

Kanandah Kapers

September 2024

Kanandah, 21 Douro Street, 0263786400



IN THIS ISSUE

Editor's Desk	2
Upcoming Events	3
September Program.....	4
September Trivia	6
A Poem to Share	7
Noticeboard	8-9
Laughing Matters	10
Word Search	11

Editor's Desk

Hello Residents, Families and Friends!

Last Month we had some fun with the ending of the Kanandah Olympics.

Thelma won the women's overall trophy and Steve won the men's overall trophy.

We had residents win in the darts, bowling, Golf and Kubb's.

All residents wore their Medals with pride thank you to Steve and Janet Quirk for making these medals.

The men enjoyed another BBQ lunch with a choose of soft drinks and beer.

While the ladies enjoyed a takeaway meal from the Mudgee golf club.

Here looking to another fun filled month from

Georgie and Caitlin



September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

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

Resident's Meeting

Monday the 23rd committee meeting

Tuesday the 24th Residents meeting

Armchair Travel

Tuesday the 10th

Father's Day Lunch

Monday 2nd 12.00am



Regular Events

Church Service every 1st, 3rd and 4th Friday of the month.

Hairdresser every Monday

Bingo! Every Monday and Friday at 2pm

Special Days

- 1st Classical Music Month
- 1st Father's Day (AU & NZ)
- 2nd Labor Day (US)
- 7th Brazilian Independence
- 8th Assisted Living Week (US)
- 12th Chocolate Milkshake Day
- 16th Mexican Independence
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 21st Oktoberfest
- 25th Comic Book Day (US)
- 28th Confucius' Birthday
- 30th World Maritime Day

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel program

* September 1
Anytime *

Classical Music
Month

Father's Day

Spring

10.00 2 Exercise 12.00 Men's pie and beer day	10.00 3 Exercise 11.00-word games 2.00 golf	4	10.00 5 Exercise 11.00 cards 2.00 Bingo	10.00 6 Exercise 11.00 Presbyterian 2.00 Arts and crafts	Movies 7 Puzzles Newspaper reading	Colour in 8 Walk in the garden Read a book
10.00 9 Exercise 11.00-word games 2.00 Bingo	10.00 10 Exercise 11.00 cards 2.00 armchair travel	11	10.00 12 Exercise 11.00-word games 2.00 Bingo	10.00 13 Exercise 11.00 Cards 2.00 Golf	Walk in the 14 garden Ring a friend Word games	Movies 15 Puzzles Walk around the hallways
10.00 16 Exercise 11.00 cards 2.00 Bingo	10.00 17 Exercise 11.00-word games 2.00 Kubbs	18	10.00 19 Exercise 11.00 Cards 2.00 Bingo	10.00 20 Exercise 11.00 Catholic 2.00 Cooking pancakes	Talk to a 21 friend Pick flowers Watch birds	Read the 22 paper Watch sport Talk to a friend
10.00 23 Exercise 11.00 residents meeting 2.00 Bingo	10.00 24 Exercise 11.00 residents meeting 2.00 balloon tennis	25	10.00 26 Exercise 11.00 bowling 2.00 Bingo	10.00 27 Exercise 11.00 Anglican 2.00 birthday party and happy hour.	Movies 28 Puzzles knitting	Colour in 29 Walk in the garden Cards

10.00 30

Exercise

11.00-word
games

2.00 Bingo



September Birthdays

In September, we celebrate birthdays with:

- Beulah
- Daisy
- Lynette T
- Elizabeth
- Shirley
- Helen
- David

Please join us in September to celebrate!



Pirate Trivia Snippets!

- The Jolly Roger is a skull and crossbones flag.
- Blackbeard's real name was Edward Teach.
- Pirates wore eye patches to see in the dark.
- Black Bart captured over 400 ships.
- Pirates drank grog, a mix of rum and water.
- Golden Age of Piracy: late 1600s to early 1700s.
- "Pieces of eight" were Spanish coins.
- Walking the plank is mostly a myth.
- The most successful pirate in history was Ching Shih, a Chinese woman who commanded a fleet of over 300 ships.

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

WOW!

September in History: **The Invention of the Light Bulb**

In September 1879, Thomas Edison publicly demonstrated his incandescent light bulb, a breakthrough that provided a safer and more reliable light source than gas lamps. This invention laid the foundation for modern electric lighting, fundamentally changing our world.

Poem to Share

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.

- *William Ernest Henley*



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Patrick

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.

- Robert D
- Janice

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 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.

Laughing Matters



Husband & Wife

A woman goes to the Doctor, worried about her husband's temper.

The Doctor asks: "What's the problem?"

The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick."

The Farmer

A man asks a farmer if he can cross his farm to catch the 4:25 train.

The farmer says: "Sure go right ahead! If my bull sees you, you might even catch the 4:20!"

The Mother-in-law

Assistant: "Sir, can I have a day off next week to visit my mother-in-law?"

Boss: "Certainly not!"

Assistant: "Thank you so much sir! I knew you would be understanding."

Word Search



PIRATE

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

Ahoy
Captain
Scoundrel
Buccaneer
Dagger

Shipwreck
Eyepatch
Trinket
Earrings
Navigate

Island
Pillage
Vessel
Hook
Scurvy

Privateer
Treasure
Bounty
Cannon
Scurvy