

THE WEEK THAT WAS

Cooked lunch with Chef Wendy

Residents enjoyed preparing a gourmet meal under the watchful eye of "Chef Wendy" on Wednesday. The menu consisted of french onion soup with dumplings and apple strudel, which was absolutely delicious! The group decided upon braised oxtail with home-made gnocchi and lemon meringue pie with lemon curd & ice-cream for dessert when they meet again on Wednesday 22nd September.



yackandandah
health



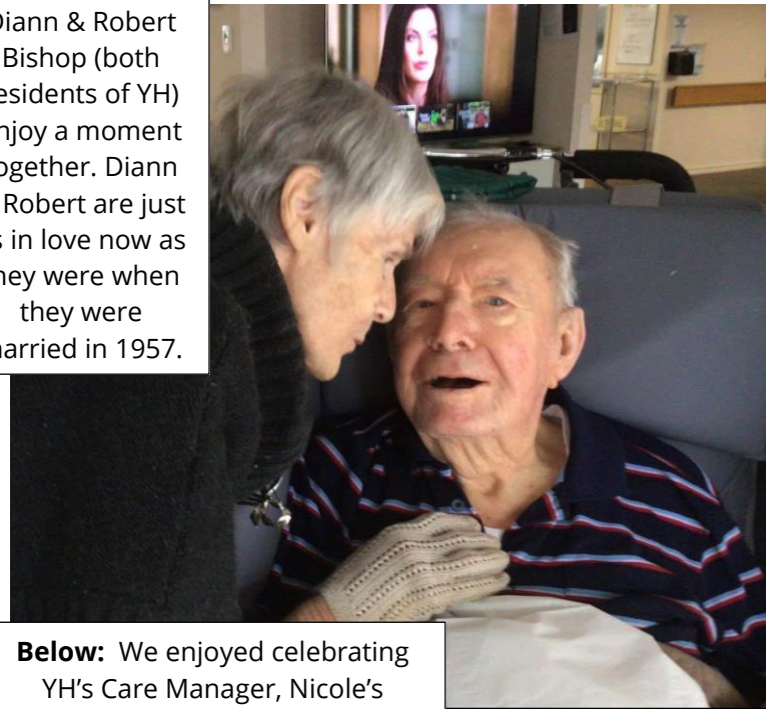
Footy Tipping

Footy Tipping has kept us entertained for the past 23 weeks, however all good things must come to an end. It gives me great pleasure to announce the winners of the Yackandandah Health Lorna Anderson Footy Tipping memorial, 1st place goes to Norma Bagley who finished on 124 points, second place goes to Wally Tomkins on 122 and 3rd place was taken out by Cate Rodda on 118 points. Well done!

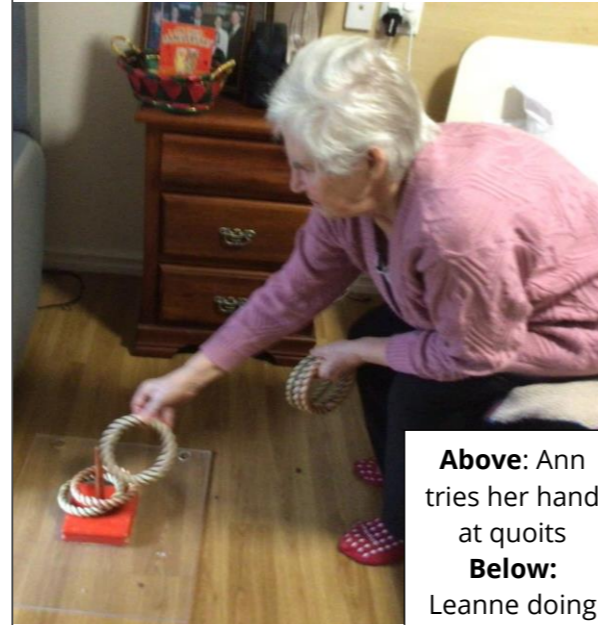
Congratulations to our winners and all who took part in the competition throughout the year. Looking ahead to the finals, has your team made it? If not it's not too late to pick a back up team.... The AFL Grand Final will be played at 2:30 pm on Saturday 25th September. Be sure to get yourself a front row seat in one of the common areas as it's always more fun to watch the game together! The kitchen will be cooking up a footy feast and we will be presenting the trophies to our top 3 tipsters.

