

THE WEEK THAT WAS



**Olympic Games Fun**

We have been watching the Olympics with great enthusiasm, celebrating with the Aussies every step of the way. Residents have enjoyed keeping a tally of our gold, silver and bronze medals which are on display in the activities room and are updated each morning.

As much as we've enjoyed watching our athletes succeed in Tokyo, the real games are right here at Yackandandah! The sheer determination of our athletes (residents of YH) is astounding! The competition has been strong, however, we have managed to laugh our way through all the events without too much seriousness.

As the YH athletes competed in discus, ping pong and balloon tennis, they were cheered on by their very own cheer squad to help them over the line. Well done to all of our competitors!



Gladys & Christine show their medals



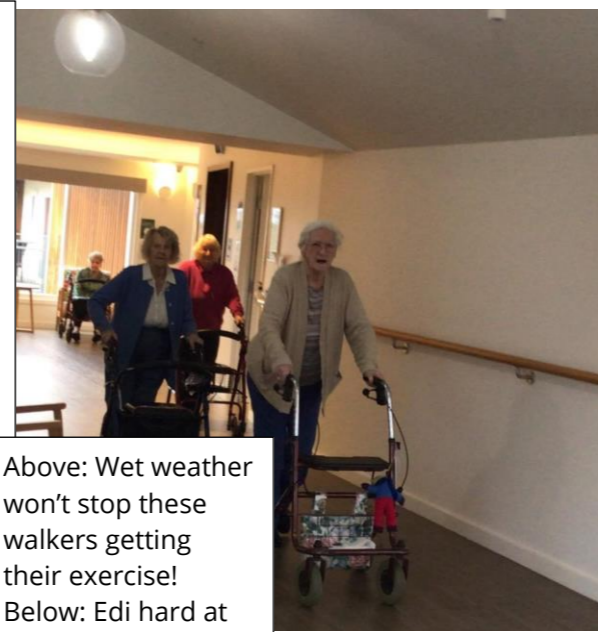
Balloon tennis was a well represented sport for our athletes



Faye tries her hand at the ping pong!



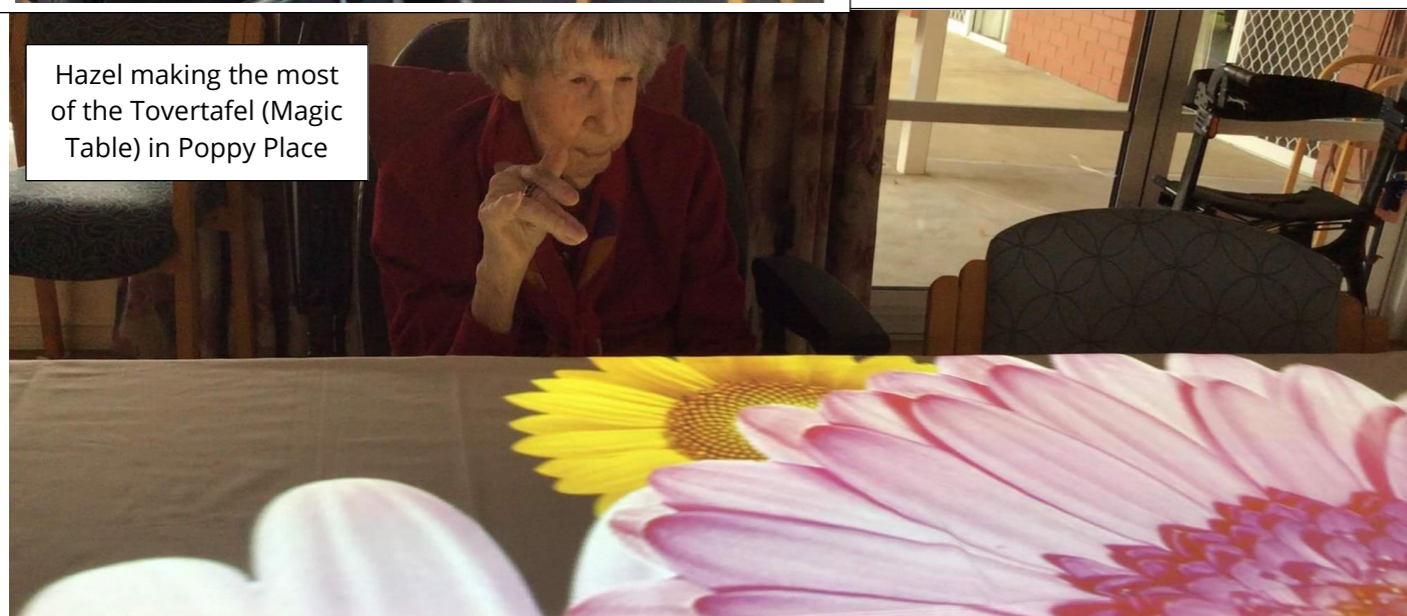
Leo enjoying Men's Chinwag



Above: Wet weather won't stop these walkers getting their exercise!  
Below: Edi hard at work making biscuits - delicious!!



