

Kanandah Kapers

April 2023

Kanandah, 21 Douro Street, Mudgee 2850



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Editor's Desk

Hello Residents, Families and Friends!

Last month was full of good times. We had Joanne Mitchell bring in a collection of knitted dolls of the queen. They were Made by Joanne and her mum.

The men had their beer and pie day .
Which was enjoyed by everyone having a pie or sausage roll of their choosing.
Thankyou to Elliott and Graham who joined the Men for this day.

We had a high tea which was a small group of women who sat down and had a great afternoon catching up with one another over tea and cake.



Keep Safe!

Georgie and the RAO team.

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**
Birthstone: **Diamond**
Flower: **Daisy & Sweet Pea**

Quote of the Day

In the end, it's not the years in your life that count. It's the life in your years.

– Abraham Lincoln

The Queen and her Corgis



The Queen in different outfits.



The Queens Christmas out fit with a Santa.



Upcoming Events

Ladies Morning Tea

Tuesday 18th 2.00pm Activities room

Resident's Meeting

Tuesday 18th 11.00am Activities room

Residents' consumer meeting

Monday 17th 11.00am Activities room.

Armchair Travel

Tuesday 4th 2.00pm Activities room.

ANZAC Day Commemorations

Monday 24th 11.00 am Activities room.

Birthday Celebrations

Thursday 27th 2.00pm



Special Days

- 1st April Fools' Day
- 2nd Children's Book Day
- 9th Easter
- 11th Submarine Day
- 12th Human Space Flight
- 21st Creativity & Innovation
- 22nd Mother Earth Day
- 23rd Shakespeare's Birthday
- 23rd St. George's Day
- 23rd World Book Day
- 25th ANZAC Day
- 27th Intl. Guide Dog Day

Regular Events

Church Service 1st, 3rd, and 4th Friday

Hairdresser every Wednesday

Men's Group at 2pm

Bingo! Every Monday and Friday 2.00pm

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel program

							* April Anytime 1 * April Fool's Day Movies Games	Children's Book 2 Day Reading Walks in the garden
10.00 Exercise 3	10.00 Exercise 4	10.00 Movies 5 unsupervised	10.00 Exercise 6	Public holiday 7	Movies 8	Easter 9		
11.00 Craft 2.00 Bingo	11.00 Golf 2.00 Armchair travel	2.00 unfinished craft projects and coloring in. unsupervised	11.00-word games 2.00 Bingo	Movies Games Walks in the garden.	Games Knitting	Movies Puzzles Games		
Public holiday 10	10.00 Exercise 11	10.00 Movies 12 Unsupervised	10.00 Exercise 13	10.00 Exercise 14	Movies 15	Movies 16		
Movies Cards Games	11.00 Bowls 2.00 Bingo	2.00 unfinished craft projects and coloring in	11.00 Darts 2.00 Art and craft	11.00-word games 2.00 Bingo	Games Puzzles	Cards Walks in the garden.		
10.00 Exercise 17	10.00 Exercise 18	10.00 Movies 19 unsupervised	10.00 Exercise 20	10.00 Exercise 21	Movies 22	Word games 23		
11.00 Residents committee meeting 2.00 Bingo	11.00 Residents Meeting 2.00 high tea	2.00 unfinished craft projects and coloring in. unsupervised	11.00 Word games 2.00 Singalong	11.00 Catholic Church 2.00 Bingo	Reading Puzzles	Puzzles Newspaper reading		
10.00 Exercise 24	Anzac Day 25 Public Holiday	Guide Dog Day 26	10.00 Exercise 27	10.00 Exercise 28	Movies 29	Books 30		
11.00 Anzac service 2.00 bingo	Movies Games Magazine reading	2.00pm Mens Group 10.00 Pet therapy	11.00 Craft 2.00 happy hour /birthdays	11.00 Anglican Church 2.00 Bingo	Walks in garden. Knitting	Games Cards		

