

THE WEEK THAT WAS

The team range in ages from 82 years of age right up to 106. The weather has been fantastic over the past week enabling the team to walk well above their target of 25kms for the week. They've managed to tick another 67.91kms over totaling 142.29kms and have raised \$50 so far – incredible!

We would like to say a big thank you to Norma Bagley, Dianne Hall, Ivanka Paulik and Karen Harmer for their kind donations – we appreciate it!

If you would like to donate, please follow the link below.

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



Eileen (above) and Norma (below) show the cards that they use to calculate their km's walked.



**One Foot Forward Challenge
Meet the team**



The Yack Health team have been pounding the pavements and hallways in and around Yackandandah Health in aid of raising much needed funds and awareness of living with mental health conditions.

Our team of walkers, Helen Shaw, Chris Black, Edie Dryden, Norma Bagley, Judy Brindley, Max Norris, Joan Smith, Eileen Collins, Flo Thompson, Marj Brewer, Helen Irwin & Phyllis Heiner have mapped out their walks and are calculating the kilometers walked each day, combining them each Monday to see how close to achieving their goal they are.

Chris likes to help the staff deliver the washing each day, thank you Chris! We appreciate the help!!



Above: June prepares the cake tin for cooking



Above: Gladys sunning herself in the courtyard garden.

Below: It's always a fun atmosphere at the monthly Poppy Place birthday party.



Above: Louise & Doris enjoy the sunshine.

Below: Pool noodle hockey never fails to bring out the competitiveness in all residents.





This week's laugh!

"I'm afraid for the calendar. Its days are numbered."

"My wife said I should do lunges to stay in shape. That would be a big step forward."

"Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"

"Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera."

"What do a tick and the Eiffel Tower have in common?" "They're both Paris sites."

"What do you call a fish wearing a bowtie?" "Sofishticated."

"What do you call a factory that makes okay products?" "A satisfactory."

"Have you heard about the chocolate record player? It sounds pretty sweet."

"I only know 25 letters of the alphabet. I don't know y."

Look at the chart below and try to say the colour of the word and not read the word – it's harder than it sounds!

RED BLUE WHITE
YELLOW BLUE GREEN
RED PURPLE BLACK
BLUE ORANGE RED
PURPLE RED BROWN
BLUE YELLOW GREEN

The weather has been perfect, so many residents of YH have taken the opportunity to sun themselves in the magnificent gardens.

Dave, the gardener has the gardens and courtyards looking absolutely amazing with vibrant colours blooming everywhere you look.



WHATS ON THIS WEEK Poppy Place Activities

Monday 25th

Reminiscing Books
Facetime calls
Exercises

Spinning Wheel Toss
Garden Walks

Tuesday 26th

Hand & Nail Care
Group Knitting
Balloon Tennis
Newspaper Reading

Group Knitting

Wednesday 27th

Seated Soccer
Facetime Calls
Cooking Pancakes
Art & Craft

Thursday 28th

Balloon Play
2:00 Tai Chi
Life Stories
Individual Music playlist

Cards

Friday 29th

10-12 Café & Shop

12:00 Men's chinwag lunch
Emotional & Spiritual Support
Newspaper Reading & Discussion

Saturday 30th

10:00 Bingo

1:30 Cocktail Afternoon

2:45 Movie Afternoon

Sunday 31st Halloween

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK Monday 25th

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Melbourne Cup Sweeps
2:00 Bingo

Tuesday 26th

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:00 Men's Shed
11:00 10 Pin Bowling
11:30 Quick Quiz
2:00 Knit, Natter & Craft

Wednesday 27th

Today is Norma Bagley's Birthday
9:30 Cooking in Activities Room
1:1 Reminiscing Books
2:00 Gentle Chair Exercises
2:45 Newspaper Reading

Thursday 28th

Today is Diann Bishop's Birthday
9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Hand & Nail Care
2:00 Tai Chi (Library)
3:00 Emotional & Spiritual Support Visits

Friday 29th

9:30 Musical Memories
10:00-11:30 Café & Shop open
12:00 Men's Chinwag
2:00 Carpet Bowls

Saturday 30th

10:00 Bingo
1:30 Cocktail Afternoon
3:00 Movie Afternoon

Sunday 31st Halloween

11.30 Songs of Praise (ABC)