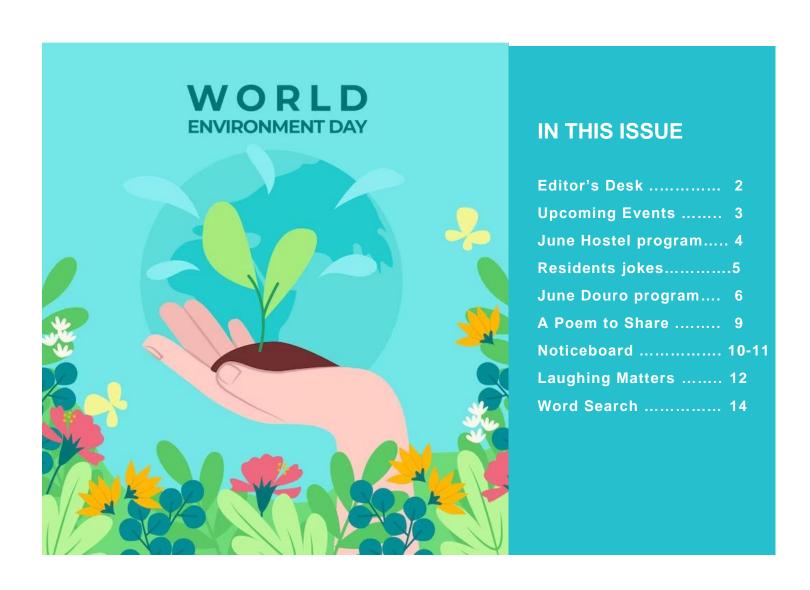
Kanandah Kapers June 2023

Kanandah, 21 Douro Street,



Editor's Desk

Hello Residents, Families and Friends!

Last month we were busy celebrating Mother's Day.

On Thursday we had a meet and greet with people from the Mudgee community to see who would be interested in volunteering at Kanandah.



if

It was a good turnout, and we had some people willing to volunteer their time for our residents.

We had fun this month with Card games, bowling, and Chuck the chook.

Keep Safe!

Georgie and the RAO team

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

Don't let yesterday take up too much of today.

- Will Rogers

Upcoming Events



Tuesday 20th of June 2.00pm, Dining Room

Resident's Meeting

Tuesday 27th 11.00pm, Activity room

Consumers meeting Activities

Monday 26th June 11.00am, Activity room.

Armchair Travel

Tuesday 6th 2.00pm, Activity room.

High Tea

27th Tuesday 2.00pm, Activity room

Regular Events

Church Service first third and fourth Friday of the month.

Hairdresser every second Monday from 1:30 pm Men's Group every second Thursday at 2pm Bingo! Every Monday and Friday 2.00pm



Special Days

1st World Milk Day

2nd Italian National Day

5th World Environment Day

6th D-Day

8th World Oceans Day

19th Emancipation Day (US)

19th Father's Day (US, Canada, UK)

21st World Music Day



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

| Hos | tel Prog | gram | 10.00 1 Exercise 11.00-word games 2.00 Crafts/art | 10.00 2 Exercise 11.00 Church pres 2.00 Bingo | Drawing 3 Puzzles Movies | Games 4 Movies Walking in garden |
|--|--|---|---|---|---|----------------------------------|
| 10.00 5 Exercise 11.00 Golf 2.00 Bingo | 10.00 Exercise 6 11.00 cards 2.00 Armchair Travel | Exercise 7 Chuck the chook | 10.00 8 Exercise 11.00-word games 2.00 Ten pin bowling | 10.00 9 Exercise 11.00 Quoits 2.00 Bingo | Knitting 10 Newspaper reading Walking in garden | Movies 11 Cards Knitting |
| Cards 12 Knitting Newspaper reading Public holiday | 10.00 Exercise 13 11.00-cards No afternoon activity(meeting) | Exercise 14 Cards Cammie Golden Labrador | 10.00 15 Exercise 11.00 Craft/art 2.00 Bingo | Exercise | Word games Reading books Music | Movies 18 Games Knitting |
| 10.00 19 Exercise 11.00 Golf 2.00 Bingo | 10.00 Exercise 20 11.00 art and craft 2.00 Boot scooting (Performance) | Exercise 21 Cards | 10.00 22 Exercise 11.00 Ten pin bowling 2.00 Birthday and happy hour. | 10.00 23 Exercise 11.00 Church 2.00 bingo | Drawing 24 Puzzles Movies | Cards 25 Games Newspaper |
| 10.00 26 Exercise 11.00 Consumers Meeting 2.00 Bingo | 10.00 Exercise 27 11.00 Residents meeting 2.00 High tea | Visit from 28 Cammie a Golden Labrador Exercise | 10.00 29 Exercise 11.00 craft 2.00 Mens club | 10.00 30 Exercise 11.00 Anglican 2.00 Bingo | | |

Residents Jokes of the month

What is a Squirrels Favorite Movie? NutFlix

What are squirrels favorite Song? Nutbush City Limits.

Why did the pawn leave the bar early? Because he pulled a mussel.