Remember to wear your teams colours with pride, even if they aren't playing and immerse yourself in the fun of the day.

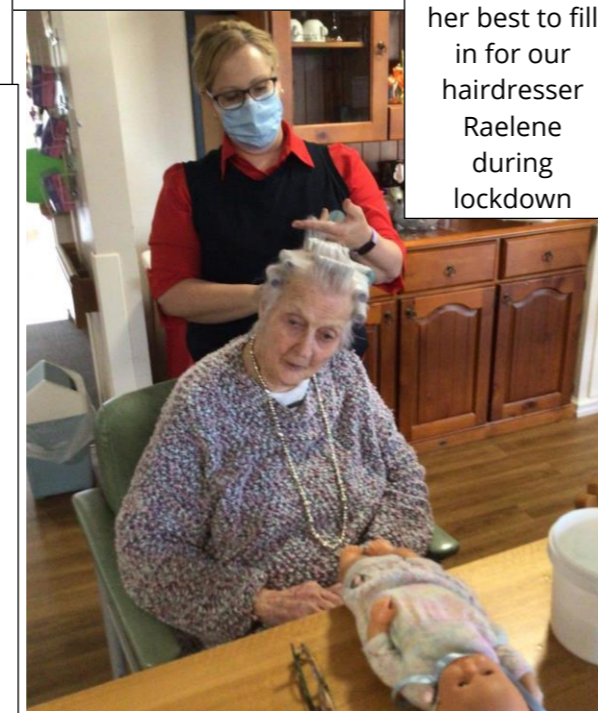
Diann & Robert Bishop (both residents of YH) enjoy a moment together. Diann & Robert are just as in love now as they were when they were married in 1957.



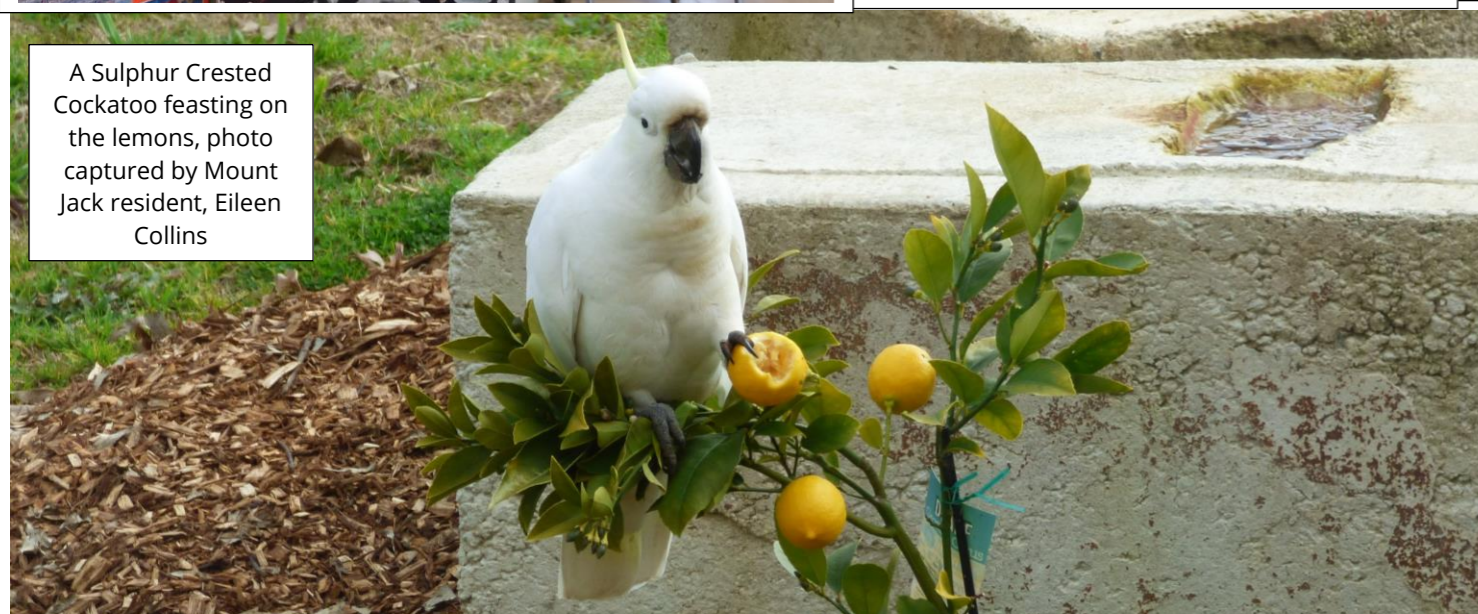
Below: We enjoyed celebrating YH's Care Manager, Nicole's birthday on Monday 23rd August. Happy birthday Nicole!



