

THE WEEK THAT WAS

Armchair Travel to Egypt

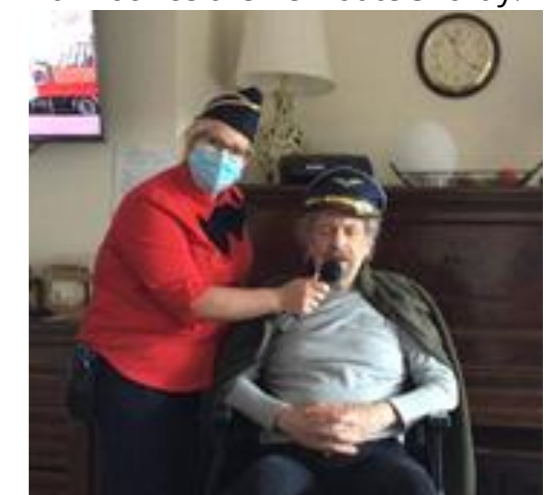


Armchair travel departed at precisely 11:00am on Tuesday morning to Egypt. We were particularly spoiled this time around as Roland Asfar was able to provide us with an incredible amount of information on Egypt's history, its neighbouring countries, the Nile River, and local agriculture.

Roland was born in Alexandria, Egypt in 1937. He attended Saint-Marc's college, an all-male French Catholic school before moving to Australia aged 21 with his parents and 2 brothers.

A massive thank you to Roland from everyone at Yack Health, we thoroughly enjoyed tapping into your knowledge of this incredible country.

Unfortunately, the Oktoberfest celebrations were cancelled due to rain last week, watch this space and we will announce the new date shortly.



Intergenerational Program

The intergenerational program with the Little Yack's Learning Years is finally back up and running after more than a year of interruptions due to COVID-19.

These programs encourage relationship-building between the generations and enhance the overall wellbeing of both the young and older participants. Both age groups bring new energy, enthusiasm, and knowledge to each other's lives, and react with joy and excitement to each other's presence. Research has shown that these interactions bring fantastic benefits to each generation, with these positive relationships being at the heart of better physical and mental health, higher levels of satisfaction, plus the ability to learn and grow.

We are in a unique position at Yack Health, having the children on-site, bringing amazing opportunities to engage, interact, build relationships and have fun together.

The children will be back on Monday to spend time gardening together. Come down to the Activities Room at 11am and we will walk to the garden together to meet the children.



Judy gives her approval for the scones



Above: Di getting her exercising done



Above: Flo, Hazel and Olive enjoyed a foot spa.

Below: Jurgen & John take time out on their walk to admire the garden.



Above: Knit & Natter ladies working on their latest project
Below: Bingo





One Foot Forward Challenge

The Yack Health team of walkers are chipping away at their challenge to walk 100kms during October.

It is not too late to get involved, please let us know as we can assist you to keep track of your kilometres walked and add them to the team's total. Our goal is to raise \$500, if you would like to donate to the team, please follow the link below.

The team have managed to walk 52.18kms collectively this week and raised \$20. Keep up the fantastic work.

<https://www.onefootforward.org.au/fundraisers/yackandandahhealth>



This week's laugh!

After Sunday church, the priest would hand us each an orange and a big cookie. A little girl once lied and took two oranges, but the priest told her she mustn't lie because God is watching. Then, the girl took two cookies and lied about it. When asked why she had done that, she said because she thought that God was only watching oranges.

I went to this haunted house for exploration. It was near the forest so the local guide warned me that I might find some animals there. Sure enough, there was a panda. When I offered it some food, I was taken aback because it suddenly started talking. Turned out that it was a ghost panda and it only ate bam-boooooo!

I was in my garden when I got the news that my father had fallen from a 20 foot ladder and was in the hospital. I rushed to the hospital expecting that my father had some major fractures, but he was alright except for some minor cuts. When I told him that it was a miracle, he disagreed and told me, "Son, I had just fallen from the first step of the ladder."

I was visiting the house of a distant cousin when I saw that he was playing chess with his cat. I said that it had to be the most intelligent cat ever. My cousin replied, "Absolutely not! She has lost all her games!"

WHATS ON THIS WEEK Poppy Place Activities

Monday 11th

11:00 Intergenerational Program
Gardening
Exercises

Group Discussions

2:00 Ladies High Tea

Tuesday 12th

Newspaper Reading in the Garden
Musical Quiz (Name that tune)

Foot Spas

Group Knitting

Wednesday 13th

Reminiscing Books

9:30 Cooked lunch with Chef Wendy

Flower Arrangement

Group Exercises

Music Therapy

Thursday 14th

9:30 Anglican Service

Garden Walks

Hand Care

Reminiscing Books

Life Stories

Friday 15th

10-12 Café & Shop

Art & Craft

Music - Old Records

Spinning Wheel Toss

Hot towels & Pamper

Saturday 16th

10:00 Tai Chi Library

1:30 Pub Trivia (in WG Activity Room)

2:45 Movie Afternoon

Sunday 17th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 11th

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

11:00 Intergenerational Program

Gardening

2:00 High Tea

Tuesday 12th

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

10:00 Men's Shed

11:00 Quoits

2:00 Knit, Natter & Craft

Wednesday 13th

9:30 Cooked lunch with Wendy

2:00 Gentle Chair Exercises &

Walk in the Garden

2:30 Newspaper Reading

Thursday 14th

9:30 Anglican service

10:30 Hand & Nail Care

11:00 Resident's choice

Individual Activities

2:00 Tai Chi (Library)

2:45 Tovertafel

Friday 15th

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

3:30 Movie of your choice

Saturday 16th

10:00 Bingo

1:30 Happy Hour with snacks

3:00 Movie Afternoon

Sunday 17th

11.30 Songs of Praise (ABC)