



The ladies enjoying the warmer weather for a walk to and a chat underneath the Maple tree.



High Tea with a cake from the Kitchen.



Edith joined by Grandson Mark and granddaughter-in-law Angela at the coffee shop this morning.



Wolfgang and Lucy assisting to make the Birthday cakes



This big fella made a visit to Poppy and presented Charlotte RN with a flower for all her hard work. Thanks Charlotte.



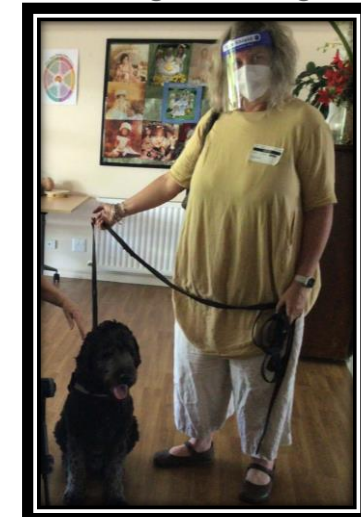
The working group all ready to start on the making of the Birthday cakes for our residents' birthdays.



14<sup>th</sup> January – 20<sup>th</sup> January 2023

Pet Therapy

Introducing Raffy with Sam. Raffy {and Sam} will be joining us on Tuesday morning for a reminiscing session around family pets. Raffy has joined the Yack Health team as a Therapy dog and will be visiting on a regular basis.



Pet or animal therapy involves a structural organised interaction between residents and in our case Raffy the dog, these interactions have been proven to improve someone's physical, mental, and social health.

At Yackandandah Health we will be encouraging our residents to engage with Raffy {providing they actually like dogs} as it has potential to increase their quality of life, reduce tension, fatigue, and confusion, while also encouraging positive emotions and attitudes.

Pet Therapy can also be a great way of re-engaging a resident if they are normally unresponsive to other therapies. A furry friend makes us all feel comforted and a little warm and fuzzy inside.



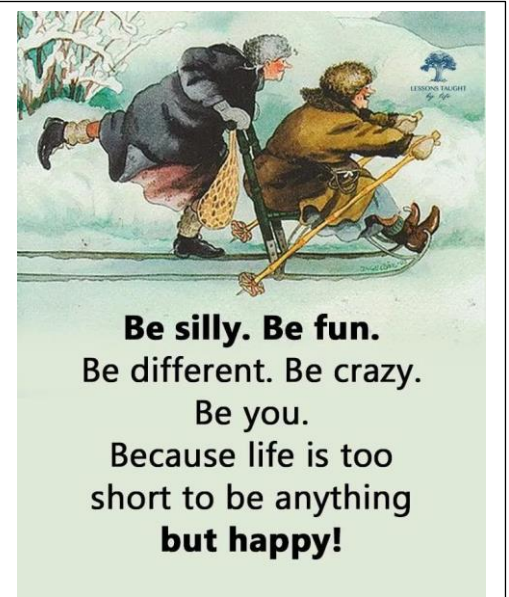


A huge Thank You to the Men's Shed for framing this jigsaw puzzle. Jigsaw was completed by Eileen and will be hung in the Coffee Shop for all to enjoy.

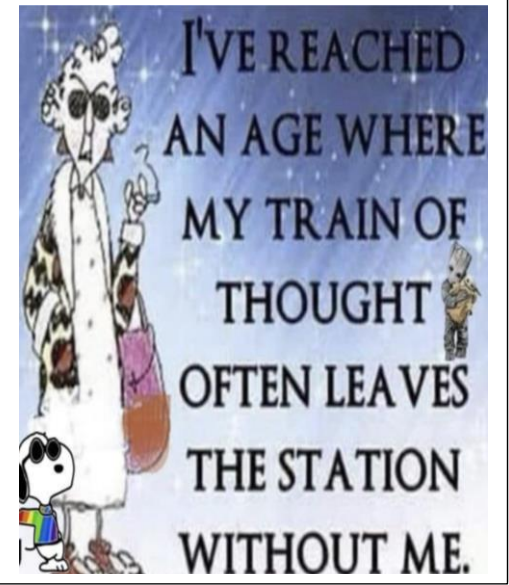
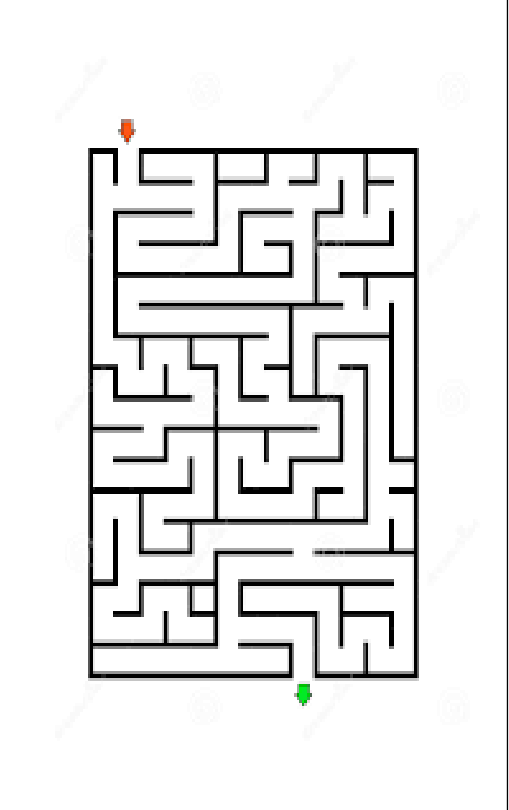


