

Kanandah Kapers

January 2025

Kanandah, 21 Douro Street, 02 63786400



IN THIS ISSUE

Editors Desk	2
Upcoming Events	3
January Hostel	4
January Douro	6-7
Conversation Starters ..	8
A Poem to Share	9
Noticeboard	11-12
Laughing Matters	14
Quiz	15

Editor's Desk

Happy New Year, and welcome to 2025! As we step into this new chapter, it's the perfect time to reflect on the joys of the past year and set intentions for the one ahead. I wish all of you a year filled with purpose, connection, and happiness.



Have you thought about ways to start the year off on a positive note? One idea is to focus on nurturing both your physical and mental well-being. Research continues to show that staying mentally engaged and learning new skills can do wonders for brain health. Picking up a new hobby, exploring an interest, or even taking part in a discussion group can improve focus, memory, and overall happiness.

This month, why not challenge yourself to try one new activity? Whether it's joining a book club, taking an art class, or attending a talk, you'll be surprised how these experiences can energize you and connect you with others. Let us know how we can help you discover something new—you just might find your next passion!

Georgie, Caitlin and Liz

January Trivia

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

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**

Quote of the Day

Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

— Carl Bard

Upcoming Events

Resident's Meeting

None till February

Armchair Travel

Tuesday 14th 2.00pm activity room.

Multicultural Day

Australia Day BBQ 22nd Wednesday Lunch

High Tea

Friday 24th 2.30pm activities room.

Regular Events

Church Service none in January

Hairdresser every Monday

Men's Group Friday 17th

Bingo! Every Monday and Thursday




Special Days

- 1st Hot Tea Day
- 3rd Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 12th Australian Open
- 19th Intl. Flower Day
- 20th MLK Day
- 21st Intl. Hug Day
- 23rd Sundance Film Festival
- 24th Robert Burns Day
- 26th Australia Day
- 27th Mozart's Birthday


January 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel Program

		Wattle Cafe 1	10.00 Exercise 2 11.00 Balloon tennis 2.00 Bingo	10.00 Exercise 3 11.00 Quoits 2.00 One on one	Reading books 4 Walking in the garden Movie	Talk to a friend 5 Knitting Watering the garden
10.00 Exercise 6 11.00-word games 2.00 Bingo	10.00 Exercise 7 11.00 Darts /balloon tennis 2.00 Golf/stacking cups	Elvis Presley's Birthday 8  Wattle Café	10.00 Exercise 9 11.00 Bowling 2.00 bingo	10.00 Exercise 10 11.00 Quoits 2.00 Happy Hour and reminiscing	Puzzles 11 Word games cards	Australian Open 12 Watch the tennis Talk to a friend
10.00 Exercise 13 11.00 Balloon ping pong 2.00 Bingo	10.00 Exercise 14 11.00 darts 2.00 Armchair travel	15 Wattle cafe	10.00 Exercise 16 11.00 Bowling 2.00 Bingo	10.00 Exercise 17 11.00 Kubb's 2.30 men's club	Games 18 Colouring in Cards	Watch tennis 19 Knitting Tell a joke
10.00 Exercise 20 11.00 Running paper/ 2.00 Bingo	10.00 Exercise 21 11.00 balloon tennis 2.00 One on one reminiscing.	 22 Australia Day BBQ Games and Music	10.00 exercise 23 11.00 Bowling 2.00 Bingo	10.00 Exercise 24 11.00-word games 2.30 Ladies high tea	Read a poem 25 Dominos Walking with a friend.	Australia Day  26 Reading the paper Watch tennis and watch fireworks on TAustralia Day

10.00 Exercise 11.00-word games 2.00 Bingo	27	Lego Day 10.00 Exercise 11.00 bean bag toss 2.00 Golf	28	Chinese New Year Wattle cafe	29		10.00 Exercise 11.00 Bowling 2.00 Bingo	30	10.00 Exercise 11.00 Quoits and darts 2.00 Birthday party	31
--	-----------	---	-----------	------------------------------------	-----------	---	--	-----------	--	-----------


January 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Douro Program

		9.20- Zoom calls 1 10.15-art and craft 11.15- newspaper reading 2.00 – resident of the week 1:1 activity	9.30- music appreciation and sing along 2 10.30- armchair travel 2.00 – individual/group activities	9.30- cooking 3 11.15- songs of praise 2.00 – individual/group activities	NO 4 RAO ON DUTY	NO 5 RAO ON DUTY
9.30- exercise 6 10.00-ladies morning tea/group 11.15-activity station tables 2.00 -resident of the week 1:1 activity ROOMS 1-7	9.30- indoor active-bowling/quoits 7 10.00- men’s morning tea/group 11.15- activity station tables 2.00 -resident of the week 1:1 activity ROOMS 8-15	9.20- Zoom calls 8 10.15-art and craft 11.15- newspaper reading 2.00 – resident of the week 1:1 activity ROOMS 16-23	NO 9 RAO ON DUTY	NO 10 RAO ON DUTY	NO 11 RAO ON DUTY	NO 12 RAO ON DUTY
9.30- exercise 13 10.00-ladies morning tea/group 11.15-activity station tables 2.00 – audio book whilst resident of the week 1:1 activity ROOMS 1-7	9.30- indoor active-bowling/quoits 14 10.00- men’s morning tea/group 11.15- activity station tables 2.00 – movie whilst resident of the week 1:1 activity ROOMS 8-15	9.20- Zoom calls 15 0945- JANUARY BIRTHDAY PARTY (Patrick) 2.00 - resident of the week 1:1 activity ROOMS 16-23	9.30- music appreciation and sing along 16 10.30- armchair travel 2.00 – individual/group activities	9.30- cooking 17 11.15- songs of praise 2.00 – individual/group activities	NO 18 RAO ON DUTY	NO 19 RAO ON DUTY

