

# yackandandah health

## **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.

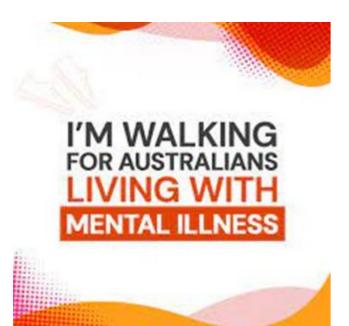
The crowd was predominantly
Bulldogs fans but the loss didn't take the
shine off a fantastic, social, fun day. Better
luck next year doggies fans.





## THE WEEK THAT WAS





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 29<sup>th</sup>

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 1<sup>st</sup>

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

Emotional & Spiritual Support Newspaper Reading

#### Saturday 2<sup>nd</sup>

10:00 Pamper Morning

1:30 Musical Bingo (with drinks & nibbles)

2:45 Movie Afternoon

#### Sunday 3<sup>rd</sup>

**11:30** Songs of Praise (ABC)

#### WHATS ON THIS WEEK

# Monday 27<sup>th</sup>

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 30<sup>th</sup>

9:15 Gentle Chair Exercises & Walk

11:00 Armchair Travel to Germany

12:15 Oktoberfest German

Lunch – Café Courtyard

2:30 Tai Chi (Library)

# Friday 1st

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

### Saturday 2<sup>nd</sup>

10:00 Pamper Morning

1:30 Musical Bingo

3:00 Movie Afternoon

# Sunday 3<sup>rd</sup>

11.30 Songs of Praise