

Kanandah Kapers September 2023

Kanandah, 21 Douro Street, 0263786400

September is Classical Music Month



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Editor's Desk

Hello Residents, Families and Friends!

In the month of August, the men and women enjoyed a day out for lunch at Mudgee Golf club all residents enjoying a Chinese meal and watching the golfers walk around the green.

Thank you to Polly for organizing the fish and chip days for a small group of our Kanandah residents.

Keep Safe!

Georgie and the RAO team



September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

Without music, life is a journey through a desert.

- Pat Conroy

Upcoming Events

Milk shake day

Wattle Café 12th all Day

Resident's Meeting

Monday 25th and Tuesday 26th

Armchair Travel

Tuesday 12th ,2.00pm

U3A Boot scooting

18th Tuesday 2.00pm

High Tea

Tuesday 26th 200pm



Special Days

- 7th Brazilian Independence
- 10th Assisted Living Week
- 12th Chocolate Milkshake Day
- 15th Rosh Hashanah
- 16th Mexican Independence
- 16th Oktoberfest
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 22nd Native American Day
- 25th Comic Book Day
- 28th Confucius' Birthday
- 30th World Maritime Day

Regular Events

Church services 1st ,3rd and 4th Friday of the month

Hairdresser every Wednesday

Bingo! Monday and Friday.



September 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Hostel Program

					10.00 Exercises 1	Puzzles 2	Movies 3
					11.00 Church	Reading	Newspaper reading
					2.00 Bingo	Walking in the garden	Knitting
Men's Father's Day BBQ 4	10.00 Exercises 5 11.00 Games 2.00 Bingo	Morningtea in the cafe 6	10.00 Exercises 7 11.00 bowling 2.00 Art and craft	10.00 Exercises 8 11.00 Darts 2.00 Bingo	Movies 9 Gardening Bird watching	Reading 10 Movies walking	
10.00 Exercises 11 11.00 Cards 2.00 Bingo	10.00 Exercise 12 11.00 Golf 2.00 Armchair travel	Morningtea in the cafe 13	10.00 Exercises 14 11.00-word games 2.00 Sing along	10.00 Exercises 15 11.00 cup ping pong 2.00 Bingo	Oktoberfest 16 Newspaper reading Walking Music	Movies 17 Games Magazine reading	
10.00 Exercises 18 11.00 Games 2.00 Bingo	10.00 Exercises 19 11.00-word games 2.00 Boot scooting	Morning tea in the café. 20	10.00 Exercises 21 11.00 Golf 2.00 men's club	10.00 Exercises 22 11.00 Church 2.00 Bingo	Movies 23 Walks in the garden. Knitting	Colouring 24 Picking flowers Movies	
10.00 Exercises 25 11.00 Consumers meeting 2.00 Bingo	10.00 Exercises 26 11.00 Residents meeting 2.00 Ladies high tea	Morningtea in the cafe 27	10.00 Exercises 28 11.00 Art and craft 2.00 Bingo	10.00 Exercises 29 11.00 Church 2.00 Happy hour and birthday party.	Games 30 Paper reading Garden and bird watching.		



September 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Douro Program

							Art Sensory cooking	1	Walks in the garden. Bird watching Music	2
Sunday church Birthday party	3 Sensory Flower arranging Walks in the garden.	4 Morningtea in the garden Phrase game Balloon throw	5 Reading session Animal videos sensory	6 Group discussions exercises sensory	7 Karaoke Puzzles drawing	8 Games Music Balloon throw	9			
Armchair travel to Greece art	10 Walks in the garden. Reading games	11 Morning tea in café Walks in garden. Movie	12 Poems Karaoke puzzles	13 Reading Animal Videos sensory	14 Sensory Flower arranging Music	15 Oktoberfest art Happy hour	16			
Sunday church Hand massage	17 Respect the Aged Day (Japan) History readings in Japan	18 Painting Pirate stories Movie	19 Bird watching Reading Balloon throw	20 Peace Day Quotes of the day music	21 Group discussions Exercises Sensory	22 Autumn Morning tea in garden Karaoke drawing	23			
Hand and nail care Movie games	24 Birthday party Group discussions	25 Phrase games Reading One on Chats	26 Poems Puzzles Balloon throw	27 Sensory Music Flower arranging	28 AFL Grand Final watch on TV Happy hour	29 Walks in garden. Puzzles art	30			

September Birthdays

In September, we celebrate birthdays with:

- Beulah
- Louise
- Daisy
- June
- Elizabeth
- Shirley R
- Helen
- Val
- Lynette

Please join us.

in September to celebrate!



Freddie Mercury, Musician, 5th September 1946

Buddy Holly, Musician, 7th September 1936

Peter Sellers, Actor, 8th September 1925

Agatha Christie, Writer, 15th September 1890

Lauren Bacall, Actor, 16^h September 1924

Lance Armstrong, Cyclist, 18th September 1971

Stephen King, Author, 21st September 1947

Andrea Bocelli, Singer, 22nd September 1958

Bruce Springsteen, Singer, 23rd September 1949

Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

WOW!

September in History: Teenagers Unearth Stunning Prehistoric Art

In September 1940, a group of teenagers stumbled upon the awe-inspiring Lascaux Cave paintings in France. These ancient artworks, dating back around 17,000 years, showcase a mesmerizing array of animals and intricate details.

Poem to Share



Music

When music sounds, gone is the earth I know,
And all her lovely things even lovelier grow;
Her flowers in vision flame, her forest trees
Lift burdened branches, stilled with ecstasies.

When music sounds, out of the water rise
Naiads whose beauty dims my waking eyes,
Rapt in strange dreams burns each enchanted face,
With solemn echoing stirs their dwelling-place.

When music sounds, all that I was I am
Ere to this haunt of brooding dust I came;
And from Time's woods break into distant song
The swift-winged hours, as I hasten along.

- *Walter de la Mare*



Noticeboard



NEW RESIDENTS

A very warm welcome to:

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.

- Ed
- Marie

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 reception or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please talk to a staff member.

THANK YOU

We would like to thank our new volunteer Gai for helping Kanandah with the lunch outings and activities on Tuesdays and Fridays. We would also like to thank Marica and Sandra for helping us with the shopping. Over the coming months there will be more Volunteers joining the team.

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 in the hairdressers book.

WATTLE CAFÉ

Wattle Café is selling Milkshakes and all sorts of sweets come on down and enjoy the atmosphere.

Monday to Friday 9.00am to 3.00pm

CULTURAL CELEBRATION

In the month of September we celebrate Fathers day and . Watch your calendar for related activities in the recreation room.

Laughing Matters



**Here's a few music-inspired jokes to keep you laughing...
or groaning!**

How do you fix a broken tuba?
With tuba glue!

What musical key do cows sing in?
Beef flat.

What's the difference between a piano and a fish?
You can't tuna fish!

Why did the pianist keep banging his head against the keys?
He was playing by ear!

What type of music are balloons afraid of?
Pop music!

What key do you get when you drop a piano down a mine shaft?
A flat miner.

What type of songs do planets sing?
Nep-tunes!

Why did the singer climb a ladder?
To reach higher notes!

What do you get when you cross a sweet potato and a jazz musician?
A yam session!

Why was the musician arrested?
Because she got in treble!

Word Search

CLASSICAL MUSIC



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

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart