

Kanandah Kapers

February 2023

Kanandah 21 Douro street Mudgee



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Editor's Desk

Hello Residents, Families and Friends!

This Month in Armchair Travel Douro Lodge Visited the Canals of Venice and Kanandah hostel visited Switzerland. The Venice Canals were Very interesting were we got to learn about the History of the canals and the rules about the canal it self.



Hostel Climb and fly over Switzerland looking at the beautiful water colours and mountain tops we got a sneak peak inside the Villages and the unusual but fantastic architecture structures of the buildings.

One of our staff members Janet Shared her experience of her travels to Switzerland and the many things she found interesting to see and do there.

Keep Safe!

Georgie and the RAO team

February Trivia

February has 28 or 29 days. The 29th day is every 4 years during a leap year. February is named for the Latin word februum which means purification

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Quote of the Day

*Act as if what you
do makes a
difference.
It does.*

– William James

Upcoming Events

Resident's Meeting

27th and 28th 11.00 am Activity room

Armchair Travel

7th Tuesday 2.00pm Activity room

High Tea

21st Tuesday 2.30pm Activity room

Regular Events

Happy Hour 23rd Thursday

Church Service 2nd, 3rd and 4th Thursday of the month

Hairdresser every Wednesday

Men's Group Tuesday 28th

Bingo! Every Monday and Friday 2.00pm



Special Days

- 1st Black History Month
- 3rd The Day the Music Died
- 5th World Read Aloud Day
- 6th Waitangi Day (NZ)
- 12th Abe Lincoln's Bday
- 13th World Radio Day
- 14th Valentine's Day
- 18th Drink Wine Day
- 21st Mother Language Day
- 22nd Baden-Powell's Bday



February 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Hostel Program

			1 10.00 Exercise 11.00-word games 2.00 Tai chi	2	10.00 Exercise 11.00 Craft 2.00 Bingo	3	Cards Movies Reading Books	4	Music Games Books	5			
10.00 Exercise 11.00 golf 2.00 Bingo	6	10.00 Exercise 11.00-word games 2.00 armchair travel	7		8	10.00 Exercise 11.00 Darts 2.00 Craft	9	10.00 Exercise 11.00 Church 2.00 Bingo	10	Coloring in Walks in the garden Music	11	Cards Movies Reading Books	12
10.00 Exercise 11.00 Cards 2.00 Bingo	13	10.00 Exercise 11.00 Balloon Games 2.00 Golf	14		15	10.00 Exercise 11.00 pin pong cups 2.00 Craft	16	10.00 Exercise 11.00 Church 2.00 Bingo	17	Games Movies Music	18	Coloring in Walks in the garden Music	19
10.00 Exercise 11.00 Word games 2.00 Bingo	20	10.00 Exercise 11.00 Cards 2.30 High Tea	21		22	10.00 Exercise 11.00 craft 2.00 Birthday party/happy hour.	23	10.00 Exercise 11.00 Church 2.00 Bingo	24	Walks in the garden Knitting Books	25	Cards Movies Reading Books	26
10.00 Exercise 11.00 Residents consumer meeting 2.00 Bingo	27	10.00 Exercise 11.00 Residents meeting. 2.00 Men's group	28	<h2>Hostel program.</h2>									



February 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Douro

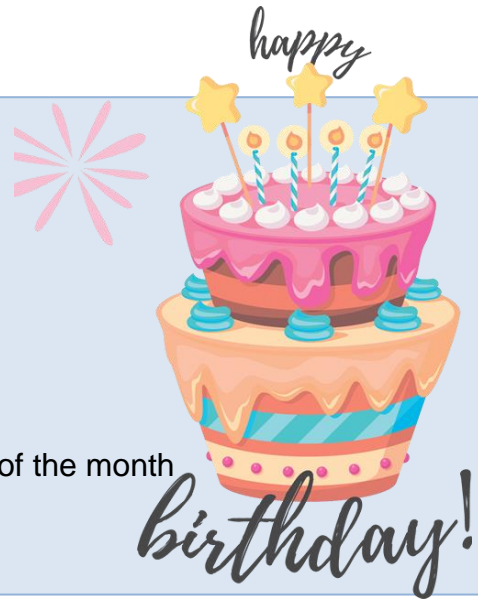
			Exercise 1 Singalong Newspaper reading	Craft 2 Walks in garden. Music	In door games 3 Puzzles Flower arranging	Movies 4 Singalongs Discussions
Word games 5 Songs of praise Puzzles	Poetry readings 6 Craft Indoor games	Singalongs 7 Exercise Walks in garden	Feeding the Birds and picking flowers 8 Newspaper reading Craft	Sensory activities 9 Exercise Music	Games 10 Puzzles Art	Movies 11 Music Games Magazines
Songs of praise 12 Games Walking in garden	Pet theory 13 Newspaper reading Exercise	Discussion 14 Art and craft Flower arranging	Games 15 Doll therapy Word games	Exercise 16 Newspaper reading Manicures and hand massage	Sensory 17 Painting Sorting	Movies and Music 18 Group discussion Walking in garden
Songs of praise 19 Talk on sport. Exercise	Puzzles 20 Indoor sport Music/singalong	Games 21 Craft Men's club	Exercise 22 Happy hour Games	Walks 23 Sensory games Discussion	Gardening 24 Feeding birds Morningtea outside and games	Movies 25 Music Group discussion
Songs of praise 26 Games Newspaper	Birthday celebrations 27 Games Singalong	Music and movement 28 Ball games Craft				

