to access these services. It will include how to seek support and also advocate for those rights to address any concerns. Families wishing to book a ticket to this free webinar can do so by following the link below

<https://bit.ly/webinar10Nov>



WHATS ON THIS WEEK Poppy Place Activities

Monday 8th

Tongue Twisters
10:30 Book Exchange
Hot towels & Pamper
2:00 Ladies High Tea
Exercises and Stretching

Tuesday 9th

9:30 Resident Focus Meeting
Poems and proverbs
Sensory Activities
Art & Craft
Pool Noodle Hockey

Wednesday 10th

Facetime calls
9:30 Cooked lunch with Chef Wendy
Hand and Nail Care
Catholic Mass

Thursday 11th

9:30 Anglican Service
Table Games
Chat in the Garden

2:00 Tai Chi

Singalong

Friday 12th

10-12 Café & Shop
Balloon play
Musical Memories
Hot towels & Pamper
Gardening

Saturday 13th

10:00 Bingo
1:30 Happy Hour (with drinks & snacks)
2:45 Movie Afternoon

Sunday 14th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 8th

[International Tongue Twister Day](#)
9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Book Exchange
11:15 Tongue Twisters
2:00 Ladies Afternoon Platters, Wine & Soft drinks

Tuesday 9th

9:30 Resident Focus Meeting in the Activities Room
10:30 Gardening with Leo
2:00 Knit & Natter

Wednesday 10th

9:30 Cooked lunch with Wendy
10:30 Advocacy & understanding your rights in Aged Care Webinar – Big Ben Lounge
2:00 Movie Afternoon

Thursday 11th

9:00 Anglican Service - Library
10:30 Remembrance Day Service By the Poppies in the Garden
2:00 Tai Chi (Library)

Friday 12th

9:30 Musical Memories
10:00-11:30 Café & Shop open
2:00 Carpet Bowls
3:00 Individual Visits

Saturday 13th

10:00 Bingo
1:30 Happy Hour (with drinks & snacks)
3:00 Movie Afternoon

Sunday 14th

11.30 Songs of Praise (ABC)