



On Tuesday we had the privilege of joining Little Yacks, Big Yacks, Baby Therapy, staff, and Raffi the Dog together in the courtyard. There were games, cuddles of baby Henry, balloons – {more popping of balloons}, sing-alongs, and of lots of laughter and fun. Our intergenerational program will run weekly on Mondays, if you would like to join in our fun, please feel free to drop by.



Dave enjoying lunch with his friend "Scabbie"

Some of the staff in Poppy place getting to know Charlie

Teo showing his "driftwood" wood working skills to the art group.

3<sup>rd</sup> February – 10<sup>th</sup> February 2023

ART THERAPY

Art therapy is an evidence-based intervention that is well suited to provide support to older people in residential aged care and people living with dementia.

It is a means for individuals to express themselves visually rather than through verbal or written communication.

Art therapy uses creative process to improve a person's physical, mental, and emotional wellbeing to encourage self-expression.

But more than self-expression, art therapy engages attention, provides pleasure and has been seen to improve social interactions and self-esteem.

We are very privileged to welcome Kirsten Coates as our Art Therapist here at Yack Health.



A CELEBRATION OF LIFE

On the 9<sup>th</sup> February we came together with Father Tony Shallue to honour and celebrate the lives of those we have lost in the last 5 months. It was a privilege to have known and cared for each and every person remembered in our service, we all took a moment to Thank them and their families for allowing us to be a part of their individual journey's. May they all Rest in Eternal Peace.



Denys from Poppy Place providing a Musical interlude for his fellow residents



## JOKE OF THE WEEK

### Police Officer Didn't Give Him Enough Time To Explain. But When He Does...Priceless!

A police officer in a small town stopped a motorist who was speeding down Main Street.

"But, officer," the man began, "I can explain"

"Just be quiet," snapped the officer. "I'm going to let you cool your heels in jail until the chief gets back."

"But, officer, I just wanted to say"

"And I said to keep quiet! You're going to jail!"

A few hours later the officer looked in on his prisoner and said, "Lucky for you that the chief's at his daughter's wedding. He'll be in a good mood when he gets back."

"Don't count on it," answered the fellow in the cell. "I'm the groom."



### Life is too short!

Grudges are a waste of happiness. Laugh when you can, apologize when you should, and let go of what you can't change. Love deeply and forgive quickly. Life is too short to be unhappy!!!

## THE WEEK THAT WAS

Another busy week for all of us here at Yack Health.

Last Friday at bowls saw some staff joining in to try and beat our bowling professionals, a lot of fun and laughter was had watching us amateurs.



We are all enjoying the Move in 2023 exercise program being run every day. The walking group enjoy getting outside and wondering our beautiful gardens and having a seat underneath the OAK tree for a little catch up.

Tuesday was a morning of laughs and excitement when Little Yacks and Raffi the dog came and joined us out in the courtyard, the Little Yacks thought it was hilarious to have balloons blown up by the staff and then bust them and scare the bejebers out of all the "oldies" present – and I refer to not so much the residents who quite got a laugh out of the staff's reactions. Raffi made himself at home and enjoyed playing with Little Yacks as well.

Wednesday the cooking group were busy preparing morning tea for our Celebration of Life

Thursday was our Celebration of Life, and it was lovely to see so many faces join us to celebrate and honour the lives of those we have lost.

Friday again is Coffee Shop Day with lots of families taking the opportunity to join their loved ones over a cup of coffee and scones, this afternoon we will be holding our first "Happy Hour" for 2023.

## WEEKLY ACTIVITY PROGRAM

### MONDAY 13<sup>th</sup> February

9.15 – Move in 2023 Exercise group in Big Ben  
9.15 – Exercises – in Wattle  
11.00 – Book Club with Tracey  
1.30 – BINGO

### TUESDAY 14<sup>th</sup> February

#### VALENTINES DAY

9.15am – Wheelchair Flora & Fauna Walks  
10.00am – News and Discussion  
10.30 - RED HEART treasure search  
2.00pm – Art & Craft with Kirsten

### WEDNESDAY 15<sup>th</sup> February

9.15 – Exercises group in Big Ben  
9.30 – Cooking with Tracey  
2.00 – Movement to Music

### THURSDAY 16<sup>th</sup> February

10.00 – Anglican Prayer Service  
11.00 – Nail care  
2.00 – TAI-CHI & Quiz

### FRIDAY 17<sup>th</sup> February

9.15 – Move in 2023 Exercise group in Big Ben  
9.30am – Musical Memories  
10.00am – Café & Coffee Shop Open  
**Come in and have a coffee and scones with your loved ones.**  
2.00 – Carpet Bowls

### SATURDAY 18<sup>th</sup> February

Activities in Poppy place  
3.00pm – MOVIE in activities room

### SUNDAY 19<sup>th</sup> February

Activities in Poppy place  
3.00pm – MOVIE in activities room

Your Lifestyle Team Becky, Tracey, Belinda, Bee and Shannon – please feel free to contact us at any time to discuss your ideas.

## #15



<b>3 letters</b>	SKI	SLID	CEASED
	ABE	ZANY	FAECES
	ABO	<b>5 letters</b>	FIDGET
	ABS	AZOTE	HINDER
	ALI	<b>4 letters</b>	INHOME
	ASA	ACAS	OBJECT
	AVA	ADEN	OBSCESS
	COE	ALEA	ONAGER
	EDS	BAVE	RANSOM
	FAR	DARE	<b>7 letters</b>
	GAB	DRAG	GHASTLY
	HEM	ELLS	LENTIGO
	KEN	ENID	ORDINAL
	LED	EUGE	SCENERY
	LEI	JADA	<b>8 letters</b>
	OAF	MAYS	DARKAGES
	PEA	MILA	EGGWHITE
	REA	OAKS	ENGAGEIN
	SAC	OMER	INASENSE
	SAW	PEAR	KICKBACK
	SHA	REUS	ONCEOVER