



Kindred Clubhouse

APRIL





Menu

3rd	Baked potato and salad
4th	Potato and onion frittata
5th	Curried egg rolls
6th	Chicken wraps
10th	Tomato soup + rolls
11th	Spaghetti surprise
12th	Cheese and tomato rolls
13th	BBQ
17th	Hot dogs
18th.	Fish fingers and salad
19th	Pea,lemon,ricotta tart
20th	Vegetable quiche
24th	Broccoli pasta
25th	ANZAC DAY
26th	Sausage sizzle
27th	Chicken wraps

Happy birthday

Joint celebration on 11th



2nd Claire
10th Philip P.
11th Dean
11th Mario
Stella 17th



“Personal Growth” with Stefanie



Please join Stef on Wednesday afternoons at 1.30pm for her interesting sessions on personal growth. These are the dates for April:

3rd: Exploring your strengths

10th Medication management

17th Stress Management

24th Understanding Anger

Please can you share this amongst your friends or colleagues. Its also something the kids can do during the holidays - there are tons of kids prizes.

Shapes are available at Kindred



Kindred Clubhouse



We offer a welcoming and safe place for those with mental health concerns. Our new fundraising project aims to spread the feeling of acceptance and care into the community.

You can support this initiative by buying one of our door signs.

Decorate your sign with the word WELCOME and whatever images/objects best reflect your business.

Bring your signs to the clubhouse before Friday 10th May

On Saturday 18th May at 11am we will announce the winner of the best decorated business sign, winner of the best decorated Under 12 sign, as well as have a door raffle for approximately 50 smaller prizes.

Hang your sign on your business door to let community members know that they are welcome and wanted.

70% OF MONEY RAISED WILL GO TOWARDS MEALS FOR OUR MEMBERS AND 30% WILL BE GIVEN TO THE VICTORIAN HOMELESS FUND



29 Marine Parade, Hastings Ph:0434084432

PRIZES!

(And there are heaps more for under 12's

To be presented by Paul Mercurio on May 18th at 11am

FIRST PRIZE: BUSINESS



2 pure silk scarves
worth \$140 each from

Sophia Divina



Beautiful hamper compiled especially by Paul Mercurio worth over \$50

FIRST PRIZE: INDIVIDUAL

Luxury cork yoga mat by Anjali Generation worth \$110



Family day pass worth \$79



2 hour voucher worth \$100

This Man Can

Property maintenance Gardening
Outdoor cleaning Landscaping
Hedging Pressure washing
Pruning Handyman services



Servicing the Mornington Peninsula

GABRIEL BLOMAMP

0422 704 250
thismancanhelp@gmail.com



Ambulance Victoria

Please join us on Thursday 4th for an informative session with Ambulance Victoria. They will be demonstrating how to do basic CPR and how to use the defibrillator (AED)



Gracie from Ambulance Victoria demonstrating how to bind a snakebite on her last visit. Stef kindly volunteered to be the patient!

TRIP TO PERTH FEBRUARY 2024

By Jill

Our member Chris took flight mid February to Perth Western Australia. Chris is a keen sportsman in all fields of sport & took the trip of a life time to Optus Stadium for the WWE Elimination Chamber 2024.

The weather was extra hot & Chris got to meet some of his heroes & get photos of WWE belts & trophies.

Thank you Chris for your photos capturing your trip & special event.





Please note that we
will be closed for
Anzac Day on
Thursday 25th

Regular sessions



Meditation every morning at 10.30am



Art every Wednesday morning

April 18th

Mornington op shop outing

Join us for a bargain hunt at the local op shops. Leaving the clubhouse at 10.45



Meals



We remind support workers that although meals for members are free, workers are asked to pay a small fee of \$3 should they want lunch. There is a gold coin donation for coffee.

Contact Us

Brendan, Stefanie and Caryl may be contacted Wednesday, Thursday and Friday during office hours. As we are a small organisation, we are not able to offer an after hours service, so please contact 000 in case of an emergency.

Brendan 0487 239 784

Stefanie 0435 086 729

Caryl 0434 084 432

Opening Hours

Wednesday to Friday 10am - 3pm

Saturday 10am - 2pm



Transport

We offer a bus service between Frankston and Hastings in our 12 seater bus. Pick up and drop off is the bus shelter in the parking behind Frankston station at the following times.

Wednesday - Friday

9.20am/3pm

Saturday

9.20am/2pm

