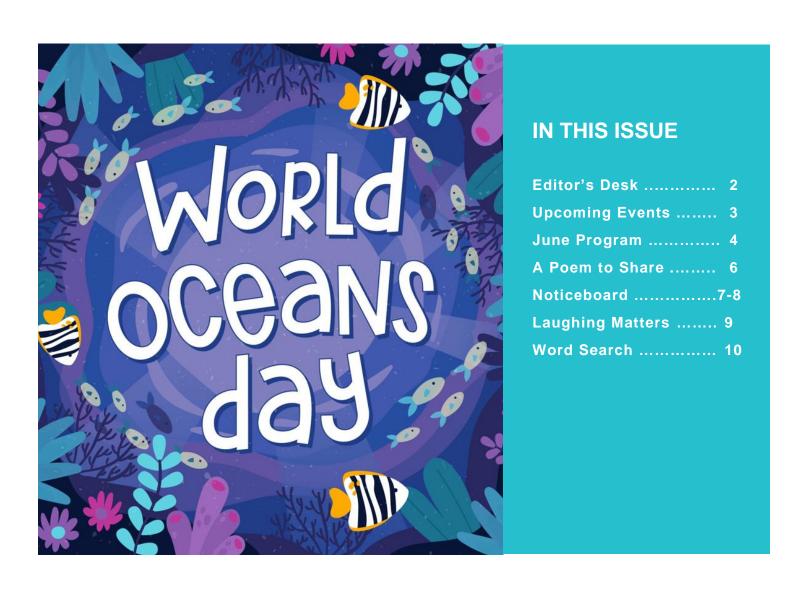
Kanandah Kapers June 2024

Kanandah retirement, 21 Douro, 63786400



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

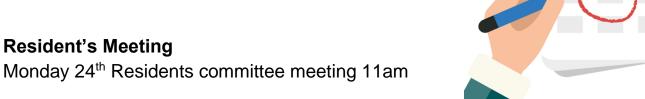
Quote of the Day

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

- Alice Morse Earle

Upcoming Events





Tuesday 25th residents meeting 11am

Armchair Travel

Tuesday 18th 2pm Activity room.

Regular Events

Church Service every 1st, 3rd, and 4th Friday Hairdresser every Monday Men's Group 20th Thursday BBQ lunch Bingo! Every Monday and Thursday 2pm

Special Days

1st World Milk Day

2nd Italian National Day

5th World Environment Day

6th D-Day

8th World Oceans Day

19th Emancipation Day (US)

16th Father's Day (US, Canada, UK)

21st World Music Day



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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

A very warm welcome to:

- Lynette W
- Margaret
- 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.

- Kevin
- Syliva

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 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?

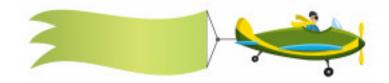
Contributions to our newsletter are encouraged and appreciated!

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

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

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.

PODIATRIST

12th Wednesday and 26th Wednesday June.

CULTURAL CELEBRATION

Kings birthday.

Next month we will be celebrating Christmas in July .

HOT FLUSH

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 N P S Α В Ε Ρ R Κ C F В O Ε Т C M U Т I 0 Ν Α Ε P 0 F S Α Ε G U Α R W S D Α E R R Α T Α L N D ı Α ı Т 0 X 0 Α Ρ Α W Z R R ı R K Н Ζ Ν Ε L F Ε V М Υ Α C R Α Ε U Α Ε C 0 R Α L S 0 D L G Т S E S В R 0 P P D U ı S F D Ε P E T I 0 N C ı S S Т Ε C 0 Y Т E M Ε F ı V S S J S S Α Ε Α В Ε D Υ Ε Ε S Т Н R S R S Ε Υ Ε Α G Α E M K F A Ν S R Ε R 0 Ρ

Ocean
Protect
Plastics
Awareness
Seagrass

Sustainable
Seabed
Conserve
Habitat
Depletion

Biodiversity
Marine
Coral
Pollution
Damage