

# Kanandah Kapers

## January 2024

Kanandah, 21 Douro Street, 63786400



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# Editor's Desk

Hello Residents, Families and Friends!

Happy New Year! Can you believe we are greeting 2024 when it seems like 2023 was just starting? I'm wishing peace, health, and happiness for all of us.

Do you make resolutions this time of year? Perhaps I can encourage you to consider it as we move into 2024. Science and research have proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline.

We're challenging you to attend at least 3 activities each week this month. Attend a favorite program or try a new group. In either case, you'll reap the benefits of healthy socialization! Let our team help you find your next favorite event.

Here's to new adventures!

*From the RAD Team*

TRY SOMETHING NEW  
THIS MONTH!



## January Trivia

January was named after the Roman god Janus, the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**

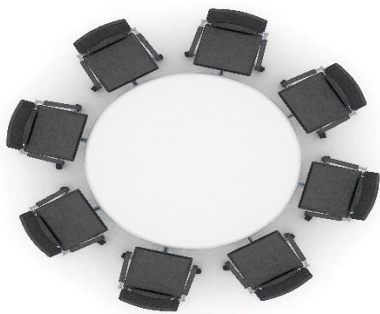
## Journaling Prompt

What are you looking forward to in 2024? How do you hope the year surprises you?

What is one new activity you could join this month?

# What We've Been Up To

Last Month we celebrated our Christmas function in the dining room. It was great to see everyone happy with their loved ones having festive foods. A massive thankyou to our performer who sang Christmas music for all.



Throughout the year Residents meeting have taken place as well as Residents committee meetings.

Last month the residents enjoyed going to lunch at the Golf Course in Mudgee for Chinese food.





# HAPPY NEW YEAR

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

CELEBRATE  
GOALS  
JANUARY  
COUNTDOWN

CONFETTI  
NOISEMAKER  
PARTY  
MIDNIGHT

RESOLUTION  
CLOCK  
CHEERS  
SPARKLES

# Upcoming Events

## Resident's Meeting

Monday and Tuesday 29<sup>th</sup> and 28<sup>th</sup>

of January 11.00am, Activity room.

## Armchair Travel

Tuesday 9<sup>th</sup> of January 2.00pm, Activity Room

## High Tea

Friday 19<sup>th</sup> of January 2.00pm, Activity Room



# Regular Events

Church Service 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Friday of the month  
11am

Hairdresser every Wednesday

Men's Group 16<sup>th</sup> Tuesday 2.00pm

Bingo! Every Monday and every Thursday 2.00pm

## Special Days

1<sup>st</sup> Hot Tea Day

3<sup>rd</sup> Tolkien's Birthday

6<sup>th</sup> Epiphany

8<sup>th</sup> Elvis Presley's Birthday

16<sup>th</sup> MLK Day

18<sup>th</sup> Sundance Film Festival

19<sup>th</sup> Intl. Flower Day

21<sup>st</sup> Intl. Hug Day

24<sup>th</sup> Natl Compliment Day

26<sup>th</sup> Australia Day

27<sup>th</sup> Mozart's Birthday

# January 2024

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

<p>Public holiday Tv watch new years Celebrations.</p>	<p>10.00 Exercise 11.00word games 2.00 Bingo</p>	<p>Wattle café Walking in garden <i>Birthday party</i></p>	<p>10.00 Exercise 11.00 Golf 2.00 Bingo</p>	<p>10.00 Exercise 11.00 Church 2.00 Cards</p>	<p>Movies Games Newspaper reading</p>	<p>Movies walks in the garden. puzzles</p>
<p><i>Elvis Presley's Birthday</i> </p> <p>10.00 Exercise 11.00 Bowling 2.00 Bingo</p>	<p>10.00 Exercise 11.00 Golf 2.00 Armchair Travel</p>	<p>Wattle Café Newspaper readings Colour in. <i>unsupervised</i></p>	<p>10.00 Exercise 11.00 Kubbs 2.00 Bingo</p>	<p>10.00 Exercise 11.00 Golf 2.00 Word games</p>	<p>Movies Knitting Colour in</p>	<p>Walking in garden Games cards</p>
<p>Australian Open 10.00 Exercise 11.00 Balloon tennis 2.00 Bingo</p>	<p>10.00 Exercise 11.00-word games 2.00 Men Club</p>	<p>Wattle café Walking in garden Cards <i>Unsupervised</i></p>	<p>10.00 Exercise 11.00 Church 2.00 Bingo</p>	<p>10.00 Exercise 11.00 Church 2.00 High tea</p>	<p>Reading books Magazines Walking knitting</p>	<p>Hug Day Movies Games cards</p>
<p>10.00 Exercise 11.00 Kubbs 2.00 Bingo</p>	<p>10.00 Exercise 12.00 Australia Day BBQ 2.00 Thong toss.</p>	<p>Wattle Café Games Movies <i>unsupervised</i></p>	<p>10.00 Exercise 11.00 Bowling. 2.00 Bingo</p>	<p><i>Australia Day</i>  Public Holiday</p>	<p>Movies Puzzles Reading</p>	<p>Lego Day Movies Walking Newspaper reading.</p>
<p>10.00 Exercise 11.00 Residents Committee Meeting 2.00 Bingo</p>	<p>10.00 Exercise 11.00 Residents Meeting 2.00 Birthday Party/happy hour</p>	<p>Wattle café Walking in garden Cards <i>Unsupervised</i></p>	<p><b>Hostel</b></p> <p>Green is for the days that activities may change without notices.</p>			

