



Kindred Clubhouse

JANUARY 2023



Menu

Wednesday 4th

Brendan's pasta

Thursday 5th

Ham and salad rolls

Friday 6th

Chow mein

Saturday 7th

Barbecue and salad

Wednesday 11th

Tuna Bake

Thursday 12th

Potato and onion frittata

Friday 13th

Tacos

Saturday 14th

Picnic in the park

Wednesday 18th.

Curried cauliflower cheese pie

Thursday 19th

Chicken and salad wraps

Friday 20th

Italian Meatballs

Saturday 21st.

Santosh's curry

Wednesday 25th

Mushroom Risotto

Thursday 26th

Lasagna

Friday 27th

Quiche and salad

Saturday 28th

Sausage and mash



We all had a fabulous day out at Tanglewood Estate to celebrate Christmas and the end of a wonderful year. Thanks so much to Donna McEvoy for all your generosity, it was greatly appreciated.



Our Christmas Market

Our Christmas Market was a great success. All members helped with the set up of stalls, and helped to man the tables and raffle prizes. A portion of the proceeds went towards our Christmas lunch.



Some of our hopes and dreams for the New Year

Michele: I hope that my daughter will be studying history in 2023 and I hope that I will study a mental health course at Kindred. I wish for a lot of money to be able to buy new things.

Chris: I hope that the footy Parkside FIDA win the flag next year. I hope that Kindred gets bigger and we move to a new place with a cricket pitch!

Paul: I hope that I get on the NDIS in 2023. It would make a big difference to my life. I hope my move to Trafalgar goes well as we are moving house. I hope we are happy in our new town.

Colin: I hope that we are able to find a house to buy in Tyabb

Janette: I hope to see more of my son Shane and his children as that always makes me happy. I would also love to go to Queensland for a holiday.

Jace: I really hope Carlton win the 2023 premiership! I would like to do more courses and more outings with Kindred.

Mim: I would like to make more friendships with genuine people that I can trust. I would love to go back to Queensland to see my son Daniel!

Mario: I want to continue getting better each day, both at home and at Kindred. I am really looking forward to going on a cruise with my lovely wife Anna to Kangaroo Island in February.





Jeff: I hope to continue at Kindred, meeting new friends and enjoying outings with them.

Sarah: I would like to continue working at the real estate office because I really enjoy it. I hope we can do more Saturday outings with Kindred again!

Nick: I would like to get back to being employed. I want to carry on playing cricket and go sailing with my uncle. I look forward to returning to Hobart to see my father.

Stef: I would like to go back to the USA to see my family, especially my new niece who I haven't met yet!



Training & Workshops

Intention Setting Workshop with Stef:
Thursday Jan 5th

Decision Making Metting: Jan 13th

Strategic Plan Target Setting Session with
Brendan: Friday Jan 27th

Barista Course: To be decided
(please sign up on the board if interested)



Excursion to Cranbourne Royal Botanic Gardens Thurs Jan 12th

Please see sign up sheet on the board for more information and to put your name down to attend



The Joy of Meditation

Research shows that regularly experiencing joy—whether in the form of laughter or of activities that promote happiness and well-being—can produce healthy changes throughout your body. Joy can strengthen your immune system; boost your energy; diminish your perception of pain, anxiety, and depression; protect you from the damaging effects of stress; increase your ability to sleep restfully through the night; and more. And the best thing is that you can access feelings of joy at any time through meditation.

This is how we start each day at 10.30, so please join us if you would like to experience deep relaxation, positivity and joy.





Happy Birthday To You

BIRTHDAY

Tiga - Jan 2nd
Jo- Jan 19th
Alan - Jan 22nd
Cameron- Jan 25th

Phone numbers

Brendan
0487239784

Stefanie
0435086729

Caryl
0434084432

Lifeline
131114

Friendline
1800424287

Emergency
000

Suicide line
1300651251

Nurse-on-call
1300606024

Peninsula Health
97847777

Bus timetable

The parking lot behind Frankston station is our meeting point. We park at the top of the station stairs at 9.20am on a Wednesday, Thursday, Friday and Saturday morning. In order to ensure pick up, please contact Caryl on 0434084432 before 8am on the day.

Opening Hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm

