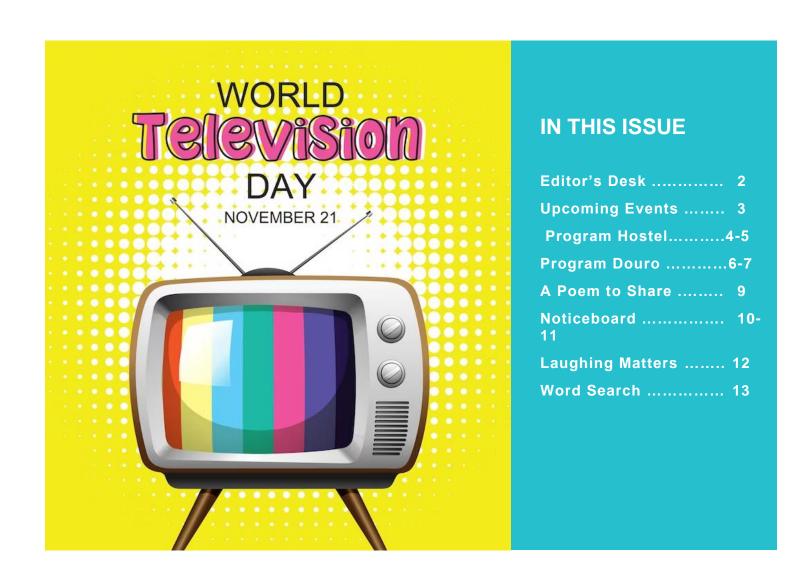
Kanandah Kapers November 2023

Kanandah,21 Douro, 63786400



Editor's Desk



Hello Residents, Families and Friends!

Last Month was our Pink Up Mudgee month, where our staff Members dressed up in support for the special cause.

Residents in Northview have colour in pink ribbon Symbols and put them on display for all to see.

The residents were looking forward to going on a road trip to Gulgong but the ugly Beast called Covid decided to rear its ugly head and ended the month on not a very happy note.

Let's hope next month we are getting in the Christmas spirt and all is well again in the world.

Keep Safe

Georgie and the RAO team

November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: Scorpio & Sagittarius
Birthstone: Topaz & Citrine
Flower: Chrysanthemum

Quote of the Day

Joy is the simplest form of gratitude.

-- Karl Barth

Upcoming Events

Ladies Morning Tea Thursday the 30th 2pm

Resident's Meeting

Monday and Tuesday 27th and 28th 11am

Armchair Travel

Tuesday 14th 2pm

Regular Events

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

Hairdresser every Wednesday

Men's Group Thursday 16th

Bingo! Every Monday and Friday 2pm





Special Days

1st All Saints Day

3rd Sandwich Day

5th Guy Fawkes Night

6th Melbourne Cup

11th Remembrance Day

11th Veterans Day

12th Tongue Twister Day

12th Diwali

13th World Kindness Day

14th Monet's Birthday

19th Philosophy Day

21st World Hello Day

21st World TV Day

23rd Thanksgiving

28th French Toast Day

30th Mark Twain's Birthday

30th St. Andrew's Day

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Program	10:00 1 -Wattle Cafe	-Exercises 11:00 Cards 2:00 Knitting	exercise 11.00 Church 2:00 Bingo	Puzzles Colour In	Music 5 Cards Games
10:00 6 -Exercises 11:00 cards 2:00 Bingo	10:00 7 -Exercises 11.00-word games 2.00 Melbourne Cup	-Wattle Cafe	Inventors' Day 9 10:00 -Exercises 11:00 Board games 2:00 art and craft.	-Church Catholic 11:00 Reading 2:00 Bingo	Remembrance Day Appreciation Colour in	Cards 12 Games Garden Walks
-Exercises	10:00 14 -Exercises 11:00 Golf 2:00Armchair Travel	10:00 15 Wattle Cafe	10:00 16 -Exercises 11:00 Trivia 2:00 Men's Club	10:00 17 -Exercises 11:00 Church Catholic 2:00 Bingo	Puzzles 18 Newspaper reading Games	International Men's Day Golf Cards
10:00 20 -Exercises 11:00 Darts 2:00 Bingo	10:00 21 -Exercises 11:00 word games 2:00 Golf World TV Day	10:00 22 Wattle Cafe	10:00 23 -Exercises 11:00 Cards 2:00 Happy hour and Birthday party's	10:00 24 -Exercises 11:00 Church Anglican 2:00 Bingo	Movies 25 Reading Knitting	Music 26 Magazines games
10:00 27 Exercises	10:00Exercises	10:00 29 Wattle Cafe	10:00Exercises 11:00 cards 2:00 High tea	Нс	ostel prog	ram

