

# Kanandah Kapers

## October 2023

Kanandah, 21 Douro, 63786400



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# Editor's Desk

Hello Residents, Families and Friends!

Last Month came and went in a flash.

This month we Farwell Jaquie with an afternoon tea.

The lovely ladies from U3A came and did their boot scooting for us.

Some of the residents have been busy putting parcels together for disadvantaged children overseas which will be given to the church to send over.

We made 5 shoe boxes to be sent away.

Keep Safe!

*Georgie and the RAO team*



## October Trivia

October is full of food celebration dates. International Coffee Day is the 1<sup>st</sup>, the 4<sup>th</sup> is home to Taco Day and Cinnamon Roll Day, Candy Corn day is the 30<sup>th</sup>, and that's just naming a few!

Zodiac signs: **Libra & Scorpio**  
Birthstone: **Opal & Tourmaline**  
Flower: **Calendula**

## Quote of the Day

*Courage is contagious.  
When a brave man takes a  
stand, the spines of others  
are often stiffened.*

*- Billy Graham*

# Upcoming Events

## Bus outing to Gulgong

Thursday the 26<sup>th</sup> of October 10.30 foyer

## Resident's Meeting

Monday 30<sup>th</sup> and Tuesday the 31<sup>st</sup> activity room

## Armchair Travel

Tuesday 10<sup>th</sup> 2pm activity room

## Happy hour and birthday

Tuesday 31<sup>st</sup>, 2.00pm, pool room

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# Regular Events

Church Service every 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Friday of the month 11.00 am.

Hairdresser every Wednesday

Bingo! Every Monday and Friday 2pm



## Special Days

- 1<sup>st</sup> Day of Older Persons
- 1<sup>st</sup> Intl. Music Day
- 1<sup>st</sup> Residents' Rights Month
- 4<sup>th</sup> World Animal Day
- 4<sup>th</sup> World Space Week
- 5<sup>th</sup> World Teachers Day
- 6<sup>th</sup> World Smile Day
- 9<sup>th</sup> Curious Events Day
- 9<sup>th</sup> Columbus Day
- 9<sup>th</sup> Indigenous Peoples' Day
- 9<sup>th</sup> Thanksgiving (Canada)
- 25<sup>th</sup> Pablo Picasso's Birthday
- 31<sup>st</sup> Halloween

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

## Hostel Program

							Knitting 1 Reading Movies
Public holiday 2 Walk out in the garden. Knitting	10.00 3 Exercise 11.00-word games 2.00 Bingo	Have a coffee 4 in the cafe	10.00 5 Exercise 11.00 cards 1.30 to 4.30 Voting Poll	10.00 6 exercise 11.00 Church 2.00 bingo	Gardening 7 Games Movies Knitting	Reading magazines 8 Listen to music. Word games	
10.00 9 Exercise 11.00 Darts 2.00 Bingo	10.00 10 exercise 11.00 Golf 2.00 armchair travel	Wattle cafe 11	10.00 12 Exercise 11.00 Seniors right service 2.00 Garden club	10.00 13 exercise 11.00 card games 2.00 Bingo	Walking 14 Reading Movies	Games 15 Color in puzzles	
10.00 16 Exercise 11.00 Bowling 2.00 bingo	10.00 17 Exercise 11.00-word games 2.00 Cards	Wattle cafe 18	10.00 19 Exercise 11.00 Games 2.00 Art and craft	10.00 20 exercise 11.00 Church 2.00 Bingo	Movies 21 Garden puzzles	Games 22 Cards walk	
10.00 23 Exercise 11.00 Word games 2.00 Bingo	10.00 24 Exercise 11.00 darts 2.00 bingo	Wattle cafe 25	10.30 26 outing to Gulgong Bus trip	10.00 27 Exercise 11.00 Church 2.00 Bingo	Puzzles 28 Cards reading		29

10.00 Exercise	<b>30</b>	10.00 Exercise	<b>31</b>
11.00 consumers committee meeting		11.00 Residents meeting	
2.00 Bingo		2.00 birthday party	





October
2023




SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

Music Day 1 Puzzles Walks in the garden	Sensory games 2 Music Garden and bird watching	Reading books 3 Doll therapy Art	Hand massage and nail care 4 Sorting objects Music	Gardening 5 Feeding birds Morning tea in the shade outside	Walks in the garden. 6 Discussion on world events Reminiscing	Movies 7 Newspaper readings Puzzles games	
Songs of praise 8 Music Movies	Discussion on holidays 9 Sensory Card games	Walks outside. 10 Water painting games	Sensory 11 Reminiscing Flower arranging	Audio books 12 Gardening painting	Armchair travel 13 Colouring Sorting	Movies 14 Newspaper readings Puzzles games	
Songs of praise 15 Music Movies	Folding clothes 16 Painting Walking	Feeding the birds 17 Sensory Music	Hand massage and nail care 18 Doll therapy Books and poems	Armchair travel 19 Puzzles Games	Darts 20 Quoits Sensory games	Movies 21 Newspaper readings Puzzles games	
Songs of praise 22 Music Movies	Feeding and watching birds 23 Poems and favourite sayings	Music 24 Audio books Doll therapy	Games 25 Art Armchair travel	Visit the café. 26 Walks in the garden. Bird watching	Painting 27 Balloon games sensory	Movies 28 Newspaper readings Puzzles games	
Songs of praise 29 Music Movies	Drawing 30 Audio book music	Art 31 Games Puzzles	<h2 style="margin: 0;">Douro Program</h2>				

