



Above: The walking group chose to walk inside on a cold winter's day.  
Below: Pool Noodle Hockey is a fun way to stay active.



Above: Singing hymns during Anglican service.



Above: Belinda on the cash register in the shop. The shop is open on Friday mornings.



Above: Chris stocks up on all her favourite treats.

The Week That Was

Baking up some treats

I have said it before and I'll say it again, I really do think we have the best cooks in all of Yackandandah right here at Yack Health! The group banded together to make a date loaf and an orange cake, both of which were special requests by residents for their birthdays.



Norma (top), Chris (above) and Judy (below) are regulars at our cooking activities



Eril (above) mixes the carrot cake



Yum!

## DENTAL VAN VISIT FOR YH



Oral Hygiene is very important to our overall health, particularly as we age, so it is important to keep up with our regular visits.

We understand how difficult it can be to get yourself or your loved one to the dentist, some people haven't been to see the dentist in more than 2 years due to Covid restrictions.

We are extremely lucky to have been chosen to partner with Albury Wodonga Health in a pilot project to have dental services come into Aged Care Facilities.

If successful Albury Wodonga Health will roll out this program throughout the area.

We currently have appointments available on the 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> June. All appointments will incur a fee of \$30 and will be capped at \$120.

If you, or your family member would like to attend this service please see Karen or nursing staff for relevant forms. These forms will need to be completed and returned to us by 4pm on 17<sup>th</sup> June in order to be able to coordinate your appointment.

If you have any queries, please see Karen.

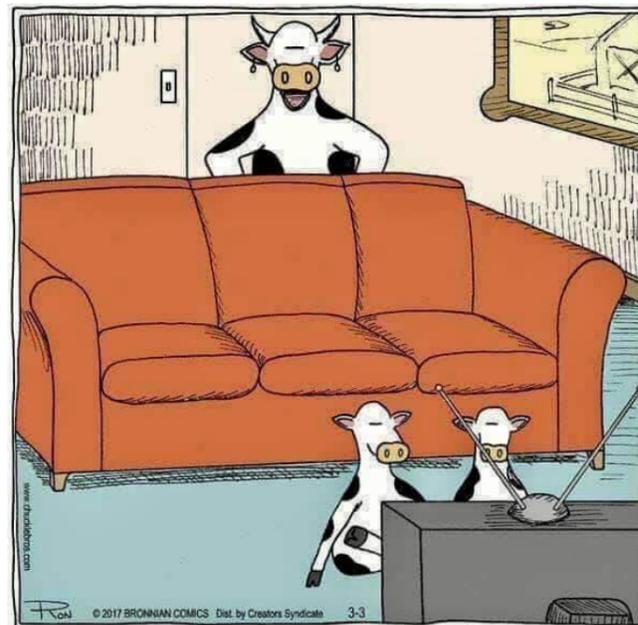


## This Weeks Laugh

A man is late for an important meeting but he can't find a place to park. In desperation, he begins to pray. "Please Lord, if you help me find a parking stall right now, I promise to go to church every Sunday and never drink vodka again!" A moment later, he sees a beautiful empty spot right next to the entrance. "Never mind. Found one!"



A man is sitting at home when he hears a knock at the door. He opens the door and sees a snail on the porch. He picks up the snail and throws it as far as he can. Three years later there's a knock on the door. He opens it and sees the same snail. The snail says: 'What the hell was that all about?'



"C'mon, you two . . . it's pasture bedtime."

## What's On This Week

### POPPY PLACE ACTIVITIES

#### MONDAY 13<sup>TH</sup>

Exercises  
Newspaper Reading  
Book Club with Judy  
Footy Tipping  
Royal Reminiscing

#### TUESDAY 14<sup>TH</sup>

9:30 RFF Meeting (Activities Room)  
Newspaper Reading in the Garden  
Connect 4  
Reminiscing Boxes

#### WEDNESDAY 15<sup>TH</sup>

Individual Playlist  
Group Puzzles  
Hand Massages  
Catholic Mass

#### THURSDAY 16<sup>TH</sup>

Hairdresser in today  
Move to Music  
Milkshake Trolley  
2:00 Tai Chi

#### FRIDAY 17<sup>TH</sup>

10-11:30 Shop Open  
Lawn Bowls  
Tovertafel  
Chair Zumba

#### SATURDAY 18<sup>TH</sup>

9:45 Newspaper Reading  
11:00 Bingo  
1:30 Pub Trivia  
2:45 Movie Afternoon

#### SUNDAY 19<sup>TH</sup>

9:45 Newspaper Reading  
10:30 Hand & Nail Care (Poppy Place)  
11:30 Songs of Praise (ABC)  
1:30 Art & Craft  
2:30 Walks in the Garden

#### MONDAY 13<sup>TH</sup>

9:15 Gentle Chair Exercises & Walk  
10:00 Newspaper Reading  
11:00 Book Club with Judy  
Footy Tipping throughout the Morning  
2:00 Royal Reminiscing

#### TUESDAY 14<sup>TH</sup>

9:30 RFF Meeting (Activities Room)  
10:00 Men's Shed  
11:00 10 Pin Bowling  
11:30 Quiz  
2:00 Knit & Natter

#### WEDNESDAY 15<sup>TH</sup>

9:30 Cooking our own Morning Tea in the Activity Room  
2:00 Gentle Chair Exercises  
2:30 Newspaper Reading  
3:00 Resident Choice Individual Activities

#### THURSDAY 16<sup>TH</sup>

Hairdresser in today  
9:15 Gentle Chair Exercises & Walk  
10:00 Newspaper Reading  
10:30 Hand & Nail Care  
2:00 Tai Chi in the Library  
Wheel Chair Walks in the Garden

#### FRIDAY 17<sup>TH</sup>

9:30 Musical Memories  
10-11:30 Shop Open  
2:00 Lawn Bowls  
3:00 Resident Choice Individual Visits

#### SATURDAY 18<sup>TH</sup>

9:45 Newspaper Reading  
11:00 Bingo  
1:30 Pub Trivia  
3:00 Movie Afternoon

#### SUNDAY 19<sup>TH</sup>

9:45 Newspaper Reading  
10:30 Hand & Nail Care (Poppy Place)  
11:30 Songs of Praise (ABC)  
1:30 Art & Craft  
2:30 Walks in the Garden