

Kanandah Kapers

August 2022

Kanandah Douro Street Mudgee



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Editor's Desk

Hello Residents, Families and Friends!

This month has been a lovely mix of sunshine and rain.

We have started our sewing group and Gardening Group.

In the sewing group we are looking at making Clothes protectors and dignity gowns.

While in the gardening group we are hoping to get our Vegetable Garden up and going.



Keep Safe!

Georgie

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

Believe you can and you're halfway there.

- Theodore Roosevelt

Upcoming Events

Ladies Morning Tea

23rd August 2.00, Dining Room

Resident's Meeting

22nd August 11.00, Recreation Area

Commonwealth Games

28th July to 8th August,

Armchair Travel

30th Travel to

Residents committee meeting

16th in the Activity room.

High Tea

23rd In Activity room.



Regular Events

Happy Hour 25th August

Catholic Service every 3rd Friday

Hairdresser every Tuesday

Men's Group 30th Tuesday

Bingo! Every Monday and Friday

Special Days

1st Horses' Birthday

28th -8th Commonwealth games

5th Beer Day

9th World Indigenous Day

15th Ferragosto Festival

15th Indian Independence Day





17th Beer and pie Day

20th Lighthouse Weekend

24th Fish and chips in lawson Park





26th Daffodil Day

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>10.00 Exercise</p> <p>11.00 golf</p> <p>2.00 Bingo</p> <p>Horses' Birthday</p> 	<p>2</p> <p>10.00 Exercise</p> <p>11.00 Balloon ping pong</p> <p>2.00 Bingo</p>	<p>3</p> <p>Commonwealth games.</p>	<p>4</p> <p>10.00 Exercise</p> <p>11.00 Ten pin Bowls</p> <p>2.00 Tai Chi</p>	<p>5</p> <p>10.00 Exercise</p> <p>11.00 Darts</p> <p>2.00 Bingo</p> 	<p>6</p> <p>Movies</p> <p>Cards</p>	<p>7</p> <p>Cards and coloring in pictures</p>
<p>8</p> <p>10.00 Exercise</p> <p>11.00 Sewing</p> <p>Cat Day</p> <p>2.00 Bingo</p>	<p>9</p> <p>10.00 Exercise</p> <p>11.00 Gardening</p> <p>World Indigenous Day</p> <p>2.00 Craft</p> 	<p>10</p> <p>Garden walks</p> <p>Music</p> <p>Discussion</p>	<p>11</p> <p>10.00 Exercise</p> <p>11.00 Darts</p> <p>2.00 Poetry Reading</p>	<p>12</p> <p>10.00 Exercise</p> <p>11.00 Presbyterian</p> <p>2.00 Bingo</p>	<p>13</p> <p>Movies</p> <p>Cards</p>	<p>14</p> <p>Cards</p> <p>Letter writing</p>
<p>15</p> <p>10.00 Exercise</p> <p>11.00 cards</p> <p>Indian Independence Day</p> <p>2.00 Bingo</p> 	<p>16</p> <p>10.00 Exercise</p> <p>11.00 Golf</p> <p>2.00 Residents committee meeting</p>	<p>17</p> <p>12.00 Men's club beers and pies.</p>	<p>18</p> <p>10.00 Exercise</p> <p>11.00 Arts and craft</p> <p>2.00 Tai Chi</p>	<p>19</p> <p>10.00 Exercise</p> <p>11.00 Catholic</p> <p>2.00 Bingo</p>	<p>20</p> <p>Movies</p> <p>games</p>	<p>21</p> <p>Games</p> <p>Cards</p> <p>Movies</p>
<p>22</p> <p>10.00 Exercise</p> <p>11.00 Residents meeting</p> <p>2.00 Bingo</p>	<p>23</p> <p>10.00 Exercise</p> <p>11.00 cards</p> <p>2.00 High Tea</p>	<p>24</p> <p>Garden walks and Music in garden.</p>	<p>25</p> <p>8.00 to 2.00 Booster Shots in activity room</p>	<p>26</p> <p>10.00 Exercise</p> <p>11.00 Anglican</p> <p>2.00 Bingo</p>	<p>27</p> <p>Walking</p> <p>Cards</p> <p>Coloring pictures</p>	<p>28</p> <p>Cards</p> <p>Games</p> <p>Movies</p>

29	30	31
10.00Exercise	10.00Exercise	Manicures
11.00Golf	11.00 Balloon tennis	Garden walks
2.00 Bingo	2.00 Armchair travel	Discussion about the good old days.

