

# Kanandah Kapers

## March 2023

Kanandah , 21 Douro Street,



Happy  
Women's  
Day

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# Editor's Desk

Hello Residents, Families and Friends!

This month the Men enjoyed a chat over some Beers.

The women Had a high tea to say goodbye to Bec one of our Staff members before she heads off to have her Baby.

The opening of our new build North View was opened with residents having a look thought and what a great job that has been done.

We had the Guide Dogs Visit Douro lodge, and a lovely morning tea was had by all to celebrate this.

The residents and staff are over the moon to see wattle Café reopen .

Keep Safe!

*Georgie and the RAO team.*



## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**  
Birthstone: **Aquamarine**  
Flower: **Daffodil**

## Quote of the Day

*Age is an issue of mind over matter. If you don't mind, it doesn't matter.*

– Mark Twain

# Upcoming Events

## Outings (Museum and Drive around Town)

Tuesday 15<sup>th</sup> and 28<sup>th</sup> meet in Foyer 1.30pm

## Resident's Meeting

Monday 27<sup>th</sup> and Tuesday 28<sup>th</sup> in activities Room.

## View Club Singers

Friday 17<sup>th</sup> March 2:00pm, Activities Room

## Armchair Travel

Tuesday 7<sup>th</sup> 2.00pm Activities room.

## High Tea

Tuesday 21<sup>st</sup> 2.00pm, Activities room.



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# Regular Events

Happy Hour Birthday celebrations 30<sup>th</sup>

Church Service every 3<sup>rd</sup> and 4<sup>th</sup> Friday

Hairdresser every Wednesday

Men's Group 22<sup>nd</sup> Activity room.

Bingo! Every Monday and Friday 2.00pm

## Special Days

- 1<sup>st</sup> Shrove Tuesday
- 1<sup>st</sup> Chopin's Birthday
- 1<sup>st</sup> St. David's Day
- 1<sup>st</sup> World Day of Prayer
- 3<sup>rd</sup> World Wildlife Day
- 8<sup>th</sup> Intl. Women's Day
- 15<sup>th</sup> The Ides of March
- 17<sup>th</sup> St. Patrick's Day
- 20<sup>th</sup> Spring (N.Hem)
- 21<sup>st</sup> Harmony Day
- 21<sup>st</sup> Intl. Day of Forests
- 21<sup>st</sup> World Poetry Day
- 22<sup>nd</sup> World Water Day
- 23<sup>rd</sup> World Meteorological Day
- 25<sup>th</sup> Greek Independence Day
- 27<sup>th</sup> Mothering Sunday (UK)

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

## Hostel Program

<h2 style="margin: 0;">Hostel Program</h2>		1	10.00 Exercise 11.00-word games 2.00 Tai Chi	2	10.00 Exercise 11.00 Darts 2.00 Bingo	3	Movies Cards Coloring in	4	Movies Games Walks in the garden.	5					
		6	10.00 Exercise 11.00 Word games 2.00 Bingo	7	10.00 Exercise 11.00 Golf 2.00 Armchair travel	8	10.00 Exercise 11.00 cup ping pong 2.00 Craft.	9	10.00 Exercise 11.00 Word games 2.00 Bingo	10	Puzzles Walks in the garden. Reading newspapers	11	Knitting Music Games	12	
		13	10.00 Exercise 11.00 Darts 2.00 Bingo	14	10.00 Exercise 11.00 Craft 2.00 <b>Outing to the Art Museum.</b>	15	10.00 Exercise 11.00 Golf 2.00 Singalong	16	10.00 Exercise 11.00 Church 2.00 View Club Singers	17	Cards Knitting Walks in garden	18	Reading Books Puzzles Games	19	
		20	10.00 Exercise 11.00 cards 2.00 Bingo	21	10.00 Exercise 11.00-word games 2.00 High tea	22	Men's Group Beer and Pies for lunch	23	10.00 Exercise 11.00 Bowls 2.00 Art and craft.	24	10.00 Exercise 11.00 Church 2.00 Bingo	25	Movies Games Walks in the Garden	26	Coloring in Books Movies
		27	10.00 Exercise 11.00 Residents Committee meeting 2.00 Bingo	28	10.00 Exercise 11.00 Residents meeting 2.00 <b>Outing drive around Mudgee</b>	29	10.00 Exercise 11.00 Word games 2.00 Happy hour and birthday Celebrations	30	10.00 Exercise 11.00 Darts 2.00 Bingo.	31					



