

Kanandah Kapers

*March
2020*

NEWS

Last month we had a very informative Seminar on Sleep. Some of us even bought some special pillows and quilts. We had a wonderful morning with Karen playing the piano. We sang, clapped and even danced the Chicken Dance. The View Club were great too with their funny skits and lively music to make us sing and dance.



Douro Lodge residents had an outing to the Brewery. We tasted a range of beer & had a wonderful time. Hostel & Mortimer residents had an outing to Club Mudgee for Morning Tea & some of us played the pokies—no big winners, but we had fun. It was amazing how many people we saw that knew us.

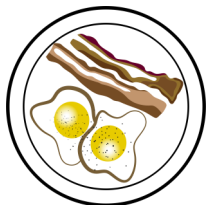


Squeaker's Preschool visited and they modelled dough, did drawings and read stories with us. We hope to get to know this group as the year goes on as they plan to visit each month. Douro Lodge residents has a great time last year with Mudgee Preschool children and this will continue.



Mudgee High School and St Matthews High School Students have begun visiting too. They will be doing a variety of activities with us and it is good to see young people interested in helping us.

The Hostel Men had a great morning with the Rotary Club Men at the Men's Breakfast . We enjoyed dining on bacon and eggs fresh from the BBQ. The Rotary Club Men will return for the Douro Lodge Men's Breakfast next month.



This month includes a number of Senior's Week outings including the Seniors' Luncheon at Club Mudgee, Concert at Club Mudgee and Morning Tea at Mudgee Museum. See inside the Kapers for details. The March program includes Poetry, Music, Clarinet performances, Preschool and High School visitors, Men's & Ladies events, and a variety of Irish and St Patrick's Day activities. We are trialing a few new activities and have moved around some of the usual activities to different days for a bit of variety. Let us know what you think of the changes.



LIBRARY VAN

Our friendly librarian will be here 3pm Thur 5th & 26th.

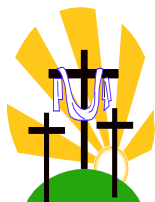


MANICURES

Our volunteers will be here most Tue afternoons at 2pm in the Activity Room.

CATHOLIC CHURCH

Mass will be held in the Activity Room 11.00am on Fri 20th.



SHOPPING

If you need shopping done for you our shopping ladies can assist. Please write your Name and Room No. in the book at the front foyer.



CANTEEN - Open most Tuesdays 1pm to 2pm.

BELL RINGING

Andrea will be here to lead bellringing at 2.00pm one or two Wednesdays each month (see program).



EXERCISES

Exercises are on most weekdays at 10.00am Keep your joints moving & stay for a cup of tea.



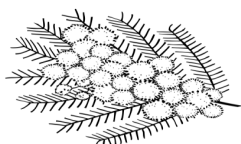
MONTHLY BIRTHDAY PARTY & HAPPY HOUR

will be held 2.00pm on Tuesday 24th.



HAIRDRESSERS

Open on Tuesday afternoon & Thursday mornings.



WATTLE CAFE



CAFÉ OPEN: 7 days 10am to 3pm.

Residents can pay using their Office Accounts, you just need to sign the receipt.

SENIORS' LUNCHEON & AWARDS at CLUB MUDGE

Date: Wed 25th March

Time: 11.30am

Cost: \$15 for lunch
& maybe \$5 for transport.



Please let Phil know ASAP if you are interested in attending.

CONCERT at CLUB MUDGEES

Terry Leonard and Nigel Stanley perform a mix of Rock & Roll.

Date: Fri 27th March
Time: 10.00am
Cost: \$10 for concert
plus \$5 for transport.



Please let Phil know ASAP if you are interested in attending.

MORNING TEA AT MUDGEES MUSEUM

Date: Tue 31st March
Time: 10.00am
Cost: \$5 for transport.



Please let Phil know ASAP if you are interested in attending.

SPECIAL EVENTS THIS MONTH

- 3rd Music with Karen 11.00am**
- 10th Poetry Recital with Mathew Dickerson 11.00am**
- 16th Resident's Meeting 11.00am**
- 17th Clarinet Performance 2.00pm**
- 20th Ladies Afternoon 2.00pm**
- 23rd Fellowship Afternoon 2.30pm**
- 24th Squeakers Preschool visit 10.00am**
- 24th Birthday Party & Happy Hour 2.00pm**
- 25th Seniors' Luncheon at Club Mudgee 11.00am**
- 27th Seniors Concert at Club Mudgee 10.00am**
- 30th Men's Pool Afternoon 2.00pm**
- 31st Mudgee Museum Outing –Seniors' Morning Tea 10.00am**

Seniors' Week FINDAWORD

S C O M P E T I T I O N S L R
W R Y O N D O M Q U N F E A W
B L V D E E D O N O V A N U R
O U T I N G S R O Y S M I G I
W N F Y E S H N W L R U O H T
L C A N I F R I E N D S R T I
S H C R A F T N S U Q I S E N
W E F T S E R G R N Y C W R G
C O N C E R T T P R I Z E S E
L N I F U N S E W M U S E U M
R Q B N T A W A R D S T K F E

Seniors week
Outings
Craft
Writing
Competitions
Prizes
Awards
Concert
Museum
Morning Tea
Luncheon
Music
Friends
Fun
Laughter

