

# Kanandah Kapers

## December 2022

Kanandah , 21 Douro street ,



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# Editor's Desk

Hello Residents, Families and Friends!

Well, what a month November has been. What seem to be smooth sailing has now become a little rocky with Covid trying to take the shine off the Christmas celebration.

But not all bad news we still are going ahead with our Christmas Party just a little different.

Last month we had some great fun playing golf, cards and event getting another visit from Luna the brown cattle Dog.

Christmas decorations are well on the way and the Residents doors are looking amazing so please keep surprising me they are looking Fantastic.

Keep Safe!

*Georgie*



## December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**  
Birthstone: **Turquoise**  
Flower: **Holly**

## Quote of the Day

*Just one small positive thought in the morning can change your whole day.*

– Dalai Lama

# Year 2022 in Review

## Flower Arranging

A few Residents have enjoyed the springtime with arranging a few flowers that have been Kindly donated by local Seller Jody from Ainsley Park Flowers and Fleece. Here is a picture of one of many flower arrangements.



**We had a few of our Residents Celebrate their 100<sup>th</sup> Birthday .**



# Upcoming Events

## Resident's Meeting

Monday the 19<sup>th</sup> and 20<sup>th</sup> of December 11am, Activity Room.

## Armchair Travel

Tuesday of 6<sup>th</sup> December 2.00pm, Activity Room



# Regular Events

Happy Hour

Church Service every 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Friday of the month 11.00 am

Hairdresser every Wednesday

Men's Group No Men's Group this month

Bingo! Every Monday and Friday at 2.00pm


## Special Days


- 1<sup>st</sup> Summer (S. Hem)
- 4<sup>th</sup> National Cookie Day (US)
- 5<sup>th</sup> Intl. Volunteer Day
- 7<sup>th</sup> Intl. Civil Aviation Day
- 18<sup>th</sup> Hanukkah
- 18<sup>th</sup> Paul Klee's Birthday
- 21<sup>st</sup> Winter (N. Hem)
- 25<sup>th</sup> Christmas
- 26<sup>th</sup> Boxing Day
- 31<sup>st</sup> New Year's Eve

# December 2022


MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY


## Special Day we Can Celebrate


			* December Anytime *  Summer			
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Add Text			


\* December Anytime \*   
Summer


National Cookie Day


Volunteer Day 

Civil Aviation Day 

Paul Klee's Birthday   
Hanukkah

Christmas 

Boxing Day 

New Year's Eve 

**Add Text**

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

# Hostel Program

			10.00 Exercise 1 11.00 Word games 2.00 Armchair Tai chi	10.00 Exercise 2 11.00 Golf 2.00 Bingo	Drawing Cards 3 Walks in the garden.	Songs of praise. 4 Movie Knitting
10.00 Exercise 5 11.00 Golf 2.00 Bingo	10.00 Exercise 6 11.00 Word games 2.00 Armchair travel	Flower arranging 7	10.00 Exercise 8 11.00 Cards 2.00 Craft	10.00 Exercise 9 11.00 Presbyterian Church 2.00 Bingo	Reading Magazines 10 Walks in the garden Puzzles	Card writing 11 Knitting Movies
10.00 Exercise 12 11.00 Cards 2.00 Bingo	10.00 Exercise 13 11.00 ten pin Bowling 2.00 Manicures	Residents Christmas Party 14 Flower arranging	10.00 Exercise 15 11.00 Golf 2.00 tai chi	10.00 Exercise 16 11.00 Catholic 2.00 Bingo	Movies Cards 17 Puzzles	Games Movies 18 Walking in the garden.
10.00 Exercise 19 11.00 Residents /Consumers meeting. 2.00 Bingo	10.00 Exercise 20 11.00 residents meeting. 2.00 Manicures	Flower arranging 21	10.00 Exercise 22 11.00-word games 2.00 Bingo	10.00 Exercise 23 11.00 Anglican 2.00 Christmas Carols	Movies Drawing 24 Walks in the Garden	Christmas Movies 25 Drawing Songs of praise.
Boxing Day 26 Public Holiday 🧑	Public Holiday 27	Flower arranging 28	10.00 Exercise 29 11.00-word games 2.00 Birthday party and Happy hour	10.00 Exercise 30 11.00 Golf 2.00 Bingo.	New Year's Eve 31 🌟 Songs of praise Cards Drawing	

