

Kanandah Kapers February 2024

Kanandah, 21 Douro Street, 63785400



IN THIS ISSUE

Editor's Desk	2
Month in Review	3
Upcoming Events	5
February Calendar	6
February Birthdays	8
Write a Love Poem	9
Noticeboard	10
Laughing Matters	12
Spotlight	13
Crossword	14

Editor's Desk

Hello Residents, Families and Friends!

Can you feel the love this month? It's impossible to not feel your heart beat a little faster and feel thankful for those around you when you're surrounded by red and pink decorations, tales of Cupid, and boxes of chocolate lining the shopping aisles.

And we're all lucky in love here at our community! We are loving the events coming up this month as well as the opportunity to continue to get to know our neighbors and build relationships with staff. We love looking forward to the delicious meals planned throughout February, as well as the chances to celebrate the great love stories of our lives.

Wishing you all the love this month and beyond,

Georgie and the RAO team.



February Trivia

2024 is a leap year! This means you'll find an extra day in February this year. What will you do with it?

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Something to Think About

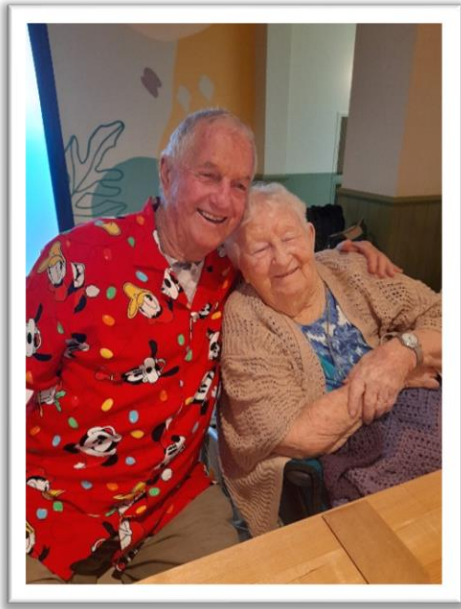
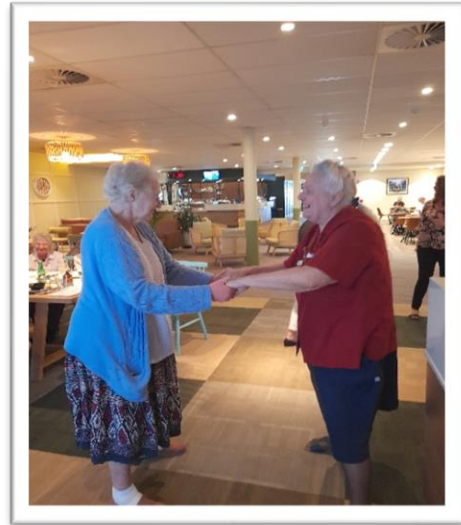
Who, or what, is the greatest love of your life?

What We've Been Up To

Dancing and singing the day away at Club Mudgee

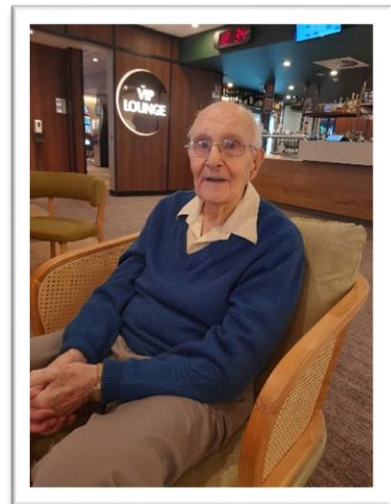
The residents enjoyed an outing to club Mudgee .

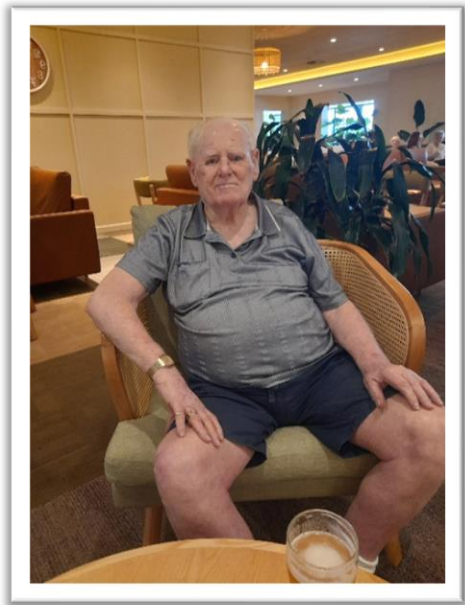
Thelma and Polly kicking their Heels up.