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

| Do | uro p | rogr | Walks in the 1 garden. Sensory Singalong | Flower arranging Music in the garden Painting | Newspaper 3 reading Walks Puzzles | | |
|---|--|---|---|---|---|---|--|
| ABC church 4 Sensory Newspaper reading | Poems 5 Short stories Walks in the garden | Ball Games 6 Sensory Doll therapy Music In the garden | Bird watching 7 Art/craft Balloon games Puzzles | Threading 8 beads Building and making Sensory boxes. | Singalongs 9 Remising Word games Flower arranging | Movies and 10 music Bird watching Walks outside. Sensory activities | |
| Remising 11 about the good old days ABC Church Flower arranging | Art and craft 12 Hand massage and Nail care Colouring in | Balloon games Balloon painting Walks in the garden | Singalong 14 Exercise to music Trivia Sorting socks | Flower arranging Sensory activities Reading Newspaper | Walks in 16 garden picking flowers. Bird watching Feeding birds Happy hour. | Moring tea 17 in the garden. Stories and Poems Walks outside. Quoits | |
| Discussion 18 on when I was young. ABC Church service Balloon games | Folding 19 clothes Art and craft Sensory and doll therapy Puzzles | Exercise 20 Pictures of different illusion and spot the different Darts | Knock the 21 cups over and stack them. Sorting socks Sensory activities | Setting the 22 tables Folding the napkins Walking outside. | Hand 23 massage and nail care. Arts and craft Ball games | Building 24 and sorting Polishing spoons Feeding the birds Newspaper | |
| ABC 25 church service Flower arranging Matching game | Cards/memor 26 y Word games Folding clothes protectors | Sensory 27 activities Ball games Setting tables | Sorting 28 different items into colours and groups. Puzzles Ball games | Hand 29 massage Remising about our first car, Job, holiday. | Happy 30 birthday Party Sensory and sorting Doll and pet therapy | Program may vary depending on the day and residents' choice. | |

| | Walking in garden | Sorting socks | Cards memory | Stories | |
|--|-------------------|---------------|-----------------|---------|--|
| | | | | | |
| | | | | | |

June Birthdays

In June, we celebrate birthdays with:

- Jim B
- John T
- Rita

Please join us In June to celebrate!



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

The First Manned Hot Air Balloon Launch

On June 4, 1783, the Montgolfier brothers launched the first untethered hot air balloon in France. This historic event marked the beginning of manned flight and opened up a new world of possibilities for exploration and travel, changing the course of history and inspiring future generations to reach for the stars and achieve the impossible.

Poem to Share

Invictus

William Ernest Henley

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be.
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

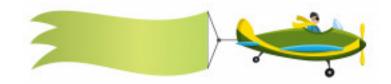
It matters not how strait the gate,

How charged with punishments the scroll,

I am the master of my fate,

I am the captain of my soul.

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.

- Tony L
- John M
- Wilma

CONTINUOUS IMPROVEMENT

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

There are feedback forms available outside the Activity Room and foyer. 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?

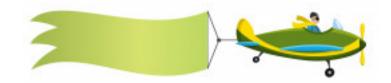
Contributions to our newsletter are encouraged and appreciated!

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 to resident's rooms. 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.

WATTLE CAFE

Come down to Wattle café and Have a Coffee and cake with your friends and enjoy a light meal.

Opening hours are 10.00 to 3.00 Monday to Friday.

CULTURAL CELEBRATION

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

VOLUNTEERS WANTED

If you know of anyone that would like to join our volunteer's group, please encourage them to get in touch with Kanandah.

Laughing Matters



The Engagement

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter. She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So, the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

Word Search

RECYCLE REUSE REDUCE



| E | U | K | Н | М | X | C | P | L | A | S | T | 1 | C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | M | 1 | S | S | 1 | 0 | N | S | V | Н | F | K |
| 0 | U | C | C | W | 1 | S | G | М | 0 | S | М | R | D |
| L | J | Q | F | L | T | U | T | C | P | T | 1 | G | P |
| A | R | U | G | C | 0 | S | G | K | L | 0 | 0 | P | 0 |
| R | E | 0 | 1 | Н | Y | T | X | G | 1 | 1 | S | E | Z |
| 0 | C | R | N | E | D | A | Н | R | R | V | N | T | 0 |
| T | Y | G | C | М | М | 1 | Н | E | P | E | В | R | N |
| R | C | Α | E | 1 | Y | Ν | T | М | S | L | В | 0 | E |
| Α | L | N | G | C | L | A | N | D | F | 1 | L | L | G |
| S | E | 1 | Z | A | W | В | W | V | C | Ν | A | V | Q |
| н | R | C | K | L | E | L | Н | Z | C | Н | Y | Q | P |
| G | н | 1 | 0 | S | R | Ε | P | A | 1 | R | T | A | Н |
| F | R | В | G | R | Ε | Ε | Ν | Н | 0 | U | S | Ε | 0 |

Solar Water **Emissions Plastic** Trash Clothes Organic Ozone Compost Chemicals Sustainable Petrol Greenhouse Repair Landfill Recycle