

# Kanandah Kapers

## June 2022

Kanandah 21 Douro Street 6378 6400



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# Editor's Desk

Hello Residents, Families and Friends!

What a month we have all had Here's hoping its upward and on ward from Here.

This month is the Queen's Birthday so this Month we will be Exploring England, Scotland, and Wales in Armchair travel.

Unfortunately, due to the lockdown we Were unable to Go to the park and have afternoon tea but hoping When we get back to less restriction we can go out and do some fun things out of Kanandah together.

For Birthdays it has been a big Month we have had two Residents (Vera and Amy) turn 100.

How cools that.



Keep Safe

## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**  
Birthstone: **Moonstone or Pearl**  
Flower: **Rose or Honeysuckle**

## Quote of the Day

*Try to be a  
rainbow in  
someone else's  
cloud.*

– Maya Angelou

# Upcoming Events

## Ladies Morning Tea

Tuesday 28<sup>th</sup> June 2.30pm, Activity room

## Resident's Meeting

Monday 20<sup>th</sup> June 11.00pm, Activity Room

## Men's Cub

Thursday 23<sup>rd</sup> June at 2.00pm, Pool table Area

## Armchair Travel

Tuesday 21<sup>st</sup> June at 2.00, Activity Room

## Bingo

Every Monday and Friday at 2.00pm



# Regular Events

Presbyterian Every second Friday of the month

Catholic Service Every Third Friday of the month

Hairdresser every Tuesday

Bingo! Every Monday and Friday 2.00pm

Residents Meeting Every 3rd Monday of the month

Residents Committee Meeting Every 3<sup>rd</sup> Wednesday of the month.

## Special Days

- 2<sup>nd</sup> Italian National Day
- 5<sup>th</sup> World Environment Day
- 6<sup>th</sup> D-Day
- 8<sup>th</sup> World Oceans Day
- 13<sup>th</sup> Queen's Birthday
- 19<sup>th</sup> Emancipation Day (US)
- 19<sup>th</sup> Father's Day (US, Canada, UK)
- 21<sup>st</sup> World Music Day

# June 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**Hostel**

		10.00 Exercise <b>1</b> 11.00 Manicures 2.00 Walks in the Garden	10.00 Exercise <b>2</b> 11.00 Quots 2.00 Singing  Italian National Day 	10.00 Exercise <b>3</b> 11.00 Word Games 2.00 Bingo	Drawing <b>4</b> Movies Cards	 Garden walks World Environment Day
10.00 Exercise <b>6</b> 11.00 Golf 2.00 Cards  D-Day	10.00 <b>7</b> Exercise 11. Word games 2.00 Golf	High care activities <b>8</b>  Balloon games and reminiscing  	10.00 Exercise <b>9</b> 11.00 Craft 2.00 word Games	10.00 Exercise <b>10</b> 11.00 Presbyterian Church 2.00 Bingo	Games <b>11</b> Movies Cards	<b>12</b> Drawing Cards Movies
10.00 Exercise <b>13</b> 11.00 Cards 2.00 Bingo  	<b>14</b> 10.00 Exercise 11.00 Darts 2.00 High Tea	High care <b>15</b> Music in the Garden 2.00 Residents Committee meeting	10.00 Exercise <b>16</b> 11.00 Ten Pin bowling 2.00 Craft	<b>17</b> 10.00 Exercise 11.00 Catholic Church 2.00 Bingo	Coloring in <b>18</b> Movies Cards	Garden walks <b>19</b> Movies Cards
<b>20</b> 10.00 Exercise 11.00 Residents meeting  2.00 Bingo	<b>21</b> 10.00 Exercise 11.00 soup making  2.00 Arm Chair Travel	High care <b>22</b> Walking in the garden Manicures	<b>23</b> 10.00 Exercise 11.00 Cards 2.00 Mens Club	<b>24</b> 10.00 Exercise 11.00 Anglican church 2.00 Bingo	Cards <b>25</b> Movies Garden Walks	<b>26</b> Dominos Cards Movies
<b>27</b> 10.00 Exercise 1100 Zoom with Milestone CCC 2.00 Bingo	<b>28</b> 10.00 Exercise 11.00 darts 2.00 Art Gallery	High care <b>29</b> Newspaper Readings Explore Sensory	<b>30</b> 10.00 Exercise 11.00 Golf 2.00 Happy hour and Games	<b>On the weekends, please Ask Staff to turn on movie in the Activity Room</b>		