# January 2024

SUNDAY

MONDAY

TUESDAY







WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Douro

	Hot Tea Day 1 Hand Massage/nail care	Pianola 2 performance Individual Guided walks	J.R.R. Tolkien's Birthday 3  Audio Book in relation to J.R.R Music	Individual 4 reminiscing Animal Videos	Sitting in the 5 garden with morning tea Reading Books	Individual 6 Colouring in. Country music
Individual 7 discussions Word search activities.	Elvis Presley's 8 Birthday  Elvis's music Elvis's documentary	Individual 9 Finish the Phrase game Individual Exercises	Hand 10 Massage/nail care Sensory Activities	Individual 11 Guided walks Bird watching	Roll up balls 12 of Wool. Pianola Performance	Armchair 13 Travel America News
Individual 14 colouring In. Movies	Australian 15 Open Sports Channel	Individual 16 reminiscing Reading books	40's-50's 17 Music Individual Memory Match	Arts 'n' craft 18 individual  Sitting in the garden	Flower Day 19  Watering the flowers Guided walks in the garden	Movies 20 Audio Book classics Animal videos
Hug Day 21 Arts 'n' craft Individual activity writing down why we like hugs	Individual 22 Wattle Café Country Music	Individual 23 discussions Individual exercises	Movies 24 Sensory Activities	Guided 25 walks Pianola Performance	Australia Day 26  Australian Music Australian Phrases individual	Big Garden 27 Birdwatch  Classical music celebrating Mozart's birthday
Lego Day 28 Lego building episodes. Sitting in the garden	Individual 29 reminiscing Animal videos	Individual 30 finish the phrase game Music	Morning tea 31 in garden Bird watching Guided walks	<b><u>In Douro, most activities apply to individual activities</u></b>		



# January Birthdays

In January, we celebrate birthdays with:

- **Peter**      - **Richard**
- **Jim**        - **Faye**
- **Gwen**      - **Clarrie**
- **Peg**
- **BOB**
- **Valda**

Please join us in the recreation room on the Wednesday the 9th  
In January to celebrate!



## Can you fill-in-the-blank these song lyrics?

It's up to you, \_\_\_\_\_ York, \_\_\_\_\_ York!  
What's new, \_\_\_\_\_? Whoa, whoa, whoa.  
I can see clearly now the \_\_\_\_\_ is gone.  
It's a new dawn, it's a new day, it's a new \_\_\_\_\_.  
Start spreading the \_\_\_\_\_, I'm leaving today.  
Should auld acquaintance be \_\_\_\_\_.  
One minute to say goodbye before we say \_\_\_\_\_.  
I thought I'd ask you just the same, what are you doing  
on \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_?

## Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers.

## Aquarius (Jan 20 – Feb 18)

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

WOW!

## Elvis was born January 8, 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18 number one hits in his career!



# Conversation Starters

## Getting to Know Your Neighbors

Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters during your next visit.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day when you were younger?
- How are you feeling today?
- What do you like to do for fun?
- When is the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is a favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- Do you have any new year resolutions?

# Noticeboard



## NEW STAFF

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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!

## LOCAL NEWS

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There's a lot happening in our town. Here are the events of what's happening in our local area throughout January.

-Gulgong Folk festival 12<sup>th</sup> -14<sup>th</sup>.

## SHOPPING

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The shopping Ladies are going on holidays so there will be no Shopping on the 26/012 to 02/01.

## DRAWING PROMPTS

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The next time you are feeling like getting creative, or the next time your family is visiting, try drawing together. Anyone can be an artist when you have an open mind, a pencil, and piece of paper.

Try drawing any of these:

- A hammock swinging on the beach.
- A pet wearing a costume.
- Your favorite day
- A club sandwich.
- A bouquet of your favorite flowers
- A landscape

## IN MEMORIAM

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Eunice
- David

# Noticeboard



## LIBRARY SERVICE

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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

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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

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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.

## NEW YEAR MATH

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If you multiply the months of 2024 and add that number to what time the ball drops in Times Square, what number do you get?

Stop by the Activity office to tell us your answer and see if you are right!

## CULTURAL CELEBRATION

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Watch for cultural celebrations throughout January, Australia Day Activities.

## HOLIDAY DECORATIONS

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Now that the holiday hustle and bustle is over, we'll be taking down our twinkle lights and decorations. Be sure you pack up any holiday decorations in your home as well, including any wreaths or trees you might have put up for the season.

# Laughing Matters



Since the new year is knock, knock, knocking on our door, we present some of our favorite knock-knock jokes.

Knock knock.  
Who's there?  
Peas.  
Peas who?  
Peas and thank you are the magic words.

Knock knock.  
Who's there?  
Beets.  
Beets who?  
Beets me.

Knock knock.  
Who's there?  
Cash.  
Cash who?  
No thank you, I prefer walnuts.

Knock knock.  
Who's there?  
Boo.  
Boo who?  
Don't cry. It's just a joke.

Knock knock.  
Who's there?  
Tank.  
Tank who?  
You're welcome.



# NEW YEAR'S RESOLUTIONS

## Word Scramble

NJOI HTE YGM \_\_\_\_\_

NDKRI RMOE TREWA \_\_\_\_\_

UTQI KOGSMNI \_\_\_\_\_

TSRAT A GEDRAUTIT RJLONUA \_\_\_\_\_

LOSFS EHTET DYALI \_\_\_\_\_

DERA NEO KOBO A NHOMT \_\_\_\_\_

OD OTN THI EHT ZNOSOE BNTOTU \_\_\_\_\_

ECEMBO A RVTNEOLEU \_\_\_\_\_

PTOS GPTISAORCTNNAIR \_\_\_\_\_

NERAL A EWN ELGNAUGA \_\_\_\_\_

TQIT BGNITI LAINS \_\_\_\_\_

TUDETELCR UROY SEACP \_\_\_\_\_