

AUGUST

 Kindred Clubhouse



A vibrant still life featuring two fresh fish, lemons, and herbs on a blue background. The fish are the central focus, with one larger fish at the top and a smaller one below it. They are surrounded by bright yellow lemons, some sliced, and fresh green herbs like parsley and dill. The background is a deep, rich blue, creating a fresh and appetizing atmosphere.

Menu

Wednesday 2nd
Thursday 3rd.
Friday 4th.
Saturday 5th.

Baked potato and cheese
Pumpkin soup and garlic bread
Jackie's Japanese curry
Mushroom Fettuccini

Wednesday 9th
Thursday 10th
Friday 11th.
Saturday 12th
Wednesday 16th
Thursday 17th
Friday 18th.
Saturday 19th

Stef's spaghetti
Zucchini ravioli with spinach and ricotta
English muffin pizza
Santosh's curry
Tuna bake
Jace's chicken
Mixed veggie quiche
Egg mayo Rolls

Wednesday 23rd
Thursday 24th
Friday 25th
Saturday 26th

Meatball subs
Lentil and sweet potato pie
Pasta and sauce
Pizza

Wednesday 30th
Thursday 31st

Chicken and salad rolls
Gnocci in tomato

August Calendar

WED	THU	FRI	SAT
<p>2</p> <p>11.am Arts and Crafts</p>	<p>3</p>	<p>4</p> <p>11.00am Gardening with Francisca</p> <p>Brotherhood of St Laurence</p>	<p>5</p> <p>Caryl and Santosh</p>
<p>9</p> <p>11.am Arts and Crafts</p>	<p>10</p>	<p>11</p> <p>11.00am Gardening with Francisca</p> <p>Alison Jury from WISE women.</p>	<p>12</p> <p>Stefanie and Santosh</p>
<p>16</p> <p>11.am Arts and Crafts</p> <p>Group celebration for August birthdays</p>	<p>17</p> <p>APARC visit</p>	<p>18</p> <p>11.00am Gardening with Francisca</p> <p>11.00am Decision making meeting</p> <p>1.30 pm Fundraising Committee meeting</p>	<p>19</p> <p>Caryl and Santosh</p>
<p>23</p> <p>Outing to the Treasury Building in the city in our bus</p>	<p>24</p>	<p>25</p> <p>11.00am Gardening with Francisca</p>	<p>26</p> <p>Brendan and Santosh</p>
<p>30</p> <p>11.am Arts and Crafts</p>	<p>31</p>		

Daily activities: 10am morning meeting
10.30 meditation

Happy Birthday!



8th - John
9th Brett C
11th Renee
17th Eliza
22nd Owen
23rd Stephen H
25th Mary

A huge thank you to Bev



We would like to say an enormous thank you to our member Bev who does so much work at clubhouse every day. If you are wondering who helped cooked your meal, who served you your food, who cleaned up afterwards - chances are it was Bev. Of course we thank any members that help out with meal prep - we appreciate your help. But we are sure everyone will agree that Bev goes above and beyond, every single day.
Thanks Bev, we appreciate you so much!

A few extra Kindred pics showing lovely connections



More gardening with Francisca



Our clubhouse quilt project

As a new fundraising initiative, we have written to a host of international clubhouses, asking them to participate in our joint venture. We have asked them to send us a piece of fabric that best represents their country. We will then make little houses with the individual pieces of fabric and will sew them together to form a large quilt. The quilt will then be auctioned online as a Kindred Clubhouse fundraiser. If you would like to participate in the making of this quilt, please let Caryl know on 0434084432.



Decision making meeting

Friday 18th



We would love all our members to have a say in clubhouse decisions. We hope to see you at the next meeting on 18th, but if you find it difficult to speak up, please put your suggestions into the suggestion box and we promise that we will address all issues on your behalf at the next meeting.

Suggestion Box



Your voice at Kindred matters (yes, **yours!!**)

We want to hear what YOU think, but we know this can be stressful at a decision making meeting. Whether your personality is outgoing or quiet, you deserve a say in how you want your clubhouse to be run. If you find it difficult to speak up at a meeting, please put all your concerns/ideas/suggestions in our suggestion box. Until now there has only been an envelope that might not have been prominent enough. There will now be a bigger suggestion box where you can anonymously place your ideas. Everyone deserves an equal say.

Christmas in July

Lots of fun was had at our mid year celebration. Many thanks to the bowling club for the use of their facilities.



Wednesday 23rd August

Bus leaving Kindred at 10.10!



We will have an interesting visit to the Treasury Building in Melbourne City. Some of the current exhibitions (all free) are listed below. We can have a sandwich or light lunch afterwards at a nearby cafe. Bus has limited numbers so please put your name down asap.



Women Work for Victory in WWII

Discover the roles of women on the home front during the Second World War. Women Work for Victory is an important reminder of the contribution played by women across Australian society in the cause of an Allied victory.



Lost Jobs: The Changing World of Work

Have you ever heard of a 'nightman', a 'scoop boy', or a phrenologist? How about a 'fairy tapper', a telegrapher, a 'dolly boy' or a lumper? These were all jobs that were once common, but have disappeared completely. Many jobs have vanished in Victoria over the years, while others have emerged, sometimes in completely new industries.



Protest Melbourne

Ongoing exhibition. Public protest has a long history in Victoria. From as early as the 1840s Melburnians took to the streets to express their views on a wide range of issues, from the right to vote to workers' rights.

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



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

