

Kanandah Kapers October 2021

Kanandah 21 Douro Street Mudgee.



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Editor's Desk

Hello Residents, Families and Friends!

Last month we unfortunately Had the sad news of the Queen passing away we celebrated her life with a high tea and a game of bingo and some trivia about the Royals.

We were lucky to have the children from the Mudgee public school come and sing us some songs which was enjoyed by all.

We have had some nice Sunny days this month hopefully it will be another month with days of sunny throughout.



Keep Safe!

Georgie

October Trivia

October derives its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day








*Happiness is
a form of
courage*

- Holbrook Jackson

October 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Special Days we Can Celebrate.

						World Ballet Day  1	NRL Grand Final 2
						Residents' Rights Month	
German Unity Day 3	World Space Week  4	World Teachers Day  5	6	7	8	Curious Events Day 9	
Labor Day	World Animal Day						
Native American Day  10	11	12	13	14	Mudgee Garden 15	Mudgee Gardens 16	
Thanksgiving							
17	18	19	20	21	22	23	
24	Pablo Picasso's Birthday  25	Celebrate Pink up Mudgee 26	27	28	Melbourne Cup Carnival Starts 29	Grandparents Day  30	
	Pink up Mudgee morning tea						
Halloween  31	<p>This Month in Mudgee we celebrate Pink Up Mudgee for the whole of October.</p> 						

October Spotlight: [Transcontinental Telegraph](#)

On October 24, 1861, the first transcontinental telegraph system was completed, making it possible to transmit messages rapidly (by mid-19th-century standards) from coast to coast.

Upcoming Events

Consumer Committee Meeting

Monday 24th 11.00am, Activity Room

Resident's Meeting

Tuesday 25th of October 2:00pm, Activity Room

Armchair Travel

Tuesday 11th October 2.00pm, Activity Room

High Tea

Tuesday 25th October 2.00pm, Activity Room.



Regular Events

Happy Hour once a month.

Church Service ever 2nd, 3rd, 4th Friday of the month.

Men's Group 31st Monday

Bingo! Every Monday and Friday at 2pm

Tai Chi every 1st and 3rd Thursday of the month

Special Days

Month of Oct Pink up Mudgee

15th to 16th Mudgee gardens

1st Intl. Day of Older Persons

1st Intl. Music Day

1st Residents' Rights Month

1st World Ballet Day

4th World Animal Day

4th World Space Week

5th World Teachers Day

10th Columbus Day

10th Thanksgiving (Canada)

25th Pablo Picasso's Birthday

31st Halloween

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hostel Activity Program

						Cards 1 Movies Coloring	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	NRL Grand Final Games Knitting
Public Holiday Cards Movies Walks in the garden	10.00 Exercise 11.00 Art and Craft 2.00 Bingo	High care 2.00 Flower arranging	10.00 Exercise 11.00 Manicures 2.00 Tai chi	10.00 Exercise 11.00 games 2.00 Bingo	Games Movies Reading	Games Walks Knitting		
10.00 Exercise 11.00 Trivia 2.00 Bingo	10.00 Exercise 11.00 Cards 2.00 Armchair travel	High care 2.00 Flower arranging	10.00 Exercise 11.00 Art and Craft 2.00 Darts	10.00 Exercise 11.00 Church 2.00 Bingo	Cards Movies Coloring	Cards Movies Knitting		
10.00 Exercise 11.00 Card games 2.00 Bingo	10.00 Exercise 11.00 Manicures 1.00 to 5.00 Staff Training	High care 2.00 Flower arranging	10.00 Exercise 11.00 Art and craft 2.00 Tai chi	10.00 Exercise 11.00 Church 2.00 Bingo	Cards Movies Knitting	Cards Movies Coloring		
10.00 Exercise 11.00 residents committee meeting 2.00 Bingo	10.00 Exercise 11.00 Residents meeting. 2.00 High Tea	High care 2.00 Flower arranging	10.00 Exercise 11.00 Art and craft 2.00 Birthday and Happy hour	10.00 Exercise 11.00 Church 2.00 Bingo	Cards Movies Coloring	Cards Movies Knitting		
10.00 Exercise 11.00 Men's Club 2.00 Bingo								

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Douro Activity program.

							Outside newspaper reading 1 Music Balloon Games
NRL Grand Final 2 Outside art and craft Newspaper reading	Pink up Mudgee art and craft 3 Quoits Flower arranging	Singalong 4 Darts Manicures and hand massage	Newspaper reading 5 Trivia Balloon Games	Walks outside 6 Short story readings Who am I	Armchair travel 7 Word games Exercise Music	Music 8 Outside newspaper reading Arts and crafts	
Bingo 9 Ball games Hand massages	Ring Toss 10 Sensory Word games	Singalong 11 Poetry Arts and craft	Discussion on life events. 12 Word games cards	Walks outside 13 Gardening Short stories	Ball games 14 Bird watching Ball Games	Outside garden and newspaper reading 15 Word games	
Songs of praise 16 Movies Arts and craft	Singalong 17 Word games Art and craft Exercise	Exercise 18 Darts Puzzles	Word games 19 Balloon games Newspaper reading	Ring toss 20 Bingo Short stories.	Craft and arts 21 Word games Active Games	Music 22 Outside newspaper reading Arts and crafts	
Church online 23 Music Hand Massage	Music 24 Word games Arts and craft	Flower arranging 25 Newspaper reading Darts	Words games 26 Singalongs Manicures Darts	Garden walks 27 Flower arranging Arts and craft	Exercise 28 Balloon games Word games	Walks in the garden 29 Word games Newspaper readings.	
Songs of praise 30 Movies Arts and craft	Exercise 31 Singalong Sort stories Craft.						