Residents committee meeting. meeting 2:00 Art and craft
Art and

November 2023 8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Douro Program			9:00 1 -Music 10:00 Reading 3:00 sensory game	10:00 2 -Poems 10:00 colour in 3:00 Puzzles	10:00 3 -Music 11:00 Nailcare 3:00 Reading	Newspaper 4 reading Movies Afternoon tea in garden
Songs of 5 Praise Puzzles Gardening	9:00 6 -Exercises 10:00 Reminiscing 3:00 Art	9:00 7 -Exercises 10:00 Nailcare 3:00 Garden walks	9:00 8 -Music 10:00 Morningtea in garden 3:00 Poems	10:00 9 -Armchair Travel 11:00Reminising 3:00 Garden walks	10:00 10 -Colour in 11:00 Sensory games 3:00 movie	Art 11 Movies
Garden 12 Walks Doll therapy Audio Book	9:00 World 13 Kindness Day activity 3:00 Audio Book	9:00 14 -Music 10:00 Movie 3:00 Sensory games	9:00 15 -Music 10:00 Armchair Travel 3:00 Art	10:00 16 - <u>Birthday</u> <u>party</u> 3:00 Games	10:00 17 -Newspaper reading 11:00 Movie 3:00 Art	Newspaper 18 reading Sorting Drawing
Songs of 19 praise International Men's Day Morning tea	9:00 20 -Exercises 11:00 Audio book 3:00 Poems	9:00 World 21 TV Day News 10:30 Movie 3:00 Animal Videos	9:00 22 -Exercises 10:00 reading 3:00 Puzzles	10:00 23 -Audio book 11:00 Colouring 3:00 Music	10:00 24 -Morning tea in garden 3:00 Balloon games	Audiobook 25 Drawing Movie

Songs Of 26	9:00 27	9:00	28	9:00 29	10:00	30
Praise Poems	-Poems 11:00 Discussions 3:00Garden walks	-Reading 11:00 TV 3:00 Music		-Sensory games 11:00 Drawing 3:00 Nailcare	-Audio book 11:00 Music 3:00 Garden Walks	

Douro Program

November Birthdays

In November, we celebrate birthdays with:

- Geoff
- Kathleen
- Greg
- Boof
- Bill
- Sharon

Please join us in November to celebrate!



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

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

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Birthday Spotlight: Music Was Never the Same

On November 6, 1854, American conductor John Philip Sousa was born in Washington, D.C. Sousa was best known for his rousing marches, forever changing the music scene.

Perhaps you have heard of a few of his tunes, like Stars and Stripes Forever or El Capitan.

Poem to Share

Perhaps the World Ends Here

Joy Harjo

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.

Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

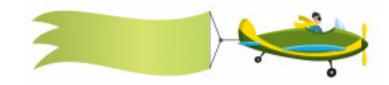
Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

Noticeboard



NEW RESIDENTS

A very warm welcome to all New residents.

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.

- Barry
- Judith

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?

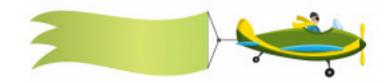
Contributions to our newsletter are encouraged and appreciated!

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 resident's . 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.

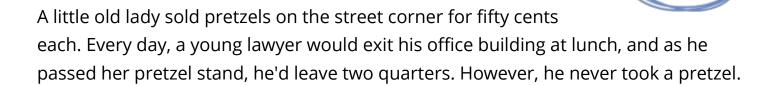
HAIRDRESSER

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.

CULTURAL CELEBRATION

In the month of November we celebrate Remembrances day. Watch your calendar for related activities in the recreation room.

Laughing Matters



This went on for nearly five years.

Even though they never spoke, every day he'd leave fifty cents, they'd make eye contact, and she would nod her gratitude as he walked away without a pretzel.

Finally one day, as the lawyer passed her stand and laid down his two quarters, the pretzel woman spoke to him.

"Sir, I appreciate your business. You are my best customer, but you need to know something. The price of pretzels has gone up to seventy-five cents."

A man goes to a job interview and presents himself well. The interviewers are really impressed by how professional he is.

"Wow! You have an amazing resume, and you present yourself fantastically, but you seem to be missing 5 years on this part of your resume, what happened there?" asked an interviewer.

"Oh that's when I went to yale" says the man and the interviewers are even more impressed and offer him a job on the spot.

The man shows his gratitude by saying "Thank you for the job!"

Word Search

CLASSIS TV SERIES WORD SEARCH



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Bewitched Happy Days Alf Golden Girls Get Smart Brady Bunch Star Trek Dallas Macgyver Lassie Waltons Matlock Cheers Seinfeld Mister Ed Mash Simpsons Full House Roseanne Jetsons