



Above: Leo with his homegrown tomatoes

Below: Heather enjoying ladies high tea



Above: Geoff enjoys a coffee at the Cafe



Above: Eril whipping up a treat



Above: Doris loves a cuppa at the ladies day high tea

The Week That Was

Outback Australia

There is something magical about the Australian outback. It is a place that holds majestic memories of travels for many residents of Yack Health, which makes it an incredibly popular choice for armchair travel.



Above: Max shows a didgeridoo in front of the Outback Australia board. Doesn't it look great??

Below: A large crowd gathered for Armchair travel to Outback Australia



Here are some mind-blowing facts about Outback Australia.

17% of the outback population are from indigenous Aboriginal tribes.

Nearly 17% of the total population is made up of people from the indigenous Aboriginal tribes. As of 2006, the Outback has a total population of less than 700,000 residents.

**Uluru is taller than the Eiffel Tower!**

Uluru stands 348 metres tall, higher than the Eiffel tower at 324 metres, the Great Pyramid at 139m & the Statue of Liberty at a piffling 93m.

**The Outback has the longest straight road!**

National Highway 1 linking Western Australia and South Australia has the world's longest stretch of straight bitumen road, 146.6 kms without a bend.

The Outback has the only known fossilised dinosaur stampede in the world!

Thousands of footprints are preserved in mudstone near Lark Quarry Conservation Park. The footprints have been interpreted as 150 two legged dinosaurs escaping a much larger predator!



## BANANA SPLITS A HIT

How long has it been since you last had a banana split? For many residents it was far too long but that all changed on the weekend when we decided to make banana splits in the Poppy Place kitchen. Chris was busy helping (as always) and loved putting a smile on the faces of all.



## This Weeks Laugh

Brenda and Terry are going out for the evening. The last thing they did before leaving was put their cat out but as the taxi arrived, and they walked out of the house, the cat scooted back in. Terry ran inside to chase it out. Brenda, not wanting it known that the house would be empty, explains to the taxi driver, 'My husband is just going upstairs to say goodbye to my mother.' Several minutes later, an exhausted Terry arrives and climbs back into the taxi saying, 'Sorry I took so long, the silly thing was hiding under the bed and I had to poke her with a coat hanger several times before I could get her to come out!'



There was a preacher that was trying to sell his horse. A potential buyer came to the church for a test ride. "Before you start" the preacher said, "you should know that this horse only responds to church talk. Go is praise the Lord and stop is Amen. So, the man on the horse says, " Praise the Lord," and the horse starts to trot. The man again says, "Praise the Lord," and the horse starts to gallop. Suddenly there is a cliff right in front of the horse and the man yells Amen!!! The horse stops just at the edge of the cliff. The man wipes the sweat from his brow and says, "Praise the Lord."

## What's On This Week

### POPPY PLACE ACTIVITIES

#### MONDAY 14<sup>TH</sup>

No Lifestyle Staff due to the Public Holiday

#### TUESDAY 15<sup>TH</sup>

Newspaper Reading in the Garden  
Monthly Birthday Party  
Cooking Cupcakes  
Footy Tipping

#### WEDNESDAY 16<sup>TH</sup>

**Cooked Breakfast**  
Individual Playlist  
Group Puzzles  
Hand Massages  
Catholic Mass

#### THURSDAY 17<sup>TH</sup>

Hairdresser in today

#### St Patrick's Day Fun

Hand & Nail Care  
2:00 Tai Chi  
Tovertafel  
St Patrick's Day Singalong

#### FRIDAY 18<sup>TH</sup>

Today is Beth Tonkin's Birthday

10-12 Café & Shop  
Balloon play  
Musical Memories  
Art & Craft

Reminiscing Books

#### SATURDAY 19<sup>TH</sup>

10:00 Tai Chi  
1:30 Musical Bingo  
2:45 Movie Afternoon  
One on One Visits

#### SUNDAY 20<sup>TH</sup>

10:00 Smoothie Bar (Poppy Place Dining Room)  
11:15 Resident Choice Individual Visits  
11:30 Songs of Praise  
1:30 Pool Noodle Hockey

#### MONDAY 14<sup>TH</sup>

No Lifestyle Staff due to the Public Holiday

#### TUESDAY 15<sup>TH</sup>

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
10:00 Men's Shed  
11:00 Quiz  
11:30 Footy Tipping

2:00 Knit, Natter & Craft

#### WEDNESDAY 16<sup>TH</sup>

#### Cooked Breakfast

9:30 Cooking in the Big Ben Kitchen  
2:00 Gentle Chair Exercises & Walk  
3:00 Catholic Mass  
3:00 Individual Visits

#### THURSDAY 17<sup>TH</sup>

#### St Patrick's Day



Hairdresser in today

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
10:30 Hand & Nail Care  
2:00 Tai Chi in the Library followed by an Irish Quiz

#### FRIDAY 18<sup>TH</sup>

Today is Beth Tonkin's Birthday

9:30 Musical Memories  
10-12 Café & Shop Open  
2:00 Lawn Bowls (Café Courtyard)  
3:00 Individual Visits

#### SATURDAY 19<sup>TH</sup>

10:00 Bingo  
1:30 Cocktail Afternoon  
3:00 Movie Afternoon

#### SUNDAY 20<sup>TH</sup>

10:00 Smoothie Bar (Poppy Place Dining Room)  
11:15 Resident Choice Individual Activities  
11:30 Songs of Praise  
1:30 Pool Noodle Hockey