

THE WEEK THAT WAS



Cooked lunch with Chef Wendy

Chicken or prawns? Tough choice! Sweet & sour chicken and sweet & sour prawns were on the menu for the cooked lunch with Wendy on Wednesday. The choice proved too much for many and we decided to have both!

The room was buzzing with activity as residents prepared a spectacular feast consisting not only of sweet and sour prawns and chicken but also fried rice, stewed rhubarb & apple with ice-cream. The team have decided to make the most of the Spring weather and head outside next month to cook a butterflied lamb leg on the BBQ.



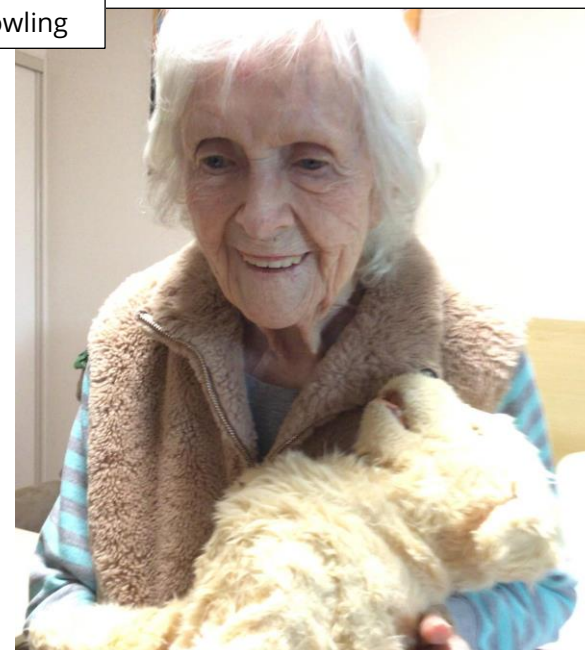
Wendy and the team keep a close eye on the sauce.



The customers in the Café were treated to the soothing sounds of the violin, harp, and flute on Friday morning.



Above: Ann enjoys being active with a game of 10 Pin Bowling



Above: Wendy enjoys a cuddle
Below: Jurgen & Helen working together on their puzzles



Above: Ladies High Tea
Below: Hazel & Helen making the most of the Tovertafel





One Foot Forward Challenge

The Yack Health team of walkers are well ahead in their challenge to walk 100kms during October.

The team have managed to walk 74.38kms so far and have raised \$40. If you would like to donate to the team, please follow the link below. Keep up the fantastic work.

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



Happy 106th Birthday Edie!!



Saturday saw Edie Dryden turn 106! All birthdays are special but an 106th birthday is an incredibly special birthday that not many are lucky enough to experience.

Edie celebrated her day in the CARE Sanctuary surrounded by her loving family. In typical Edie form, she wondered what all the fuss was about...



Photo taken by Eileen Collins of the Paulownia Tree. Information also supplied by Eileen Collins.

Although it is an attractive tree it is a worldwide pest and is declared a noxious species in many countries. It originates from central and western China where it is called an "Empress Tree"

Isn't it lovely??

WHATS ON THIS WEEK Poppy Place Activities

Monday 18th

- Facetime calls
- 10:30 Book Exchange
- Walks in the Garden
- Balloon Play
- Group Knitting

Tuesday 19th

- 11:00** Intergenerational Program Walking
- Monthly Birthday Party
- Tovertafel
- Seated Soccer

Wednesday 20th

- Group Puzzles
- Spinning Wheel Toss
- 3:00** Catholic Mass
- Hot towels & Pamper
- Music Therapy

Thursday 21st

- Reminiscing Books
- Life Stories
- 2:00 Tai Chi
- Group Knitting
- Hand Massage

Friday 22nd

- 10-12** Café & Shop
- Musical Memories
- Foot Spas
- Group Knitting
- Gardening

Saturday 23rd Cox's Plate

- 10:00** Pamper Morning
- 1:30** Musical Bingo
- 2:45** Movie Afternoon

Sunday 24th

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

WHATS ON THIS WEEK

Monday 18th

- 9:15 Gentle Chair Exercises & Walk
- 10:00 Newspaper Reading
- 10:30 Book Exchange
- 11:00 10 Pin Bowling
- 2:00 Bingo

Tuesday 19th

- 9:15 Gentle Chair Exercises
- 10:00 Newspaper Reading
- 10:00 Men's Shed
- 11:00 Intergenerational Program Walking

- 2:00 Knit, Natter & Craft

Wednesday 20th

- 9:30 Cooking in Big Ben Kitchen
- 2:00 Gentle Chair Exercises & Walk in the Garden
- 2:30 Newspaper Reading
- 3:00 Catholic Mass

Thursday 21st

- 9:30 Anglican service
- 10:30 Hand & Nail Care
- 2:00 Tai Chi (Library)
- 3:00 Emotional & Spiritual Support Visits

Friday 22nd

- 9:30 Musical Memories
- 10:00-11:30 Café & Shop open
- 2:00 Carpet Bowls
- 3:30 Movie of your choice

Saturday 23rd Cox's Plate

- 10:00 Pamper Morning
- 1:30 Musical Bingo
- 3:00 Movie Afternoon

Sunday 24th

- 11.30 Songs of Praise (ABC)