

Kindred Clubhouse *December Edition*

Details of our
Christmas lunch

**Great Xmas gift
ideas to make at
home**

**BUNNINGS SAUSAGE
SIZZLE - CAN YOU HELP?**



MENU

WEDNESDAY 1ST CHICKEN PARMA AND SALAD
THURSDAY 2ND SPAGHETTI BOLOGNESE
FRIDAY 3RD VEGETABLE QUICHE
SATURDAY 4TH BUNNINGS SAUSAGE SIZZLE

WEDNESDAY 8TH GNOCCI
THURSDAY 9TH JEFF'S MACARONI CHEESE
FRIDAY 10TH CORONATION CHICKEN
SATURDAY 11TH PICNIC LUNCH AT MCCLELAND

WEDNESDAY 15TH BBQ AND SALAD
THURSDAY 16TH JACE'S CHICKEN
FRIDAY 17TH. POTATO AND ONION FRITTATA
SATURDAY 18TH. BRENDAN'S BAKE

WEDNESDAY 22ND CHRISTMAS LUNCH
THURSDAY 23RD COLD MEAT AND SALADS

WEDNESDAY 29TH FISH CAKES
THURSDAY 30TH PASTA SALAD



Join us

Our Christmas/Hanukkah /Festive
lunch will be held on Wednesday

22nd December.

Please R.S.V.P. on

0435 086729

Live music from 11am by “Julie and
Ron”. Roast lunch served at
12.30pm.

We look forward to seeing you
there.

Christmas Entertainment

*Julie and Jon from '3's a Crowd'
will be singing some old favourites to
entertain us before our Christmas
lunch. Singing starts at 11am.*

Introducing 3s a Crowd

Ron and Julie

for easy listening music and rock to suit a morning
melody style function/Cafe/Party.





BUNNINGS SAUSAGE SIZZLE

Our next sausage sizzle is on Dec.4th, and we are looking for members (or ex students!!) to volunteer on the day.

Please let Caryl know on 0434084432 if you are interested in helping out.

Many thanks!!

Activities for December

Saturday 4th: Bunnings Sausage Sizzle

Thursday 9th: 1.30pm ESSO donating laptops with cake and tea.

Saturday 11th: McClelland Sculpture Park with Picnic

Wednesday 15th: Food handling course

Friday 17th: Outing to Healesville (number dependant)

Wednesday 22nd: Christmas lunch with entertainment

Thursday 23rd: Clean up day!



Walk and Talk / Mornington Peninsula Shire Grant Application

We know that some people are struggling to re-enter the community after so many days in lockdown. We know that people may also have encountered their first mental health concerns during this period. It is for this reason that the members of the Clubhouse want to help our local community by offering anyone who needs it a walk and talk session. The sessions would begin with making a coffee together before heading across the road to the beautiful Hastings foreshore park. As we walk, we will have a chat about the concerns people have and discuss how best we can support them. We return for lunch and invite them to join as a member if they wish.

We have written a submission to the Mornington Peninsula Shire for funding through their Community Grant Program. Fingers crossed! If successful, this program will run from January till June next year.

“I think we can really help the community and any people who are scared to come out after lockdown to take those first steps with us by their side. It's also a great way for people to learn about us and the different supports that are out there” - Sarah from Kindred Clubhouse.

Community can book in by calling or emailing us at the Clubhouse. If people want to know more, check out our facebook or drop in to 29 Marine Parade, Hastings.



My reflections of Lockdown

The Clubhouse staff were kind enough to offer zoom meetings and Caryl offered meditation and relaxation sessions during lockdown.

I looked forward to doing bingo games, quizzes, personal development and admin on the Zoom meetings which were held on Wednesdays, Thursdays and Fridays at 2pm. Caryl would call and do a meditation session over the phone on Mondays, Wednesdays and Fridays at 10.30am. I really enjoyed each session and it was good to reflect on my breathing and on ways to improve my mental health. I focused on relaxing and being at peace when breathing out.

I looked forward to these routines as they structured my time well.

Thanks again for the ongoing support.



Greg

Thank you

The Clubhouse would like to send a very warm thank you to Commonwealth Bank Hastings branch for their generous community donation. It was lovely to meet Nicole and to discuss how we both support our communities. This donation will go a long way!

The Clubhouse is very excited to welcome Lesley and David from Esso who are visiting us on December 9th to donate some laptops for our members to use. We are all very excited about doing some computer skills training and want to send a big thank you for their support! For any members that would like to be present to welcome the Esso team, we would love you to join us for lunch on December 9th to be part of a warm welcome team.

We have also received private donations which will go directly to providing healthy meals and morning coffees for our members. Thank you to those that have given so generously!



Happy Birthday

We wish Stefanie and all our December
“babies” a very happy birthday!



Christmas gift ideas for under \$20

Adults

Speciality Tea
Travel cord organiser
Nuts
Pretzels
Luggage Tags
Flashlight
Personalised mug
Gift card
Chocolate
Cookies
Fun Socks
Popcorn
Framed picture
Lottery tickets
Car air freshener
Colouring books
Journal
Lip Gloss
Hand lotion
Jewelry
Head bands
Scarf
Bubble bath
Baking cups
Sleep mask
Candles
Wine
Reed diffuser
Body wash
Nail polish
Pens
Books

Kids

Coloured pencils
Cookies
Texting gloves
Bluetooth speaker
Stickers
Glitter crayons
Silly putty
Card games
Sidewalk chalk
Pyjamas
Colouring in books
Toy cars
Dolls
Board game
Cute picture frame
Fun socks



Everyone loves a homemade Christmas gift



Bus Collection

We fetch and return members behind Frankston Station at the following times:

Monday - Friday 9.20am/return 3pm

Saturday 9.20am/return 2pm

Opening Hours

Monday - Friday 10am - 3pm

Saturday 10am - 2pm



Wrapping up 2021

*As 2021 comes to a close, there are
so many people that we would like
to thank.*

*To all our supporters, volunteers and
donors, we thank you so much for
keeping the vision of Kindred
alive and for your
amazing support.*

*A special thank you to each and
every member who make every day a
fun and new experience. You are
what makes Kindred special and we
love sharing this journey with you.*

*Wishing everyone a very happy
holiday season and all the very best
for 2022*

Brendan, Stefanie and Caryl



Contact Us

We can be contacted
Wednesday to Friday (9am - 5pm)
Saturday (9am - 3pm)
Caryl 0434 084 432
Stefanie 0435 779 336
Brendan 0487 239 784

As we are a small team we are not available after hours. Please contact one of the services below in case of an emergency.

Emergency Assistance 000
Friends Line 9663 2740
Nurse on call 1300 60 60 24
Lifeline 13 11 14

