

Kanandah Kapers

March 2024

Kanandah, 21 Douro Street, 02 63786400



Happy
St. Patrick's Day

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Editor's Desk

Hello Residents, Families and Friends!

I am really looking forward to this month – there is so much to celebrate! Join us at any of our events and programs that celebrate St. Patrick's Day, International Women's Day, Easter, and more. It's sure to be a busy month at our community and I hope you'll be a part of all the fun!



This month, consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you're lucky!

Here's to March!

From Georgie and Caitlin

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

When I've least expected it, an enormous opportunity or stroke of luck has crossed right under my nose.

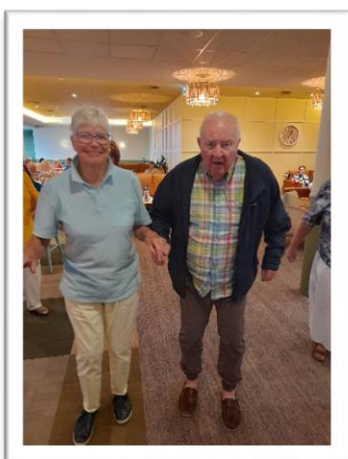
- **Julie Andrews**

Club Mudgee

Enjoying the music at club Mudgee



Enjoying company with friends and family



Dancing the day away

The Music was so good at Club Mudgee a few of us had a dance.

They had a new Seniors menu so we had to try it out and have a light lunch to build up our energy so we could get back up on the dance floor.

Than we said goodbye and we will see you again to club Mudgee.



Upcoming Events

Men's Club

Friday 15th 2.00pm Beer tasting St pats.

Resident's Meeting

Monday and Tuesday 25th and 26th 11.pm

High Tea

Friday 29th 2.00pm

Armchair Travel

Tuesday 12th 2.00pm



Regular Events

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

Presbyterian 1st March 2024 Friday

Catholic 15th March ,2024 Friday

Anglican 22nd March 2024 Friday

Exercise every day at 10.00am

Bingo! Every Monday and Thursday 2pm

Special Days

- 1st World Day of Prayer
- 3rd Caregiver Appreciation Day
- 8th Intl. Women's Day
- 10th Mothering Sunday (UK)
- 15th The Ides of March
- 17th St. Patrick's Day
- 19th First Day of Spring (N. Hemisphere)
- 21st World Poetry Day
- 24th Palm Sunday
- 25th Greek Independence
- 31st Easter

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel Program

					10.00 Exercise 1	Movies 2	Puzzles 3
					11.00 Church	Knitting	Colouring
					2.00 Bowling	Walks in the garden	Cards
10.00 Exercise 4	10.00 Exercise 5	10.00 Exercise 6	10.00 Exercise 7	10.00 Exercise 8	10.00 Exercise 8	Read a newspaper. 9	Walk in the garden! 10
11.00 Residents committee meeting	11.00 Residents meeting	11.00 Easter Craft decorations	11.00 Pin pong Cups	11.00 Bowls	11.00 Bowls	Cards	Visit another resident.
2.00 Bingo	2.00 Golf		2.00 Bingo	2.00 cooking	2.00 cooking	Board games	Cards
10.00 Exercise 11	10.00 Exercise 12	10.00 Exercise 13	10.00 Exercise 14	10.00 Exercise 15	10.00 Exercise 15	Movies 16	Knitting 17
11.00 Kubbs	11.00 Bowling	11.00 Craft, Easter decorations	11.00 cards/dice games	11.00 Church	11.00 Church	Read a book.	Books
2.00 Bingo	2.00 Armchair travel		2.00 Bingo	2.00 Men's club	2.00 Men's club	Talk to a friend.	Walkin garden
						Tell a bad joke	Visit a friend
10.00 Exercise 18	10.00 Exercise 19	10.00 Exercise 20	10.00 Exercise 21	10.00 Exercise 22	10.00 Exercise 22	Newspaper 23 reading	Movies 24
11.00 Pin pong Cups	11.00 find the words.	11.00 Craft, Easter decorations.	11.00 cards/dice games	11.00 Church	11.00 Church	Puzzles	Magazines
2.00 Bingo	2.00 Card and dice games		2.00 Bingo	2.00 Knitting Group	2.00 Knitting Group	Colouring	Walk in the gardens.
10.00 Exercise 25	10.00 Exercise 26	27	10.00 Exercise 28	10.00 Exercise 29	10.00 Exercise 29	Cards 30	Easter 31
11.00 Committee meeting	11.00 Residents meeting	Outing here or take away meal.	11.00 Golf	11.00 arts and craft	11.00 arts and craft	Movies	Read a book.
2.00 Bingo	2.00 word games	Best dressed easter outfit /hat	2.00 Bingo	2.00 High tea	2.00 High tea	Knitting	Ring a friend.
							Movies

March 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Douro residents experience one on one activity throughout the week depending on their interest and likes. These activities can range from sensory experiences thought touch feel smell, hand massage, colouring in, walks in the garden and looking at pictures that promote reminiscing and conversation.

						* March Anytime * Autumn Saint David's Day World Day of Prayer	1 2
World Wildlife Day						Women's Day	3 4 5 6 7 8 9
The Oscars	Labour Day					The Ides of March	10 11 12 13 14 15 16
St Patrick's Day			Spring		Harmony Day Day of Forests World Poetry Day	World Water Day	17 18 19 20 21 22 23
	Greek Independence Day Holi Independence Day - Greece	Anniversary of Beethoven's Death					24 25 26 27 28 29 30
Easter	Douro						31

March Birthdays

In March, we celebrate birthdays with:

- Joyce S
- Dawn
- Valerie H
- Trish
- Steve

Please join us celebrate!



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads-up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

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 Lindbergh Baby Kidnapping

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

Journaling Prompts

Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answers here and you can choose to share what you are comfortable with. Have fun!

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there a such thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When is the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you every do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Sylvia
- Valerie
- John

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.

- David

HERE'S TO THE WOMEN!

Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our residents so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

OUT AND ABOUT

This Month instead of going out we will be ordering take away Chinese and having it at Kanandah.

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 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.

Hot Flush this month will be in Hostel. Thursday the 7/03/24.
Please see Elliott if you have any questions.

CULTURAL CELEBRATION

Join us for an Irish celebration in honor of St. Patrick's Day this month. If you are of Irish descent and want to share more about your culture, let us know!

SHARE YOUR TALENTS

Have you always loved to garden?
Perhaps you are an avid scrapbooker?
Share your talents with your neighbors by co-hosting an activity with a staff member. See us for more details!

Laughing Matters



Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.

Tony Celebrating his birthday with friends and Family





St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____