



Above: Valda & Eileen wish Alice a Happy Birthday
Below: Roland enjoying a wheelchair walk in the garden



Above: Heather enjoys reading the newsletter



Above: Pauline cuts her birthday cake, Happy Birthday Pauline!



Above: Book club with Judy is very popular

The Week That Was

Australia Day Fun



What a fun day Australia Day was at Yack Health. The morning was filled with busy residents working together to make delicious, home-made lamingtons whilst the thong throwing competition was popular, the event of the day was definitely the yabby races. Hoots of laughter attracted attention from staff and residents alike as the crowd cheered on their chosen yabby to get across the line. So much fun!



Top: Norma & Eril making some scrumptious lamingtons
Above: Taste testers Olive & Hazel approve
Below: Tania, Olive & Rachael get into the Aussie spirit



Above: The crowd watch on as the Yabbies race
Below: Chris, Max & Judy prepare to battle it out in the thong throwing competition.



MEN'S CHINWAG

The Men's Chinwag was the place to be on Friday as the men of Yack Health came together for a chinwag whilst enjoying their lunch together. The men's chinwag is a great opportunity for the men to spend time together discussing their interests and provides an opportunity and space to get things off your chest in a friendly, nondiscriminatory environment.



Above: Max & Johnny (above) and Laurie & Dave (below) enjoy the chinwag.



Wally (above) enjoys his fish 'n' chips

This Weeks Laugh

A man suffered a serious heart attack while shopping in a store.

The clerks called 000 when they saw him collapse onto the floor.

The paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery.

He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital he was taken to.

A nun was seated next to his bed holding a clip board loaded with several forms and a pen. She asked him how he was going to pay for his treatment.

"Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank."

"Do you have a relative who could help you with the payments, asked the irritated nun? He said, "I only have a spinster sister and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Perfect."

"Send the bill to my brother-in-law!!..



What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 31ST

Ice-Cream Run
Seated Soccer
Facetime Calls
Musical Bingo

TUESDAY 1ST



Art & Craft
Hand & Nail Care
Chinese Meditation (Qigong) Exercises

WEDNESDAY 2ND

Cooked Breakfast
Facetime calls
Garden Walks
Fruit Dehydration
Catholic Mass

THURSDAY 3RD

Garden Walks
Hand Care
2:00 Tai Chi
Afternoon Tea in the Garden

FRIDAY 4TH

10-12 Café & Shop
Emotional & Spiritual Support
Newspaper Reading & Discussion

SATURDAY 5TH

10:00 Bingo
1:30 Happy Hour
2:45 Movie Afternoon

SUNDAY 6TH

11:30 Songs of Praise

MONDAY 31ST

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Book Club with Judy
2:00 Bingo

TUESDAY 1ST



9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Chinese New Year Quiz
2:00 Knit, Natter & Craft

WEDNESDAY 2ND

Cooked Breakfast

9:30 Cooking in the Big Ben Kitchen
2:00 Gentle Chair Exercises
2:30 Newspaper Reading
3:00 Catholic Mass

THURSDAY 3RD

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Hand & Nail Care
2:00 Tai Chi in the Library
Quick Quiz following Tai Chi

FRIDAY 4TH

9:30 Musical Memories
10 12 Café & Shop Open
2:00 Carpet Bowls
3:00 Individual Visits

SATURDAY 5TH

10:00 Bingo
1:30 Happy Hour
3:00 Movie Afternoon

SUNDAY 6TH

11:30 Songs of Praise