Kanandah Kapers 2024

Kanandah retirement, 21 Douro, 02 63786400



Editor's Desk

Hello Residents, Families and Friends!

This month we enjoyed a takeaway meal from the woolpack which was enjoyed by all.

The residents have been talking about going back to club Mudgee and listening to the music and the singers again.



We have had a visit from our therapy dogs Cammie and Red, which always puts a smile on the residents' faces.

We had a visit from Dance Unlimited last month which was enjoyed by all the men trying different beers on Saint Patrick's Day.

This month We will be holding an ANZAC service for the residents and going to Club Mudgee for our outing.

Thank you for a great month see you next time,

Georgie and Caitlin

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: Aries & Taurus
Birthstone: Diamond
Flower: Daisy & Sweet Pea

Quote of the Day

The earth laughs in flowers.

- Ralph Waldo Emerson

Upcoming Events

Resident's Meeting

Monday and Tuesday 29th and 30th April.

Armchair Travel

Tuesday the 9th at 2pm



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

Hairdresser every Monday

Men's Group

Bingo! Every Monday and Thursday 2.pm



Special Days

1st April Fools' Day

2nd Children's Book Day

5th Walk to Work Day

11th Barbershop Quartet Day

12th Human Space Flight

22nd Mother Earth Day

22nd Passover Begins

23rd Shakespeare's Bday

23rd World Book Day

26th Arbor Day

29th Intl. Dance Day

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Douro	* April 1 Anytime * * April Fool's Day	_8	3	4	5	6	
7	8	Eid al-Fitr 9	10	Submarine 11 Day	Day of 12 Human Space Flight	13	
14	World Art 15 Day World Creativity and Innovation Week	16	17	18	19	20	
21	Mother 22 Earth Day	Shakespeare's 23 Birthday St George's Day World Book Day	Guide Dog 24 Day	Anzac Day 25	Arbor Day 26	27	
28	29	30	In Douro the residents get individual activities that are catered to their needs and abilities.				

★ April 2024

FRIDAY SATURDAY SUNDAY

WEDNESDAY THURSDAY

MONDAY TUESDAY

2.00 Bingo

party

MONDAT	IUESDAT	WEDNESDAY	INUKSDAT	FRIDAT	SATURDAT	SUNDAT
10.00 1 Exercise 11.00 bowling 2.00 Birthday party	10.00 2 Exercise 11.00 bean bag toss 2.00 Bingo	Wattle Cafe 3	10.00 4 Exercise 11.00 cards and games 2.00 Craft	10.00 5 Exercise 11.00 Presbyterian church 2.00 Bingo	Walks in the 6 garden Read a book. Talk to a friend	Movies 7 Puzzles Read a Newspaper
10.00 8 Exercise 11.00 Golf 2.00 Bingo	10.00 9 Exercise 11.00 games 2.00 Armchair travel	Club Mudgee 10 Outing.	10.00 11 Exercise 11.00 Bowling 2.00 Cards	10.00 12 Exercise 5 11.00 Quiots 2.00Cooking	Knitting 13 Talk to a friend. Colour in pictures	Read a 14 book. Play a board game. Have a walk in the garden.
10.00 15 Exercise 11.00 Word games 2.00 Bingo	10.00 16 Exercise 11.00 Make a Kite 2.00 cards	Wattle Cafe 17	10.00 18 Exercise 11.00 Bowling 2.00 Bingo	10.00 19 Exercise 11.00 Catholic 2.00 Golf	Listen to 20 some Music. Read a poem. Share a joke	Ring a 21 family member. Look at some photos. Read a newspaper
10.00 22 Exercise	10.00 23 Exercise 11.00 Kubbs 2.00Mens Club	10.00 24 Exercise 4 11.00 ANZAC Service 2.00 Two up and Bingo	10.00 25 Exercise 3 11.00 Golf 2.00 Bingo	10.00 26 Exercise 11.00 Anglican 2.00 High Tea	Movies 27 Books Walks in the garden.	Play cards 28 with friends. Read a newspaper. Knitting
10.00 29 Exercise 11.00 Residents committee meeting	10.00 30 Exercise 11.00 residents meeting 2.00 Birthday	ŀ	loste	el Pro	gran	1

April Birthdays

In April, we celebrate birthdays with:

- Dulcie
- Diana
- Ann
- Jan

Please join us In April to celebrate!



