

NEWSLETTER

January 2023

Kanandah 21 Douro Street Mudgee



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Editor's Desk

Hello Residents, Families and Friends!

Last month we got to celebrate Christmas on the 14th with the Mudgee concert band coming to play for us, the Staff in the kitchen did a great job in making us a fabulous roast meal.

We announced the winners of the Christmas doors which I got to say some residents really did a lot to jazz up their doors.

Congratulations to all the winners and thankyou to everyone that participate.

Keep Safe!

Georgie and the RAO team.



January Trivia

January was named after the Roman god Janus, the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**

Quote of the Day

You can't help getting older, but you don't have to get old.

– George Burns

Kanandah Christmas Party.

Douro's Santa Photo Booth

Douro had a lovely Santa photo Booth where the residents could enjoy a photo with Santa.

Here is a photo of Amanda and Georgie after they had Finish putting it all together.



Douro Christmas door Designs.

This was the Gingerbread house that was made by Amanda the Rao in Douro.

The residents had fun watching the construction of the house and brought in conversation about Christmas and cooking.



Residents enjoying their Christmas lunch.

Residents enjoyed a Christmas roast diner with the appearance of Santa wishing them all a Merry Christmas and happy New year.

All residents receive a present from Santa.



Kanandah Christmas Party.

Kanandah hostel and High care Celebrated a white Christmas.

With Santa and team members dressing up to make the night special for the residents.



Kanandah Christmas door Designs.

This Door was designed by Val who was busy painting and crafting till the day of the judging Val one a prize like so many more. Well done to all that help with designing doors and making it special for on and all.



Residents enjoying their Christmas Dinner with the Mudgee concert Band.

Residents enjoyed a visit from Santa and the Mudgee concert Band for coming and playing for us. The dinner was enjoyed by all.



Upcoming Events

Happy hour/Birthday celebrations.

Tuesday 31st Jan

Resident's Meeting

Monday 30th and Tuesday 31st Activity room

Armchair Travel

Tuesday 10th January Activity Room

Australia Day Celebrations

Tuesday 24th BBQ and games Activity room



Special Days

- 1st Hot Tea Day
- 3rd J.R.R. Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 16th Martin Luther King Day
- 19th International Flower Day
- 21st International Hug Day
- 22nd Chinese New Year
- 25th Robert Burns Day
- 26th Australia Day
- 27th Mozart's Birthday
- 28th Jackson Pollock's Bday
- 29th Sundance Film Festival

Regular Events

Happy Hour 31st Tuesday

Church Service every 2nd, 3rd

and 4th Thursday of the month

Hairdresser every Wednesday

Men's Group Tuesday 17th

Bingo! Every Monday and Friday at 2.00pm

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY









FRIDAY

SATURDAY

SUNDAY

Calendar of Special Events.

* January 1
Anytime *
Hot Tea Day

2	J.R.R. Tolkien's Birthday 	3	4	5	Epiphany 	6	7	Elvis Presley's Birthday 	8	
9	10	11	12	13	14	15				
Martin Luther King Day	16	17	18	Flower Day 	19	20	Hug Day	21	Chinese New Year 	22
23	24	Robert Burns Day	25	Australia Day 	26	Mozart's Birthday 	Jackson Pollock's Birthday	28	Sundance Film Festival 	29
30	31	Add Text								

🌸 🌳 **January 2023** 🎵 🎸

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Hostel Program

							Knitting ¹
							Movies
							Cards
Public holiday 2	10.00 3 Exercise 11.00 Craft 2.00 Bingo	4	10.00 5 Exercise 11.00 Craft 2.00 Tai chi	10.00 6 Exercise 11.00 Cup ping pong 2.00 Bingo	Movies 7 Walking in garden Cards	Elvis Presley's Birthday  8 Movies Reading Puzzles	
10.00 9 Exercise 11.00 Golf 2.00 Bingo	10.00 10 Exercise 11.00 Word games 2.00 armchair travel	10.00 11 Exercise	10.00 12 Exercise 11.00 Darts 2.00 Craft	10.00 13 Exercise 11.00 Church 2.00 Bingo	Knitting 14 Coloring Reading	Movies 15 Walking in garden Cards	
10.00 16 Exercise 11.00 Cards 2.00 Bingo	10.00 17 Exercise 11.00 Cards 2.00 Men's club	10.00 18 Exercise	10.00 19 Exercise 11.00-word games 2.00 Bowls	10.00 20 Exercise 11.00 Church 2.00 Bingo	Puzzles 21 Reading Cards	Chinese New Year  22 Reading Knitting Puzzles	

