

Kanandah Kapers

June 2023

Kanandah, 21 Douro Street,

WORLD
ENVIRONMENT DAY



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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.

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 RAD team



if

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

Entertainers (dancers)

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

Hostel Program

10.00 Exercise	1	10.00 Exercise	2	Drawing	3	Games	4
11.00-word games		11.00 Church pres		Puzzles		Movies	
2.00 Crafts/art		2.00 Bingo		Movies		Walking in garden	

10.00 Exercise	5	10.00 Exercise	6	Exercise	7	10.00 Exercise	8	10.00 Exercise	9	Knitting	10	Movies	11
11.00 Golf		11.00 cards		Chuck the chook		11.00-word games		11.00 Quoits		Newspaper reading		Cards	
2.00 Bingo		2.00 Armchair Travel				2.00 Ten pin bowling		2.00 Bingo		Walking in garden		Knitting	

Cards	12	10.00 Exercise	13	Exercise	14	10.00 Exercise	15	10.00 Exercise	16	Word games	17	Movies	18
Knitting		11.00-cards		Cards		11.00 Craft/art		11.00 Church		Reading books		Games	
Newspaper reading		No afternoon activity(meeting)		Cammie Golden Labrador		2.00 Bingo		2.00 Bingo		Music		Knitting	
Public holiday													

10.00 Exercise	19	10.00 Exercise	20	Exercise	21	10.00 Exercise	22	10.00 Exercise	23	Drawing	24	Cards	25
11.00 Golf		11.00 art and craft		Cards		11.00 Ten pin bowling		11.00 Church		Puzzles		Games	
2.00 Bingo		2.00 Boot scooting (Performance)				2.00 Birthday and happy hour.		2.00 bingo		Movies		Newspaper	

10.00 Exercise	26	10.00 Exercise	27	Visit from	28	10.00 Exercise	29	10.00 Exercise	30				
11.00 Consumers Meeting		11.00 Residents meeting		Cammie a Golden Labrador		11.00 craft		11.00 Anglican					
2.00 Bingo		2.00 High tea		Exercise		2.00 Mens club		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

Douro program

					Walks in the garden. 1 Sensory Singalong	Flower arranging 2 Music in the garden Painting	Newspaper reading 3 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 beads 8 Building and making Sensory boxes.	Singalongs 9 Remising Word games Flower arranging	Movies and music 10 Bird watching Walks outside. Sensory activities	
Remising about the good old days 11 ABC Church Flower arranging	Art and craft 12 Hand massage and Nail care Colouring in	Balloon games 13 Balloon painting Walks in the garden	Singalong 14 Exercise to music Trivia Sorting socks	Flower arranging 15 Sensory activities Reading Newspaper	Walks in garden picking flowers. 16 Bird watching Feeding birds Happy hour.	Moring tea in the garden. 17 Stories and Poems Walks outside. Quoits	
Discussion on when I was young. 18 ABC Church service Balloon games	Folding clothes 19 Art and craft Sensory and doll therapy Puzzles	Exercise 20 Pictures of different illusion and spot the different Darts	Knock the cups over and stack them. 21 Sorting socks Sensory activities	Setting the tables 22 Folding the napkins Walking outside.	Hand massage and nail care. 23 Arts and craft Ball games	Building and sorting 24 Polishing spoons Feeding the birds Newspaper	
ABC church service 25 Flower arranging Matching game	Cards/memories 26 Word games Folding clothes protectors	Sensory activities 27 Ball games Setting tables	Sorting different items into colours and groups. 28 Puzzles Ball games	Hand massage 29 Remising about our first car, Job, holiday.	Happy birthday Party 30 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
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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.

WOW!

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

Solar
Trash
Compost
Greenhouse

Water
Clothes
Chemicals
Repair

Emissions
Ozone
Sustainable
Landfill

Plastic
Organic
Petrol
Recycle