

Kanandah Kapers September 2022

Kanandah , 21Douro Street, 63786400



IN THIS ISSUE

Editor's Desk	2
Upcoming Events	3
September Calendar Hostel	4
September Calendar Douro	5
A Poem to Share	8
Noticeboard	9,10
Laughing Matters	11
Word Search	13

Editor's Desk

Hello Residents, Families and Friends!

What a strange year 2022 has been so far!

Can anyone remember what summer is like I think with all this rain I have forgotten.

Well on another note the Men Had their Beer and pie day which seem to be enjoyed by all. So much so they are already talking about what they would like to do next time.

The gardening group has planted their vegetables and weeded the garden which is looking great.

While the sewing group have been busy sewing Dignity gowns.

Tai chi started this Month with a few residents attending.

We travelled to Alaska which looks amazing.

The ladies enjoyed a high tea and talking about what they may like to do as a lady's group next month too.

Let's hope the sun comes to stay for a while so we can get out and about without getting wet feet.

Keep Safe!

Georgie



Upcoming Events

Ladies Morning Tea

27th Tuesday

Resident's Meeting

committee meeting 19th

Residents meeting 20th

Seniors Rights Service

Visiting Wednesday the 7th September.

Sewing Club

13th Tuesday

Armchair Travel

20th Tuesday

Gardening Club

Wednesday 7th

Tai Chi

1st and 15th of September



Special Days

4th Father's Day

11th Assisted Living Week

12th Chocolate Milkshake Day

17th Oktoberfest

19th Talk Like a Pirate Day

21st International Peace Day

21st World Gratitude Day

24th Native American Day

25th Comic Book Day

25th Rosh HaShanah

28th Confucius' Birthday

30th World Maritime Day

Regular Events

Church services 2nd 3rd and 4th Friday of the month

Hairdresser every Tuesday

Men's Group every Month Friday the 2nd

Bingo! Every Monday and Friday at 2.00pm

September 2022

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY







Hostel Activity Program

					10.00 Exercise 1 11.00 Golf 2.00 Tai chi Birthday party for August	10.00 Exercise 2 11.00 Art and craft. 2.00 Father Day Drinks and Nibbles.	Puzzles 3 Cards Movies
Father's Day 4 Cards Movies Games	10.00 Exercise 5 11.00-word games 2.00 Bingo	10.00 Exercise 6 11.00 cards 2.00 Manicures	11.00 Senior Rights Service visiting meeting in the Activity Room. Gardening club	10.00 Exercise 8 11.00 Darts 2.00 Poetry reading	10.00 Exercise 9 11.00 Church 2.00 Bingo	Drawing 10 Games Knitting	
Drawing 11 Movies Games	10.00 Exercise 12 11.00 Cards 2.00 Bingo	10.00 Exercise 13 11.00 Sewing club 2.00	High care 14	10.00 Exercise 15 11.00 Art and craft. 2.00 Tai Chi	10.00 Exercise 16 11.00 Church 2.00 Bingo	Oktoberfest 17 Games Cards Movies	
Reading 18 Movies Garden walks	10.00 Exercise 19 11.00 Residents committee meeting 2.00 Bingo	10.00 Exercise 20 11.00 Residents meeting. 2.00 Armchair travel	High care 21 2.00 Excursion	10.00 Exercise 22 11.00-word games 2.00 Golf	10.00 Exercise 23 11.00 Church 2.00 Bingo	AFL Grand Final 24 Puzzles Movies	
Puzzles 25 Cards Movies	10.00 Exercise 26 11.00 Quoits 2.00 Bingo	10.00 Exercise 27 11.00 Golf 2.00 High tea	High care 28	10.00 Exercise 29 11.00 Manicures 2.00 Bingo	Booster Vaccinations Clinic from 8.00 to 4.00 2.00 Happy birthday and happy hour		

September 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Douro Activity Program

