

# NEWSLETTER

## July 2024

Name of your community, address, phone number



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# Editor's Desk

Hello Residents, Families and Friends!

As we kick off this month, let's not forget the excitement that comes with the beginning of the Olympics!

As we gather to cheer on the athletes, let's take a moment to reflect on our own journeys and the victories we've achieved, both big and small.



In celebration of the Olympic spirit, we have a lineup of fun activities planned throughout the month, inspired by the Games themselves. From friendly competitions to Olympic-themed crafts and trivia, there will be something for everyone to enjoy.

Let's embrace the spirit of camaraderie that the Games inspire!

*Georgie and Caitlin*

## July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**  
Birthstone: **Rubies**  
Flower: **Water Lily**

## Quote of the Day

*Believe you can  
and you're  
halfway there.*

– Theodore Roosevelt

# Upcoming Events

## Resident's Meeting

Monday 29<sup>th</sup> July 11am

Tuesday 30<sup>th</sup> July 11am

## Kanandah Olympic Games

Thursday running of the torches

## Armchair Travel

Tuesday 16<sup>th</sup> July 2pm

## Birthday party

Tuesday 30<sup>th</sup> July 2pm



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# Regular Events

Church Service 1<sup>st</sup> ,3<sup>rd</sup> and 4<sup>th</sup> Friday 11am

Hairdresser every Monday

Bingo! Monday and Thursday .

## Special Days

- 1<sup>st</sup> Canada Day
- 1<sup>st</sup> International Joke Day
- 4<sup>th</sup> Independence Day US
- 7<sup>th</sup> World Chocolate Day
- 14<sup>th</sup> Bastille Day (France)
- 24<sup>th</sup> Cowboy Day
- 26<sup>th</sup> Olympic Games
- 30<sup>th</sup> Friendship Day

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

10.00 Exercise <b>1</b> 11.00 Golf 2.00 Bingo	10.00 Exercise <b>2</b> 11.00 Bowling 2.00 Arts and craft	<b>3</b>	10.00 Exercise <b>4</b> 11.00 Kubbs 2.00 Bingo	10.00 Exercise <b>5</b> 11.00 Presbyterian 2.00 Word games	Watching Movies <b>6</b> Reading Walking in the garden	Reading Movie <b>7</b> Puzzles Knitting
10.00 Exercise <b>8</b> 11.00 Chuck the chook 2.00 Bingo	10.00 Exercise <b>9</b> 11.00 Bowling 2.00 art and craft	<b>10</b>	10.00 Exercise <b>11</b> 11.00 Darts 2.00 Bingo	10.00 Exercise <b>12</b> 11.00 Golf 2.00 Word games	Cards <b>13</b> Puzzles Listening to music	Games <b>14</b> Colouring Talking with friends.
10.00 Exercise <b>15</b> 11.00 Bowling 2.00 Bingo	10.00 Exercise <b>16</b> 11.00 Cards 2.00 armchair travel	<b>17</b>	10.00 Exercise <b>18</b> 11.00 Word games 2.00 Bingo	10.00 Exercise <b>19</b> 11.00 Catholic 2.00 Mens club	Cards <b>20</b> Walk in the garden Read a book	Talk to a friend or family member <b>21</b> Cards Go for a walk
10.00 Exercise <b>22</b> 11.00 word games 2.00 Bingo	10.00 Exercise <b>23</b> 11.00 cards 2.00 bowling	Christmas <b>24</b> Dinner / Party	10.00 Exercise <b>25</b> 11.00 Kanandah Olympic relay. 2.00 Bingo	Olympic Games <b>26</b> 10.00 Exercise 11.00 Anglican 2.00 Golf	Watch birds in the garden <b>27</b> Read the paper Listen to Music	Movies <b>28</b> Watch the Olympic games Read the papers
10.00 Exercise <b>29</b> 11.00 residents committee meeting	10.00 Exercise <b>30</b> 11.00 Residents meeting	<b>31</b>	<h1 style="margin: 0;">Hostel program</h1>			

2.00 Bingo	2.00 birthday party	
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# July Birthdays

In July, we celebrate birthdays with:

- Harvey
- Shirley D
- Dot
- Thelma
- Dennis

Please join us

In July to celebrate!



## Olympic Games Trivia

**Naked Origins:** The ancient Olympics, held in Greece from 776 BC to 393 AD, were initially conducted in the nude, possibly to honor the gods and promote aesthetic appreciation of the human body.

**Sweden's Unique Medals:** In the 1912 Stockholm Olympics, the gold medals were made entirely of gold. This is the only time in Olympic history when the medals were made of solid gold.

## Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

## Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

## Moon Walk

In July 1969, Apollo 11 made history when Neil Armstrong became the first human to walk on the moon, famously saying, "That's one small step for man, one giant leap for mankind.". This iconic moment symbolized human achievement and innovation.

WOW!

# Poem to Share

## Summer Sun

Robert Louis Stevensen

Great is the sun, and wide he goes  
Through empty heaven with repose.  
And in the blue and glowing days  
Thicker than rain he showers his rays.

Though closer still the blinds we pull  
To keep the shady parlor cool,  
Yet he will find a chink or two  
To slip his golden fingers through.

The dusty attic, spider-clad,  
He, through the keyhole, maketh glad;

And through the broken edge of tiles  
Into the laddered hay-loft smiles.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Gai
- Norma

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.

- Val H
- Val B

## 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.

## CAN YOU CONTRIBUTE?

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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

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We have a mobile library service that delivers & picks up library books. 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.

## SHOPPING AND MAIL

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.Shopping orders to be in Tuesday morning.

Mail to be in every Tuesday and Thursday.

## CULTURAL CELEBRATION

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In the month of July we celebrate The olympic games and Christmas in July, 2024. Watch your calendar for related activities in the recreation room.

# Laughing Matters



Why do bicycles fall over?  
*Because they're two-tired!*

I told my wife she was drawing her eyebrows too high.  
*She looked surprised.*

I'm reading a book on anti-gravity.  
*It's impossible to put down!*

## The Suit

A man walks into a clothes shop: "Can I try on that suit in the window?" he asks.  
The assistant replies "No. Use the changing room like everyone else."

## Losing Weight

All my life I've been extra-large,  
I'm known as a very large fellow,  
I would easily pass as a school district bus,  
If somebody painted me yellow.

"No secret to losing weight!" I've been told.  
"Just cut the fat from your diet"  
"Get up and about, even if it's cold"  
Once again, I decided to try it.

But jogging was senseless to me,  
and riding a bike seemed insane.  
Joining a gym involved a large fee,  
and lifting weights was a pain.

So, for exercise I choose horseback riding,  
It's fun and easier than it sounds,  
It's a very effective form of dieting,  
cause my horse has lost 40 pounds!

# Word Search

## SUMMER OLYMPICS



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

Football  
Taekwondo  
Handball  
Basketball  
Triathlon

Tennis  
Rugby  
Archery  
Badminton  
Diving

Trampoline  
Sailing  
Athletics  
Equestrian  
Judo

Volleyball  
Shooting  
Fencing  
Gold  
Swimming