

Kanandah Kapers May 2023.

Kanandah, 21 Douro Street, 02 63786400



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Editor's Desk

Hello Residents, Families and Friends!

Last Month we had an ANZAC service where we remember the Australian and New Zealander that service for our country.

It was a lovely day where we sat down and heard the story of residents that served in different wars and the meaning of some of their uniforms.



On the 26th Douro lodge and Mortimer cottage had a visit from Cammie the golden Labrador everyone was happy to see Cammie and give her a pat.

Keep Safe!

Georgie and the RAO team

May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**
Birthstone: **Emerald**
Flower: **Lily of the Valley**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

– C.S. Lewis

Upcoming Events

Resident's Meeting

Monday 29th and Tuesday 30th 11.00am

Armchair Travel

Tuesday 9th May 2.00pm

High Tea

Tuesday 16th 2.00pm



Regular Events

Happy Hour 25th 2.00pm

Church Service 1st, 3rd, 4th, Friday of the month

Hairdresser every Wednesday

Men's Group Tuesday 30th

Bingo! Every Monday and Friday of the week.

Special Days

- 4th Space Day
- 5th Cinco de Mayo
- 6th Coronation Day
- 6th Kentucky Derby
- 8th Victory in Europe Day
- 12th Intl. Nurses Day
- 13th Eurovision
- 13th Migratory Bird Day
- 14th Mother's Day
- 16th Cannes Film Festival
- 22nd Biological Diversity Day
- 23rd World Turtle Day
- 24th Scavenger Hunt Day
- 26th National Sorry Day
- 30th Memorial Day

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

10.00 Exercise 1 11.00 word games 2.00 High tea for Gwen	10.00 Exercise 2 11.00 Golf 2.00 bingo	Movies 3 Coloring Card games unsupervised	10.00 Exercise 4 11.00 Word games 2.00 art and craft	10.00 Exercise 5 11.00 Church Presbyterian 2.00 Bingo	Puzzles 6 Cards Games	Walk in the 7 garden. Movies cards
10.00 Exercise 8 11.00 arts and craft 2.00 Bingo	10.00 Exercise 9 11.00 Bowls 2.00 Armchair travel	Movies 10 Coloring Card games unsupervised	10.00 Exercise 11 11.00 ping pong cups 2.00 Mother's Day craft/art	10.00 Exercise 12 11.00 Word games 2.00 Bingo	Eurovision 13 Movies Games Knitting	Mother's Day 14 Cards Movies
10.00 Exercise 15 11.00 Golf 2.00 Bingo	10.00 Exercise 16 11.00-word games 2.00 Craft/arts	Movies 17 Card games Knitting unsupervised	10.00 Exercise 18 11.00 Chuck the chicken 2.00 Singalong	10.00 Exercise 19 11.00 Church Catholic 2.00 Bingo	Movies 20 Puzzles Cards Games	Movies 21 Cards Games Knitting
10.00 Exercise 22 11.00-word games 2.00 Bingo	10.00 Exercise 23 11.00 cards 2.00 Gardening Club	Scavenger Hunt 24 Knitting Puzzles	10.00 Exercise 25 11.00 Arts and craft 2.00 Birthday Party and happy hour.	10.00 Exercise 26 11.00 Church Anglican 2.00 Bingo	Walks in the 27 garden. Bird watching Movies	Walking 28 Cards Games
10.00 Exercise 29 11.00 Consumers Meeting 2.00 Bingo	10.00 Exercise 30 11.00 Residents meeting 2.00 Mens club	Visit from 31 Cammie the Golden Labrador	<h1>Hostel Program</h1>			

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Douro program	Exercise 1 Singalong Flower arranging	Sensory activities 2 Walks in the garden. Newspaper reading	Puzzles 3 Trivia Hand massage	Art and craft 4 Stories and poems Ball games	Doll and pet therapy 5 Quoits Music and movement. Footy on Tv	Movies 6 Music Outside in the garden Footy on TV
Songs of praise 7 Sensory activities Ball games	Trivia/quizzes and guess the old thing. 8 Hand massage and Nail care Music therapy	Exercise 9 Walks in the garden. Mother's Day craft	Short stories and poems. 10 Feeding the birds. One on one activities Mother's Day high tea.	Ball games 11 Music and movement Sorting socks	Nurses day 12 Word games Football and drinks Craft/art Footy on Tv	Movies and Music 13 Walks outside. Bird watching. Footy on Tv
Discussion on our mums. 14 Things we did for our mums. Songs of praise	Exercise 15 Sorting games Flower arranging Music therapy	Ball games 16 Puzzles Painting Guess the object	Word games 17 Art and craft Sensory games	Sorting games 18 Stories/poems Folding Clothes Walking in garden water plants.	Footy on Tv 19 Newspaper readings Do you remember when(remiscing) Word games and puzzles	Footy on TV 20 Movies and music Stories/poems Quiz games
Songs of Praise 21 Craft/art Singalong	Hand massage and Nail care 22 Sorting games One on one discussion	Sensory games 23 Ball games Art and craft	Flower arranging 24 Sorting Music and short stories.	Remiscing 25 Stories/poems Nursery rhymes Sensory	Footy on tv 26 Birthday party Exercise Quoits Word games	Footy on TV 27 Puzzles Movies Quizzes

