



Kindred Clubhouse

Christmas in

JULY

**Join us for a
roast lunch
on July 23rd**

OUTING TO DANDENONG MARKET

BRENDAN'S FIRST YEAR AS CLUBHOUSE DIRECTOR!

July 1st marks one year since Brendan O'Connell joined Kindred Clubhouse as our new director. I am sure everyone would agree that he has been a huge asset to the clubhouse. Thanks Brendan, for all you have done and we wish you much success in the following years.



Winter lunch menu

Friday 1st

Chicken and Vegetable Casserole

Saturday 2nd

Outing to Dandenong Market

Wednesday 6th

Lemon chicken and roast potatoes

Thursday 7th.

Jess's risotto

Friday 8th

Vegetarian quiche

Saturday 9th.

Brendan's fried rice

Wednesday 13th

Pesto Pasta

Thursday 14th

Meatball Parmigiana

Friday 15th

Curried pumpkin and chickpea

Saturday 16th.

Pizza with mixed toppings

Wednesday 20th

Cheesy tuna macaroni

Thursday 21st.

Vegetable lasagna

Friday 22nd

Pumpkin soup

Saturday 23rd

Christmas in July roast lunch

Wednesday 27th

Sausage and mash and peas

Thursday 28th

Creamy gnocchi and tomato bake

Friday 29th

Chilli con Carne

Saturday

Tacos

PLEASE LET CARYL KNOW BY 11AM ON 0434084432 IF YOU WILL BE AT KINDRED
FOR LUNCH

Christmas in July

We will celebrate Christmas in July
on Saturday 23rd with a roast
lunch followed by steamed
pudding.

Please let Caryl know on
0434084432 by July 20th if you
will be attending





Saturday 2nd Dandenong Market

We will be visiting the vibrant Dandenong Market to shop and have a bite to eat.

This outing is now full, but please express your interest if you would like to do it again later in the year..



Laughter Yoga with Santosh

What a fun day we had when Santosh led us all in a session of "laughter yoga". Such a great way to lift ones spirits!



Art Update



We finished the mural for our coffee bar, where all the members drew a few colourful squares with which we made 2 hands. Great job everyone!



Courses in July

Wednesday July 6th
at 10.30am

“Know your Dog or
Cat” with Virginia

Thursday 7th at
1.30pm

“Preparing for
Employment
Workshop “
with Campbell
Paige

Saturday 9th at
11am

“Laughing Yoga” with
Santosh

Thursday July 14th
12pm - 1pm

“Food and Mood”
Zoom information
session that
explains how food
effects our mental
health

Thursday 21st
11am

Crystal Energy
workshop with Stef



Happy birthday

Nina - 5th
Janette - 9th
Lisa - 11th
Sarah - 13th
Colin - 29th
Stephen T - 30th

Adriana Perry presented a fabulous day of Mexican fun. She involved members in the preparation of a variety of dishes, which we all thoroughly enjoyed for lunch. Some Mexican music got us in the mood for a bit of Latin dancing. A fun day was had by all, thanks Adriana!



Getting involved in Kindred life.

At Kindred, staff and members meet as equals in all activities. There are so many ways you can join in and feel part of a supportive, active community.



Be part of the kitchen team



Participate in art projects



Learn how to make coffee on our professional cappuccino machine

Join in with all aspects of daily upkeep



Have fun!!



CAN YOU HELP?

Kindred Clubhouse is run and maintained by staff and members. Helping out together gives us a sense of pride and purpose. We are growing quickly and so need your help if you are available. Below is a list of jobs that are needed - have a look and see if you are able to help with any of the following



- Shopping
- Helping to prepare lunch
- Setting the table
- Serving lunch
- Clearing the plates after lunch
- Washing the dishes
- Drying the dishes
- Putting away the dishes and cups
- Tidying the kitchen
- Mopping the floors
- Shutting down the dishwasher
- Washing the dirty dish clothes in machine
- Making cappuccino for members
- Vacuum at end of day
- Clean the bathrooms
- Empty the bins
- Sweep the patio and yard
- Wipe down the tables



As you can see there is lots to do, so we would really appreciate your help!

THANK YOU

Thanks to Red Dog
for teaching the
members some
great painting
techniques.



Thank you to our
most recent
student Rick, for all
your help and input
during the past
weeks. Thanks too,
for making us the
most delicious
tiramisu- we all
thoroughly enjoyed
it!



We would like to thank Jackie, who attends with Lisa, for all the wonderful help she gives to Kindred. Although support workers are not expected to help in the clubhouse, Jackie always goes above and beyond to help wherever it is needed - in the garden, chatting to members, helping with organising functions and especially in the kitchen.

