

Kanandah kapers

August 2023

Kanandah, 21 Douro Street, 0263786400



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Editor's Desk



Hello Residents, Families and Friends!

In the month of July, the ladies requested to have Chinese Takeaway so we asked the Wool pack if they could help us out and they rose to the challenge. All the Ladies gave positive feedback, and everyone sounded like they really enjoyed themselves, even requesting to do it again.

The Men Enjoyed a BBQ lunch with the staff, everyone enjoyed them self and enjoyed the taste of a sausage in a piece of bread with sauce of their choosing.

All in all, this was a good month enjoyed by all.

Keep Safe!

Georgie and the RAO team members

August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

Life is 10% what happens to you and
90% how you react to it.

- Charles R. Swindoll

Upcoming Events

Ladies Lunch outing

Wednesday 23rd Mudgee golf Club

Resident's Meeting

Tuesday 28th ,1100am Activity room

Men's Lunch outing

Wednesday 30th Mudgee Golf Club

Armchair Travel

Tuesday 1st 200pm Activity room

High Tea

Friday 28th August 2.00pm, Dining Room

Regular Events

Happy Hour Thursday 10th, Thursday 24th

Church services Friday 4th,18th ,25th,

Hairdresser every Wednesday

Men's Group Wednesday 30th ,17th

Bingo! Every Monday and Friday



Special Days

1st Horses' Birthday

2nd Forgiveness Day

4th Beer Day

7th Aged care Appreciation Day

8th Cat Day

9th World Indigenous Day

12th International Youth Day

13th Left-Handers Day

15th Ferragosto Festival

15th Indian Independence Day

17th Vietnam Vets Day

19th Lighthouse Weekend



August
2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Hostel

	10:00 Exercises 1 11:00 Residents meeting 2:00 Armchair travel	Morning tea 2 in the Café	10:00 Exercises 3 11:00 games 2:00 art and craft	10:00 Exercises 4 11:00 Church 2:00 Bingo	Newspaper reading 5 Knitting cards	Walks 6 Games Reading
10:00 Exercises 7 11:00 Craft 2:00 Bingo Aged Care appreciation Day	10:00 Exercises 8 11:00 Games 2:00 Manicures	Morning tea 9 in the café	10:00 Exercises 10 11:00-word games 2:00 Happy hour	10:00 Exercises 11 11:00 Arts n Craft 2:00 Bingo	Cards 12 Movies colouring	Movies 13 Puzzles Games
10:00 Exercises 14 11:00 toss the chock. 2:00 Bingo	10:00 Exercises 15 11:00 cards 2:00 Golf	Morningtea 16 in the cafe	10:00 Exercises 17 11:00 darts 2:00 Men's group	10:00 Exercises 18 11:00 Church 2:00 Bingo	Movies 19 Walks Bird watching	Reading 20 Cards Knitting
10:00 Exercises 21 11:00 Word games 2:00 Bingo	10:00 Exercises 22 11:00 Art and craft 2:00 Bingo	Leave at 23 11.30 Ladies lunch out at the Golf club. Bus trip	10:00 Exercises 24 11:00 Golf 2:00 Birthday and happy hour.	10:00 Exercises 25 11:00 Church 2:00 Bingo	Movies 26 Cards Coloring	Books 27 Garden walks Puzzles
10:00 Exercises 28 11:00 Consumer meeting 2:00 Bingo	10:00 Exercises 29 11:00 Residents meeting 2:00 art and craft	Leave at 30 11.30 Men's lunch out at the Golf club. Bus trip	10:00 Exercises 31 11:00 Manicures 2:00 Art and craft.	<h2 style="margin: 0;">Hostel program.</h2>		

