

# Kanandah Kapers 2024

Kanandah retirement, 21 Douro , 02 63786400



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# 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 29<sup>th</sup> and 30<sup>th</sup> April.

## Armchair Travel

Tuesday the 9<sup>th</sup> at 2pm



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# Regular Events

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

Hairdresser every Monday

Men's Group

Bingo! Every Monday and Thursday 2pm

## Special Days

- 1<sup>st</sup> April Fools' Day
- 2<sup>nd</sup> Children's Book Day
- 5<sup>th</sup> Walk to Work Day
- 11<sup>th</sup> Barbershop Quartet Day
- 12<sup>th</sup> Human Space Flight
- 22<sup>nd</sup> Mother Earth Day
- 22<sup>nd</sup> Passover Begins
- 23<sup>rd</sup> Shakespeare's Bday
- 23<sup>rd</sup> World Book Day
- 26<sup>th</sup> Arbor Day
- 29<sup>th</sup> Intl. Dance Day

# April 2024

SUNDAY

MONDAY

TUESDAY










WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Douro

	* April Anytime * April Fool's Day	1 	Children's Book Day 	2	3	4	5	6			
7	8	Eid al-Fitr	9	10	Submarine Day	11	Day of Human Space Flight 	12	13		
14	World Art Day World Creativity and Innovation Week 	15	16	17	18	19	20	20			
21	Mother Earth Day 	22	Shakespeare's Birthday St George's Day World Book Day 	23	Guide Dog Day 	24	Anzac Day 	25	Arbor Day 	26	27
28	29	30	<p><b>In Douro the residents get individual activities that are catered to their needs and abilities.</b></p>								

# April 2024

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

<p>10.00 <b>1</b> Exercise</p> <p>11.00 bowling</p> <p>2.00 Birthday party</p>	<p>10.00 <b>2</b> Exercise</p> <p>11.00 bean bag toss</p> <p>2.00 Bingo</p>	<p>Wattle Cafe <b>3</b></p>	<p>10.00 <b>4</b> Exercise</p> <p>11.00 cards and games</p> <p>2.00 Craft</p>	<p>10.00 <b>5</b> Exercise</p> <p>11.00 Presbyterian church</p> <p>2.00 Bingo</p>	<p>Walks in the <b>6</b> garden</p> <p>Read a book.</p> <p>Talk to a friend</p>	<p>Movies <b>7</b></p> <p>Puzzles</p> <p>Read a Newspaper</p>
<p>10.00 <b>8</b> Exercise</p> <p>11.00 Golf</p> <p>2.00 Bingo</p>	<p>10.00 <b>9</b> Exercise</p> <p>11.00 games</p> <p>2.00 Armchair travel</p>	<p>Club Mudgee <b>10</b> Outing.</p>	<p>10.00 <b>11</b> Exercise</p> <p>11.00 Bowling</p> <p>2.00 Cards</p>	<p>10.00 <b>12</b> Exercise </p> <p>11.00 Quiots</p> <p>2.00 Cooking</p>	<p>Knitting <b>13</b></p> <p>Talk to a friend.</p> <p>Colour in pictures</p>	<p>Read a <b>14</b> book.</p> <p>Play a board game.</p> <p>Have a walk in the garden.</p>
<p>10.00 <b>15</b> Exercise </p> <p>11.00 Word games</p> <p>2.00 Bingo</p>	<p>10.00 <b>16</b> Exercise</p> <p>11.00 Make a Kite</p> <p>2.00 cards</p>	<p>Wattle Cafe <b>17</b></p>	<p>10.00 <b>18</b> Exercise</p> <p>11.00 Bowling</p> <p>2.00 Bingo</p>	<p>10.00 <b>19</b> Exercise</p> <p>11.00 Catholic</p> <p>2.00 Golf</p>	<p>Listen to <b>20</b> some Music.</p> <p>Read a poem.</p> <p>Share a joke</p>	<p>Ring a <b>21</b> family member.</p> <p>Look at some photos.</p> <p>Read a newspaper</p>
<p>10.00 <b>22</b> Exercise </p> <p>11.00 darts</p> <p>2.00 Bingo</p>	<p>10.00 <b>23</b> Exercise </p> <p>11.00 Kubbs</p> <p>2.00 Mens Club</p>	<p>10.00 <b>24</b> Exercise </p> <p>11.00 ANZAC Service</p> <p>2.00 Two up and Bingo</p>	<p>10.00 <b>25</b> Exercise </p> <p>11.00 Golf</p> <p>2.00 Bingo</p>	<p>10.00 <b>26</b> Exercise </p> <p>11.00 Anglican</p> <p>2.00 High Tea</p>	<p>Movies <b>27</b></p> <p>Books</p> <p>Walks in the garden.</p>	<p>Play cards <b>28</b> with friends.</p> <p>Read a newspaper.</p> <p>Knitting</p>
<p>10.00 <b>29</b> Exercise</p> <p>11.00 Residents committee meeting</p> <p>2.00 Bingo</p>	<p>10.00 <b>30</b> Exercise</p> <p>11.00 residents meeting</p> <p>2.00 Birthday party</p>	<h1 style="font-size: 2em; margin: 0;">Hostel Program</h1>				

# 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 well-grounded. 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.

WOW!

### **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

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A very warm welcome to:

- Valerie P
- Mary L

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.

- Peter F

## 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.

## PODIATRIST

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The next visit will be Wednesday the 10<sup>th</sup> and 24<sup>th</sup> of April 2024



# Noticeboard



## LIBRARY SERVICE

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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

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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.

## THIS MONTH THE HOT FLUSH

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Will be in Douro.  
Elliott will advise closer to the date when and what time.

## EARTH DAY

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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

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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



## 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

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

Bell Peppers  
Parsley  
Ginger  
Blueberries

Strawberries  
Lettuce  
Oregano  
Zucchini

Lavender  
Basil  
Lemons  
Eggplant

Dill  
Garlic  
Limes  
Onions

Chives  
Pumpkins  
Tomatoes  
Broccoli