Above: Ann tries her hand at quoits
Below: Leanne doing her best to fill in for our hairdresser Raelene during lockdown



A Sulphur Crested Cockatoo feasting on the lemons, photo captured by Mount Jack resident, Eileen Collins



Meet the Yack Health Family Roger Oborn



Tell us about yourself?

I was born in Ceduna and I married my beautiful wife Janne in 1963 at the Holy Trinity Church in Surrey Hills. It will be our 58th wedding anniversary tomorrow (Tuesday 24th August). We had 3 children, Virginia, Peter, and Michael who all joined the Navy. We now have 3 grandchildren. Xavier, Katie & Luke whom I adore.

What is your favourite meal?

Roast lamb with potatoes, carrots, pumpkin, and parsnip.

What do you like to do for fun?

I enjoyed sailing throughout my life, both racing and pleasure sailing. I have been described by my children as a gung-ho sailor and have won quite a lot of trophies over the years. I have always loved cars and enjoyed spending time working on them for my family.

What town have you enjoyed living in most? Why?

Yackandandah! We moved here from central QLD when we bought the Yackandandah Store in 1994 (which is now the post office/information centre). We ran that for 6 years and loved meeting and interacting with the community; we were made to feel very welcome. Locals would often drop off a bowl of soup or scones to be friendly, how special to live in Yackandandah!

We made so many friends that we still have today. When I moved into YH, staff members would share stories of their memories of me slicing ham for them in the store when they were children!

What are you looking forward to?

Continual good health, and visits from Janne and the rest of my family.

This week's laugh!

A blonde and a redhead have a farm. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram."

She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word.

She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable."

Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She will read it slowly:
'Come for ta bull.'



A woman was talking on the phone to her friend:
I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising....:

I decided to take an aerobics class for seniors. I bent, twisted, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

WHATS ON THIS WEEK Poppy Place Activities

Monday 23rd

Reminiscing Books
Footy Tipping
Facetime calls
Exercises
Spinning Wheel Toss

Tuesday 24th

Armchair Travel
Art & Craft
Hand & Nail Care
Group Knitting
Balloon Tennis

Wednesday 25th

Seated Soccer
Facetime Calls
Cooking Pancakes

Thursday 26th

9:30 Anglican Service
Garden Walks
Hand Care
Reminiscing Books
Hand Massage
Life Stories

Friday 27th

10-12 Café & Shop
Garden Walks
12:00 Men's chin-wag lunch
Emotional & Spiritual Support

Saturday 28th

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

Sunday 29th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 23rd

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 24th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
11:00 Armchair Travel to London
2:00 Knit, Natter & Craft

Wednesday 25th

9:30 Cooking in Big Ben Kitchen
11:30 Reminiscing Books
2:00 Gentle Chair Exercises & Walk

2:45 Newspaper Reading

Thursday 26th

9:30 Anglican Service
Walks in the Garden
10:30 Hand & Nail Care
2:00 Tai Chi (Library)
2:45 Tovertafel Fun

Friday 27th

9:30 Musical Memories
10:00-11:30 Café & Shop open
2:00 Carpet Bowls
3:00 Individual visits

Saturday 28th

10:00 Bingo
1:30 Pub Trivia (with drinks & snacks)
3:00 Movie Afternoon

Sunday 29th

11.30 Songs of Praise