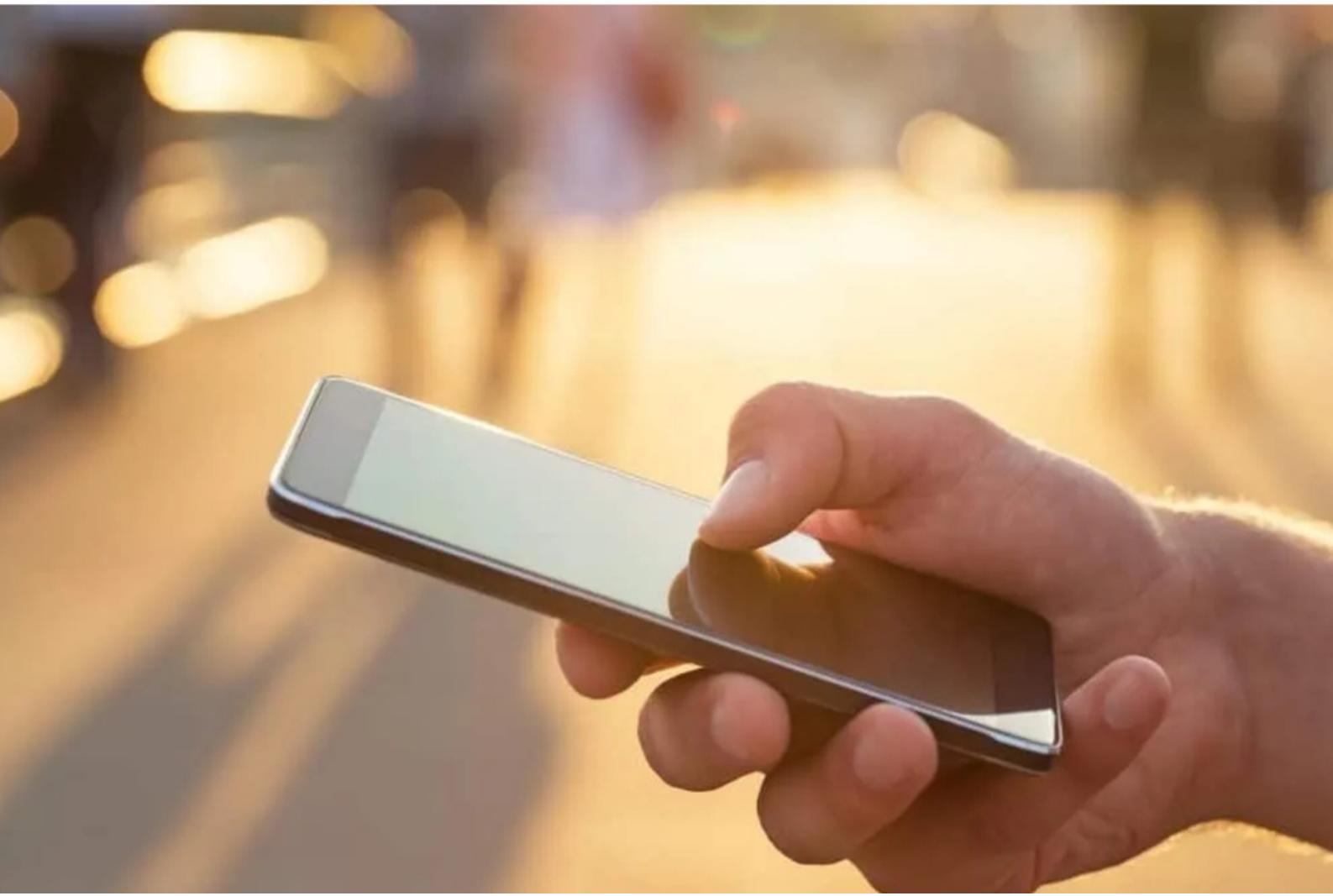
Thank you so much Jackie, you really are appreciated!

Reminder to all members

Brendan, Stef and Caryl are only available for phone calls during work hours on Wednesdays, Thursdays and Fridays.

Although we are not available outside of these hours, please leave a message and we will get back to you as soon as we return to work.

In case of an emergency, please call 000
or lifeline on 131114



Bus Collection

We collect people who live in Frankston and surrounds on our 12 seater bus.

We collect behind Frankston station at the following times:

Wednesday 9.20am

Thursday 9.20am

Friday 9.20am

Return 3.00pm

Saturday 9.20am

Return 2.00pm



Opening hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm



Phone numbers

Brendan
0487239784

Stefanie
0435086729

Caryl
0434084432

Lifeline
131114

Friendline
1800424287

Emergency
000

Suicide line
1300651251

Nurse-on-call
1300606024

Peninsula Health
97847777