

The Week That Was

Armchair Travel to Canada



At precisely 3pm on Thursday afternoon a flight departed Yackandandah Health bound for Canada. Once we landed, we enjoyed listening to Canadian music, seeing the sights on the big screen, hearing fun facts and participating in quizzes. As if this wasn't enough, both Roland Asfar and Max Norris took to the stage to share their knowledge and travel experiences visiting Canada. Thank you for sharing!



Above: The team discussing answers during Pub Trivia
Below: Estella & Leo take a selfie



Above: The walking group, enjoying the garden



Above: Roland & Max sharing their experiences in Canada
Below: Flight attendants Belinda, Eiril & Bron



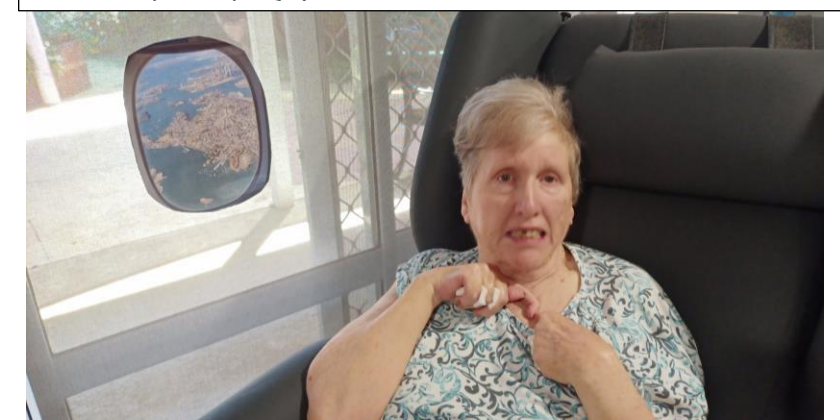
Wally (above) was our pilot, taking us safely to Canada and back
Vivienne (below) enjoys her window seat.



Above: Happy Birthday Helen



Mona helps to peel the veggies, thanks Mona!



AUSTRALIA DAY



We will be hosting a variety of Australian themed activities throughout Wednesday to celebrate Australia Day. The morning will be spent making some very Australian lamingtons (although disputed to have originated in New Zealand), Australian safari quiz, then in the afternoon we will be hosting a thong throwing competition along with the ever popular yabby races. The yabby races were introduced as a new activity to YH last year and was enormously popular with hoots of laughter coming from the yabby arena (otherwise referred to as the Activities Room). Be sure to come and join in the fun!



Men's Chinwag

The Men's Chinwag will take place in the Activity Room on Friday 28th January at 12:00pm. Fish 'n' chips will be ordered from the Star Hotel (the best fish 'n' chips in town), then the men enjoy a beer, wine or soft drink and socializing with other male residents and staff. Tracey will pop in on Monday morning to take orders, we'd love to see you there.

This Weeks Laugh

The NSW Police have found a large number of dead crows on the Sturt Highway just outside Wagga Wagga early this morning, and there was concern that they may have died from Avian Flu.

A Pathologist examined the remains of all the crows, and, to everyone's relief, confirmed the problem was NOT Avian Flu.

The cause of death appeared to be from vehicular impacts. However, during analysis it was noted that varying colours of paints appeared on the bird's beaks and claws. By analysing these paint residues, it was found that 98% of the crows had been killed by impact with motorbikes, while only 2% were killed by cars.

The investigators then hired an Ornithological Behaviourist to determine if there was a cause for the disproportionate percentages of motorbike kills versus car kills.

The Ornithological (Bird) Behaviourist quickly concluded that when crows eat road kill, they always have a look-out crow to warn of danger.

They discovered that while all the lookout crows could shout "Cah", not a single one could shout "bike"



What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 24TH

Reminiscing Books
Facetime calls
Exercises
Group Puzzles

TUESDAY 25TH

Art & Craft
Hand & Nail Care
Group Knitting
Exercises

WEDNESDAY 26TH

AUSTRALIA DAY

Gentle Chair Exercises
Lamington Making
Australia Day Quiz
Thong Throwing Competition
Yabby Races

THURSDAY 27TH

9:30 Anglican Service
Hand and Nail Care
Men's Choir and luncheon
2:00 Tai Chi

FRIDAY 28TH

10-12 Café & Shop
12:00 Men's chinwag lunch
Emotional & Spiritual Support
Newspaper Reading & Discussion

SATURDAY 29TH

10:00 Bingo
1:30 Cocktail Afternoon
2:45 Movie Afternoon

SUNDAY 30TH

11:30 Songs of Praise

MONDAY 24TH

Today is Joan Diffey's Birthday

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Book Club with Judy
2:00 Bingo

TUESDAY 25TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Balloon Tennis
11:30 Quiz
2:00 Knit, Natter & Craft

WEDNESDAY 26TH AUSTRALIA DAY

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Lamington Making with Australian Quiz
2:00 Thong Throwing Competition & Yabby Races

THURSDAY 27TH

9:30 Anglican Service
10:30 Hand & Nail Care
2:00 Tai Chi in the Library
Quick Quiz following Tai Chi

FRIDAY 28TH

9:30 Musical Memories
10 12 Café & Shop Open
12:00 Men's Chinwag
2:00 Carpet Bowls
3:00 Individual Visits

SATURDAY 29TH

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

SUNDAY 30TH

11:30 Songs of Praise