

Kanandah Kapers

December 2023

Kanandah, 21 Douro Street, 63786400



tidings of comfort and joy

happy
holidays

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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

Resident's Meeting

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

- 1st Summer (S. Hem)
- 4th Cookie Day (US)
- 5th Volunteer Day
- 6th St. Nicholas Day
- 7th Hanukkah Begins
- 18th Paul Klee's Birthday
- 21st Winter (N. Hem)
- 25th Christmas
- 26th Boxing Day
- 26th Kwanzaa
- 31st New Year's Eve

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Hostel

10.00 Exercise	1	Walks in the garden	2
11.00 Church		Movies	
2.00 Bingo		Music	

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


December 2023

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

Douro- Individual Activities will commence this month due to change of overall interactive skills. Activities will mainly involve Christmas related subjects, one on one discussions, reading sessions, Hand massage/nailcare, Garden walks, movies, colouring in, Memory activities and sensory games.

						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

WOW!

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 _____