# 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**



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 20<sup>th</sup> August 2.00pm, Activities room.

#### **BBQ Lunch**

Men Hostel 16th 12pm

Douro 30th August 12pm

# **Regular Events**

Happy Hour end of month Church Service 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Friday 11am Hairdresser every Monday Men's Group Friday at 2pm Bingo! Every Monday and Thursday at 2pm





## **Special Days**

1<sup>st</sup> Horses' Birthday

2<sup>nd</sup> Forgiveness Day

2<sup>nd</sup> **Beer Day** 

8<sup>th</sup> Cat Day

9<sup>th</sup> World Indigenous Day

12<sup>th</sup> International Youth Day

13<sup>th</sup> Left-Handers Day

15<sup>th</sup> Ferragosto Festival

15<sup>th</sup> Indian Independence Day

17<sup>th</sup> Lighthouse Weekend

23<sup>rd</sup> Daffodil Day



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

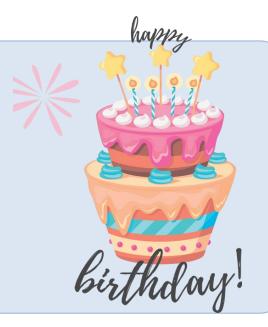
Host	el pro	gram	10.00 1 Exercise 11.00 bowling 2.00 Bingo	Beer Day 2 10.00 Exercise 11.00 Presbyterian 2.00 golf	Movies 3 Puzzles Reading Walking in garden	Knitting 4 Visit a friend Play cards with a friend
10.00 <b>5</b> Exercise 11.00 Kubb's 2.00 Bingo	10.00 6 Exercise 11.00 Darts 2.00 Golf	Club Mudgee 7	Cat Day 8 10.00 Exercise 11.00 Golf 2.00 Bingo	10.00 9 Exercise 11.00 Bowling 2.00-word games	Games 10  Magazine reading  Talk to a friend  Write a letter	Word games 11 Colouring in Movies
10.00 12 Exercise 11.00-word games 2.00 Bingo	10.00 13 Exercise 11.00 bowling 2.00 Olympic celebrations and awards	Please look 14 at the activity table in the activity room for wool, magazines and games	10.00 <b>15</b> Exercise 11.00 cards 2.00 bingo	10.00 16 Exercise 11.00 Catholic 12.00 Men's club	Movies 17 Walking reading	Games 18 Cards Puzzles
10.00 19 Exercise 11.00 Cards 2.00 Bingo	10.00 20 Exercise 11.00-word games 2.00 Armchair travel	21	10.00 <b>22</b> Exercise 11.00 Golf 2.00 bingo	Daffodil Day 23 10.00 Exercise 11.00 Anglican 2.00-word games	TV	Watching 25 birds from your window Sitting in the garden Word games
10.00 26 Exercise 11.00 residents committee meeting 2.00 Bingo	10.00 27 Exercise 11.00 residents meeting 2.00 High tea	28	10.00 29 Exercise 12.00 Ladies Chinese meal 2.00 Bingo	Exercise 11.00 No	Reading 31 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.

#### **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.

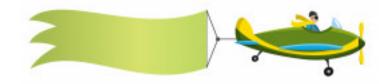
Through fields of green and skies of blue, He walks with me, so tried and true. With every step, a wagging tail, In joy and sorrow, without fail.

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 3<sup>rd</sup> 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 olypimics. Watch your calendar for related activities in the recreation room.

#### PHONES AND HOTFLUSH

The phone will be fully operational on the 23<sup>rd</sup> 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



В R Α R Ρ U G K Ζ S D W В В Ε R M N G Q Κ D 0 Α Н S Н F C В Ε E U Α G R Н P Н G В Κ K Ε ı Α ı 0 Н Ε P ı R R P Ε В D Υ Т Ε P Н Ε 0 0 X C Н Z D т U T J P Ε 0 U 0 В Α Н C 0 U U U Ε D Т G Α Т т D Н Н O W В L D W L R W S Ν L G G N 0 U Α Ε Ε U C Н D C P М Ε R Α Ν ı Ν Н U Α O S Ε М Α L Т Ε L W ı N W Т 0 Q F X Ε Ε Н М В В 0 R D D G F Z В Т X C М R Κ R Т М 0

Labrador Doberman Pomeranian Papillon Pug Beagle Chihuahua Greyhound Sheepdog Great Dane Rottweiler Dachshund Boxer Chow Chow Shih Tzu Bulldog Maltese Pitbull Poodle Whippet