

THE WEEK THAT WAS



AFL Grand Final

It was the AFL Grand Final that we were never guaranteed.... With COVID-19 causing disruption throughout the season with postponed matches, relocated games, some games being played without spectators, flights being turned around mid-air and finally a night time grand final being played in Perth. But all of this only makes getting to the Grand Final even sweeter and more reason to celebrate.

The crowd was predominantly Bulldogs fans but the loss didn't take the shine off a fantastic, social, fun day. Better luck next year doggies fans.



Heather working her craft magic to create footy decorations for the Grand Final



Above: Max and Flo face off against each other in "suck it up" smartie game



Above and below: Monthly birthday party in Poppy Place is always an absolute blast!

Above: Happy Birthday Chris!
Below: The craft team working on their Grand Final Projects.





This October, during Mental Health Month, we're putting One Foot Forward for mental health by taking part in Maddy Rochow's team "Maddy's Mission" again this year. It's our opportunity to show those living with mental illness that they're not alone. Join us to walk in solidarity for the 1 in 5 people in Australia who experience symptoms of mental illness every year. Together, we can show them they are not alone.

Last October Yack Health formed a team of 13 walkers, setting a goal to walk 60 kms (as a group) throughout the month of October and hoped to raise \$250 for the cause. This was well and truly exceeded with 147kms being clocked up along with an incredible total of \$1000 being raised. If you would like to get involved, please have a chat with a member of the lifestyle team.



This week's laugh!

In 1980 a bloke was working in Bourke in far Western N.S.W. One day he was enjoying a beer in the North Bourke Hotel when a rich looking city slicker came in and asked the barman what the road was like to Wanaaring. (The road was notorious for being corrugated). "Shake the lid off a swaggie's billy" a local once said.

Well, the barman replied, "a cove travelled down there recently and had to turn back it was so rough." "Yeah, but look at what I'm driving" the man said, proudly pointing to his gleaming, top-of-the-line 4 wheel drive parked outside. "What was he in?" The barman replied, "a Cessna, mate".

Joke supplied by Judy Brindley



Supplied by Eileen Collins

WHATS ON THIS WEEK Poppy Place Activities

Monday 27th

Reminiscing Books
Facetime calls
Exercises
Spinning Wheel Toss

Garden Walks

Tuesday 28th

Hand & Nail Care
Group Knitting
Balloon Tennis
Newspaper Reading

Wednesday 29th

Seated Soccer
Facetime Calls
Cooking Pancakes
Art & Craft
Music Therapy

Thursday 30th

Armchair Travel to Germany



12:15 Oktoberfest Lunch in the Garden

2:00 Tai Chi

Life Stories

Friday 1st

10-12 Café & Shop (Free Scones – Yum!)

Garden Walks

Emotional & Spiritual Support

Newspaper Reading

Saturday 2nd

10:00 Pamper Morning

1:30 Musical Bingo (with drinks & nibbles)

2:45 Movie Afternoon

Sunday 3rd

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 27th

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

10:30 Book Exchange

11:00 "Who am I?" Guessing Game

2:00 Bingo

Tuesday 28th

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

11:00 10 Pin Bowling

11:30 Quiz

2:00 Knit, Natter & Craft

Wednesday 29th

9:30 Cook our own Morning Tea

Big Ben Kitchen

2:00 Gentle Chair Exercises

2:30 Newspaper Reading

3:00 Catholic Mass

Thursday 30th

9:15 Gentle Chair Exercises & Walk

11:00 Armchair Travel to Germany

12:15 Oktoberfest German Lunch – Café Courtyard

2:30 Tai Chi (Library)

2:30 Tai Chi (Library)

Friday 1st

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

Saturday 2nd

10:00 Pamper Morning

1:30 Musical Bingo

3:00 Movie Afternoon

Sunday 3rd

11.30 Songs of Praise