

# Kanandah Kapers

## July 2022

Kanandah 21 Douro Street 6378 6400



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# Editor's Desk

Hello Residents, Families and Friends!

Hope every on had a good Month I had a very busy but fun month was nice to get thought a month without the dreaded locked down or isolation.

This month we been doing a lots of different things.

We got out to the park .Which turned out to be such a lovely day.

Unfortunately, we didn't get to go to the art gallery like planned but its back on the Calendar to do this month.

We had our first Resident committee meeting this month.

A small group of residents made a lovely soup which was enjoyed by all.

Keep Safe!

*Georgie*



## July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**  
Birthstone: **Rubies**  
Flower: **Water Lily**

## Quote of the Day

*Faith gives you an inner strength and a sense of balance and perspective in life.*

– Gregory Peck

# Upcoming Events

## High Tea

Tuesday 26<sup>th</sup> July 2.30pm, Activity room

## Resident's Meeting

Tuesday 18<sup>th</sup> of July 2:00pm, Recreation Area

## NAIDOC Week

4<sup>th</sup> to 11<sup>th</sup> July

## Armchair Travel

Tuesday 19<sup>th</sup> July 2.00pm, Activity Room.

## Men's Club

Wednesday 20<sup>th</sup> July, Activity Room

## Birthday Party and Happy hour

Wednesday 27<sup>th</sup> July, Activity Room

## Mortimer cottage

Special luncheon Thursday 14<sup>th</sup> July



## Special Days

- 1<sup>st</sup> Canada Day
- 1<sup>st</sup> International Joke Day
- 4<sup>th</sup> Independence Day US
- 7<sup>th</sup> World Chocolate Day
- 14<sup>th</sup> Bastille Day (France)
- 4<sup>th</sup> -11<sup>th</sup> NAIDOC WEEK
- 30<sup>th</sup> Friendship Day

# Regular Events

Church service Every 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Friday of the Month at 11.00am.

Hairdresser every Tuesday

Bingo Monday and Friday at 2.00pm

Excursion Art Gallery Thursday 21<sup>st</sup> July

# July 2022

MONDAY

TUESDAY




WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## Hostel

					<p><b>1</b></p> <p>10.00Exercise</p> <p>11.00 Word games</p>  <p>Joke Day</p>	<p><b>2</b></p> <p>Games</p> <p>Cards</p> <p>Movies</p>	<p><b>3</b></p> <p>Drawing</p> <p>Games</p> <p>Movies</p>
<p>10.00 exercise <b>4</b></p> <p>11.00 sewing group</p> <p>2.00 no RAO</p>	<p><b>5</b></p> <p>10.00Exercise</p> <p>11.00Cards</p> <p>2.00 Bingo</p>	<p>9to10 room <b>6</b></p> <p>visits</p> <p>10.30 poetry reading</p>	 <p><b>7</b></p> <p>10.00Exercise</p> <p>11.00 Kubbs</p> <p>2.00 Cards</p> <p>World Chocolate Day</p>	<p><b>8</b></p> <p>10.00Exercise</p> <p>11.00Church</p> <p>2.00 Bingo</p>	<p><b>9</b></p> <p>Puzzles</p> <p>Cards</p> <p>Movies</p>	<p><b>10</b></p> <p>Dominos</p> <p>Cards</p> <p>Movies</p>	
<p><b>11</b></p> <p>10.00Exercise</p> <p>11.00Golf</p> <p>2.00 Bingo</p>	<p>10.00 <b>12</b></p> <p>Exercise</p> <p>11.00 Ten Pin Bowling</p> <p>2.00No RAO</p>	<p>9to10 room <b>13</b></p> <p>visits</p> <p>10.30Poetry reading in the garden.</p> <p>11.00Gardening Group</p>	<p><b>14</b></p> <p>10.00Exercise</p> <p>11.00Art and craft</p>  <p>Bastille Day</p> <p>2.00 Poetry Reading.</p>	<p>10.00 <b>15</b></p> <p>Exercise</p> <p>11.00 Church</p> <p>2.00 Bingo</p>	<p><b>16</b></p> <p>Puzzles</p> <p>Cards</p> <p>Movies</p>	<p><b>17</b></p> <p>Coloring in</p> <p>Puzzles</p> <p>Movies</p>	
<p><b>18</b></p> <p>10.00Exercise</p> <p>11.00Residents committee meeting</p> <p>2.00Bingo</p>	<p><b>19</b></p> <p>10.00Exercise</p> <p>11.00 Cards</p> <p>2.00Arm Chair travel</p>	<p>10.30 <b>20</b></p> <p>Manicules</p> <p>11.00 Short stories.</p> <p>2.00 Men's Club</p>	<p><b>21</b></p> <p>10.00Exercise</p> <p>11.00Word games</p> <p>2.00 outing to the Art Gallery</p>	<p><b>22</b></p> <p>10.00Exercise</p> <p>11.00Church</p> <p>2.00 Bingo</p>	<p><b>23</b></p> <p>Music</p> <p>Cards</p> <p>Movies</p>	<p><b>24</b></p> <p>Puzzles</p> <p>Cards</p> <p>Movies</p>	
<p>10.00 <b>25</b></p> <p>Exercise</p> <p>11.00resident meeting</p> <p>2.00 Bingo</p>	<p><b>26</b></p> <p>10.00Exercise</p> <p>11.00 Tai Chi</p> <p>2.30High Tea With Guests</p>	<p>10.30 Music <b>27</b></p> <p>in the garden</p> <p>11.00 Newspaper reading</p>	<p><b>28</b></p> <p>10.00Exercise</p> <p>11.00word games</p> <p>2.00 Happy hour and birthday party</p>	<p><b>29</b></p> <p>10.00Exercise</p> <p>11.00 Darts</p> <p>2.00 Bingo.</p>	<p><b>30</b></p> <p>Puzzles</p> <p>Dominos movies</p>	<p><b>31</b></p> <p>Cards</p> <p>Dominos</p> <p>Movies</p>	

