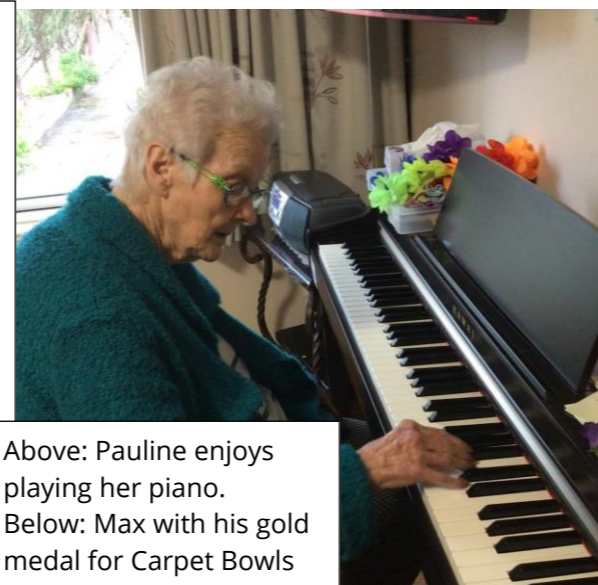
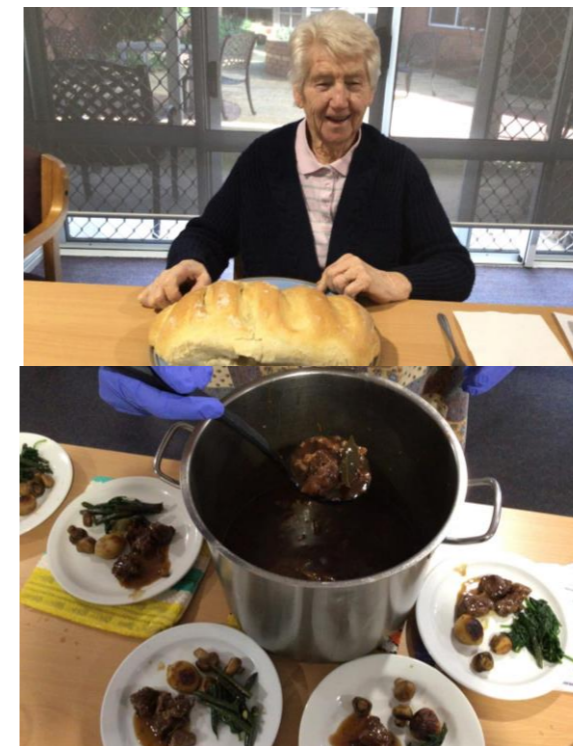
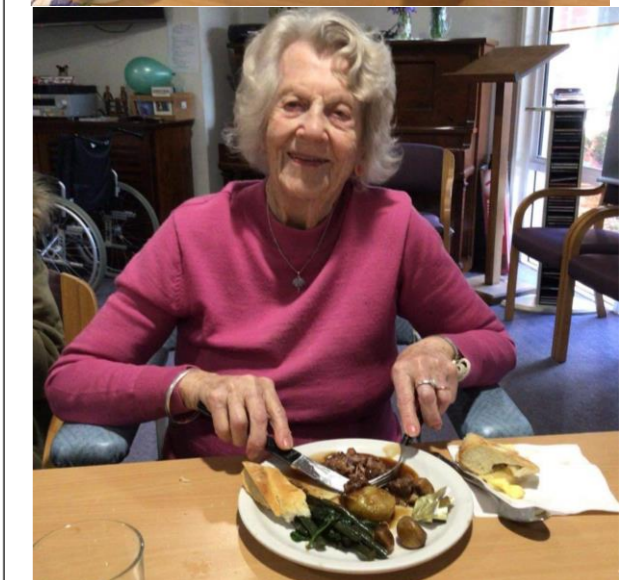
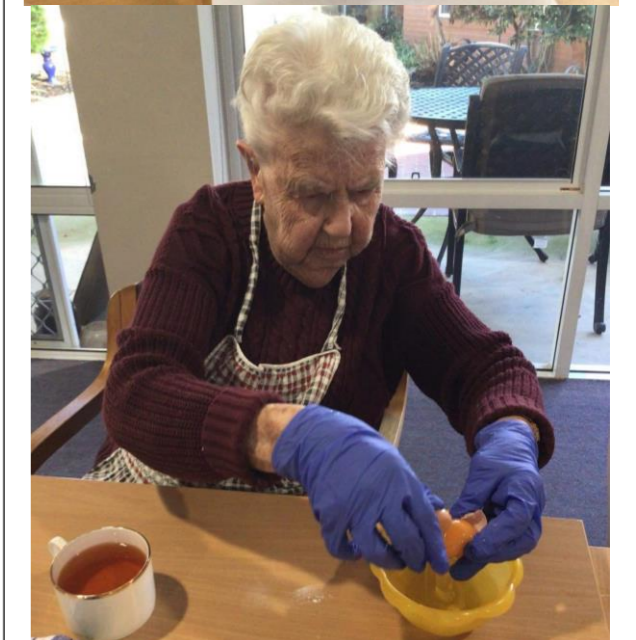


THE WEEK THAT WAS



Cooked lunch with Chef Wendy

Cooking with Wendy has long since been a popular activity with the residents of Yack Health. They say that many hands make light work, just as well because there were plenty of jobs to go around as the team of cooks created Beef Bourguignon, fresh bread and Madeleines. As expected both the main and dessert were delicious!



Above: Pauline enjoys playing her piano.
Below: Max with his gold medal for Carpet Bowls



YH Olympic team training hard at seated exercises



Nancy & Tony checking out the Tovertafel



The gold medalist for Yack Health Carpet Bowls - Congratulations team!

Meet the Yack Health Family Judy Brindley



About me: My birthplace was Belgrave, Vic. We lived there for some years before my parents re-located to a family property at Jingellic, where I delighted in riding horses and all aspects of farm life.

Tell us about yourself: I was educated at St Josephs College in Albury and am grateful for the tuition I received from the dedicated nuns. On leaving school I became a typist prior to commencing my nursing training at Albury Base Hospital. I married Ron Brindley in 1954 and we had 2 daughters, Janice and Pamela.

What is your favourite food? "Food, food, wonderful food". Many changes have occurred since our staple diet – B'fast, Porridge and toast. Dinner, meat and 3 veg. Tea, bread, jam and cake. We virtually lived on rabbit and lamb, which I still enjoy. My favourite food is fresh passionfruit and cream sponge.

What town have you enjoyed living in most? Why? Having lived in Belgrave, Jingellic, Albury and Yackandandah, I would be hard pressed to choose a favourite as each required a different lifestyle. I guess they all presented challenges, both difficult and simple, which I endeavoured to meet and accept as God's will.

What are you looking forward to?

After living at home in my Albury home after Ron passed away in 2007, I now look forward to good health, peace and happiness in the future among my many friends at Yack Health. My family are a great comfort, knowing that they unconditionally care for me in every way.

What do you like to do for fun?

I desperately miss Highland dancing (which I taught many students to perform) but am content to watch any Scottish dancing wherever possible. I also participate in varied activities e.g. quizzes, discussions, writing bush poetry and reading. I enjoy walking outdoors and watching old movies.

This week's laugh!



There was an old man with a beard,
Who said "It is just as I feared!
Two owls and a hen,
Four larks and a wren,
Have all built their nests in my
beard".

An elephant slept in his bunk
And in slumber his chest rose and
sunk
But he snored - how he snored!
All the other beasts roared,
So his wife tied a knot in his trunk.



WHATS ON THIS WEEK Poppy Place Activities

Monday 26th

Exercises
Footy Tipping
Facetime Calls
Reminiscing Books

Tuesday 27th

Art & Craft
Hand & Nail Care
Group Knitting
Balloon Tennis

Wednesday 28th

11:15 Men's Choir & luncheon
Seated Soccer
Facetime Calls
Cooking Pancakes

Thursday 29th

Decorate the Noticeboard
Hand & Nail Care
Cooking
2:00 Tai Chi

Friday 30th

10:00-12:00 Café & Shop open
Group Puzzles
12:00 Men's Chinwag
Garden Walks

Saturday 31st

1:30 Pub Trivia (in the WG Activity Room)
2:45 Movie Afternoon
One on One Room Visits

Sunday 1st

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 26th

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 27th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
11:00 Olympic Games Competition
Your chance to win an authentic, pure
gold Olympic medal
*May contain zero traces of gold 😊

2:00 Knit, Natter & Craft

Wednesday 28th

Hairdresser in today
9:30 Cooking in Big Ben kitchen
11:15 Men's Choir & luncheon
2:00 Gentle Chair Exercises &
Stretching

2:45 Newspaper Reading

Thursday 29th

Hairdresser in today
9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
11:00 Hand & Nail Care
2:00 Tai Chi (Library)
2:45 Tovertafel Fun Poppy Place

Friday 30th

9:30 Musical Memories
10:00-11:30 Café & Shop open
12:00 Men's Chinwag
2:00 Carpet Bowls
3:00 Individual Visits

Saturday 31st

10:00 Yack Shops
1:30 Pub Trivia
3:00 Movie Afternoon

Sunday 1st

11.30 Songs of Praise