October Birthdays

In October, we celebrate birthdays with:

- Edna
- Joyce K
- Marie A
- Kevin
- Tony S
- Gwen S
- Mary

Please join us in October to celebrate!



Julie Andrews, Actor, 1st October 1935
Chevy Chase, Actor, 8th October 1943
John Lennon, Musician, 9th October 1940
Hugh Jackman, Actor, 12th October 1968
Margaret Thatcher, Prime Minister, 13th October 1925
Rita Hayworth, Actress, 17th October 1918
Joan Fontaine, Actress, 22nd October 1917
Pablo Picasso, Painter, 25th October 1881
Carrie Fisher, Actress, 21st October 1956
Bill Gates, Philanthropist, 28th October 1965

Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Poem to Share

A Dream Within a Dream

BY EDGAR ALLAN POE

Take this kiss upon the brow!
And, in parting from you now,
Thus, much let me avow-
You are not wrong, who deem
That my days have been a dream;
Yet if hope has flown away
In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seem
Is but a dream within a dream.

I stand amid the roar
Of a surf-tormented shore,
And I hold within my hand
Grains of the golden sand-
How few! yet how they creep
Through my fingers to the deep,
While I weep- while I weep!
O God! can I not grasp
Them with a tighter clasp?
O God! can I not save
One from the pitiless wave?
Is all that we see or seem
But a dream within a dream?

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Cyril/James
- Warren
- Carmel
- Erica

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also 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.

- **June J**
- **Geoff**
- **Paul**
- **Colin**

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 in the foyer and activity 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 Kanandah. If you would like this service, please talk to a staff member.

It will be here on Thursday 20th October.

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 new Hairdresser her name is Vicki Hawtin from Superfine Hair Design. She will be here every Wednesday to do Haircuts.

BOARD MEMBERS AGM

Boards members will be holding their AGM on Thursday 20th of October at 7.00pm In Kanandah Activity room where or residents are invited to attend.

SHOPPING

If you would like some shopping done for you . We have a voluntee whom picks up the shopping Request form which you can find at the front office.

Fill these out and hand back to the front office Monday no later than 5pm .

You will receive shopping on Tuesday afternoon.

A BIG THANK YOU

Would like to give a big shout out to Jody from Ainsley Park Flowers and Fleece for donating Flowers.

The residents always have fun arranging Flowers to put around the Facility.

Thankyou from the residents here at Kanandah.

Laughing Matters



Backseat Driving

A wife was making a breakfast of fried eggs for her husband.

Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! OH MY GOSH! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. OH MY GOSH! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them! You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

Police Radar

A state policeman pulls over a speeding car.

"I was only going 40!" the driver protests.

"Not according to my radar." says the policeman.

"Yes, I was!" the man shouts back.

"No, you weren't." the policeman says.

With that the man's wife leans towards the window and says:

"Officer, I should warn you not to argue with my husband when he's been drinking".

Famous Quotes

Instead of getting married again, I'm going to find a woman I don't like and just give her a house. - *Rod Stewart*

I was married by a judge. I should have asked for a jury. -- *Groucho Marx*

Noticeboard



FAMILIES AND FRIENDS

Just a Friendly reminder to residents, Families, and friends, we ask that you continue to book in for visiting as we have limited seating in the testing Area.

Visitors are still capped at 2 visitors per residents per day.

Booking can be made by Calling

02 63786400 or emailing
adim.office@kanandah.com.au

CHRISTMAS IS COMING

Let's get ready for Christmas.

This year we are going to have a Christmas Door Decorating competition.

All Residents can participate.

It would be good to Have residents and families decorate their doors for Christmas.

There will be prizes for the best decorated Door, the Brightest, the most Christmassy.

Let's have some fun and get our Christmas on.



ANIMALS THAT START WITH "S" WORD SCRAMBLE

ASE LGUL_____

ASHWSIF_____

ESSAUNODGR_____

MLADASREAN_____

MNALOS_____

AKENS_____

ASE TERTO_____

REWHS_____

ULGS_____

KKSNU_____

RWROPSA_____

RLREQSIU_____

WSNA_____

KTISC UGB_____

NSU RAEB_____

NSWEAHMP_____

ROKTS_____

AKRSH_____

EPHES_____

MIRPSH_____

HESASROE_____

NSYIP UOSEM_____

WONS DLREAOP_____

GYASNTIR_____



ANIMALS THAT START WITH "S" WORD SCRAMBLE

ASELGUL SEAGULL

ASHWSIF SAWFISH

ESSAUNODGR SANDGROUSE

MLADASREAN SALAMANDER

MNALOS SALMON

AKENS SNAKE

ASE TERTO SEA OTTER

REWHS SHREW

ULGS SLUG

KKSNU SKUNK

RWROPSA SPARROW

RLREQSIU SQUIRREL

WSNA SWAN

KTISC UGB STICK BUG

NSU RAEB SUN BEAR

NSWEAHMP

ROKTS STORK

AKRSH SHARK

EPHES SHEEP

MIRPSH SHRIMP

HESASROE SEAHORSE

NSYIP UOSEM SPINY MOUSE

WONS DLREAOP SNOW LEOPARD

GYASNTIR STINGRAY