Songs of Praise	28	Audio books	29	Ball Games	30	Art/craft	31
Newspaper readings		Morningtea outside		Sorting		Exercise	
Music		Bird watching		Sensory		Newspaper reading	
		Walks in the garden.		Singalong		Folding clothes.	

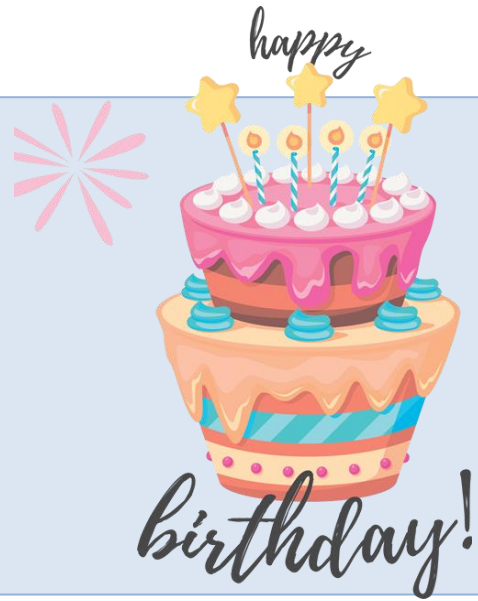
Douro Program.

May Birthdays

In May, we celebrate birthdays with:

- Amy
- Vera
- Gwen
- June
- Joyce H

In May to celebrate!



Glenn Ford, Actor, 1st May 1916
Bing Crosby, Singer, 2nd May 1904
Lesley Gore, Singer, 2nd May 1946
Audrey Hepburn, Actress, 4th May 1929
Karl Marx, Philosopher, 5th May 1818
Sigmund Freud, Psychiatrist, 6th May 1856
Orson Welles, Actor, 6th May 1915
Stevie Wonder, Singer, 13th May 1950
Peggy Lee, Singer, 26th May 1920
Clint Eastwood, Actor, 31st May 1930

Pisces (Apr 20 – May 20)

Pisces are dependable, logical, and overall peaceful beings.

Gemini (May 21 – Jun 20)

Geminis love to learn, and they never stop wondering about the unexplained

WOW!

First Telephone Phone Call

In May of 1876, Alexander Graham Bell made the first successful telephone call, famously saying "Mr. Watson, come here, I want to see you."

Poem to Share

Life doesn't frighten me

Maya Angelou

Life doesn't frighten me,
Not at all.
I've known too many terrors,
Seen too many falls.

Climbed too many mountains,
Crossed too many seas,
Felt the pain of heartbreak,
And the sting of disease.

I've watched the earth shake,
And the sky turn red.
I've seen the mighty fall,
And the brave lie dead.

But life doesn't frighten me,
Not at all.
I've learned to be courageous,
And to rise when I fall.

For though life can be harsh,
And the road can be rough,
I know I have the strength,
And the will to be tough.

So bring on the challenges,
And the struggles that come.
For life doesn't frighten me,
Not at all, not one.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Bill
- Margaret
- Dianna

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.

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are a few 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. 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

We are currently looking for a new Café manager. If you know of anyone that is wanting to take this on, please get them to applied at Kanandah.

Thankyou.

CULTURAL CELEBRATION

In the month of May we celebrate Mothers day and . Watch your calendar for related activities in the recreation room.

SHOPPING

Please have your Shopping orders in on Monday for our lovely volunteers. Thank you to Sandra and Marcia for doing this it is very much appreciated.

Laughing Matters



Breakfast

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him:

'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

To which her husband calmly replied:

'I just wanted to show you what it feels like when I'm driving.'

The English Professor

An English professor asked his students to add punctuate the following words: "woman without her man is nothing"

The males in the class wrote "Woman, without her man, is nothing."

The Females wrote "Woman! Without her, man is nothing."

Word Search



THANK YOU FOR THE MUSIC!

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

Fernando
Annifrid
Eurovision
Mamma
Arrival

Sos
Benny
Hepstars
Mia
Abba

Agnetha
Andersson
Waterloo
Dancing
Eagle

Bjorn
Sweden
Chiquitita
Queen
Ring