February Birthdays

In February, we celebrate birthdays with:

- Tony
- Heather
- Derrick
- Julia

Please join us at the month to celebrate the Birthdays of the month



Abraham Lincoln, U.S. President, 12th February 1809
Ronald Reagan, U.S. President, 6th February 1911
Michael Jordan, Basketball Player, 17th February 1963
Rosa Parks, Activist, 4th February 1913
Johnny Cash, Musician, 26th February 1932
John Travolta, Actor, 18th February 1954
George Harrison, Musician, 25th February 1943
Elizabeth Taylor, Actress, 27th February 1932
Yoko Ono, Artist, 18th February 1933
Steve Irwin, TV Personality, 22th February 1962

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

WOW!

Fun February Facts

1 - Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

2- The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."

Poem to Share

Things you can control:

by Caleb LP Gunners

Your Beliefs
Your attitude
Your thoughts
Your perspective
How honest you are
Who your friends are
What books you read
How often you exercise
The type of food you eat
How many risks you take
How you interpret the situation
How kind you are to others
How kind you are to yourself
How often you say "I love you."
How often you say "thank you."
How you express your feelings
Whether or not you ask for help
How often you practice gratitude
How many times you smile today
The amount of effort you put forth
How you spend / invest your money
How much time you spend worrying
How often you think about your past
Whether or not you judge other people
Whether or not you try again after a setback
How much you appreciate the things you have.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Ian
- Wal
- Warren
- Carol
- Pat

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Recreation Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books . If you would like this service, please talk to a staff member.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please talk to reception or ask a staff member to write your name down.

CULTURAL CELEBRATION

In the month of February we celebrate Valentines Day. Watch your calendar for related activities in the recreation room.

Laughing Matters



Computers – Masculine or Feminine?

A class learning French and trying to get to grips with gender wondered if the word "computer" should be masculine or feminine. Split into two groups, men and women, they were asked to say which they considered a computer to be, and to give four reasons for their decision.

The men decided that computers are feminine because:

- No one but their creator understands their internal logic.
- The language they use to communicate with each other is totally incomprehensible.
- Even your smallest mistakes are stored in long-term memory for later retrieval.
- As soon as you commit to them, you spend half your disposable income buying accessories for them.
-

The women decided that computers are masculine because:

- In order to gain their attention, you have to turn them on.
- They are full of data, but are still clueless.
- They are supposed to help you solve your problems, but most of the time they are the problem.
- As soon as you commit to one, you realize that if you had waited a little longer, you could have had a better one.

Vanity

A woman knelt in the confessional and said: "Bless me, Father, for I have sinned."

"What is it you did, Marcy?"

"Father, I have committed the sin of vanity. Five times a day I gaze at myself in the mirror and tell myself how beautiful I am."

The priest turned, moved the little curtain in the confessional, took a good look at her, and said, "Martha, I have good news. That isn't a sin - it's only a mistake."

Crossword

VALENTINE'S DAY CROSSWORD



A crossword puzzle grid with 15 numbered starting points for words:

- 1: 5-letter word starting at the top right.
- 2: 6-letter word starting below 1.
- 3: 6-letter vertical word in the center.
- 4: 7-letter horizontal word crossing 3.
- 5: 4-letter vertical word on the left.
- 6: 4-letter horizontal word crossing 5.
- 7: 3-letter horizontal word crossing 6.
- 8: 4-letter vertical word on the left.
- 9: 3-letter vertical word on the left.
- 10: 4-letter vertical word on the left.
- 11: 2-letter vertical word on the left.
- 12: 5-letter horizontal word crossing 11.
- 13: 3-letter horizontal word crossing 10.
- 14: 3-letter vertical word on the right.
- 15: 4-letter horizontal word crossing 13.

Across

1. The ancient Roman god of love
(5)
2. Cupid shoots these
(6)
4. Sometimes they come in bouquets
(7)
6. Symbol of love
(5)
8. A person who is greatly loved
(7)
12. St. Valentine is known as the patron saint of
(6)
13. White and red mixed
(4)
15. The flower of love
(4)

Down

1. A dry, white table wine produced in France
(9)
3. A popular gift on this day made from cocoa
(9)
5. The month of Valentine's Day
(8)
7. The color associated with this day
(3)
9. My true
(4)
10. Would you be my ?
(9)
11. Compositions in verse
(5)
14. Sealed with a ...
(4)
15. Something you wear on your finger
(4)

