

The Week That Was

Activities in the Sunshine



We have been lucky enough to have some fantastic weather over the past week where residents of Yack Health have been able to enjoy time outside, soaking up some sunshine, gardening, reading, enjoying morning tea and even drying out rose petals to make potpourri. Be sure to make the most of this lovely weather and spend some time in our beautiful garden.



Above: Leo tends to his thriving vegetable garden.
Below: A lovely afternoon tea was enjoyed in the Poppy Place courtyard.



Above: Pauline plays the piano for her family via Facetime



Above: Keep your eye out for Ken on Monday mornings as he delivers the newsletters in Poppy Place



Top: Bev dries out the rose petals for the potpourri
Viv (above) and Ingrid (below) take time out to smell the roses before they dry them out for the potpourri



Above: Helen loves to read in the courtyard
Below: Eileen's Garden is bursting with vegetables



Above: Residents enjoys listening to Geoff McCracken sing whilst enjoying scones & coffee from the Café

CELEBRATE ALL THE 2'S

22/2/2022

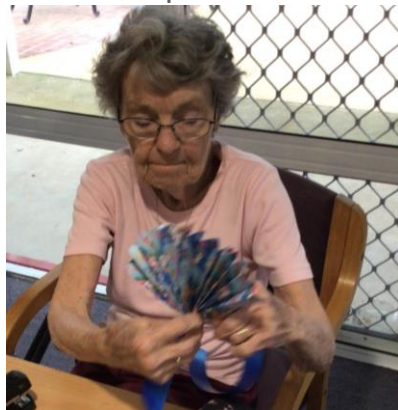
"Two's-Day" is on Tueueeeesday 22/2/22, which is toooo good an oppor-2-nity to miss wearing a Tutu.



If you don't have a tutu, fear not! Join us at Knit & Natter to make your very own tutu this Tuesday.

CHINESE NEW YEAR

Chinese New Year was celebrated by making Chinese fans and lanterns, board decorations, quizzes, and Chinese meditation. This year is a water Tiger, the first of its kind since 1962. People born in a water tiger year are thought to be very loyal to their family and have strong relationships in their life.



Chris makes a beautiful Chinese fan.

This Weeks Laugh

Bob was in trouble. He forgot his wedding anniversary. His wife was really angry. She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 100 in 6 seconds AND IT BETTER BE THERE !!" The next morning, he got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway and brought the box back into the house. She opened it and found a brand-new set of bathroom scales.

Bob has been missing since Friday.



I saw a woman crying in a campground who had locked her keys in her car. I told her that I would fix it. She was amazed when I pulled off my pants and rolled them into a tight ball. I rubbed them up against the car door and the lock popped open. Amazed she said, how the hell did you do that? I said, easy, these are my Khaki's

What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 7TH

Snack & Chat
Seated Soccer
Facetime Calls
Musical Bingo

TUESDAY 8TH

Art & Craft
Walks in the Garden
Armchair Travel to Germany
Tovertafel
Cooking Pancakes

WEDNESDAY 9TH

Walks in the Garden
Facetime calls
Movie Afternoon
Balloon play
Connect 4

THURSDAY 10TH

9:30 Anglican Service
Hand and Nail Care
2:00 Tai Chi
Smoothie Bar

FRIDAY 11TH

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

SATURDAY 12TH

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

SUNDAY 13TH

11:30 Songs of Praise

MONDAY 7TH

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

TUESDAY 8TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Armchair Travel to Germany
2:00 Knit, Natter & Craft

WEDNESDAY 9TH

9:30 Cooking in the Activity Room
2:00 Gentle Chair Exercises
2:30 Newspaper Reading
3:00 Individual Visits

THURSDAY 10TH

9:30 Anglican Service
10:30 Hand & Nail Care
11:30 Individual Visits
2:00 Tai Chi in the Library
Quick Quiz following Tai Chi

FRIDAY 11TH

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

SATURDAY 12TH

10:00 Pamper
1:30 Pub Trivia
3:00 Movie Afternoon

SUNDAY 13TH

11:30 Songs of Praise