

Kanandah Kapers November 2024

Kanandah, 21 Douro Street, 0263786400



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Editor's Desk

Dear Readers,

Have you spotted Chicken and Nugget out in the Douro Garden as lately.

They are yet to be named by the residents so while I have been feeding and watering them this is the name I have come up with.

They have been the talk of Douro and Mortimer lately adding that bit of Fun and excitement to all that go out to the garden and watch them.

This month Hostel residents started doing some gardening in their raised garden bed. We hit a stump and let's just say we found muscle that we didn't realize we had and now the garden needs a bit of TLC from Elliott.

Best Regards,

Georgie and Caitlin



November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

-- C.S. Lewis

Upcoming Events

Resident's Meeting

Monday 25th at 11am and Tuesday 26th 11am

Peace Day Activities

Remembrance Day 11th Monday 11am

Garden Club

Hostel 15th Friday 2.pm

Mortimer 22nd Friday 2.pm

High Tea

Friday the 22nd 2pm



Regular Events

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

Hairdresser every Monday

Men's Group 19th

Bingo! Every Monday and Thursday

Special Days

- 1st Diwali
- 1st All Saints Day
- 3rd Sandwich Day
- 5th Guy Fawkes Night
- 5th Melbourne Cup
- 8th Tongue Twister Day
- 9th Inventor's Day
- 11th Remembrance Day
- 11th Veterans Day
- 13th World Kindness Day
- 14th Monet's Birthday
- 21st Philosophy Day
- 21st World Hello Day
- 21st World TV Day
- 28rd Thanksgiving
- 30th Mark Twain's Birthday
- 30th St. Andrew's Day



Hostel program.

					10.00 Exercise 11.00 Church 2.00 Golf	1 2 3	Movies Cards puzzles	Walk in the garden Read newspaper					
10.00 Exercise 11.00 Bowling 2.00 Bingo	4	10.00 Exercise 11.00 cards 2.00 Melbourne Cup	5	Wattle café opening 9.00am to 3.00pm	6	10.00 Exercise 11.00 Golf 2.00 Bingo	7	10.00 Exercise 11.00 bean bag toss 2.00 Arts and craft	8	Talk to a friend Water the garden colouring	9	Read a book Listen to music Cards	10
10.00 Exercise 11.00 Remembrance Day 2.00 Bingo	11	10.00 Exercise 11.00-word games 2.00 one on one hand massages	12	Wattle café 9.00am to 3pm	13	10.00 Exercise 11.00 Kubb's 2.00 Bingo	14	10.00 Exercise 11.00 Church 2.00 Hostel Garden club	15	Read a book Go for a walk Tell a joke	16	Movies Bird watching knitting	17
10.00 Exercise 11.00 darts 2.00 Bingo	18	10.00 Exercise 11.00 Bowling 2.00-Mens club	19	Wattle café 9.00am to 3 pm	20	10.00 Exercise 11.00 Bean bag toss 2.00 Bingo	21	10.00 Exercise 11.00 Church 2.00 Mortimer Garden club	22	Colouring in Read a poem Watch the birds outside	23	Listen to music Watch tv Sit in the garden	24
10.00 Exercise 11.00 Residents committee 2.00 Bingo	25	10.00 Exercise 11.00 residents meeting 2.00 hand massage and one on one	26	Wattle café 9am to 3pm	27	10.00 Exercise 11.00 Kubb's 2.00 Bingo	28	10.00 Exercise 11.00 Bowling 2.00 Birthday party.	29	Ring a friend Read a magazine Have a walk in the garden	30		

November Birthdays

In November, we celebrate birthdays with:

- Geoff
- Gloria
- Kathleen
- Boof
- Bill
- Sharon.

Please join us in November to celebrate!



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

WOW!

Birthday Spotlight: The Discovery of X-Rays

In November 1895, Wilhelm Conrad Roentgen discovered X-rays, which allowed for non-invasive imaging of the human body. This breakthrough revolutionized medicine and earned Roentgen the first Nobel Prize in Physics in 1901.

Poem to Share

Hope is the thing with feathers

Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Gaye
- Deirde
- Judith

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.

- Edna
- Mary L

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are several 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 to Kanandah. 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.

WATTLE CAFE

**Come and say hi to
Nancy and enjoy a coffee
and cake**

9am to 3pm

**Wednesday, Thursday,
Friday**

CULTURAL CELEBRATION

In the month of November we pay respects to our soldiers on Remembrance day . Watch your calendar for related activities in the Activity room.

Laughing Matters



The Missing Socks Mystery

Two men were discussing the greatest mysteries in life.

One of them said, "You know what I can't figure out? Where do all the missing socks go after doing laundry? I've never seen a single missing sock reappear!"

The other man nodded thoughtfully and replied, "You know, I think they come back as Tupperware lids that don't fit any of your containers!"

The Break-in

George was ready to go to sleep when he noticed he had forgotten to switch off the garage light.

When he went back, there were burglars in the garage. Wisely, he retreated to the house and called the police. The police told him to lock himself in and wait because all patrols were busy.

George counted to 30 and called the police again: "Hi, I just called you a few minutes ago because there were suspicious people in my garage. Well, you don't have to hurry anymore because I've just shot all the good-for-nothing scoundrels!"

Within four minutes three police cars, an armed response unit and an ambulance showed up and caught the burglars red-handed.

The policeman said to George: "I thought you shot them" and he replied: "I thought you said there were no patrols avai

Word Search

MAN CAVE



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

Man
Hockey
Beer
Whiskey
Pool
Basement

Boy
Baseball
Ale
Rum
Poker
Den

Fraternity
Football
Stout
Cars
Cards
Gentlemen

Sports
Darts
Lager
Beer Pong
Horses
Club