

Kanandah Kapers

August 2024

Kanandah, 21 Douro Street, 02 63786400



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Editor's Desk



Hello Residents, Families and Friends!

What a wonderful month July was, we had a lot of fun this month.

The residents were busy making Christmas decoration for the Christmas in July party which went off with a Bang.

There was a lot of dancing and fun had that night.

How good was Peter and Jim with their music selection.

The Kanandah Olympics has Started and let's just say the competition is going to heat up with the resident starting the Olympics off with Golf and then Bingo.

At Kanandah we always try to have as much fun as possible, as the saying goes if you don't laugh you'll cry.

Wishing everyone a great month in August and come on the Aussie bring home those shiny medals.

Warm regards,

Georgie and Caitlin

August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

Age is an issue of mind over matter.
If you don't mind, it doesn't matter.

- Mark Twain

Upcoming Events

Ladies Lunch

Chinese takeaway 29th August 12pm

Resident's Meeting

Monday and Tuesday the 26th and 27th of August 11am

Kanandah Olympics medal celebrations

Thursday 13th August 2:00pm, Activities room

Armchair Travel

Tuesday 20th August 2.00pm, Activities room.

BBQ Lunch

Men Hostel 16th 12pm

Douro 30th August 12pm



Special Days

1st Horses' Birthday

2nd Forgiveness Day

2nd Beer Day

8th Cat Day

9th World Indigenous Day

12th International Youth Day

13th Left-Handers Day

15th Ferragosto Festival

15th Indian Independence Day

17th Lighthouse Weekend

23rd Daffodil Day

Regular Events

Happy Hour end of month

Church Service 1st, 3rd and 4th Friday 11am

Hairdresser every Monday

Men's Group Friday at 2pm

Bingo! Every Monday and Thursday at 2pm

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel program

				10.00 Exercise 11.00 bowling 2.00 Bingo	1 Beer Day 10.00 Exercise 11.00 Presbyterian 2.00 golf	2 Movies Puzzles Reading Walking in garden	3 Knitting Visit a friend Play cards with a friend	4
10.00 Exercise 11.00 Kubb's 2.00 Bingo	10.00 Exercise 11.00 Darts 2.00 Golf	Club Mudgee	7 Cat Day 10.00 Exercise 11.00 Golf 2.00 Bingo	8 10.00 Exercise 11.00 Bowling 2.00-word games	9 Games Magazine reading Talk to a friend Write a letter	10 Word games Colouring in Movies	11	
10.00 Exercise 11.00-word games 2.00 Bingo	10.00 Exercise 11.00 bowling 2.00 Olympic celebrations and awards	13 Please look at the activity table in the activity room for wool, magazines and games	14 10.00 Exercise 11.00 cards 2.00 bingo	15 10.00 Exercise 11.00 Catholic 12.00 Men's club	16 Movies Walking reading	17 Games Cards Puzzles	18	
10.00 Exercise 11.00 Cards 2.00 Bingo	10.00 Exercise 11.00-word games 2.00 Armchair travel	21	22 10.00 Exercise 11.00 Golf 2.00 bingo	23 Daffodil Day 10.00 Exercise 11.00 Anglican 2.00-word games	24 Colour in TV Walking and visit another resident	25 Watching birds from your window Sitting in the garden Word games		
10.00 Exercise 11.00 residents committee meeting 2.00 Bingo	10.00 Exercise 11.00 residents meeting 2.00 High tea	28	29 10.00 Exercise 12.00 Ladies Chinese meal 2.00 Bingo	30 10.00 Exercise 11.00 No activity 2.00 Birthday party and happy hour	31 Reading Movies Word puzzles			

August Birthdays

In August, we celebrate birthdays with:

- Lee
- Ali
- Philip
- Bob D
- Maria
- John
- Janice
- Graham F

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



Interesting Dog Trivia:

- Dogs have been companions for over 15,000 years.
- A dog's sense of smell is 40 times better than ours.
- Dalmatians are born white and develop spots later.
- Greyhounds can run up to 45 mph.
- Dogs' nose patterns are unique like fingerprints.
- Dogs hear four times better than humans.
- Labradors are the most popular breed in the U.S.
- Dogs can understand up to 250 words and gestures.

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

August in History: **The Launch of MTV**

In August 1981, MTV revolutionized music and television by airing its first music video, "Video Killed the Radio Star," changing pop culture forever.

A Poem to Share

A Dog's Love *By Edgar Albert Guest*

When the noon sun shines bright and high,
And shadows dance and breezes sigh,
A loyal friend is by my side,
A dog whose love will never hide.

Through fields of green and skies of blue,
He walks with me, so tried and true.
With every step, a wagging tail,
In joy and sorrow, without fail.

His eyes, so deep, a story tell,
Of days we've shared, through every spell.
A silent bond, a gentle touch,
In his embrace, I feel so much.

No words he speaks, yet speaks so clear,
In loyalty, he's always near.
A guardian, a playful soul,
With him, my heart is always whole.

Through years that pass and memories stay,
In love's pure light, we find our way.
A dog's love is a timeless song,
A faithful heart, where we belong.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Graham
- Janice
- Beverley
- Charles
- David
- John M

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 month!

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.

- **Dot**

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.

Library comes every 3rd Monday of the Month

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.

WATTLE CAFE

Will Be closed till further notice

CULTURAL CELEBRATION

In the month of August we celebrate the olympics . Watch your calendar for related activities in the recreation room.

PHONES AND HOTFLUSH

The phone will be fully operational on the 23rd of August this allowing resident's families to ring them direct. Til than the phone calls will go thought the front office and be transferred to the resident's rooms.

Hot flush will be in North view this month

Laughing Matters



The Talking Dog

A man sees a sign in front of a house: "Talking Dog for Sale." Curious, he rings the bell.

The owner tells him the dog is in the backyard.

The man goes there and asks the dog, "Can you talk?"

"Yep," the dog replies.

"So, what's your story?"

The dog looks up and says, "Well, I discovered my ability to talk when I was young. I wanted to help the government, so I worked for the CIA, eavesdropping on spies. I've traveled the world, learned many languages, and retired a few years ago."

Amazed, the man asks the owner how much he wants for the dog.

"Ten dollars," the owner replies.

"Ten dollars? This dog is incredible! Why so cheap?"

The owner sighs, "Because he's a liar. He didn't do any of that."

The Doctor Visit

A man goes to the doctor and says, "Doctor, my wife has a problem with her hearing."

"What are the symptoms?" the doctor asks.

"Well," he says, "sometimes she doesn't hear me at all. It's like she's completely tuned out."

The doctor nods and suggests a test: "Next time she can't hear you, stand a few feet away and ask her a question. If she doesn't respond, move closer and try again until she hears you. This will help us understand the severity."

That evening, he stands in the living room while his wife is in the kitchen. From across the room, he asks, "What's for dinner?" No response. He moves closer and repeats, "What's for dinner?" No answer. Finally, he stands right behind her and asks, "What's for dinner?"

His wife turns around and says, "For the third time, we're having chicken!"

Word Search

DOG BREEDS



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

Labrador
Doberman
Pomeranian
Papillon
Pug

Beagle
Chihuahua
Greyhound
Sheepdog
Great Dane

Rottweiler
Dachshund
Boxer
Chow Chow
Shih Tzu

Bulldog
Maltese
Pitbull
Poodle
Whippet