

Kanandah Kapers

July 2023

Kanandah, 21 Douro street , 02 63786400



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Editor's Desk

Hello Residents, Families and Friends!

Last Month we had the U3a Boot scooter Dance group come and dance for us, which was enjoyed by everyone, we can't wait to see them again.

We had a Visit from Tamie the Dog which the residents really enjoyed and love to see her come.

On Wednesday the 28th a small group of residents enjoyed a hot cuppa and a scone at Wattle Café.

Keep Safe!

Georgie and the RAD team



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

Faith is the bird that feels the light when the dawn is still dark.

– Rabindranath Tagore

Upcoming Events

Men's BBQ

Wednesday the 26th of July, Activity Room

Resident's Meeting

Monday 24th and Tuesday 25th 11.00am, Activity Area

Armchair Travel

Tuesday 4th 2.00pm, Activity Area

Women's lunch

Tuesday 18th takeaway Lunch 12.30, Activity room



Regular Events

Church Service every 1st, 3rd and 4th Friday 11.00am

Hairdresser every Wednesday

Bingo! Every Monday and Friday

Special Days

- 1st Canada Day
- 2nd NAIDOC week
- 1st International Joke Day
- 4th Independence Day US
- 7th World Chocolate Day
- 14th Bastille Day (France)
- 24th Cowboy Day
- 30th Friendship Day

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel Program

<h1 style="margin: 0;">Hostel Program</h1>						Knitting Walking Reading	1 NAIDOC Week Colouring puzzles	2
10.00 3 Exercise 11.00 Golf 2.00 Bingo	10.00 4 Exercise 11.00-word games 2.00 Armchair travel	9.30 Cammie 5 Visiting Morning tea in the cafe	10.00 6 Exercise 11.00 art and craft 2.00 Golf	10.00 7 Exercise 11.00 Church 2.00 Bingo	Reading 8 Movies Games	9	Cards Walking Puzzles	
10.00 10 Exercise 11.00 cards 2.00 Bingo	10.00 11 Exercise 11.00 Balloon games 2.00 games	Morning tea 12 in the Cafe	10.00 13 Exercise 11.00 ten pin bowling 2.00-word games	10.00 14 Exercise 11.00 Art and craft 2.00 Bingo	Movies 15 Reading Knitting	16	Walking Games Knitting	
10.00 17 Exercise 11.00 craft/art 2.00 Bingo	10.00 18 Exercise 12.00 Women's Lunch Chinese 2.00 bingo	10.00 to 19 12.30 staff training. Morning tea in the cafe	10.00 20 Exercise 11.00 cards 2.00 singalong	10.00 21 Exercise 11.00 Church 2.00 Bingo	Newspaper 22 reading Movies Games	23	Puzzles Knitting Walking	
10.00 24 Exercise 11.00 Consumers meeting 2.00 Bingo	10.00 25 Exercise 11.00 Residents meeting 2.30 Dancing	12.00 26 Men's Club BBQ and Beer	10.00 27 Exercise 11.00-word games 2.00 Happy hour and birthday party	10.00 28 Exercise 11.00 Church 2.00 Bingo	Games 29 Puzzles Cards	30	Movies Newspaper Books Walking	

10.00	31
Exercise	
11.00	Bowls
2.00	Bingo

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Douro program

								1					
								Sensory items					
								Exercises					
								Movie					
NAIDOC Week Audio books Darill Birthday Party	2	Garden walks Fingernail care	3	Alice in Wonderland Day - Movie Mad Hatters Hats-Art Music-Disney	4	Singalong Group discussions Poems	5	Sensory items Puzzles Audio book	6	World Chocolate Day Trivia chocolate Willy Wonka Movie Special afternoon tea	7	Music session Exercises Ball games	8
Trivia Church Art	9	Sensory items Puzzles Fingernail care	10	Classical music Old TV shows -Monica Birthday	11	Audio books Ball games Singalongs	12	Games Group discussion Movie	13	Garden walks Phrase games Puzzle's	14	Art Old TV show Audio book	15
Church Audio book Games	16	Garden walks Hair styling Hand Massages	17	Phrase game Ball games Sensory items	18	One on one activity Audio books Group discussions.	19	Old TV shows Movie Trivia	20	Ball game Phrase games Art	21	One on one activity Ball games Puzzles	22
Church Trivia Music songs	23	Cowboy Day Cowboy Hats Art Country Songs	24	50's music Fingernail care Audio books	25	Poems Trivia Phrase games.	26	Singalongs Sensory items Garden walks	27	Group discussions Ball games Movie	28	Puzzles Sensory items Bird watching	29