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Douro Program

Exercise 1 Quizzes Sensory						
Song of praise 2 Craft Word games	Exercises 3 Ball games Puzzles	Singalongs 4 Sorting Coloring	Newspaper readings 5 Audio books Balloon games	Balloon Games 6 Sensory Reminiscing	Trivia 7 Art/Craft Walks in the garden	Newspaper readings 8 Flower arranging Balloon games
Easter 9 Songs of praise Craft Sorting	Newspaper reading 10 Craft Sorting	Feeding bird 11 Watering garden Reading	Day of Human Space Flight 12 Making airplanes Quizzes Watch air show on YouTube	Exercise 13 Quizzes Bird watching outside	Sensory 14 Audio books Walks in the garden	Movies 15 Music Puzzles
Exercise 16 Song of praise Armchair travel	Quoits 17 Games Trivia Women's Spa Day.	Exercises 18 Craft Newspaper readings Doll therapy	Flower arranging 19 Discussion about the good old days Reminiscing Pictures	Exercise 20 Walks in garden. Birthday party	Sensory 21 Balloon games puzzles	Movies 22 Sorting Garden walks
Songs of praise 23 Exercise Craft Walks in garden	Exercises 24 Walks in the garden. Sensory	Anzac Day service 25 Exercise Sensory	Guide Dog Day 26 Pet therapy visitors Afternoon tea in Mortimer	Manicures 27 Reminiscing Sorting games.	Mens club 28 Football watching. Books Trivia	Exercise 29 Reminiscing Newspaper reading
Songs of praise 30 Walks in garden.						

April Birthdays

In April, we celebrate birthdays with:

- Jan
- Dulcie
- Ann W

Please join us in the recreation room on the first Sunday In April to celebrate!



Marlon Brando, Actor, 3rd April 1924
Eddie Murphy, Actor, 3rd April 1961
Russell Crowe, Actor, 7th April 1964
Jackie Chan, Martial Artist, 7th April 1954
Emma Thompson, Actress, 15th April 1959
Queen Elizabeth II, 21st April 1926
Jack Nicholson, Actor, 22nd April 1937
Barbra Streisand, Singer, 24th April 1942
Al Pacino, Actor, 25th April 1940
Michelle Pfeiffer, Actress, 29th April 1958

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

April 4, 1968: Martin Luther King is fatally shot

Civil Rights leader Rev. Dr. Martin Luther King was killed by a sniper in Memphis, Tennessee.

He had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964. He is best remembered for his *I Have a Dream* speech delivered at the 1963 Civil Rights March on Washington.

Poem to Share

Song of Hope

by Thomas Hardy

O sweet To-morrow! –
After to-day
There will away
This sense of sorrow.
Then let us borrow
Hope, for a gleaming
Soon will be streaming,
Dimmed by no gray –
No gray!

While the winds wing us
Sighs from The Gone,
Nearer to dawn
Minute-beats bring us;
When there will sing us
Larks of a glory
Waiting our story
Further anon –
Anon ...

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Joan

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.

- Lon
- Julia
- Anne M
- Wicks

CONTINUOUS IMPROVEMENT

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 Activity 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?

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 Georgie or the RAO team or email us anytime.

Activities@kanandah.com.au

Thank you.

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to residents. 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.

VOLUNTEERS

Kanandah is on the look out for more Volunteers to join .

If you would like to join or know anyone that would like to join, Please Ring Georgie at Kanandah.

Please ring Kanandah on (02) 63786400 and ask for Georgie or email her at

activities@kanandah.com.au

ENTERTAINERS

We are on the look out for community members wanting to Share their talents with the residents in Kanandah.

Singers, Dancers, Musicians, artist, and Professional Entertainers of all Kinds.

Please Ring Kanandah and ask to speak to Georgie.

CULTURAL CELEBRATION

In the month of we celebrate Easter and ANZAC day. Watch your calendar for related activities in the Activity room.

Laughing Matters



The Hunters

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?" The operator says "Calm down. I can help. First, let's make sure he's dead." There is a silence, then a gunshot is heard. Back on the phone, the guy says "OK, now what?"

Late Payment

A customer sent an order to a distributor for a large amount of goods totaling a great deal of money.

The distributor noticed that the previous bill hadn't been paid. The collections manager left a voice-mail for them saying, "We can't ship your new order until you pay for the last one."

The next day the collections manager received a collect phone call, "Please cancel the order. We can't wait that long."

