Kanandah Kapers December 2023

Kanandah, 21 Douro Street, 63786400



Editor's Desk

Hello to the Kanandah community.

The Month of November has been not so bad leading up to Christmas.

The Rao have been busy putting up Christmas decorations ready for Christmas and the residents Christmas party in December.

All the residents have been enjoying coming to the activities and we have had quite a lot of residents joining in the fun which is good to see.



The Rao is already starting to plan what things we would love to bring to the residents Program and activity next year.

We are hoping to bring the community into Kanandah and get out and mix with the Mudgee community next year.

Georgie and the Rao Team

December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: Sagittarius & Capricorn
Birthstone: Turquoise
Flower: Holly

Quote of the Day

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

– Norman Vincent Peale

Upcoming Events



Monday 18th and Tuesday 20th 11.00am

Armchair Travel

Tuesday 5th 2.00pm

Residents Christmas Party

Wednesday 13th 6.00pm Hostel

Wednesday 13th 12.00am Douro

Outing Golf Club Lunch

Wednesday 20th 11.45am leave From Foyer

Regular Events

Birthday party 28th

Church service 1st,3rd and 4th Friday of the month

Hairdresser every Wednesday

Men's Group 21st Thursday

Bingo! Every Monday and Thursday 2.00pm





Special Days in December

Summer (S. Hem) 1st

Cookie Day (US) 4th

Volunteer Day 5th

6th St. Nicholas Day

Hanukkah Begins 7th

18th Paul Klee's Birthday

21st Winter (N. Hem)

25th Christmas

26th Boxing Day

26th Kwanzaa

31st New Year's Eve



SUNDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY

WEDNESDAY

	Н	ost	el		10.00 1 Exercise 11.00 Church 2.00 Bingo	Walks in the 2 garden Movies Music
Puzzles 3 Reading the newspaper Music	10.00 4 Exercise 11.00 Cards 2.00 bingo	10.00 5 Exercise 11.00 Kubbs 2.00 armchair travel	Wattle cafe 6	10.00 7 Exercise 11.00 Quoits and chuck the chook. 2.00 Trivia and word games	10.00 8 Exercise 11.00 2.00 Bingo	Reading 9 Books Knitting Walks in the garden
Cards 10 Movies Books	10.00 11 Exercise 11.00Golf 2.00 Bingo	10.00 12 Exercise 11.00Bowling 2.00 Games	Residents 13 Christmas party	10.00 14 Exercise 11.00 2.00Trivia and word games.	10.00 15 Exercise 11.00 church 2.00 Bingo	Newspaper 16 reading Drawing Movies
Music 17 Walks in the garden Talking to friends	10.00 18 Exercise 11.00 Residents committee meeting 2.00 bingo	10.00 19 Exercise 11.00 Residents meeting 2.00 Games	Christmas 20 lunch Golf club Chinese women	10.00 21 Exercise 11.00 Golf 2.00 Men's Group	10.00 22 Exercise 11.00 Church 2.00 Bingo	Music 23 Reading Movies
Movies 24 Music Cards	Christmas 25 P/H	Boxing Day 26 P/H	Wattle Cafe 27	10.00 28 Exercise 11.00-word games 2.00 Birthday party	10.00 29 Exercise 11.00 Golf 2.00 Bingo	Poems 30 Walking in the garden drawing

New Year's 31
Eve
Watching
News Year
Eve
celebrations

on tv



SUNDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY WEDNESDAY

overall intera subjects, one or	ridual Activities active skills. Ac n one discussio movies, colour	1	2			
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

December Birthdays

In December, we celebrate birthdays with:

Please join us in December to celebrate!



Can you finish these Christmas carol lyrics?

Oh, the weather outside is!
Since we've no place to go, let it
With a corncob pipe and a button
Dashing through the snow, in a
I saw Mommy kissing
The holly and the ivy, when they are both
City sidewalks, busy sidewalks, dressed in
Chestnuts roasting on
Up on the rooftop reindeer

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Capricorn (Dec 22 - Jan 19)

Capricorns are responsible, disciplined and have good managers



What is your favorite holiday movie?