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Singalongs 1 Ball games and quoits Drawing Horses' Birthday 	Puzzles 2 Garden walks Flower arrangements	Nail care 3 Painting One on one Chats and hand massage	4 Commonwealth games opening Balloon ping pong Bird watching	Happy hour 5 Newspaper readings Darts Beer Day 	Morningtea 6 in the garden Gardening Stories and Poetry
Songs of praise 7 Craft Manicures	Flower arrangements 8 Trivia Walks in the garden Cat Day	Hand painting 9 Armchair Travel World Indigenous Day 	puzzles 10 walking in the garden Painting	Balloon games 11 Quizzes Singalong	Darts 12 Ring toss Manicures	13 Morningtea in the garden Newspaper readings Painting
Sensory exploration 14 Discussion on when we were young Flower arranging	Singalongs 15 Poetry reading Ball games Indian Independence Day 	Art and Craft. 16 Darts Gardening walks	Music in the garden 17 Newspaper reading Discussion on the good old days	Flower arranging 18 Arts and craft Games	Games 19 Music/singalong Craft and art	Textile exploration 20 Craft Quoits
21 Gardening Trivia and quizzes Songs of praise	Outside morningtea 22 in the garden Ball games Poetry reading	Who am I 23 quizzes Ball games One on one discussion	Word games 24 Flower arranging Folding clothes	Games 25 Painting Music	Walking outside 26 Bird watching Balloon games	Exercise 27 Craft Short stories
28 Manicures Songs of praise Singalong	Exercises 29 Reading newspapers Discussion on the world around us	Ring toss 30 Darts Singalongs	Movies 31 Art and craft Puzzles Games			

August Birthdays

In August, we celebrate birthdays with:

Betty
Geoff
Ali
Helene
Jean(Olive)
Graham



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!

Famous August Inventions: Method for Packaging Frozen Foods

Clarence Birdseye obtained a patent for packaging frozen foods on August 12, 1930, making a lasting impact on nutrient and flavor preservation for mass-distributed foods!

A Poem to Share

Life Doesn't Frighten Me

By Maya Angelou

Shadows on the wall
Noises down the hall
Life doesn't frighten me at all

Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all

Mean old Mother Goose
Lions on the loose
They don't frighten me at all

Dragons breathing flame
On my counterpane
That doesn't frighten me at all.

I go boo
Make them shoo
I make fun
Way they run
I won't cry
So, they fly
I just smile
They go wild

Life doesn't frighten me at all.

Tough guys fight
All alone at night
Life doesn't frighten me at all.

Panthers in the park
Strangers in the dark
No, they don't frighten me at all.

That new classroom where
Boys all pull my hair
(Kissy little girls
With their hair in curls)
They don't frighten me at all.

Don't show me frogs and snakes
And listen for my scream,
If I'm afraid at all
It's only in my dreams.

I've got a magic charm
That I keep up my sleeve
I can walk the ocean floor
And never have to breathe.

Life doesn't frighten me at all
Not at all
Not at all.

Life doesn't frighten me at all.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

1. **Paul**

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 month!

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. **Val R**

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 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 Tuesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

ORAL CARE

.Please make sure you change your tooth brushes at the start of each season this will help with keeping good Oral hygiene.

If you need a tooth brush or tooth paste please let the staff know.

Thankyou

CULTURAL CELEBRATION

The Commonwealth Games . We will be having our own min Games here at Kanandah.

LOST CLOTHES

Please make sure all Clothes are label, if they require a label please send them to the Laundry with your name so they can label correctly.

thankyou

Laughing Matters



Little Boy Lost

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover.

The little boy watched in amazement, and then asked, "what's the matter, haven't you ever seen a little boy before?"

The Tooth Fairy

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Adam & Eve

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

Broccoli & Boogers

What is the difference between broccoli and boogers?
Children don't eat broccoli!

Famous & Infamous Left-Handers

If you are left-handed you are in good and not so good company!

Left-handers have graced all walks of life from World leaders to musicians to hooligans and outlaws.

George W. Bush

Queen Elizabeth II

Barack Obama

Nicole Kidman

Jack the Ripper

Napoleon Bonaparte

Aristotle

Oprah Winfrey

Marilyn Monroe

Osama Bin Laden

John F. Kennedy

Ronald Regan

Mahatma Gandhi

Joan of Arc

Bill Gates

John Rockefeller

Albert Einstein

Germaine Greer

Helen Keller

Pelé

Angelina Jolie

Fidel Castro

Michelangelo

Bob Dylan

Bill Clinton

Joan of Arc

Prince William

Judy Garland

Greta Garbo

Harpo Marx