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Douro Programs

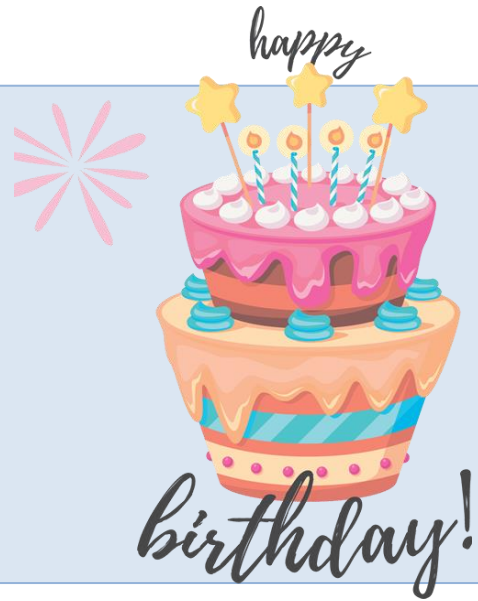
		Arts n Craft 1 Audio book singalongs	Sensory Items 2 Exercises Movies	walks in the Garden. 3 Ball games Games	Fingernail care 4 Balloon throw	Exercises 5 Trivia Puzzles
sensory items 6 Old TV shows Phrase Games	Classical music 7 Garden Walks music	Cat videos 8 Musicals 50's music	hand painting 9 Audio book Trivia	Games 10 Group discussions movie	sensory items 11 Garden walks Puzzles	Fingernail care 12 Phrase games Bird watching
singalongs 13 Church Audio book	arts n Craft 14 Exercises Sorting socks	Walks 15 Story's Cards	Flower arranging 16 Poems singalong	Movies 17 One on one Discussion Manicure	Puzzles 18 Colouring Stories	Craft and art 19 Reminiscing Matching games
Exercise 20 Songs of praise Movies	Sensory activities 21 Walks in the garden. Morning tea in the garden	Painting with nature 22 Stories and poems. Reminiscing thought pictures	Memory games and trivia 23 Ball games Walks in the garden	Bird watching 24 Picking flowers Watering the garden	Daffodil Day 25 Paint daffodils Make pancakes	Movies 26 Ice biscuits Sensory play
Hand massage 27 Make popcorn. Movies	Talk about our favourite memories of growing up! 28 Walking Music	Sensory 29 Birthday party and Happy hour Cards and memory game	Art and craft 30 Audio books Puzzles	High tea party/afternoon tea outside. 31 Cooking Sensory.		

August Birthdays

In August, we celebrate birthdays with:

- Marie S
- Lee
- Erica
- Ali
- Helene
- Graham

Please join us.
in August to celebrate!



Tony Bennett – Singer – 3rd of August, 1926
Dustin Hoffman, Actor, 8th August 1937
Melanie Griffith, Actor, 9th August, 1957
Magic Johnson, Basketball Player, 14th August, 1959
Madonna, singer, 16th August, 1958
Robert De Niro, Actor, 17th August, 1943
Patrick Swayze, Actor, 18th August 1952
Bill Clinton, 42nd President of the US, 19th August 1946
Sean Connery, Actor, 25th August, 1930
Michael Jackson, Singer, 29th August, 1958

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

August in History: Pluto Downgraded

The redefinition of Pluto as a "dwarf planet" in 2006 by the International Astronomical Union prompted scientific discussions, reshaped our understanding of the solar system, and sparked renewed curiosity about celestial objects.

A Poem to Share

Hope is the thing with feathers

By Emily Dickinson

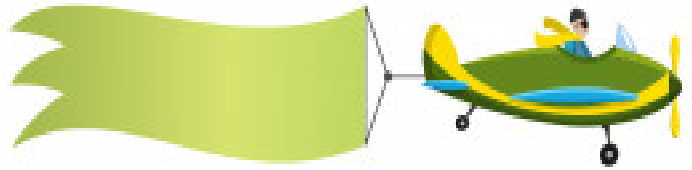
Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

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.

"Hope is the thing with feathers" by Emily Dickinson beautifully personifies hope as a bird that resides in the soul and uplifts the spirit. The poem suggests that hope is a constant companion, singing its tune regardless of the circumstances. It conveys the resilience of hope, even in the face of adversity, and emphasizes that hope requires nothing in return.

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.

1. **Joyce H**

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 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?

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

Monday to Friday

10.00 to 3.00

Cakes, Coffee and Much more

Bring your loved ones and enjoy

CULTURAL CELEBRATION

In the month of August we celebrate Aged care Employee Day and Daffodil day . Watch your calendar for related activities in the recreation room.

THANK YOU FOR YOUR SERVICE

18th of August is Vietnam Vets Day, recognizing the service of all Australians in the Vietnam War and honoring the sacrifices that they and their families made.

Department of Veterans Affairs.

Laughing Matters



The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all of his friends again and see how everyone was doing.

When he got there, he was immediately greeted by everyone because they recognized him instantly.

He said hi to all of his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk and they'll tell you".

Missing

I've hunted near, I've hunted far,
I even looked inside my car,

I've lost my glasses, I'm in need,
To have them now so I can read.

I loudly swear, and I curse,
Did I leave them in my purse?

Are they behind the sofa or under the bed?
OH! there they are - on my head!

By Anne Scott

Word Search

CAT BREEDS



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

Siamese
Angora
Burmese
Chartreux
Burmilla

Ragdoll
Bengal
Bombay
Siberian
Tonkinese

Russian Blue
Himalayan
Toyger
Maine Coon
Bobtail

Sphynx
Birman
Manx
Snowshoe
Persian