Pat and Val Enjoying the day out together and catching up with friends from the community.

Derrick enjoyed the Day out listening to the Music by Greg B Requesting songs and getting up for the odd hot shoe shuffle.





Tony Enjoying the outing at Club Mudgee



The residents enjoy catching up with old friends from the community.

Upcoming Events

Outing to club Mudgee.

Wednesday 7th 11.00am

Resident's Meeting

Monday and Tuesday 26th and 27th Feb 11am

Armchair Travel

Tuesday 6th at 200pm activities room.



Regular Events

Church services 1st ,2nd and 3rd Friday of the month

Hairdresser every Wednesday

Men's Group

Bingo! Every Monday and Thursday 2pm

Special Days in February

- 1st Black History Month
- 5th Read Aloud Day
- 6th Waitangi Day (NZ)
- 12th Abe Lincoln's Bday
- 13th Mardi Gras
- 13th Galentine's Day
- 14th Valentine's Day
- 18th Drink Wine Day
- 21st Language Day
- 22nd Baden-Powell's Bday
- 29th Leap Day





February




2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Douro

					* February Anytime * 1 Black History Month Spunky Old Broads	Groundhog Day 2	The Day the Music Died 3 Feed the Birds Day
	4 World Read Aloud Day Bubble Gum Day	5 Waitangi Day 6		7		8 Brazilian Carnival Pizza Day	9 Chinese New Year 10
Superbowl Sunday 11 National Day of Japan	Abraham Lincoln's Birthday 12	Shrove Tuesday / Mardi Gras 13 World Radio Day	Valentine's Day 14		15		16 Random Acts of Kindness Day 17
Drink Wine Day 18	President's Day 19 Chocolate Mint Day	Love Your Pet Day 20	Mother Language Day 21	Lord Baden-Powell's Birthday 22 World Thinking Day		Tennis Day 23	24
Renior's Birthday 25	Tell a Fairy Tale Day 26	International Polar Bear Day 27		28	29	The residents enjoy the one on one with the staff members thought conversation and everyday activities.	

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel

				10.00 Exercise 11.00-word games 2.00 Bingo	1	10.00 Exercise 11.00 Church 2.00 bowling	2	Movies Board games Newspaper readings.	3	Walks in the garden. Movies reading	4			
10.00 Exercise 11.00word games 2.00 Bingo	5	10.00 Exercise 11.00 bowling 2.00 Armchair travel	6	Club Mudgee Outing bus trip	7	10.00 Exercise 11.00 Golf 2.00 Bingo	8	10.00 Exercise 11.00 cards 2.00 Corn hole	9	Chinese New Year Reading Walking	10	Walking in the garden Movies colouring	11	
10.00 Exercise 11.00 golf 2.00 Bingo	12	10.00 Exercise 11.00 Cards 2.00 Bowling	13	Valentine's Day Wattle café	14	10.00 Exercise 11.00Kubbs 2.00 Bingo	15	10.00 Exercise 11.00 Church 2.00 window plants	16	Movies Book reading Puzzles	17	Cards Puzzles Magazine reading	18	
10.00 Exercise 11.00 Darts 2.00 Bingo	19	10.00 Exercise 11.00 Trivia word games 2.00 Men's club	20	10.00 Exercise 11.00 Bowling 2.00 art and craft	21	10.00 Exercise 11.00 Kubbs 2.00 Bingo	22	10.00 Exercise 11.00 Church 2.00word games	23	Crosswords Puzzles Knitting	24	Walking Talk with a friend. Reading	25	
10.00 Exercise 11.00 residents committee meeting 2.00 Bingo	26	10.00 Exercise 11.00 residents meeting 2.00 residents Birthday party	27	10.00 exercise 11.00 Golf 2.00 Cards and board games	28	10.00 Exercise 11.00 cards 2.00 Bingo	29							

February Birthdays

In February, we celebrate birthdays with:

- Heather
- Tony Mc
- Joan
- Derrick

Please join In February to celebrate!