			Singalongs 1 Ball games Drawing	Puzzles 2 Garden walks Flower arranging	Newspaper reading 3 Trivia Bird watching	Father's Day 4  Happy hour and nibbles Word games
Armchair travel 5 Art Balloon games	Singalong 6 Trivia Morningtea in the garden	Walks 7 Art Flower arranging	Movies 8 Music Quoits	Ball games 9 Music Newspaper reading	Poetry reading 10 Who am I Discussion on life events	Songs of praise 11 Art Word games
Chocolate Milkshake Day 12  In the garden Newspaper readings Who am I	Art and craft 13 Puzzles Manicures and hand massage	Singalong 14 Short stories Toss the bean bag.	Drawing 15 Flower arranging Darts	Mexican Independence Day 16  Armchair travel Word games Music	Oktoberfest 17  Happy hour Trivia Balloon games	Morningtea outside 18 Newspaper readings Songs of praise
Talk like a Pirate Day 19  Art and craft Hand massages singalongs	Bingo 20 Ball games Drawing	Ring toss 21 Sensory Sorting Music	Active Games 22 Movies Word games	Art and Craft 23 Singalongs Walks outside	AFL Grand Final 24  Gardening Watching football	Comic Book Day 25 Newspaper comic reading Trivia
Art and craft 26 Bingo Balloon games	Word games 27 Flower arranging Music.	Ball games 28 Hand massage Who am I	Garden walks 29 Quoits Art and craft	Movies 30 Singalongs Armchair travel		

September Birthdays

In September, we celebrate birthdays with:

- Beulah
- June
- Warren
- Elizabeth
- Shirley
- Carol
- Val B
- Helen

Please join us in the recreation room on the first Sunday in September to celebrate!



Freddie Mercury, Musician, 5th September, 1946

Buddy Holly, Musician, 7th September 1936

Peter Sellers, Actor, 8th September 1925

Agatha Christie, Writer, 15th September 1890

Lauren Bacall, Actor, 16^h September 1924

Lance Armstrong, Cyclist, 18th September 1971

Stephen King, Author, 21st September 1947

Andrea Bocelli, Singer, 22nd September, 1958

Bruce Springsteen, Singer, 23rd September 1949

Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Libra (Sep 23 - Oct 22)

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

WOW!

September in History: **The Great Fire of London, September 2 1666**

The Great Fire of London began in a bakery in Pudding Lane near the Tower.

The fire gutted the medieval City of London inside the old Roman city wall. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.

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

*If the wind will not
serve, take to the
oars*

- Latin proverb

Poem to Share



“Hope” is the thing with feathers

“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.

- Emily Dickinson



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Leonora

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.

- Jean
- Jan

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 Tuesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

VISITORS

Just a friendly Reminder for all Family and friends visiting ,Can you please provide a copy of your current immunisation statement to the front office.

This can be done by emailing admin.office@kanandah.com.au or shown to the Office staff when you come in next thankyou.

We still encourage vistors to book before visiting this is to help with the Testing at the front door.

Bookings can be made between 9.00am and 3.00pm Monday to Saturday.

CULTURAL CELEBRATION

In the month of September we celebrate Fathers Day. Watch your calendar for related activities in the recreation room.

Laughing Matters



MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next, I tried working in a muffler factory but that was too exhausting.

Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So, then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

September 2022

SUNDAY

MONDAY

TUESDAY












WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Calendar of Special Days we can Celebrate in September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				* September Anytime * Classical Music Month		
Fathers Day  4	Labor Day 5	6	7	8	9	10
National Assisted Living Week 11	Chocolate Milkshake Day  12	13	14	15	Mexican Independence Day  16	Oktoberfest  17
18	Respect the Aged Day (Japan)  Talk like a Pirate Day 19	20	Peace Day  World Gratitude Day 21	22	Spring Autumn  23	AFL Grand Final  24
Comic Book Day  Rosh HaShanah - Jewish New Year	26	27	Confucius' Birthday  28	29	World Maritime Day  30	

Word Search

TREASURE ISLAND



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

Shark

Buccaneer

Spyglass

Octopus

Shipwreck

Skeleton

Captain

Island

Jewellery

Clipper

Treasure

Marooned

Mystery

Diving

Galleon

Ashore

Schooner

Cargo

Flotsam

Gold