Gardening Wives Tales

How many of these have you heard before?

- Plants grow better if you talk to them.
- Menthol rub repels insects on hummingbird feeders.
- Bury banana peels in your garden to bring your roses and ferns more potassium.
- Give your scarecrow a hat in the hot summer in order to secure a good harvest in the fall.
- Plant potatoes on Good Friday.

Aries (Mar 21 - Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and wellgrounded. They surround themselves with love & beauty.

Poem to Share

The Gardener

by Mary Oliver

Have I lived enough?

Have I loved enough?

Have I considered Right Action enough, have I come to any conclusions?

Have I experienced happiness with sufficient gratitude? Have I endured loneliness with grace?

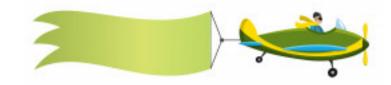
I say this, or perhaps I'm just thinking it. Actually, I probably think too much.

Then I step out into the garden, where the gardener, who is said to be a simple man, is tending his children, the roses.

April 15, 1912: The Titanic Sinks

Dubbed an unsinkable ship, the *Titanic* sank on this day in 1912. The luxury passenger liner was en route to New York City from Southampton, Hampshire, England. It only took the giant ship 2 hours and 40 minutes to sink, killing more than 1,500 people.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Valerie P
- Mary L

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.

Peter F

CONTINUOUS IMPROVEMENT

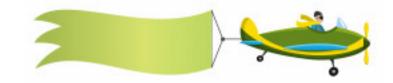
Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

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.

PODIATRIST

The next visit will be Wednesday the 10th and 24th of April 2024

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 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.

THIS MONTH THE HOT FLUSH

Will be in Douro.

Elliott will advise closer to the date when and what time.

EARTH DAY

We're celebrating Earth Day and Arbor Day with a tree planting celebration at our community. Be sure to take part in any of the activities leading up to the event, as well as the ceremony

LET'S GO FLY A KITE

April is the perfect month to fly a kite...or to make one. Join us for any of our kite-flying and kite-making activities this month.

Laughing Matters

WA WA

Earth Day Jokes

How many of these can get you to laugh (or groan)?

Why don't ants get sick?

Because they have little ant-bodies.

Why did the cloud go to the doctor?

Because it was feeling under the weather.

What do clouds wear under their coats? *Thunderwear!*

What did the recycling bin say to the trash can? "You're garbage...but I love you anyway!"

Did you hear about the tornado that married a cloud? *The wedding was a whirlwind!*

What do you call a snowman in the summer? *A puddle.*

How do trees access the internet? *They log on, of course.*

Why did the tree go to the dentist? *To get a root canal.*

What do you call it when worms take over the world? *Global worming!*

Word Search

FROM THE GARDEN



U D В Е Е S В S N S ı В E M N P В R O M E S B S L A Q O S N 0 N В S P Z S E U E B Ε R R ı E B Т S P E P P A R 0 Υ S R E E X Н N S E F G U Y D P M P K ı E G G A R G P A N Т G E S Q G N R B S E E N S Т R A B R R ı U S В E P Ε P E R S 0 P Р E M E D R S B U C н N N B P P

Bell Peppers Parsley Ginger Blueberries Strawberries Lettuce Oregano Zucchini Lavender
Basil
Lemons
Eggplant

Dill Garlic Limes Onions Chives
Pumpkins
Tomatoes
Broccoli