10.00 23 Exercise 11.00-word games. 2.00 Bingo	10.00 24 Exercise 11.00 thong throwing. 2.00 Australia Day craft and art	10.00 25 Exercise	26  Australia Day Public Holiday.	10.00 27 Exercise 11.00 Church 2.00 Bingo	Games 28 Books Craft	29  Sundance Film Festival Puzzles reading
10.00 30 Exercise 11.00 Residents consumers meeting 2.00 Bingo	10.00 31 Exercise 11.00 Residents meeting 2.00 Happy hour	<h1>Hostel program</h1>				



SUNDAY

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

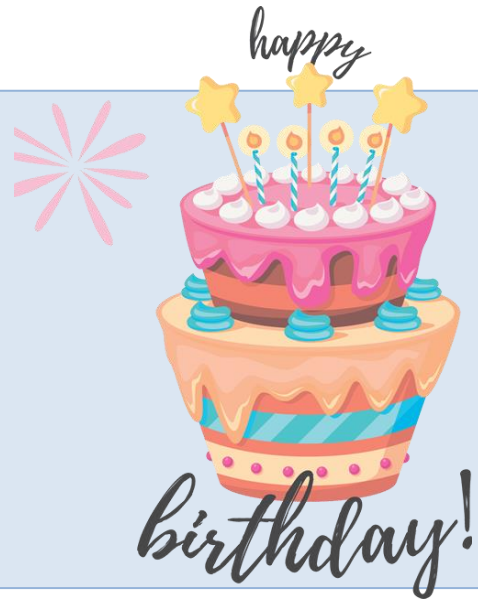
<p>Songs of praise 1</p> <p>Newspaper readings</p> <p>Balloon games</p>	<p>Singalongs 2</p> <p>Quoits</p> <p>Manicures and hand massage</p>	<p>Word games 3</p> <p>Craft</p> <p>Flower arranging</p>	<p>Armchair travel 4</p> <p>Exercise</p> <p>Morning tea in the garden</p>	<p>Discussion on What Australia day mean to us. 5</p> <p>Craft and art.</p> <p>Sensory Activities</p>	<p>Word Games 6</p> <p>Water painting</p> <p>Newspaper reading/Kapers</p>	<p>Balloon games 7</p> <p>Singalongs</p> <p>Discussion on when I was young.</p>
<p>Songs of praise 8</p> <p>Newspaper reading</p> <p>Word games</p>	<p>Balloon activity 9</p> <p>Manicures</p> <p>Singalongs</p>	<p>Reading Books 10</p> <p>Walks outside</p> <p>Poetry and short stories</p>	<p>Ball games 11</p> <p>Exercise</p> <p>Darts</p>	<p>Ten pin bowling 12</p> <p>Redoing the garden bed.</p> <p>Drying flowers</p>	<p>Nature collage/ Australian bush art. 13</p> <p>Discussion on Australia</p>	<p>Flower arranging 14</p> <p>Shoe polishing</p> <p>Balloon games</p>
<p>Art and craft 15</p> <p>songs of praise</p> <p>Manicures</p>	<p>Newspaper readings 16</p> <p>Who am I</p> <p>Armchair travel</p>	<p>Exercise 17</p> <p>Walks in the garden</p> <p>Music</p>	<p>Balloon games 18</p> <p>Water painting.</p> <p>Collage of Australia pictures</p>	<p>Flower Day 19 </p> <p>Short stories</p> <p>Thong throwing</p>	<p>Painting 20</p> <p>Quoits</p> <p>Puzzles</p>	<p>Games 21</p> <p>Word games</p> <p>singalong</p>
<p>Chinese New Year 22 </p> <p>Art and craft</p> <p>Flower arranging</p> <p>Talking about star signs and symbols</p>	<p>Manicures and nail painting 23</p> <p>Ball games</p> <p>Music and singing</p>	<p>Word games 24</p> <p>Happy hour.</p> <p>Newspaper reading</p>	<p>Decorating for Australia day 25</p> <p>Balloon games</p> <p>Darts</p>	<p>Australia Day 26 </p> <p>Australia day games and quizzes</p> <p>Happy hour</p>	<p>Art and craft 27</p> <p>Word games</p> <p>Exercise</p> <p>Gardening</p>	<p>Games 28</p> <p>Manicures</p> <p>Afternoon tea in the garden</p> <p>Music</p>
<p>Songs of praise 29</p> <p>Art and craft.</p> <p>Watering the garden</p> <p>Feeding the birds</p>	<p>Cleaning the bird cage 30</p> <p>Morningtea in the garden</p> <p>Newspaper reading</p> <p>Quoits</p>	<p>Singalongs 31</p> <p>Nail paint and hand massages</p> <p>Discussion our dreams as a child.</p>	<h1>Douro Program</h1>			

