



**THE WEEK THAT WAS**

**Lockdown update**

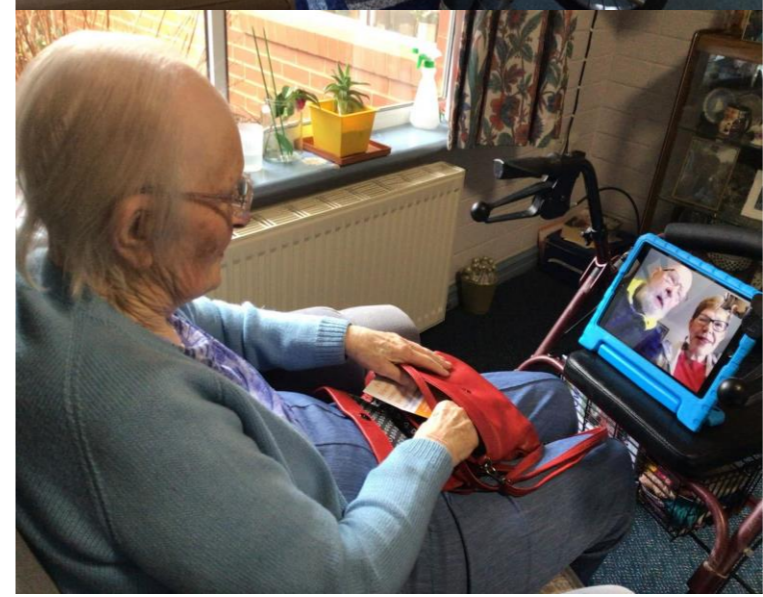
Unfortunately due to the growing number of COVID-19 cases in Victoria, we have been advised that the current lockdown will remain in place. We will continue to provide updates as they are made available.

We understand that lockdowns can be frustrating and isolating at times but the safety of residents, their families, staff and our community is of the utmost importance.

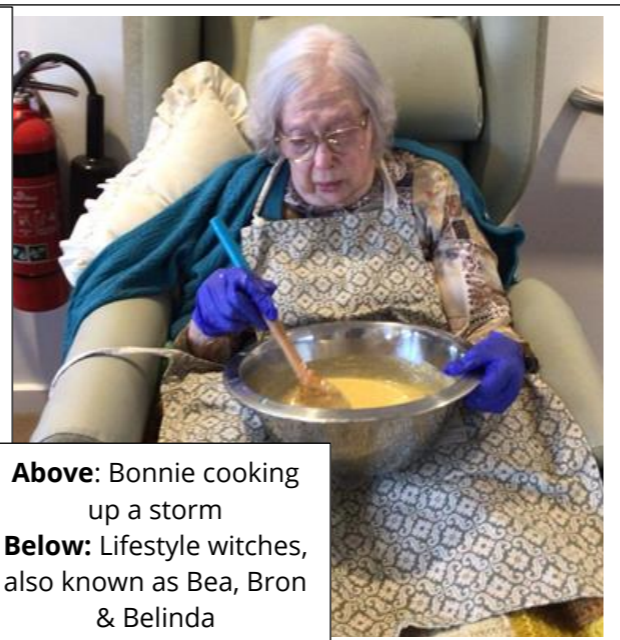
Some productive things that you can do to take care of your mental health and wellbeing include, looking after your physical health and staying active, along with reaching out and seeking support where required; we are here to help.

In these times of isolation we encourage you to stay connected with family via phone calls, video calls and window visits.

If you would like assistance please have a chat with the lifestyle team, we are very happy and readily available to assist. We have several iPad's available for use if required. If you haven't tried it, give it a go..... It's a really fun way to keep in touch. 😊



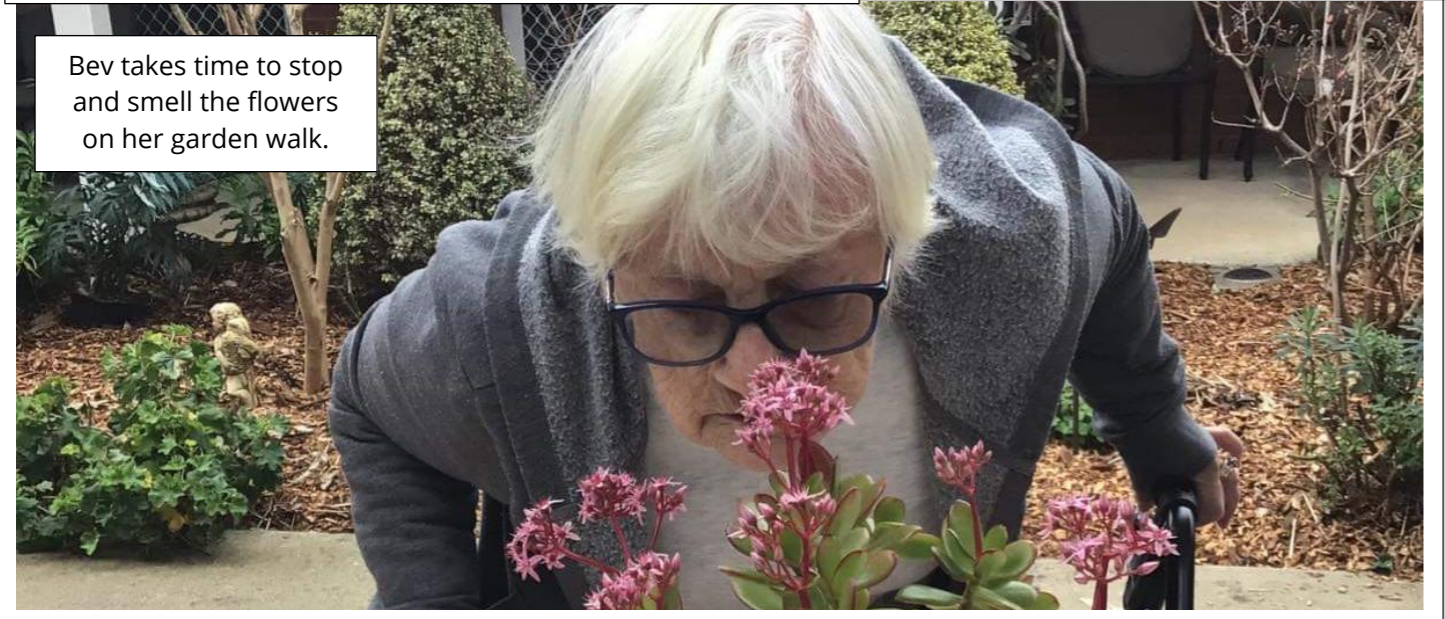
Robyn was lucky enough to win a prize on the lucky wheel, Friday 13<sup>th</sup> fun, well done!