# July 2022

SUNDAY

MONDAY

TUESDAY





WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Douro

						Walks in the garden  <b>1</b>	Movies <b>2</b> Music Gardening
Songs of praise <b>3</b> Craft	Word games <b>4</b> Gardening Poetry	Cards <b>5</b> Flower arranging Ring Toss	Balloon Games <b>6</b> Gardening Sensory Activities	Manicures and hand massage  <b>7</b> Pancake making.	Singalong <b>8</b> Painting Word Games cards	Gardening <b>9</b> Feeding Birds Morning tea in Garden.	
Song of Praise <b>10</b> Poem reading	Craft and art. <b>11</b> Balloon games	Sing a long <b>12</b> Craft Ring toss	Darts <b>13</b> Ball games Bird watching	Armchair travel France games   <b>14</b>	Folding Clothes word Games <b>15</b> Sorting games	Gardening <b>16</b> Morningtea in Garden and music.	
Songs of praise <b>17</b> Poem Reading	Fiddle mats <b>18</b> Sensory boards	Story telling <b>19</b> manicures	Gardening <b>20</b> Music Word games	Flower arranging <b>21</b> Cooking	Hand massage <b>22</b> Darts Cup stacks	Music in the garden <b>23</b> Newspaper reading	
Songs of Praise <b>24</b> Moring tea I the garden Who am I	Word games <b>25</b> Art and craft reminiscing	Painting <b>26</b> Cooking Sensory exploration.	Word games <b>27</b> Folding clothes Relaxation music	Animal Documentary <b>28</b> Ball fun Music	Happy hour and Birthday celebration <b>29</b> Balloon games	Puzzles <b>30</b> Darts Word games	
Songs of praise <b>31</b> Word games Cards							

# July Birthdays

In July, we celebrate birthdays with:

- Thelma
- Dot
- Janice
- Harvey
- Dennis

Please join us in the recreation room on the 28<sup>th</sup> July  
In July to celebrate!



Princess Diana, 1st of July 1961

Olivia De Havilland, Actress, 1st July 1916

Tom Cruise, Actor, 3rd July 1962

Ringo Starr, Musician, 7th July 1940

Tom Hanks, Actor, 9th July 1956

Harrison Ford, Actor, 13th July 1942

Stanley Kubrick, 26th July 1928

Mick Jagger, 26th July 1943

Arnold Schwarzenegger, Actor, 30th July 1947

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

## **Leo (July 23 – August 22)**

Leos are natural born leaders. They are able to achieve anything they commit to.

WOW!

## **The origins of the month of July**

July was named in honor of Julius Caesar. Quintilis, which was his birth month, was renamed July when he died. Quintilis means “fifth month” in Latin, which represents where this month originally fell in the Roman calendar.

# Poem to Share

Emma Lazarus, (born July 22, 1849, in New York), was an American poet best known for her sonnet "The New Colossus," written to the Statue of Liberty.

## The New Colossus

By Emma Lazarus

Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land;  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name  
Mother of Exiles. From her beacon-hand  
Glow world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.

"Keep, ancient lands, your storied pomp!" cries she  
With silent lips. "Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tost to me,  
I lift my lamp beside the golden door!"

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Carmel
- Warren
- Shirley

We hope that you enjoy your time here!

## NEW STAFF

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A warm welcome also goes to the people who joined our team in the past few month!

- Polly
- Kelly

We hope that you enjoy your time here!

## 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.

- **Paul**

## CONTINUOUS IMPROVEMENT

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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?

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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

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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 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.

## CULTURAL CELEBRATION

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In the month of July we celebrate NADOC week . Watch your calendar for related activities in the recreation room.

## THANK YOU

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To all the residents who Help out with making Cups of Teas and coffee at morning and afternoon Teatime. I can't express how much I appreciate your Help. Thankyou Georgie

# Laughing Matters



**Why do bees have sticky hair?**

Because they use honeycombs.

**How do poets say hello?**

Hey, haven't we metaphor?

**What happened when grandpa insisted to everyone that the Titanic would sink?**

He got kicked out of the theatre.

**At a kid's party, the hired clown was late to arrive.**

When he finally did arrive, he walked up to grandpa and asked, "Where are the kids, sir?"

Grandpa looked him straight in the eye and answered very seriously,

"That would be us. We grew up in the time it took for you to arrive."

**Silence is golden until you have children.**

Then silence is very suspicious.

**The young police recruit was asked:**

"What would you do if you had to arrest your own mother?"

"I'd call for backup, Sir!"

# Word Search

## FRENCH WORDS & EXPRESSIONS



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

Chic

Vol au vent

Fleur-de-lis

Decolletage

Moi

Nouvelle

Couture

Au pair

Souvenir

Creme fraiche

C'est la vie

Matinee

Mardi gras

Joie de vivre

Voyage

Carte blanche

Aperitif

Cuisine

Adieu

Rendezvous

Debutante

Faux

Avant Garde

Cul de sac