January Birthdays

In January, we celebrate birthdays with:

- Peter
- Jim J
- Gwen F
- Peg
- Val
- Fay

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



Elvis Presley, Singer, 8th January 1935
Stephen Hawkins, Physicist, 8th January 1942
David Bowie, Singer, 8th January 1947
Martin Luther King Jr., Activist, 15th January 1929
Muhammad Ali, Boxer, 17th January 1942
Betty White, Actress, 17th January 1922
Michelle Obama, First Lady, 17th January 1964
Kevin Costner, Actor, 18th January 1955
Janis Joplin, Singer, 19th January 1943
Neil Diamond, Rock Singer, 24th January 1941
Virginia Woolf, Novelist, 25th January 1882

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

There are more twins now than ever before.

In 1915, one in every 50 babies born was a twin – this has now increased to 1 in 30. Scientists believe this trend is due to the fact that older women tend to have more twins, and women are choosing to start families later. Fertility treatments such as in-vitro fertilization likely also play a role.

Poem to Share

“Hope” is the thing with feathers

by Emily Dickinson

“Hope” is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –

And sweetest – in the Gale – is heard –
And sore must be the storm –
That could abash the little Bird
That kept so many warm –

I’ve heard it in the chilliest land –
And on the strangest Sea –
Yet – never – in Extremity,
It asked a crumb – of me.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Ed
- Louise

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.

- Ian

CONTINUOUS IMPROVEMENT

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 Recreation 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?

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

Back Beginning of February 2023 third Monday of the month

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.

CULTURAL CELEBRATION

In the month of January we celebrate Australia Day .

We will be have a BBQ to celebrate and Games

Watch your calendar for related activities in the recreation room.

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.

SHOPPING

Thankyou to Marica for doing the shopping for the residents this is such a great help to us all.

Marica does the shopping every Tuesday Please have your shopping list in Monday morning.

THANKYOU

Thankyou to all the staff for making Christmas so special for the residents. There were so many lovely responses from residents saying how much they enjoyed the Residents party and Christmas Day. Thankyou once again for all that you do.

Laughing Matters



Somebody

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did.

Somebody got angry about this because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!

The minister

A minister, after listening to an impromptu campaign speech from a hopeful candidate for Mayor said.

"Before I vote for you, I'd like to know if you partake of intoxicating beverages."

Candidate: "Before I answer, tell me if it is an inquiry or an invitation."

The bus driver

A woman with a small child boards a bus and pays only her fare to the driver.

"That kid's older than five," says the driver. "You'll have to pay half fare for him."

"He is certainly not 5!" said the woman. "I've been married only four years."

"Madam," says the driver, "I take fares, not confessions."

Staff Spotlight



Thank you, Santa Aka Graham,

Just want to give a big shout out to Graham for being Santa this year. We appreciate you making Christmas so much fun for the residents.

Thankyou

Word Search

ELVIS PRESLEY



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

MGM

Divorce

Grammy

Doughnuts

Priscilla

Graceland

Spinout

Tupelo

Rocknroll

King

Concerts

Charro

Church

Gyrations

Elvis

Nixon

Rockabilly

Guitar

Military

Lisa Marie