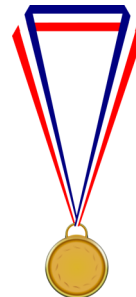


# Kanandah Kapers

*November*  
*2020*

## NEWS

We had a few false starts, but finally our Olympic Week got underway, with a variety of sporting and mental activities to compete in. Gold, Silver and Bronze medal prizes were presented in Douro Lodge, Mortimer and the Hostel. Congratulations to the winning athletes in all sections.



We had a hectic Melbourne Cup day, culminating in our Melbourne Cup Party and an exciting race. Well done to those who decorated their hats, ties and fascinators, you all looked pretty swish.

Congratulations to those who won prizes for this and also congratulations to those who won sweep prizes. The top sweep prizes for the day were won by Dulcie in the hostel and nurse Darlene. Elliot and Graham our Maintenance Men, Nancy from the Café, and Bob in the hostel deserve a special mention too as they each won multiple sweeps.

This month we are celebrating "BLUE MOVEMBER" to raise funds for and draw attention to Men's health issues. MO stands for Moustaches and Kanandah's Men are being encouraged to grow one in recognition of Movember and ladies you can donate funds to keep them growing their moustaches for the whole month. The BLUE part of the theme comes from feeling Blue, also known as Depression which can be a big issue many men face. Other Men's health issues include Prostate and testicular Cancer. All funds raised will go towards prevention and research of these issues.



Other fund raising events:

- 3 Stalls outside the front office (9am to 12noon)
  - The Great Blue Guessing Competitions (Mon 9th Movember)
  - The Great Blue Bake off (Mon 16th Movember)
  - The Great Blue Trade in (Mon 23rd Movember)
- A Blue Movember Morning Tea where residents can donate if they wish, and wear something blue.
- For Staff there is a Great Blue BBQ.



Other Special events include Special Luncheons, Taste Testing events, Snack making, Birthday Party & Happy Hour, and Men's & Ladies Afternoons (See program and inside Kapers for details).

## 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 to 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 Tuesday.

***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.

## 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.

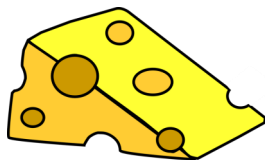
## MAKING SNACKS



We'll make pancakes in Douro, Chocolate Crackles in Mortimer and Decorating Christmas Cookies in the hostel.

## TASTE TESTING EVENTS

Douro & Mortimer are set to have Cheese, Dips and Drinks in the Garden.



The Hostel are planning to taste Coffees from around the world.

No cost involved, just bring your senses and enjoy the company of others.

## SPECIAL LUNCHEON

Douro & Mortimer plan to have Fish and Chips in the garden. In the hostel it will be Chicken Snitzel and Chips.

- Cost to be decided.
- See program for times and dates
- see Donna or Phil if interested.



# RACING FINDAWORD

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

Melbourne Cup  
Racing  
Jockey  
Silks  
Horses  
Thoroughbred  
Whip  
Saddle  
Sweep  
Bets  
Trifecta  
Gallop  
Facinators  
Hats  
Ties  
Flemington  
Trainers  
Reins  
Tip

