

# Kanandah Kapers

*September*  
**2020**

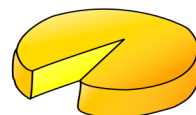
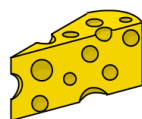
## NEWS

In August we made our own Icecream Sundaes from scratch with our own choice of toppings and flavorings. They were a sight to see and also delicious. This month we are going to make mini-pavlovas, and will get to choose from a variety of fruit to top it with.



Pancake Afternoons have proved popular in the past, so they are on again this month. If you fancy fresh pancakes and a chat then come along.

With the weather warming up we hope to get outside a bit more. Unfortunately we can't go on an outing to the Cheese Factory, but we can still have a Cheese Tasting afternoon. So this month there will be Cheese Tasting and drinks in the garden. There will be a few different cheeses to taste along with drinks and other snacks. It is a great opportunity to get outside and relax. Vote for your favourite cheese—it will be interesting to see which cheese is most popular.



We had a very tasty Fish and Chips Luncheon thanks to our Wattle Cafe. Our own catering staff make lovely meals, but every now and then a change is nice. This month we are planning a Sausage Sizzle, and with the weather hopefully warming up, we hope to have it in the garden.



Father's Day is coming soon. We will have Free Beer and Drinks available for Father's Day lunchtime, and a cowboy Movie planned for the Afternoon (just remind Nursing staff to put it on). Wishing all fathers and grandfathers all the best for this Sunday.



## LIBRARY BOOKS



Old library books need to be collected and given to the front office the day before the library van visits. The virus can survive on books for 3 days, so new books will wait in the front office till the following Monday before being distributed to you.

## WATTLE CAFÉ & CANTEEN

Café open 5 days Sun-Thurs 10am to 3pm, but closed public holidays.

If Café is unattended please see the Kitchen.

The Café will now stock most common items from the Canteen.



## SHOPPING



The preferred method for shopping is to contact your family and they can drop the goods into the front office, then staff will deliver it to you. If unable to do this you can fill out a Shopping form available in a green folder at the front foyer office by 3pm Monday.

***Note:** To reduce risk of infection volunteers will shop only in 3 places (Woolworths, Big W and Blooms Chemist).*

*Supplies may be limited in store, so if not available, volunteers could buy an alternative item if you add this to your description on the form.*



## HAIRDRESSER

We have hairdressers available for Hairdressing each week, to cut, set and blow dry hair. See program for days.

**PODIATRIST** will continue to visit every second week.



## ZOOM—to contact family



Zoom is a service available for you to see and speak to your family on a screen. If interested please see Donna, Jacqui or Phil.

## CHURCH



Church Services are temporarily out of action in Kanandah. While not a complete replacement, "Songs of Praise" is on the ABC at 11.30am on Sundays. Please ask staff to put this on the TV in activity spaces if you are interested. Online church services are available also (see program for times).

# SPECIAL EVENTS THIS MONTH

(see monthly programs for dates and times)

## MEN'S AFTERNOON



A chance for the men to get together for snacks, drinks and a chat.

## HOSTEL LADIES AFTERNOON TEA



Ladies get-together, with cuppas, snacks and company.

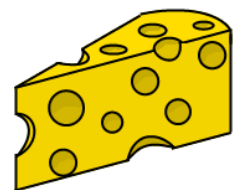
## BIRTHDAY PARTY AND HAPPY HOUR



Celebrate the Birthdays for this month with Snacks, drinks and your favourite music.

## CHEESE TASTING AND DRINKS IN THE GARDEN

Drinks and a few types of Cheese to taste. Vote for your favourite cheese and enjoy a relaxing afternoon in the garden



## PANCAKE AFTERNOONS



Cook and eat some nice fresh pancakes hot off the pan.

## MAKING MINI PAVLOVAS

be creative and make your own small sized pavlova —you choose what toppings to use from the variety available.



## SAUSAGE SIZZLE

If you fancy a Sausage sandwich freshly cooked on the BBQ— see Donna or Phil. Cost to be decided.



# SPRING FINDAWORD

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

Flowers  
Rain  
Warmth  
Sunshine  
Lambs  
Mulberries  
Blossom  
Tulip  
Daffodil  
Daisy  
Iris  
Butterfly  
Bees  
Bud  
Gardening

