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



Monday 29th July 11am

Tuesday 30th July 11am

Kanandah Olympic Games

Thursday running of the torches

Armchair Travel

Tuesday 16th July 2pm

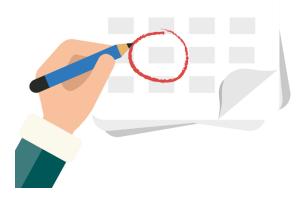
Birthday party

Tuesday 30th July 2pm



Church Service 1st ,3rd and 4th Friday 11am Hairdresser every Monday Bingo! Monday and Thursday .





Special Days

1st Canada Day

1st International Joke Day

4th Independence Day US

7th World Chocolate Day

14th Bastille Day (France)

24th Cowboy Day

26th Olympic Games

30th Friendship Day



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

2.00 Bingo	2.00 birthday party	

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.

Poem to Share

Summer Sun

Robert Louis Stevensen

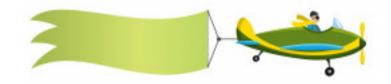
Great is the sun, and wide he goes
Through empty heaven with repose.
And in the blue and glowing days
Thicker than rain he showers his rays.

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

A very warm welcome to:

- Gai
- Norma

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also foes 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.

- Val H
- Val B

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?

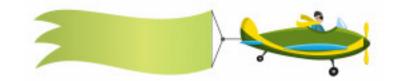
Contributions to our newsletter are encouraged and appreciated!

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.

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.

SHOPPING AND MAIL

.Shopping orders to be in Tuesday morning.

Mail to be in every Tuesday and Thursday.

CULTURAL CELEBRATION

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

Laughing Matters

WA WA

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' a very effective form of dieting, cause my horse has lost 40 pounds!

Word Search

SUMMER OLYMPICS



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

Football Taekwondo Handball Basketball Triathlon Tennis
Rugby
Archery
Badminton
Diving

Trampoline
Sailing
Athletics
Equestrian
Judo

Volleyball Shooting Fencing Gold Swimming