Short Jokes

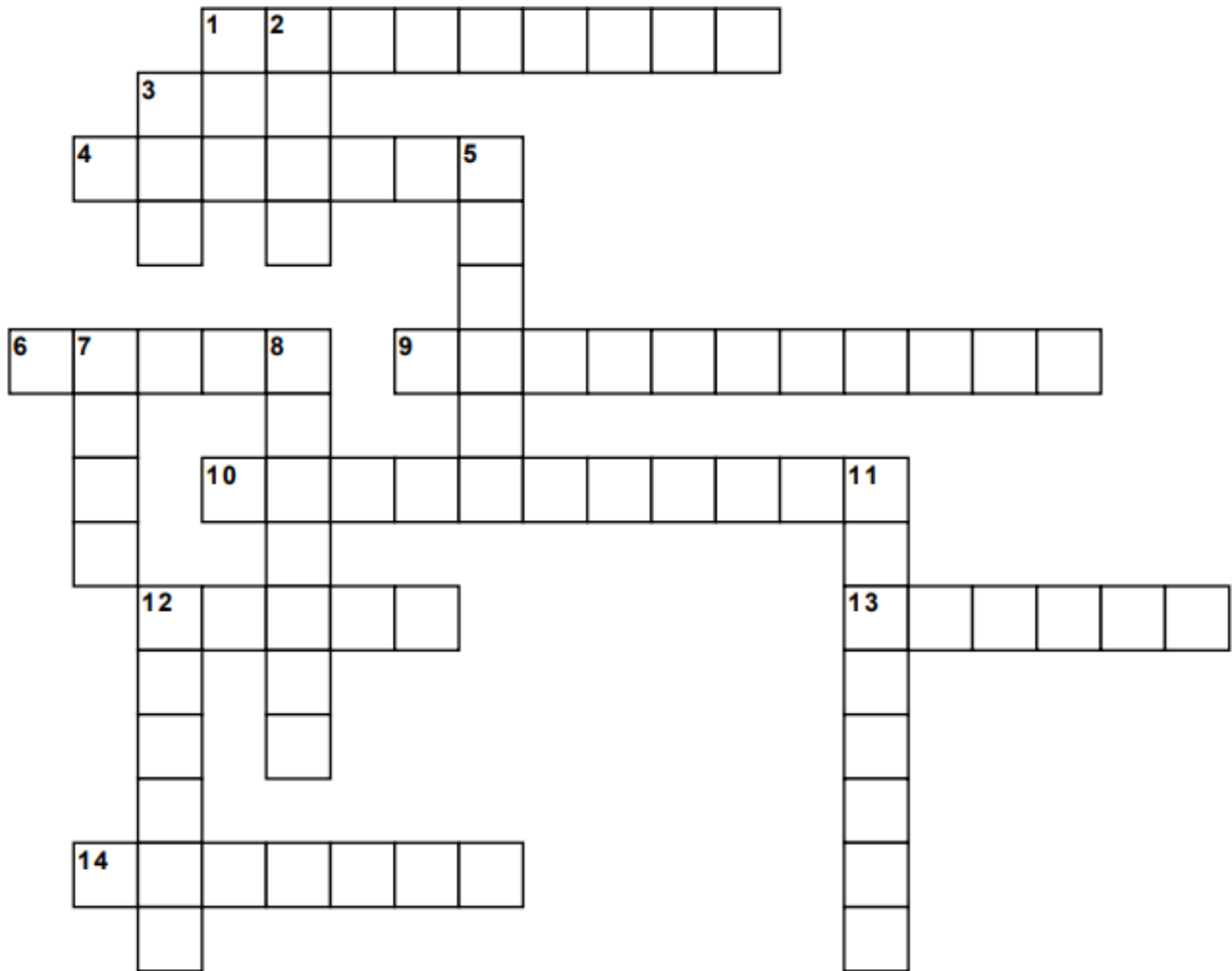
Why did the tomato turn red?
Because it saw the salad dressing!

Two guys stole a calendar.
They got six months each.

Why did the old man fall in the well?
Because he couldn't see that well.

Did you hear about the restaurant called Karma?
There's no menu - you get what you deserve.

Easter



Across

- 1 - Most popular Easter present (9)
- 4 - Traditional Easter hats usually tied with ribbons (7)
- 6 - In 'Alice in Wonderland' what colour is the rabbit with the pocket watch? (5)
- 9 - In the song 'Easter Parade' what street do they walk down? (11)
- 10 - Female star of the film 'Easter Parade'? (11)
- 12 - Another word for 'rabbit' (5)
- 13 - These hatch out of real eggs (5)
- 14 - What do eggs represent at Easter? (3,4)

Down

- 2 - The search for Easter Eggs: Easter Egg (4)
- 3 - A female rabbit (3)
- 5 - What season is Easter associated with? (6)
- 7 - An animal that looks like a rabbit with long ears (4)
- 8 - The date for Easter changes every year because of this (7)
- 11 - Make eggs look pretty (8)
- 12 - Something used to collect Easter eggs (6)

Easter

