

# Kanandah Kapers

## June 2024

Kanandah retirement, 21 Douro, 63786400



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# Editor's Desk

Hello Residents, Families and Friends!

This month the men enjoyed a Pie and Beer lunch which they enjoyed a lot and are already talking about having a BBQ lunch next month.

The Ladies celebrate Mother's Day and a few of the ladies turning 100 and over with a high tea luncheon.

We celebrated the volunteers and all that they do for us here at Kanandah.

Unfortunately, at the end of the month we hit a snag, and we went into lock down.

Lets hope this coming month we all get back into the swing of things.

Here's to a joyful, vibrant June filled with community spirit and outdoor adventures!



*Georgie and Caitlin*

## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

Flower: **Rose or Honeysuckle**

## Quote of the Day

*Every day may not be good,  
but there's something good in  
every day.*

– Alice Morse Earle

# Upcoming Events

## Resident's Meeting

Monday 24<sup>th</sup> Residents committee meeting 11am

Tuesday 25<sup>th</sup> residents meeting 11am

## Armchair Travel

Tuesday 18<sup>th</sup> 2pm Activity room.



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# Regular Events

Church Service every 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Friday

Hairdresser every Monday

Men's Group 20<sup>th</sup> Thursday BBQ lunch

Bingo! Every Monday and Thursday 2pm

## Special Days

1<sup>st</sup> World Milk Day

2<sup>nd</sup> Italian National Day

5<sup>th</sup> World Environment Day

6<sup>th</sup> D-Day

8<sup>th</sup> World Oceans Day

19<sup>th</sup> Emancipation Day (US)

16<sup>th</sup> Father's Day (US,  
Canada, UK)

21<sup>st</sup> World Music Day

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

**Hostel Program due to covid some of the activities have had to be cancelled or postponed.**

|                                   |                         |                   |                                |                     |                                    |                                |                   |
|-----------------------------------|-------------------------|-------------------|--------------------------------|---------------------|------------------------------------|--------------------------------|-------------------|
|                                   |                         |                   |                                |                     |                                    | Movies 1                       | Knitting 2        |
|                                   |                         |                   |                                |                     |                                    | Puzzles                        | Walks             |
|                                   |                         |                   |                                |                     |                                    | Cards                          | Newspaper reading |
| 10.00 Exercise 3                  | 10.00 Exercise 4        | Wattle cafe 5     | 10.00 Exercise 6               | 10.00 Exercise 7    | Games 8                            | Cards 9                        |                   |
| 11.00 Golf                        | 11.00 Word games        |                   | 11.00 bowling                  | 11.00 Presbyterian  | Reading magazines                  | Movies                         |                   |
| 2.00 Bingo                        | 2.00 Bean bag toss      |                   | 2.00 Bingo                     | 2.00 arts and craft | Word games                         | Talking to friends             |                   |
| 10.00 Exercise 10                 | 10.00 Exercise 11       | 10.00 Exercise 12 | 10.00 Exercise 13              | 10.00 Exercise 14   | Puzzles 15                         | Walks in garden 16             |                   |
| 11.00 Kubbs                       | 11.00 Cards             | 11.00 Kubbs       | 11.00 word games               | 11.00 Quoits        | Reading books                      | Ring a friend or family member |                   |
| 2.00 Bingo                        | 2.00 bowling            | 2.00 Bingo        | 2.00 Bingo                     | 2.00 craft and arts | Colouring in                       |                                |                   |
| 10.00 Exercise 17                 | 10.00 Exercise 18       | Wattle Café 19    | 10.00 Exercise 20              | 10.00 Exercise 21   | Knitting 22                        | Puzzles 23                     |                   |
| 11.00 Word games                  | 11.00 darts             |                   | 12.00 Men's BBQ and beer lunch | 11.00 Catholic      | Talk to a friend.                  | Movies                         |                   |
| 2.00 Bingo                        | 2.00 Armchair travel    |                   | 2.00 Bingo                     | 2.00 Golf           | Go for a walk in the garden        | Listen to music.               |                   |
| 10.00 Exercise 24                 | 10.00 Exercise 25       | Wattle café 26    | 10.00 Exercise 27              | 10.00 Exercise 28   | Listen to music. 29                | Movies 30                      |                   |
| 11.00 Residents committee meeting | 11.00 residents meeting |                   | 11.00 Art and craft.           | 11.00 Anglican      | Play a card.                       | Pick flowers!                  |                   |
| 2.00 Bingo                        | 2.00-word games         |                   | 2.00 Bingo                     | 2.00 Birthday party | Look at photos and read magazines. | Walk in the garden!            |                   |
|                                   |                         |                   |                                |                     |                                    | Read newspaper                 |                   |

# June Birthdays

In June, we celebrate birthdays with:

- Rita
- Jim B
- John T

Please join us.  
In June to celebrate!



## Fascinating Facts About the Ocean

- The ocean covers over 70% of the Earth's surface.
- It contains around 97% of the Earth's water.
- The deepest part is the Mariana Trench, reaching a depth of about 36,000 feet (11,000 meters).
- Despite its immense size, more than 80% of the ocean remains unexplored and unmapped.
- Home to 230,000 known species.
- The ocean produces over half of the world's oxygen.

### Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

### Cancer (June 21 – July 22)

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

### I Have a Dream: Martin Luther King Jr.'s Historic Speech

In June 1963, Martin Luther King Jr. delivered his famous "I Have a Dream" speech during the March on Washington, a defining moment in the Civil Rights Movement.

# Poem to Share

## The Peace of Wild Things

Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Lynette W
- Margaret
- Norma

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 months!

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.

- Kevin
- Syliva

## 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. 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 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.

## PODIATRIST

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12<sup>th</sup> Wednesday and 26<sup>th</sup> Wednesday  
June.

## CULTURAL CELEBRATION

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Kings birthday.

Next month we will be celebrating Christmas in July .

## HOT FLUSH

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Hostel this month.

Elliott will let you know closer to date.



# Laughing Matters



## The Passenger

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches before hitting a shop window.

For a second everything went quiet in the taxi, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a funeral van for the past 25 years".

## The Coach

At one point during a soccer game, the coach says to one of his young players, "Do you understand what cooperation is? What a team is?" The little boy nods yes.

"Do you understand that what matters is whether we win together as a team?" The little boy nods yes.

"So," the coach continued, "when a strike is called, or you are out, you don't argue or curse or attack the umpire. Do you understand all that?" Again, the boy nods.

"Good," said the coach. "Now go and explain it to your mother."

## Eye Problems

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

# Word Search

## OCEAN CONSERVATION



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

Ocean  
Protect  
Plastics  
Awareness  
Seagrass

Corrosive  
Ecosystem  
Safeguard  
Reduce  
Overfish

Sustainable  
Seabed  
Conserve  
Habitat  
Depletion

Biodiversity  
Marine  
Coral  
Pollution  
Damage