Hazel making the most of the Tovertafel (Magic Table) in Poppy Place



## Meet the Yack Health Family

### Jimmie Rinaldo



#### Tell us about yourself.

I was born in Myrtleford some 54 years ago to Italian migrant parents. Growing up we grew tobacco, so there was always something to do. If I wasn't helping on the farm, I was riding my motorbike or down by the Ovens river, swimming and fishing. At 18 years of age, I moved to Wodonga to continue my trade as a Sewing Machine mechanic where I am still living to this day.

#### Have you always worked in maintenance?

Yes, as a 17-year-old I became an apprentice sewing machine mechanic with The Lee Jeans/Hard Yakka organisation. Since then, I have worked on everything from small appliances to large earth moving machinery to sheds and buildings.

#### So, you must find this type of work enjoyable?

It's a good feeling to look back at something you've built or fixed with pride.

#### What is the best thing about working at YH?

The interaction with the residents and pay day of course.

#### What is your favourite meal?

It's not really a meal, but my mother's Tiramisu.



#### What do you do for fun?

I enjoy the usual things boys enjoy, camping, hunting, and fishing, basically the great outdoors. My favourite past time is motorbikes, both riding them and restoring them. I'm starting to get quite a collection going with plenty more waiting to be restored and others that I want and don't have. But most fun is had with a bunch of good mates and a cold beer.

#### What town have you enjoyed living in the most and why?

Myrtleford. Because I was young without a worry in the world and my whole life ahead of my and a lot of good memories playing with my mates, a lot of which I'm still in close contact with.

Wodonga does come a close second, as I have made lots of good friends and Wodonga isn't that different to Myrtleford, just bigger.

#### What are you looking forward to?

Short term: an end to Covid.

Long term: retiring and moving back to Myrtleford to enjoy retirement with family and friends.

And world peace.

### This week's laugh!

**Q: Why is it so hot in a stadium after the Olympic games are over?**

**A: Because all the fans have left!**

**Q: What is the best part of an Olympic boxer's joke?**

**A: The punchline.**

**Q: What is a banana's favourite gymnastics move?**

**A: The splits!**

## WHATS ON THIS WEEK Poppy Place Activities

### Monday 2<sup>nd</sup>

10:00 Piano with Eric

Footy Tipping

Rummy – Cards

Musical Quiz

Hot Towels & Pamper

Facetime Calls

### Tuesday 3<sup>rd</sup>

Walks in the Garden

Exercises & Stretching

Sensory Activities

Art & Craft

Emotional & Spiritual Support

### Wednesday 4<sup>th</sup>

11:15 Men's Choir & luncheon

Cooking – Residents Choice

Facetime Calls

3:00 Catholic Mass

### Thursday 5<sup>th</sup>

Decorate the Noticeboard

Garden Walks

Life Stories

2:00 Tai Chi

Pool Noodle Hockey

Emotional & Spiritual Support

### Friday 6<sup>th</sup>

10:00-12:00 Café & Shop open

Balloon Play

Musical Memories

Hot Towels & Pamper

Group Discussions

### Saturday 7<sup>th</sup>

10:00 Scenic Bus Tour

1:30 Happy Hour Drinks & Snacks (in the WG Activity Room)

2:45 Movie Afternoon

### Sunday 8<sup>th</sup>

11:30 Songs of Praise (ABC)

## WHATS ON THIS WEEK

### Monday 2<sup>nd</sup>

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

10:00 Entertainment with Eric – Poppy

One on One Footy Tipping

throughout the morning

2:00 Bingo

3:00 Individual Visits

### Tuesday 3<sup>rd</sup>

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

11:00 Pool Noodle Hockey

11:30 Quiz

2:00 Knit, Natter & Craft

### Wednesday 4<sup>th</sup>

9:30 Cooking in Big Ben kitchen

11:15 Men's Choir & luncheon

2:00 Gentle Chair Exercises & Walk

2:30 Newspaper Reading

3:00 Catholic Mass

### Thursday 5<sup>th</sup>

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 6<sup>th</sup>

Aged Care Employee Day

Jeans for Genes Day

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

3:00 Individual Visits

### Saturday 7<sup>th</sup>

Today is Heather Allot's Birthday

10:00 Scenic Bus Tour

1:30 Happy Hour Drinks & Snacks

3:00 Movie Afternoon

### Sunday 8<sup>th</sup>

11.30 Songs of Praise