

THE WEEK THAT WAS



NAIDOC Week is a time for all Australians to join together to celebrate the rich history, culture and achievements of Aboriginal and Torres Strait Islander people. **NAIDOC** stands for National Aborigines and Islanders Day Observance Committee. Yack Health, which is situated on Jiatmathang country, have enjoyed learning about these cultures, creating traditional artwork, whilst taking in various displays, music and documentaries.

A big shout out to the Yackandandah Men's Shed for the handmade boomerangs that they kindly made and supplied for our art projects, thank you so much!



Meet the Yack Health Family

Tracey Healy



Tracey with her daughters Jacqui & Sarah

About me: I have worked at YH for 17 years and have been married to Cameron for 32 years. We have 2 daughters and a hobby farm with Hereford cattle, chooks, a cat, a dog and a big garden.

What is the best thing about working at YH?

I love spending time, supporting residents and being part of a team that provides quality activities.

What is your favourite food?

That's a hard one as I love all food.... Roast with veggies, lasagne, rice dishes, cakes, biscuits and chocolate.

What do you like to do for fun?

Gardening, cross stitching, walking the dog, farm work and cooking.

What are you looking forward to? Going on holiday without covid restrictions (maybe one day).

What town have you enjoyed living in most? Why?

Yackandandah! It's a beautiful small country town with fantastic views, friendly people and beautiful open space.



Christmas in July

We are very excited for "Christmas in July", the incredibly talented catering team of YH have worked together to produce a spectacular Christmas feast for us all to enjoy on Thursday 15th July. Along with this scrumptious feast there will be Christmas craft & cooking, decorating the Christmas trees before joining together for a Christmas sing-along with Eric on the piano. Be sure to come along, join in the fun, immerse yourself in the magic of Christmas.... in July.

Menu

Slow baked glazed ham,
roast turkey, pickled pork with roast
vegetables, home-made gravy, and
cranberry sauce

Dessert

Home-made plum puddings with
brandy custard or cream

This week's laugh!

Did you hear about the mathematician
who is afraid of negative numbers?
He'll stop at nothing to avoid them.



WHATS ON THIS WEEK

Poppy Place Activities

Monday 12th

Christmas Craft

Footy Tipping

Exercises

Group Discussions

Facetime Calls

Tuesday 13th

Newspaper Reading in the Garden

Musical Quiz (Name that tune)

Scenic Drive

Wednesday 14th

Reminiscing Books & Group Discussions

11:15 Men's Choir & luncheon

Cooking Pancakes

Flower Arrangement

Group Exercises

Thursday 15th

Decorate the Christmas tree

Christmas lunch

Christmas Singalong

Christmas Movie Afternoon

Friday 16th

10:00-12:00 Café & Shop open

Balloon play

Musical Memories

Art & Craft

Reminiscing Books

Saturday 17th

1:30 Pub Trivia with drinks & snacks

2:45 Movie Afternoon

Sunday 18th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 12th

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

One on One Footy Tipping
throughout the morning

10:30 Book Exchange

2:00 Ladies Afternoon

Tuesday 13th

Guest Speaker cancelled

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

10:30 Volunteer's morning tea

2:00 Knit, Natter & Craft

Wednesday 14th

Hairdresser in today

9:30 Cooking in the Big Ben Kitchen

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

2:00 Gentle Chair Exercises & Walk

2:30 Newspaper Reading

3:00 Catholic Mass

Thursday 15th

Hairdresser in today

9:00 Gentle Chair Exercises & Walk

10:30 Decorate the Christmas tree

12:00 Join us for a Christmas Feast
with all the trimmings

1:30 Christmas Sing-a-long

Friday 16th

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

3:00 Individual Visits

Saturday 17th

10:00 Catch the bus to the Yack Shops

1:30 Pub Trivia

3:00 Movie Afternoon

Sunday 18th

11.30 Songs of Praise