**Above:** Bonnie cooking up a storm  
**Below:** Lifestyle witches, also known as Bea, Bron & Belinda



**Below:** Witches, Norma, Belinda & Eileen with their broomstick



Bev takes time to stop and smell the flowers on her garden walk.

## Meet the Yack Health Family

**Jamee Fazackerley**  
Receptionist



### How are you finding working at YH?

I have found a great group of people work here and I'm looking forward to getting to know the residents, some of which remind me of my own grandparents, so it's nice that I get to see them when I can't visit my Nan.

### What is your favourite meal?

It's Chicken Scallopini & Lasagne, I love both!

### What do you like to do for fun?

I have two young boys (3) & (1) & two Border Collies, so we like to get them out of the house & outdoors as much as possible, whether that is going camping, or just going to the river for the day. It's something that can provide hours of entertainment for all of us. If I get to leave the kids at home and do something for myself, it would be catching up and going out with friends!

### What town have you enjoyed living in most? Why?

Corowa, it's where I am originally from and I grew up with a large family always being around, I also grew up on the Murray River, it was always great to be able to go for a swim after school/work or spending the day at the river with friends without having to travel too far.

### What are you looking forward to?

I am looking forward to the warmer weather and getting out and about again, I really don't like the cold!

## This week's laugh!

Three men died on Christmas Eve and were met by Saint Peter at the pearly gates. "In honour of the holy season" St Peter said, "You must each have something that symbolises Christmas to get into heaven."

The first man jumbled through his pockets and pulled out a lighter, he flicked it on, "It represents a candle" he said, "You may pass through the pearly gates," said St. Peter.

The second man produced a set of keys. He shook them and said, "They are bells."

The third man searched through his pockets and finally pulled out a pair of women's stockings.

St. Peter looked at him with a raised eyebrow and asked, "and what do those symbolise?"

"These are Carols," he said

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday.



## WHATS ON THIS WEEK Poppy Place Activities

### Monday 16<sup>th</sup>

Facetime calls  
Footy Tipping  
Hand Massages  
Walks in the Garden  
Balloon Play

### Tuesday 17<sup>th</sup>

Monthly Birthday Party  
Reading in the Garden

Cooking  
Tovertafel

Seated Soccer

### Wednesday 18<sup>th</sup>

11:15

Men's Choir and luncheon  
Catholic Mass  
Group Puzzles  
Spinning Wheel Toss

### Thursday 19<sup>th</sup>

Reminiscing Books  
Life Stories  
2:00 Tai Chi

Group Knitting  
Hand Massage

### Friday 20<sup>th</sup>

10-11:30 Café & Shop

Balloon play  
Group Puzzles  
Musical Bingo

### Saturday 21<sup>st</sup>

1:30 Singalong with Pepita on the Pianola  
(in the WG Activity Room)

2:45 Movie Afternoon

### Sunday 22<sup>nd</sup>

11:30 Songs of Praise (ABC)

## WHATS ON THIS WEEK

### Monday 16<sup>th</sup>

9:15 Gentle Chair Exercises & Walk  
10:00 Newspaper Reading  
One on One Footy Tipping  
throughout the morning  
Reminiscing Books

2:00 Bingo

### Tuesday 17<sup>th</sup>

9:15 Gentle Chair Exercises & Walk  
10:00 Newspaper Reading  
11:00 Balloon Tennis  
2:00 Knit, Natter & Craft

### Wednesday 18<sup>th</sup>

9:30 Cooked lunch with Wendy  
French onion soup with dumplings  
and apple strudel

11:15 Men's Choir & luncheon

2:00 Gentle Chair Exercises & Walk  
3:00 Catholic Mass

### Thursday 19<sup>th</sup>

9:15 Gentle Chair Exercises & Walk  
10:00 Newspaper Reading  
10:30 Hand & Nail Care  
2:00 Tai Chi (Library)  
2:45 Tovertafel Fun

### Friday 20<sup>th</sup>

9:30 Musical Memories  
10:00-11:30 Café & Shop open  
2:00 Carpet Bowls  
3:00 Emotional & Spiritual Support

### Saturday 21<sup>st</sup>

10:00 Bingo  
1:30 Singalong with Pepita on the  
Pianola

3:00 Movie Afternoon

### Sunday 22<sup>nd</sup>

11.30 Songs of Praise