

Kanandah Kapers

May 2024

Kanandah, 21 Douro Street, 63786400



Happy Mother's Day

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Editor's Desk

Hello Residents, Families and Friends!

Welcome to May.

Last month we had a busy month with the Club Mudgee outing the ANZAC service and Men's Club.

This Month is going to be an event bigger month. There are a few things that are happening at Kanandah.

We are hoping to get back to club Mudgee to listen to the music and have some lunch.

The Men are having a Pie and Beer Day, the ladies are having a high tea to celebrate Mother's Day and, we have a couple of residents turning 101 and 102 years old this month.

And remember, this month, we challenge you to try something new. A new craft, game or activity can bring unexpected joy and laughter to your day.

Warm wishes,

Georgie and Caitlin



May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**
Birthstone: **Emerald**
Flower: **Lily of the Valley**

Quote of the Day

*The only thing we
have to fear
is fear itself.*

– Franklin D. Roosevelt

Upcoming Events

Resident's Meeting

Monday and Tuesday the 27th and 28th 11am

Armchair Travel

Tuesday 7th at 2pm Activity room

Ladies' High tea luncheon

Friday the 24th 12.00am Activity room



Regular Events

Church Service 1st 3rd and 4th Friday of the month
11.00 am.

Hairdresser every Monday

Men's Group Wednesday 15th

Bingo! Every Monday and Thursday

Special Days

- 4th Space Day
- 5th Cinco de Mayo
- 8th Victory in Europe Day
- 11th Eurovision
- 11th Migratory Bird Day
- 12th Intl. Nurses Day
- 12th Mother's Day
- 12th Skilled Nursing Weel
- 20th World Bee Day
- 21st Cannes Film Festival
- 22nd Biological Diversity Day
- 23rd World Turtle Day
- 24th Scavenger Hunt Day
- 27th Memorial Day





May
2024





MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

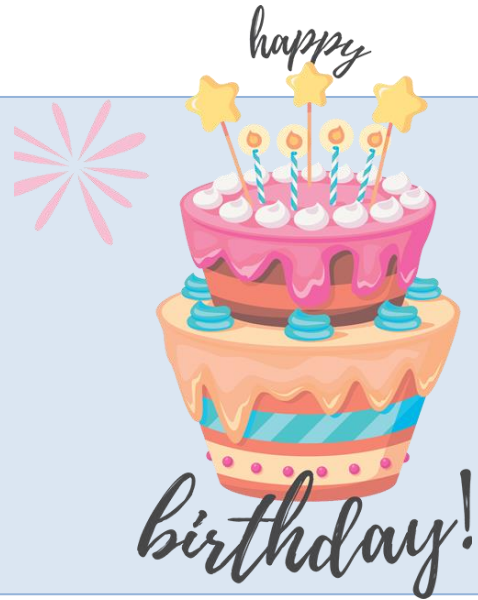
Hostel Program			10.00 Exercise 1 11.00 Cards 2.00 Golf	10.00 Exercise 2 11.00 Golf 2.00 Bingo	10.00 Exercise 3 11.00 Church 2.00 Ten pin bowling.	Movies 4 Knitting Card games	Watch a movie. 5 Ring a friend. Read a book
		10.00 Exercise 6 11.00 word games 2.00 Bingo	10.00 Exercise 7 11.00 Bowling 2.00 Armchair travel	Club Mudgee 8	10.00 Exercise 9 11.00 Bean bag games 2.00 Bingo	Nurse bbq 10	Walking in the garden 11 Reading books Ring a friend
10.00 Exercise 13 11.00 Golf 2.00 Bingo	10.00 Exercise 14 11.00 Bowling 2.00 Golf	Mens Pie and beer Day 15	10.00 Exercise 16 11.00-word games 2.00 Bingo	10.00 Exercise 17 11.00 Church 2.00 quoits	Word games 18 Colouring Puzzles	Puzzles 19 Walk in the garden. Games	
10.00 Exercise 20 11.00 Kubb's 2.00 Bingo	10.00 Exercise 21 11.00 Darts 2.00 Golf	Wattle Cafe 22	10.00 Exercise 23 11.00 Bowling 2.00 Bingo	Ladies Lunch 24 11.00 Church	Movies 25 Talk to your Neighbor. Read papers	National Sorry Day (Australia) 26 Movies books	
10.00 Exercise 27 11.00 Residents Committee meeting 2.00 Bingo	10.00 Exercise 28 11.00 Residents meeting 2.00 Birthday party	Wattle café 29	10.00 Exercise 30 11.00 bowling 2.00 Craft	10.00 Exercise 31 11.00 Kubbs Linnett Choir Perform 3-4pm			

May Birthdays

In May, we celebrate birthdays with:

- Gwen N
- Mary L
- Amy

Please join us.
In May to celebrate!