9.30- exercise 20 10.00-ladies morning tea/group 11.15-activity station tables 2.00 – AUDIO BOOK whilst resident of the week 1:1 activity ROOMS 1-7	9.30- indoor active-bowling/quoits 21 10.00- men’s morning tea/group 11.15- activity station tables 2.00 – MOVIE whilst resident of the week 1:1 activity ROOMS 8-15	9.20- Zoom calls 22 10.00- No supervised activities due to Australia day BBQ in hostel. 2.00 - resident of the week 1:1 activity ROOMS 16-23	NO 23 RAO ON DUTY	NO RAO ON DUTY	NO 25 RAO ON DUTY	NO 26 RAO ON DUTY
---	--	---	--	---	--	--

9.30- exercise 27 10.00-ladies morning tea/group 11.15-activity station tables 2.00 – audio book whilst resident of the week 1:1 activity ROOMS 1-7	9.30- indoor active-bowling/quoits 28 10.00- men’s morning tea/group 11.15- activity station tables 2.00 – movie whilst resident of the week 1:1 activity ROOMS 8-15	9.20- Zoom calls 29 10.15-art and craft 11.15- newspaper reading 2.00 – the time travelers guide Australia on YouTube whilst resident of the week 1:1 activity ROOMS 16-23	9.30- music appreciation and sing along 30 10.30- armchair travel 2.00 – individual/group activities	9.30- cooking 31 11.15- songs of praise 2.00 – individual/group activities
---	--	--	--	--

Activities are subject to change depending on the needs of the residents, this will be assessed daily.

January Birthdays

In January, we celebrate birthdays with:

- **Norma E (100)**
- **Ruth**
- **Graham W**
- **Peg**
- **Robert R**
- **Pat**
- **Trudy**
- **Val Mul**
- **Fay S**
- **Clarrie**

Please join us in the recreation room
In January to celebrate!



Martin Luther King Jr.

Born on January 15, 1929, Martin Luther King Jr. was a Baptist minister and leader of the American civil rights movement. Through nonviolent protests like the Montgomery Bus Boycott and his "I Have a Dream" speech, he fought to end racial segregation.

Awarded the Nobel Peace Prize in 1964, King remains a global symbol of justice and equality.

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!

Famous First Flight

On January 21, 1976, the Concorde launched its first commercial flights, revolutionizing air travel. This supersonic jet, flying at twice the speed of sound, cut travel times in half and became an icon of luxury and innovation. The Concorde was retired in 2003.

A Poem to Share

The New Year

by Ella Wheeler Wilcox

"What can be said in New Year rhymes,
That's not been said a thousand times?
The new year comes, the old year goes,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.
We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.
We laugh, we weep, we hope, we fear,
And that's the burden of a year."

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Ruth
- June
- Norma

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.

- Val
- Tony S
- Tony Mac

DRAWING PROMPTS

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

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's. 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 Monday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

HOLIDAY DECORATIONS

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.

CULTURAL CELEBRATION

Watch for cultural celebrations throughout January, Australia Day is happening this month with some games and a bbq on the 23rd January in the activity bbq will be in the dining rooms.

Laughing Matters



The Nun

A man suffers a serious heart attack and has bypass surgery. He awakes to find himself in the care of nuns at a Catholic hospital. A nun is seated next to his bed holding a clipboard with several forms and a pen.

NUN - Good morning! How are you going to pay for your hospital treatment - do you have health insurance?

PATIENT - No health insurance,

NUN - Do you have money in the bank?

PATIENT - No money in the bank.

NUN - Do you have a relative who could help you with the payments?

PATIENT - I only have a spinster sister and she is a nun.

NUN - (annoyed) Nuns are not spinsters! Nuns are married to God.

PATIENT - Then send the bill to my brother-in-law.

Sick Day

A man calls his boss and says "I can't come to work today"

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."

Always find a reason to laugh –
it may not add years to your life but will surely add life to your years.

The Letter J Quiz

All the answers to this quiz start with the letter J!

- | | |
|---|--------|
| Caretaker of a building | J_____ |
| A medical condition that turns the skin yellow | J_____ |
| A knitted garment with long sleeves | J_____ |
| A person who writes for newspaper and magazines | J_____ |
| A portable pneumatic hammer or drill | J_____ |
| Specialized vocabulary | J_____ |
| Weary from excuses | J_____ |
| Highest lottery prize | J_____ |
| Fruit spread | J_____ |
| Knees, hips and elbows etc. | J_____ |
| Cheerful and friendly | J_____ |
| A place where scrap is collected | J_____ |
| A short tune used in advertising | J_____ |
| Japanese self-defense method | J_____ |
| Fatigue from air travel | J_____ |
| Dense tropical forest with tangled vegetation | J_____ |
| An Indonesian Island | J_____ |
| Woodworking trade | J_____ |
| Scoff rudely | J_____ |
| Seller of gems and precious metals | J_____ |

- 1 Janitor
- 2 Jaundice
- 3 Jersey
- 4 Journalist
- 5 Jackhammer
- 6 Jargon
- 7 Jaded
- 8 Jackpot
- 9 Jam
- 10 Joints
- 11 Jovial
- 12 Junkyard
- 13 Jingle
- 14 Jujitsu
- 15 Jetlag
- 16 Jungle
- 17 Java
- 18 Joinery
- 19 Jeer
- 20 Jeweler