# June 2022

SUNDAY

MONDAY

TUESDAY







WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

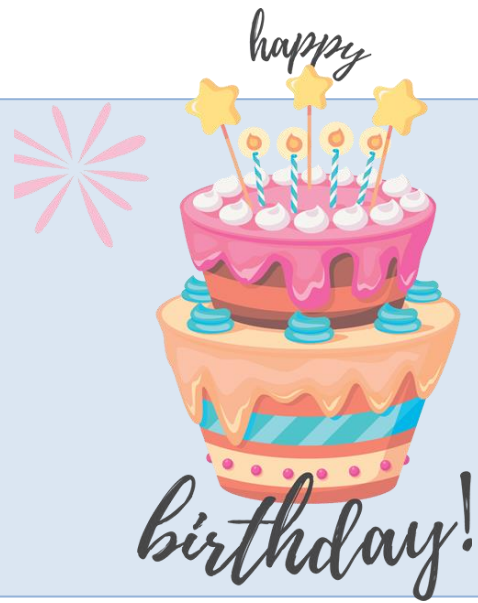
**Douro**

			Movies 1	 News of the Day 2	Garden walks 3	Flower arranging 4
			Music Appreciation	Exercise <small>Italian National Day</small>	Bird Watching	Craft
			Sensory Garden		Remising	News of the day
 Gardening 5	Exercise 6	Balloon Games 7	Water painting 8	Sensory 9	Exercise 10	Darts 11
Sensory activity <small>World Environment Day</small>	Word Games	Manicures	Gardening	Reminiscing	Craft	Balloon Games
	Darts <small>D-Day</small>	Craft	Quiots  <small>World Ocean</small>	News of the Day	Garden Walks	Movies
Music appreciation 12	Queen's Birthday celebrations 13	Balloon Games 14	Manicures 15	Exercise 16	Music 17	Movies 18
Movies 	Music from the fifties	Walks in the Garden <small>Queen's Birthday</small>	Fun Facts	Darts	Word games	Music
Online Church			Reminiscing	Movies	Sensory Activities	Newspaper reading
Online church 19	Flower arranging 20 	Music 21	Balloon Games 22	Morningtea 23 in the garden	Craft in the garden and music 24	Newspaper 25 Reading
Balloon games	Craft and art	Exercise to music 	Trivia	Word games		Movies
Who am I	Making Sandwiches	Ballroom dancing on YouTube	Gardening	Music		Music
Online church and Songs of Praise 26	Darts 27	Bird watching in the Garden 28	Moring tea in the garden 29	Happy hour 30 in the Garden	<b>Some activities are subject to weather Conditions</b>	
	Craft	Gardening	Singing	Word Games		
	Manicures			Birthday Party		

# June Birthdays

In June, we celebrate birthdays with:

Wilma  
John  
Jim  
Manfred (Freddy)  
Anthony (Tony)  
Rita



Marilyn Monroe, Actress, 1<sup>st</sup> June 1926  
Morgan Freeman, Actor, 1<sup>st</sup> June 1937  
Johnny Depp, Actor, 9<sup>th</sup> June 1963  
Judy Garland, Actress, 10<sup>th</sup> June 1922  
Prince Philip, Duke of Edinburgh, 10<sup>th</sup> June 1921  
Donald Trump, Former President, 14<sup>th</sup> June 1946  
Boris Johnson, Prime Minister, 19<sup>th</sup> June 1964  
Nicole Kidman, Actress, 20<sup>th</sup> June 1967  
Elon Musk, Entrepreneur, 28<sup>th</sup> June 1971  
Mike Tyson, Boxer, 30<sup>th</sup> June 1966

## **Gemini (May 21 – Jun 20)**

Geminis love to learn, and they never stop wondering about the unexplained.

