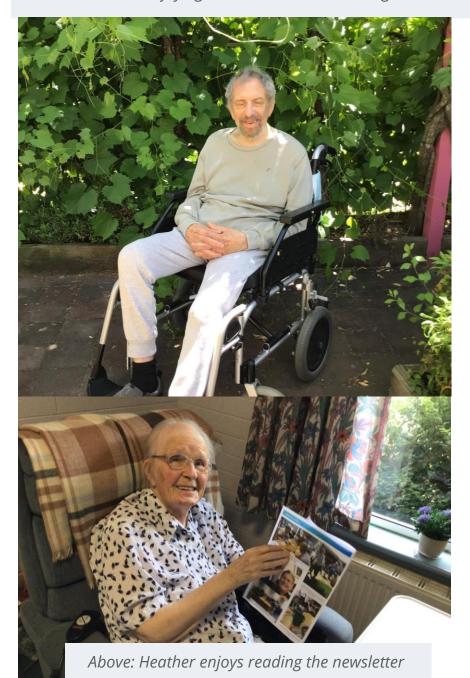
# **Weekly Photo Gallery**



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





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



Above: Book club with Judy is very popular



# Residents Weekly

**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!



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





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



# **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 31**<sup>ST</sup>

Ice-Cream Run Seated Soccer Facetime Calls Musical Bingo

#### **TUESDAY 1<sup>ST</sup>**



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

### WEDNESDAY 2<sup>ND</sup>

#### **Cooked Breakfast**

Facetime calls
Garden Walks
Fruit Dehydration
Catholic Mass

### **THURSDAY 3<sup>RD</sup>**

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

#### FRIDAY 4<sup>TH</sup>

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

## SATURDAY 5<sup>TH</sup>

10:00 Bingo1:30 Happy Hour2:45 Movie Afternoon

#### **SUNDAY 6TH**

11:30 Songs of Praise

#### **MONDAY 31<sup>ST</sup>**

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

### **TUESDAY 1**ST



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

#### WEDNESDAY 2<sup>ND</sup>

#### **Cooked Breakfast**

9:30 Cooking in the Big Ben Kitchen2:00 Gentle Chair Exercises2:30 Newspaper Reading3:00 Catholic Mass

#### **THURSDAY 3<sup>RD</sup>**

9:15 Gentle Chair Exercises10:00 Newspaper Reading10:30 Hand & Nail Care2:00 Tai Chi in the LibraryQuick Quiz following Tai Chi

#### FRIDAY 4<sup>TH</sup>

9:30 Musical Memories10 12 Café & Shop Open2:00 Carpet Bowls3:00 Individual Visits

#### SATURDAY 5<sup>TH</sup>

10:00 Bingo1:30 Happy Hour3:00 Movie Afternoon

#### SUNDAY 6<sup>TH</sup>

11:30 Songs of Praise