# March 2023

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

## Douro Program

			Exercise 1 Singalong Newspaper reading	Craft 2 Walks in the garden. Music	Sensory games 3 Puzzles Flower arranging	Movies 4 Singalongs Word games
Songs of praise 5 Puzzles Coloring pictures	Manicures and hand massages. 6 Craft Balloon games	Singalongs 7 Exercise Sorting Socks	Feeding birds 8 Picking flowers and pressing flowers Sensory	Word games 9 Sensory games Afternoon tea in the garden	Painting 10 Gardening Sorting	Music 11 Word games Quoits
Songs of praise 12 Armchair travel Balloon games	Singalongs 13 Newspaper readings Art and craft	Doll Therapy 14 Flower arranging Discussion on travelling	Story telling 15 Poetry Balloon games	Singalongs 16 Word games Sorting	Newspaper readings 17 Craft/Art St Pats Day Games	Exercise 18 Darts Word games Group Discussion on School years
Songs of Praise 19 Watching sport Exercise	Puzzles 20 Cutting out pictures on sport Discussion on sports we played/watched	Singalong 21 Music and Movement Craft Quoits	Walks in the garden. 22 Feeding the birds Movies	Exercise 23 Sensory Ball games	Discussion 24 on our first jobs Morningtea outside Art and craft	25 Newspaper readings Magazines Word games
Songs of praise 26 Art and craft Quoits	Happy hour 27 Games Word games	Manicures 28 and hand massage Singalongs Puzzles	Movies 29 Music Books/magazines	Birthday celebrations 30 Games Word games Music	Feeding 31 birds Walks in the garden. One on one discussions.	

# March Birthdays

In March, we celebrate birthdays with:

- Joyce
- Dawn
- John
- Val
- Trish
- Eunice

Please join us in the recreation room on the first Sunday  
In March to celebrate!



Catherine O'Hara, Actress, 4th March 1954  
Shaquille O'Neal, Basketball Player, 6th March 1972  
Liza Minelli, Actress & Singer, 12th March 1946  
Albert Einstein, Physicist, 14th March 1879  
Michael Caine, Actor, 14th March 1933  
Bruce Willis, Actor, 19th March 1955  
Steven McQueen, Actor, 24th March 1930  
Elton John, Singer, 25th March 1947  
Vincent van Gogh, Painter, 30th March 1853  
Celine Dion, Singer, 30th March 1968

## **Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless. They are always willing to help others

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

## **Historical Events in March: The Concorde**

In March 1969, the Concorde roared into the skies on its maiden flight. Built as part of a joint venture between the UK and France, it was a supersonic passenger airplane that travelled at twice the speed of sound. Only 14 Concorde aircraft went into service before it was retired in 2003.

# Poem to Share

## My Shadow

by Robert Lewis Stevenson

I have a little shadow that goes in and out with me,  
And what can be the use of him is more than I can see.  
He is very, very like me from the heels up to the head;  
And I see him jump before me when I jump into my bed.

The funniest things about him is the way he likes to grow—  
Not at all like proper children, which is always very slow;  
For he sometimes shoots up taller like an India rubber ball,  
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,  
And can only make a fool of me in every sort of way.  
He stays so close beside me, he's a coward you can see;  
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,  
I rose and found the shining dew on every buttercup;  
But my lazy little shadow, like an arrant sleepy-head,  
Had stayed at home behind me and was fast asleep in bed.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- David
- Rick
- Julia
- Lynnette
- Barry
- Joan

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 months!

We hope that you enjoy your time here!

## 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.

## 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 Activity 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 residents. If you would like this service, please talk to a staff member.

## 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.

## HAIRDRESSER

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We have a hairdresser who attends every Monday. 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

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Wattle Café is now open from 9.30 to 3.00 Monday to Friday.

Family and friends are welcome to join their loved ones in the Café and have a hot cup of Coffee or Tea and enjoy a bite to eat.

## CULTURAL CELEBRATION

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In the month of March we celebrate Saint Pats day and Womens day . Watch your calendar for related activities in the recreation room.

## SHOPPING

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Please have your shopping orders in Monday morning so our lovely Volunteers can do your shopping for you.

We thank Marica for all that you do for our residents. Thank you.

# Laughing Matters



## My Resume...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.  
Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.  
After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.  
Next, I tried working in a muffler factory but that was too exhausting.  
Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.  
I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.  
My best job was being a musician, but eventually I found I wasn't noteworthy.  
I studied a long time to become a doctor, but I didn't have any patience.  
Next was a job in a shoe factory; I tried but I just didn't fit in.  
I became a professional fisherman, but discovered that I couldn't live on my net income.  
I managed to get a good job working for a pool maintenance company, but the work was just too draining.  
So, then I got a job in a workout center, but they said I wasn't fit for the job.  
After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.  
My last job was working at Starbucks, but I had to quit because it was always the same old grind.  
SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

## Funny Aging Jokes

*Always find a reason to laugh - it may not add years to your life but it will add life to your years.*

*I've reached an age where my train of thought often leaves the station without me.*

*Don't let aging get you down. It's too hard to get back up.*

# Word Search



## INTERNATIONAL WOMEN'S DAY

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

Feminism  
Advocate  
Reform  
Positive  
Gender

Influence  
Suffrage  
Liberation  
Social  
Valued

Activist  
Equality  
Support  
Rights  
Reflect

Brave  
Celebrate  
Society  
Courage  
Action