# October Birthdays

In October, we celebrate birthdays with:

- Edna
- Joyce K
- David
- Kevin
- Tony S

Please join us in October to celebrate!



Julie Andrews, Actor, 1<sup>st</sup> October 1935  
Chevy Chase, Actor, 8<sup>th</sup> October 1943  
John Lennon, Musician, 9<sup>th</sup> October 1940  
Hugh Jackman, Actor, 12<sup>th</sup> October 1968  
Margaret Thatcher, Prime Minister, 13<sup>th</sup> October 1925  
Rita Hayworth, Actress, 17<sup>th</sup> October 1918  
Joan Fontaine, Actress, 22<sup>nd</sup> October 1917  
Pablo Picasso, Painter, 25<sup>th</sup> October 1881  
Carrie Fisher, Actress, 21<sup>st</sup> October 1956  
Bill Gates, Philanthropist, 28<sup>th</sup> October 1965

## **Libra (Oct 23 - Oct 22)**

Librans are often considered the nicest and most charming personality in the world!

## **Scorpio (Nov 23 – Nov 22)**

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

**WOW!**

### **October Spotlight: Vroom, Vroom**

On October 1, 1908, Henry Ford's Model T went on sale for the first time. It was considered to be a "universal car" designed for the masses. It went on to change the landscape of transportation worldwide.

# Poem to Share

## Why I Wake Early

Mary Oliver

Hello, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety –

Best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever – darkness,  
to ease us with warm touching,  
to hold us in the great hands of light -  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

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.

- **Helene**
- **Vera**
- **Lurline**

## 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 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?

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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 resident's rooms. 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 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

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In the month of October we celebrate Halloween and Breast cancer awareness month (pink up Mudgee). Watch your calendar for related activities in the Activity's room.

# Laughing Matters



## A Little Halloween Fun

October is home to Halloween, so we couldn't resist adding some spook-tacular jokes to our newsletter this month. They'll have you laughing...or groaning!

### ***Why do ghosts go on diets?***

To keep their ghoulish figures!

### ***Why did the ghost go to the bar?***

For the boos.

### ***What does a ghost mom tell her kids when they get in the car?***

Fasten your sheet-belts!

### ***Why don't mummies take time off?***

They're afraid to unwind.

### ***How do monsters know their future?***

They read the horror-scopes.

### ***What's it like to be kissed by a vampire?***

It's a pain in the neck.

### ***Why did Dracula take cold medicine?***

Because he was coffin too much.

### ***Why do skeletons have low self-esteem?***

They have no body to love.

### ***Where does a skeleton go for a fun night?***

Anywhere, as long as it is a hip joint.

### ***Why can't skeletons play church music?***

Because they have no organs.

# Molly



## Molly Neowhouse

Molly Neowhouse is one of the many Dogs that loves to come and visit our residents here at Kanandah.

The residents are always happy when she visits, and she brings a smile to everyone's face when she is around.

Thankyou to Darlene and Graham



# HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA \_\_\_\_\_

WNEINI HET OHOP \_\_\_\_\_

FWEOEWR \_\_\_\_\_

LNODAD UCDK \_\_\_\_\_

NJAIN \_\_\_\_\_

DWEIKC THIWC \_\_\_\_\_

PVEMAIR \_\_\_\_\_

SSEUPORERHE \_\_\_\_\_

YPEOPE \_\_\_\_\_

PREPLFA RGLI \_\_\_\_\_

NMRAO DGEODSS \_\_\_\_\_

PCOS & BBRROE \_\_\_\_\_

NCWSOL \_\_\_\_\_

DNRE \_\_\_\_\_

BYAB \_\_\_\_\_

NSWO THIWE \_\_\_\_\_

GGRSTREAN \_\_\_\_\_

LVDEI & LGEAN \_\_\_\_\_

RNSEU & CODTOR \_\_\_\_\_

GSKOLCDOLI \_\_\_\_\_

VCAE PEPOLE \_\_\_\_\_

YBSOOCW \_\_\_\_\_

NLKOESAT \_\_\_\_\_

MSIMUME \_\_\_\_\_