There's nothing like grabbing favorite snacks, settling in under a cozy blanket, and turning on a favorite holiday movie. According to Entertainment Weekly, the most favorite holiday movie is *It's a Wonderful Life*, followed by *A Christmas Story*, and *A Charlie Brown Christmas*.

Let's Reminisce

Holiday Baking and Cooking

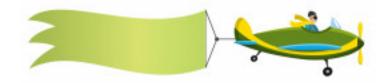
If you close your eyes and think about your favorite holiday moments, there's a good chance that at least a few of those moments take place in the kitchen. Whether you spent your childhood stirring batter in your grandmother's kitchen, decorating cookies with your own children on a messy table, or dusting off family recipes in your own kitchen, you likely think of the holidays when you smell cinnamon and nutmeg, when you roll out sugar cookie dough, or when you peel potatoes for pancakes.

Here are some reminiscing prompts that can get you thinking about those times in the kitchen or around the dinner table. Use these prompts to journal your memories, to start conversations with friends at your lunch table, or to share memories with your loved ones during their next visit. Turn this exercise into a sensory experience by smelling some common holiday spices like nutmeg, cinnamon, and clove.

Families, these are excellent questions to ask your senior loved ones – you just might learn something new about them and their memories!

- Tell me about your favorite holiday food or treat. Describe how it smelled and tasted. What made it so delicious?
- Who was usually in the kitchen baking and cooking during the holiday gatherings?
 Describe them. What did they wear? What did they smell like? What was their personality like?
- Describe your family table. Were there place settings, flowers, a tablecloth? Who sat at the kids table? Was the table loud and celebratory or quiet and solemn?
- How many holiday foods can you list? Don't forget to add your favorites to the list, including cookies, cakes, and main dishes.
- Did you ever mess up a holiday recipe? Tell me the story.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

Kathleen

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!

WELCOME FAMILY AND FRIENDS

The holiday season is a busy one for all of us, and it is usually a time when our community sees even more family and friends visiting. As a reminder, residents are welcome to invite family and friends to attend events with them. Just be sure that you have let an Activity staff member know that you'll be bringing along guests. We want to be sure we prepare accordingly.

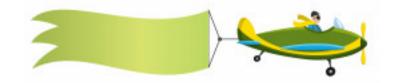
For family or friends attending meals, please coordinate with the dining team to ensure there is room at the table.

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.

- Margaret
- June

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident. 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 in the hairdressers book.

HOLIDAY MATH

If you multiply the number of partridges in a pear tree with the number of Santa's reindeer, including Rudolph, what number do you get?

Stop by the Activity office to tell us your answer and find out if you're right.

CULTURAL CELEBRATIONS

Keep your eyes peeled for events and opportunities related to many December holidays including Christmas and Hanukkah. If you'd like to see us add more events for different celebrations, please tell us. We always love inspiration and ideas!

ASK A NEIGHBOR

Looking for a way to connect with a neighbor? Try asking them what their favorite holiday gift was. You might learn about their first bicycle, a piece of jewelry, or a handmade quilt from their grandmother.

Laughing Matters



I carry a stone with me to throw at anyone who sings Christmas carols before Thanksgiving.

It's my Jingle Bell rock.

What's a dog's favorite Christmas carol?

Bark the Herald Angels Sing.

Why should you take a ladder with you when you go Christmas caroling?

So, you can reach the high notes.

What is a skunk's favorite Christmas carol?

Jingle Smells.

A copy of A Christmas Carol fell on my toe...

It hurts like the Dickens!



CHRISTMAS

Word Scramble

LELBS	ISENTPIOTA
CLEAND	GIGABRNDEER
TEWHAR	SCRALO
EDINERER	GOSTINCK
ESOKOCI	GNGEGO
GLISEH	TENESSRP
SOTTLEMIE	LEGAN
STRANEMON	CREDEMBE
WOMANNS	DANCY ENCA
SLITEN	SATNA CSLAU
GSGENTIER	RSNIBOB
YMFAIL PSUPRE	LAGRAND