Friendship Day	30	Singalongs	31
Church		Audio books	
Friendship group		Hair styling	

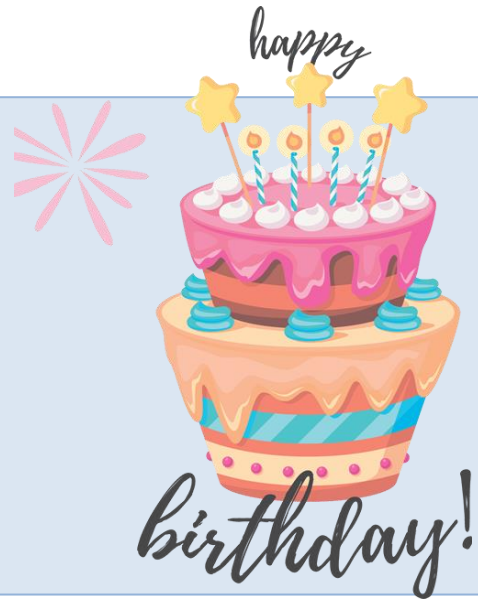
July Birthdays

In July, we celebrate birthdays with:

- Darill
- Thelma
- Dot
- Monica
- Harvey
- Shirley
- Dennis

Please join us.

In July to celebrate!



Princess Diana, 1st of July 1961

Olivia De Havilland, Actress, 1st July 1916

Tom Cruise, Actor, 3rd July 1962

Ringo Starr, Musician, 7th July 1940

Tom Hanks, Actor, 9th July 1956

Harrison Ford, Actor, 13th July 1942

Stanley Kubrick, 26th July 1928

Mick Jagger, 26th July 1943

Arnold Schwarzenegger, Actor, 30th July 1947

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.

WOW!

Bikini Swimsuit Makes a Bold Debut - On July 5, 1946, the revolutionary bikini swimsuit made its bold debut, challenging societal norms and forever transforming the landscape of beach fashion.

This daring two-piece garment sparked both shock and admiration, leaving an indelible mark on popular culture and becoming an iconic symbol of liberation and self-expression.

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:

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.

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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 to resident's rooms. 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 Wednesday. 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

Wattle café is open for everyone to enjoy please come down and meet your friends and family and stay for a Cup of coffee or tea and enjoy a toasted sandwich or a piece of cake.

CULTURAL CELEBRATION

In the month of July we celebrate NAIDOC week . Watch your calendar for related activities in the recreation room.

WATTLE CAFÉ

Open Monday to Friday 10.00 to 3.00
Tineke is Café Manger and will help with your orders.

Laughing Matters



Makeover Gone Wrong

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside.

“Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she’s in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great!

The day she’s discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed.

Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.

“So, what happened?” she asks.

God shrugs. “I didn’t recognize you.”

Short Jokes

Teacher: “Really, Tommy, your handwriting is terrible. You must learn to write better.”

Tommy: “Well, teacher, if I did, you would find fault with my spelling!”

Silence is golden until you have children, then silence is very suspicious.

Spotlight



Appreciation to all the Nurses and clinical team at Kanandah, Kanandah strives to provide the best care and environment for all our consumers. We welcome the new North View Wing as it is now open and accessible to all, providing a new loungeroom and spacious gardens for the consumers and visitors. Kanandah staff welcome the new month ahead.

Poems of Friendship

Friendship

Anon

The best of friends can change a frown,
Into a smile, when you feel down.

The best of friends, will understand,
Your little trials, and lend a hand.

The best of friends, will always share,
Your secret dreams, because they care.

The best of friends, worth more than gold,
Give all the love, a heart can hold.

On Friendship

Anon

Could we but draw back the curtain,
That surrounds each other's lives,

See the naked heart and spirit;
Know what spur the action gives;

Often, we would find it better,
Purer than we think we would.

We would love each other better,
If we only understood.