Surprising Facts About Bees

- Bees have existed for over 30 million years.
- One-third of our food depends on bee pollination.
- There are over 20,000 different species of bees.
- A bee makes about $\frac{1}{12}$ th tsp of honey in her lifetime.
- Bees have five eyes.
- Male bees are called drones.
- Queens live up to 5 years. Long live the Queen!
- Bees can recognize human faces!

Pisces (Apr 20 – May 20)

Taureans are dependable, logical, and overall peaceful beings

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained

WOW!

May 6, 1954: Roger Bannister Breaks the Four-Minute Mile

British athlete Roger Bannister made history by running the first mile in under four minutes, finishing in 3:59.4 in Oxford, England. This event marked a groundbreaking moment in athletics, symbolizing the breaking of perceived limitations.

Poem to Share

In the Time of Silver Rain

Langston Hughes

In the time of silver rain
The earth puts forth new life again,
Green grasses grow
And flowers lift their heads,
And over all the plain
The wonder spreads

Of Life,
Of Life,
Of life!

In the time of silver rain
The butterflies lift silken wings
To catch a rainbow cry,
And trees put forth new leaves to sing
In joy beneath the sky
As down the roadway
Passing boys and girls
Go singing, too,
In the time of silver rain When spring
And life
Are new.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Phillip
- Betty
- Val W
- Shelia

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.

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.

PODIATRIST

.Wednesday the 8th and Wednesday the 22nd of May .

CULTURAL CELEBRATION

In the month of Mothers Day ,Nurse week and Volunteers week . Watch your calendar for related activities in the recreation room.

HOT FLUSH

Mortimer Cottage and Northview Elliott will let everyone know close to the day when he plans to do this.

Laughing Matters



One-Liners

Why don't skeletons fight each other? *They don't have the guts.*

What do you call an alligator in a vest? *An investigator.*

Why did the tomato turn red? *Because it saw the salad dressing!*

What do you get when you cross a snowman and a vampire? *Frostbite.*

Why couldn't the bicycle stand up by itself? *It was two-tired.*

How do you organize a space party? *You planet.*

What do you call fake spaghetti? *An impasta.*

Why don't scientists trust atoms? *Because they make up everything.*

Why did the golfer bring two pairs of pants? *In case he got a hole in one.*

What did one wall say to the other wall? *"I'll meet you at the corner."*

The Case of the Expanding House

A physics professor, a biologist, and a mathematician are observing an empty house.

Suddenly, they see two people enter the house. Time passes, and then three people come out.

The physicist says, "Our initial measurement was incorrect."

The biologist suggests, "They must have reproduced."

The mathematician declares, "If one more person goes into the house, it will be completely empty again!"

Thank you Peg for this.

TEN COMMANDMENTS OF BINGO

- 1)Thou shalt not sit in thy neighbor's lucky spot.
- 2)Thou shalt not stare at thy neighbor's card.
- 3)Thou shalt not take the callers name in Vain (Georgie Favorite)
- 4)Thy shalt not call False Bingo.
- 5)Thy shall not threaten to kill the caller.
- 6)Thy shall not wish bad luck on thy neighbors.
- 7)Thou shall not steal thy husband's money for bingo.
- 8)Thou shalt not brag about how much thou hast lost.
- 9)Thou shalt not wine about how much thou have won.
- 10)Thou shalt not covet thy neighbor's winnings.

The Bingo prayer.

As I lay me down to slumber
All I need is one more number.
When to the big game I go
I pray the lord I yell **BINGO!**

Word Search

HONEYBEE WORD SEARCH



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

Honey
Wing
Buzz
Swarm
Colony

Bee
Yellow
Fly
Flowers
Manuka

Hive
Queen
Nectar
Insect
Pollen

Honeycomb
Bumble
Beeswax
Stinger
Worker