**JOKE OF THE WEEK.**

Bob walked into a sports bar around 9:58 PM. He sat down next to a blonde at the bar and stared up at the TV. The 10 PM news was coming on. The news crew was covering the story of a man on the ledge of a tall building preparing to jump. The blonde looked at Bob and said, "Do you think he'll jump?" Bob said, "You know, I bet he'll jump." The blonde replied, "Well, I bet \$20 he won't." Bob placed a \$20 bill on the bar and said, "You're on!" Just as the blonde placed her money on the bar, the guy on the ledge did a swan dive off the building. The blonde was very upset, but willingly handed her \$20 to Bob. "Fair's fair. Here's your money." Bob replied, "I can't take your money. I saw this earlier on the 5 PM news, So I knew he would jump." The blonde replied, "I did, too, But I didn't think he'd do it again." Bob took the money.



**Be silly. Be fun.  
Be different. Be crazy.  
Be you.  
Because life is too short to be anything but happy!**



**AUSTRALIA DAY**

I guess you never notice  
But I love this great big land  
I love its sheer beauty  
It's so big and bloody grand

You have the Blue Mountains  
And the Great Dividing Range  
You have the Stirlings in the west  
And the Flinders are so strange

And then there's the Grampians  
And the Hamersleys are there too  
They're so full of iron ore  
The miners love them too

Then you have our rivers  
The Murray comes to mind  
A longer one I don't think  
You could ever find

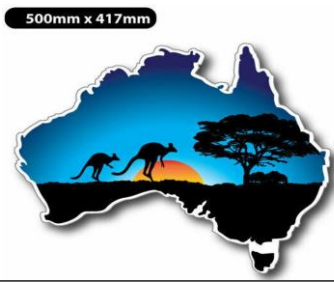
Then you have the Avon  
It runs so fast in flood  
It only has a stony bottom  
Cause it washed away the mud

Then you have our deserts  
They're all so hot and dry  
You have to keep on waving  
To keep away the flies

But when it rains out there  
The wild flowers come to life  
With all the colours of a rainbow  
That stretch from sky to sky

It really is a wondrous place  
This great big land of mine  
From the mountains to the oceans  
And all that's bound in time

And you just know damn well  
It's the best you have ever seen  
Because a better place there has never been.



**WEEKLY ACTIVITY PROGRAM**

**MONDAY 23<sup>rd</sup> January**

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.15 – Exercises – in Wattle
- 10.00 – Shopping in Yack
- 10.30 – Book Club with Tracey
- 1.30 – BINGO

**TUESDAY 24<sup>th</sup> January**

- 9.15am – Wheelchair Flora & Fauna Walks
- 10.00am – News and Discussion
- 10.30 – Reminiscing with Sam and Raffy
- 10.30 – Balloon tennis
- 2.00pm – Knit & Natter

**WEDNESDAY 25<sup>th</sup> January**

- 9.15 – Exercises group in Big Ben
- 9.30 – Cooking with Tracey  
And LITTLE YACKS
- 2.00 – Movement to Music

**THURSDAY 26<sup>th</sup> January**

AUSTRALIA DAY  
"YABBY RACES" "TOSS A THONG"

**FRIDAY 27<sup>th</sup> January**

- 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.***
- 12.30 – Men's Fish and Chip Lunch
- 1.30 - Carpet bowls

**SATURDAY 28<sup>th</sup> January**

- Activities in Poppy place
- 3.00pm – MOVIE in activities room

**SUNDAY 29<sup>th</sup> January 2023**

- 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.