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

# Douro Program

					Exercise 1 Reading of the Kapers Singalong	Walks in the garden 2 Bird watching Discussion on Birds and gardens	Newspaper reading 3 Quoits Word games
Songs of praise 4 Art and craft Flower arranging	Exercise 5 Word games Quoits	Manicures 6 Balloon games Walks outside	Poetry 7 Art and craft Ten pin bowling Newspaper reading.	Singalong 8 Trivia Armchair travel Walks outside	Bird watching 9 Watering the garden Balloon games	Craft 10 Discussion on world news Sorting and folding	
Songs of praise 11 Balloon Games Quoits	Singalong 12 Arts and craft Manicures Word games	Christmas 13 Refection.	Residents 14 Christmas Party Christmas Movies and Games	Word games 15 Newspaper Reading Exercise	Ball games 16 Walks outside Poetry	Flower arranging 17 Happy hour Singalongs Balloon games	
Songs of praise 18 Walk in the garden Sorting activities.	Exercise 19 Word games Balloon games	Word games 20 Walks out in the garden Craft	Quiots 21 Who am I Armchair travel and the places we go discussion.	Christmas 22 singalong in the garden Word games Exercise to music	Ball games 23 Individual therapy Walking in the garden	Exercise 24 Newspaper reading Christmas movies	
Christmas 25 Songs of praise Exercise	Boxing Day 26 Christmas Movies Craft Flower arranging	Games 27 Word games Walking outside	Gardening 28 Sorting items Craft Movies	Singing in the garden 29 Clay Flower arranging	Ball games 30 Manicures Individual therapy	New Year's Eve 31 Individual therapy Balloon games	

# December Birthdays

In December, we celebrate birthdays with:

- Lurline
- Judith

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



Woody Allen, Filmmaker, 1<sup>st</sup> December 1935  
Ozzy Osbourne, Singer, 3<sup>rd</sup> December 1948  
Steven Spielberg, Filmmaker, 18<sup>th</sup> December 1946  
Brad Pitt, Actor, 18<sup>th</sup> December 1963  
Jane Fonda, Actor, 21<sup>st</sup> December 1937  
Samuel L. Jackson, Actor, 21<sup>st</sup> December 1948  
Denzel Washington, 28<sup>th</sup> December 1954  
Tiger Woods, Golfer, 30<sup>th</sup> December 1975  
Anthony Hopkins, Actor, 31<sup>st</sup> December 1937  
Frank Sinatra, Singer & Actor, 30<sup>th</sup> December 1915

## **Sagittarius (Nov 23 - Dec 21)**

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

## **Capricorn (Dec 22 – Jan 19)**

Capricorns are responsible, disciplined and have good managers



WOW!

**Did you know? Eating KFC for Christmas is a Japanese tradition.**

An estimated 3.6 million Japanese families treat themselves to Kentucky Fried Chicken at Christmastime, according to the BBC. It all started with a 1974 marketing campaign called "Kentucky for Christmas" and eventually morphed into a nationwide tradition.

# Poem to Share

## My Shadow

by Robert Louis Stevenson

I have a little shadow that goes in and out with me,  
And what can be the use of him is more than I can see.  
He is very, very like me from the heels up to the head;  
And I see him jump before me, when I jump into my bed.

The funniest things about him are the way he likes to grow-  
Not at all like proper children, which is always very slow;  
For he sometimes shoots up taller like an India rubber ball,  
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,  
And can only make a fool of me in every sort of way.  
He stays so close beside me, he's a coward you can see;  
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,  
I rose and found the shining dew on every buttercup; But my lazy  
little shadow, like an errant sleepy head, had stayed at home  
behind me and was fast asleep in bed.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Dal
- Anne

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.

- **Ross**
- **Betty**

## 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.

Next year the library will visit the Third Monday of the month from 3.00pm till 4.00 pm Beginning February.

The new dates are in the activity room and the front offices.

February Monday the 20<sup>th</sup> .

## 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 Wednesday . If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

## THANKYOU

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Thankyou to Heather Bailey for the Beautiful Christmas cards that you made to shared with the residents .

The residents talked about how much they enjoy receiving these to send to family and friends.

We were all amazed at the amount of work that would have been put in to making these.

## CULTURAL CELEBRATION

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In the month of December we celebrate Christmas. Watch your calendar for related activities in the Activity room.

# Laughing Matters



## The Bus Driver

A woman boarded a bus holding a baby.

The bus driver said, "That's the ugliest baby I've ever seen."

The woman slammed her fare into the box and took an aisle seat at the rear of the bus.

The man seated next to her noticed she was agitated and asked her what was wrong. "The bus driver insulted me," she fumed.

The man sympathized and said: "Why, he's a public servant and shouldn't say things to insult passengers."

"You're right" she said. "I think I'll go back up there and give him a piece of my mind."

"That's a good idea" the man said. "Here, let me hold your monkey".

## Hunting

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?"

## The Minister

A minister, after listening to an impromptu campaign speech from a hopeful candidate for Mayor said.

"Before I vote for you, I'd like to know if you partake of intoxicating beverages."

Candidate: "Before I answer, tell me if it is an inquiry or an invitation."

# Spotlight



## Jo

Residents Enjoyed having a game of Golf Jo joined in with a friendly game of Golf fun was had by all.

# Word Search

## CHRISTMAS TREE DECORATIONS



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

Bows  
Tinsel  
Ribbons  
Lights  
Santa Claus

Wreath  
Angel  
Baubles  
Bow  
Presents

Bells  
Snowflake  
Snowman  
Christmas  
Garland

Decorations  
Crib  
Star  
Reindeer  
Tree