

THE WEEK THAT WAS



From the CEO desk....

Hi All,

I can not believe we are about to start into July, 2021.... where did the first 6 months of the year go!

Thank you for being so co-operative during this most recent lockdown. I know how hard it is to be away from your family and loved ones.

Once again, we have eliminated Covid from Victoria but now it seems that it has travelled up the coast to Greater Sydney. 😞 Here in Victoria, we are opening up to visitors again which is wonderful news but we need to be ever vigilant because this virus is highly contagious and can make you very unwell. If you are not sure please remember to call the office in advance or check with one of the staff to see if it is OK to come to visit.

I am really looking forward to getting around and seeing you all again.

Until then

Stay Safe

Andrea O'Neill CEO

Yackandandah Health

Men's Chinwag

The Men's chinwag was held on Friday, this is a regular activity that takes place on the last Friday of each month. The men are treated to a delicious lunch of fish 'n' chips from the Star Hotel and as the name suggests - enjoy a good ol' chinwag together.

There are profound benefits when men have the space and time to discuss the things that matter to them with other men, in a non-confronting atmosphere.

If you haven't been along, come on down to see what it's all about.



Cooking with Chef Wendy

On Wednesday we enjoyed cooking our own lunch in the activity room with assistance from Chef Wendy. The menu consisted of spring rolls, wantons and lime pandang pudding for dessert. It was a new experience, as many residents hadn't heard of, let alone cooked these dishes before. One thing was sure, it had the thumbs up from all in attendance.

Next month the group has decided on a hearty winter dish of Beef Bourguignon followed by Madeleines, we can't wait!



This week's laugh!



A man was drunk as a skunk when he came home and heard the cuckoo clock going three times. Quickly, he cuckooed nine more times hoping his wife would think it was midnight.

The next day, his wife asked what time he got home and he replied: 'Midnight'.

She then said they needed another cuckoo clock because: 'Midnight, last night it cuckooed three times and said 'damn', cuckooed four more times and cleared its throat, cuckooed six more times and started giggling!'

Old Murphy had worked in a brewery, and one day he fell into the vat and drowned. The foreman went to inform his widow: 'I am sorry to tell you Madam, old Murphy passed away today at work when he fell into the vat and drowned'.

She looked at the foreman and asked: 'Tell me, did he suffer?' 'I don't think so' said the foreman: 'He got out three times to visit the men's room'.

Why are chemists great at solving problems? Because they have all of the solutions!

WHATS ON THIS WEEK Poppy Place Activities

Monday 28th

Facetime Calls

Footy Tipping

Reminiscing books & small group discussions

Group Puzzles

Exercises

Tuesday 29th

Hand & Nail Care

Art & Craft

Group Knitting

Exercises

Wednesday 30th

Facetime Calls

11:15 Men's Choir & luncheon

Exercises

Musical Bingo

Seated Soccer

Thursday 1st

Hand and Nail Care

Garden Walks & Flower Arranging

Decorate the Notice Board

2:00 Tai Chi

Friday 2nd

10:00-12:00 Café & Shop open

Individual Music

Hot towels & Pamper

Saturday 3rd

1:30 Pub Trivia (in WG Activity Room)

2:45 Movie Afternoon

One on One Visits

Sunday 4th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 28th

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

One on One Footy Tipping throughout the morning

2:00 Bingo

3:00 Book Exchange

Tuesday 29th

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

11:00 Pool Noodle Hockey

11:30 Quick Quiz

2:00 Knit, Natter & Craft

Wednesday 30th

Today is Louise Griffiths & Margaret Bohm's Birthday

9:30 Cooking in the Big Ben kitchen

11:15 Men's Choir & luncheon in Poppy Place

2:00 Exercises & Stretching

2:45 Newspaper Reading

Thursday 1st

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

11:00 Hand & Nail Care

2:00 Tai Chi

3:00 Individual Visits

Friday 2nd

9:30 Musical Memories

10:00-11:30 Café & Shop open

12:00 Men's Chinwag with

2:00 Carpet Bowls

3:00 Individual Visits

Saturday 3rd

10:00 Catch the bus to the Yack shops

1:30 Pub Trivia with drinks and nibbles

3:00 Movie Afternoon

Sunday 4th

11.30 Songs of Praise