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

WOW!

## **Summer Solstice at Stonehenge**

The Summer Solstice, the longest day of the year, is celebrated in June in the UK. At Stonehenge, crowds gather to watch the sunrise at one of England's most mysterious monuments. How did ancient people move 40-ton stones over many miles before the development of wheels? How did they erect them upright in well-engineered stone circles? Are human remains buried there or in the barrows that pepper the surrounding landscape? Are there magic energy lines under the earth?

# Poem to Share

## My Symphony

William Henry Channing

To live content with small means.  
to seek elegance rather than luxury,  
and refinement rather than fashion,  
to be worthy, not respectable,  
and wealthy, not rich.  
to study hard, think quietly,  
talk gently, act frankly,  
to listen to stars and birds,  
to babes and sages,  
with open heart,  
to bear all cheerfully,  
to all bravely await occasions,  
hurry never.  
In a word, to let the spiritual unbidden  
and unconscious grow up through the common.  
This is to be my symphony.



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Graham
- Judy
- Audrey
- Eunice
- Barbara

We hope that you enjoy your time here!

## NEW STAFF

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

- |           |         |     |
|-----------|---------|-----|
| • Barsha  | Mark    | Kym |
| • Cindy   | Ellie   |     |
| • Dianne  | Libby   |     |
| • Katahna | Brianna |     |
| • Kristy  | Denice  |     |
| • Ann     | Caitlin |     |

## IN MEMORIAM

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

- **Keith and Marj**

## CONTINUOUS IMPROVEMENT

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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?

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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

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

June 16<sup>th</sup> Thursday Library

## THANK YOU

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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.

## LAUNDRY MATTERS

PLEASE REMEMBER TO LABEL  
OR CLOTHES .

THIS WILL HELP WITH  
IDENTIFYING YOUR CLOTHES  
SO WE CAN DELIVER THEM TO  
YOU.

THANKYOU

## HAIRDRESSER

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

# Laughing Matters



## The Engagement

A young woman brings her fiancé to dinner with her parents. After dinner, her mother tells her father to find out about the young man. The father invites the young man to his study for a drink.

“So what are your plans?” the father asks the young man. “I am a religious scholar,” he replies.

“A religious scholar. Hmm,” the father says. “Admirable, but what will you do to provide a nice house for my daughter to live in as she’s accustomed to?”

“I will study,” the young man replies. “And God will provide for us.”

“And how will you buy her a beautiful engagement ring such as she deserves?” asks the father.

“I will concentrate on my studies,” the young man replies. “And God will provide for us.”

“And children?” asks the father. “How will you support children?”

“Don’t worry, sir, God will provide,” replies the fiancée.

The conversation proceeds like this, and each time the father questions, the young idealist insists that God will provide.

Later, the mother asks: “How did it go, honey?”

The father answers: “He has no job and no plans, but the good news is he thinks I’m God.”

## One-Liners

My teacher accused me of plagiarism. His words, not mine.

I find apologizing for not having cleaned is easier than cleaning.

Keep your eyes wide open before marriage and half shut afterwards.

# Word Search

## MARINE WORD SEARCH



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

Mollusc  
Octopus  
Organism  
Tropical  
Ossification

Crustacean  
Tortoise  
Saltwater  
Scavengers  
Oceanic

Jellyfish  
Stingray  
Wetlands  
Fossil  
Thermal

Urchins  
Sardine  
Coral  
Gills  
Seaweed