

# Kanandah Kapers November 2023

Kanandah, 21 Douro, 63786400

WORLD  
**Television**  
DAY  
NOVEMBER 21



## IN THIS ISSUE

Editor's Desk .....	2
Upcoming Events .....	3
Program Hostel.....	4-5
Program Douro .....	6-7
A Poem to Share .....	9
Noticeboard .....	10-11
Laughing Matters .....	12
Word Search .....	13

# 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 spirit and all is well again in the world.

Keep Safe

*Georgie and the RAD 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 30<sup>th</sup> 2pm

## Resident's Meeting

Monday and Tuesday 27<sup>th</sup> and 28<sup>th</sup> 11am

## Armchair Travel

Tuesday 14<sup>th</sup> 2pm



---

# Regular Events

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

Hairdresser every Wednesday

Men's Group Thursday 16<sup>th</sup>



Bingo! Every Monday and Friday 2pm

## Special Days

- 1st All Saints Day
- 3rd Sandwich Day
- 5th Guy Fawkes Night
- 6<sup>th</sup> Melbourne Cup
- 11th Remembrance Day
- 11th Veterans Day
- 12th Tongue Twister Day
- 12<sup>th</sup> Diwali
- 13th World Kindness Day
- 14th Monet's Birthday
- 19th Philosophy Day
- 21st World Hello Day
- 21st World TV Day
- 23rd Thanksgiving
- 28<sup>th</sup> French Toast Day
- 30<sup>th</sup> Mark Twain's Birthday
- 30<sup>th</sup> St. Andrew's Day

# November 2023

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>Hostel Program</b>				10:00      1	10:00      2	10:30      3	Movies      4	Music      5					
				-Wattle Cafe	-Exercises 11:00 Cards 2:00 Knitting	exercise 11.00 Church 2:00 Bingo	Puzzles Colour In	Cards Games					
10:00      6	10:00      7	10:00      8	<u>Inventors' Day</u> 9 	10:30      10	11		Cards      12						
-Exercises 11:00 cards 2:00 Bingo	-Exercises 11.00-word games 2.00 <u>Melbourne Cup</u>	-Wattle Cafe	10:00 -Exercises 11:00 Board games 2:00 art and craft.	-Church Catholic 11:00 Reading 2:00 Bingo	<u>Remembrance Day</u> <u>Appreciation</u> 		Games Garden Walks						
10:00      13	10:00      14	10:00      15	10:00      16	10:00      17	Puzzles      18	19		<u>International</u> 19					
-Exercises 11:00Bowling 2:00 Bingo <u>World Kindness Day</u> 	-Exercises 11:00 Golf 2:00Armchair Travel	Wattle Cafe	-Exercises 11:00 Trivia 2:00 Men's Club	-Exercises 11:00 Church <u>Catholic</u> 2:00 Bingo	Newspaper reading Games	<u>Men's Day</u>		Golf Cards					
10:00      20	10:00      21	10:00      22	10:00      23	10:00      24	Movies      25	26		Music      26					
-Exercises 11:00 Darts 2:00 Bingo	-Exercises 11:00 word games 2:00 Golf <u>World TV Day</u>	Wattle Cafe	-Exercises 11:00 Cards 2:00 Happy hour and Birthday party's	-Exercises 11:00 Church <u>Anglican</u> 2:00 Bingo	Reading Knitting	26		Magazines games					
10:00      27	28		10:00      29	30		<b>Hostel program</b>							
Exercises	10:00Exercises		Wattle Cafe	10:00Exercises 11:00 cards 2:00 High tea									

11:00 Residents committee meeting 2:00 Bingo	11:00 Residents meeting. 2:00 Art and craft		
--	---	--	--

# November 2023 🍁

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

## Douro Program

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

Songs Of Praise Poems	26	9:00	27	9:00	28	9:00	29	10:00	30
		-Poems		-Reading		-Sensory games		-Audio book	
		11:00 Discussions		11:00 TV		11:00 Drawing		11:00 Music	
		3:00Garden walks		3:00 Music		3:00 Nailcare		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, 5<sup>th</sup> November 1913  
Richard Burton, Actor, 10<sup>th</sup> November 1925  
Grace Kelly, Actress, 12<sup>th</sup> November 1929  
Charles, Prince of Wales, 14<sup>th</sup> November 1948  
Rock Hudson, Actor, 17<sup>th</sup> November 1925  
Bo Derek, Actress, 20<sup>th</sup> November 1956  
Goldie Hawn, Actress, 21<sup>st</sup> November 1945  
Bruce Lee, Actor & Martial Artist, 27<sup>th</sup> November 1940  
Winston Churchill, Prime Minister, 30<sup>th</sup> November 1874  
Mark Twain, Writer, 30<sup>th</sup> 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!

WOW!

### 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



A little old lady sold pretzels on the street corner for fifty cents each. Every day, a young lawyer would exit his office building at lunch, and as he passed her pretzel stand, he'd leave two quarters. However, he never took a pretzel.

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



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

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