Mardi Gras in New Orleans

In New Orleans, Mardi Gras parades happen for weeks before Fat Tuesday, where parade participants throw beads to watchers. Beads often get caught in the trees that line the streets. Instead of climbing a ladder to cut them down, residents simply keep the beads in the trees, creating Mardi Gras trees that celebrate year-round!

Could you create a Mardi Gras tree in your room with the beads you collect this month?

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

WOW!

Galentine's Day?

Not all love is a romantic love. Celebrating the friends, you love is the purpose of a new "holiday", Galentine's Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

Write Your Own Love Poem

Writing poetry is a great way to exercise your brain and express your creativity. Before you shake your head and think that you can't write a poem, I have good news: anyone can be a poet! It just takes time to sit down, examine feelings or memories, and to write it all down.

Here are a few prompts that can get you started. Feel free to write your response to a prompt, use the prompt as a conversation starter to talk about with a friend, or to co-write a poem with a family member. Most importantly, have fun!

- Write a rhyming poem about a pet you loved and why you loved them
- Write down a list of all the things you love about a certain person
- Write how falling in love makes you feel
- Write a love poem about your favorite food. How does it taste? Smell? Make you feel?
- Write about a season you love. Describe it to the reader.
- Write a list of sounds you love
- Read some poems. Pick one and write a response to it.
- Write a list of advice you would give to newlyweds on their wedding day.
- Write a toast to your very best friend telling them why they are amazing
- Write a love letter to someone or something you adore

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- David

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.

- Greg
- Darill
- June P
- Kath M

BLACK HISTORY MONTH

February is Black History Month and we are planning on celebrating throughout the month. Look for events on the calendar that highlight Black actors, actresses, musicians, poets, activists, and community members.

Don't miss these events and opportunities, as you just might learn something new or leave with a new appreciation for Black history.

See you then!

CELEBRATING LEAP DAY

This year is a leap year, so we'll all have one extra day this month to enjoy. How will you spend your extra day? Here are some ideas:

- Attend a new activity or event
- Make a new friend
- Eat your favorite food
- Call a family member to tell them you love them
- High five staff members all day long
- Watch a favorite movie
- Tell someone a funny joke

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 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. Please beware from the start of March Vicki will be doing hair on Monday only.

LOOK WHOSE COMING BACK

In March you will see Cami and Red. Chris and Pam's, dogs who are always happy to get a pat from the residents. They will be here from Friday March the 1st 2024 and every fortnight after that.

WATTLE CAFÉ, SHOPPING AND MAIL RUN

Wattle café will be open from Monday to Friday 9am to 3pm.

Shopping every Tuesday 9am

Mail Monday, Wednesday, Friday before 12noon.

WHAT DO YOU THINK?

What do you love about our community? We'd love to hear your thoughts. Jot down your favorite things about our community and turn it into us. We might share your answer in our newsletter, bulletin board, or social media!

Laughing Matters



Love Jokes

I must be a snowflake because I fell for you.

Did you hear about the near-sighted porcupine? He fell in love with a pincushion.

A couple is on a date at an expensive restaurant. The woman tells the man to tell her something that will get her heart racing. He says, "I forgot my wallet."

I'm no photographer but I can picture us together.

If I could rearrange the alphabet, I would put U and I together.

Are you a banana? Because I find you a-peeling.

I know this is going to sound cheesy, but I think you are the grate-est.

How did the telephone propose to its partner? It gave her a ring.

My new girlfriend works at the zoo. I think she's a keeper.

What's the difference between love and marriage? Love is blind. Marriage is an eye-opener.

Never laugh at your wife's choices. You're one of them.

Why shouldn't you fall in love with a pastry chef? Because they will dessert you.

What do you call two birds in love? Tweet-hearts!

What did one boat say to the other? Are you up for a little row-mance?

Word Search

MARDI GRAS



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

Jackson Square

Crawfish Boil

Cobblestone

Alligator

Louis
Armstrong

New Orleans

French Quarter

Celebration

Garden District

Big Easy

Bayou

Mardi Gras

Fat Tuesday

Jazz

Balcony

Jean Lafitte

Muffaletta