

* Kindred Clubhouse FEBRUARY 2023



Menu

Wednesday 1st Thursday 2nd Friday 3rd Saturday 4th Cheese and tomato toasties

Jace's chicken

Greek salad filled pita pockets

Homemade pizza

Wednesday 8th Quinoa summer bowl
Thursday 9th Ploughmans and home made relish
Friday 10th Grilled chicken strips and avo in wraps
Saturday 11th Outing and Santosh curry

Wednesday 15th Thursday 16th Friday 17th Saturday 18th

Tacos
Homemade baked beans
Spinach and broccoli quiche
Rolls and salad

Wednesday 22nd Thursday 23rd Friday 24th Saturday 25th

Broccoli pasta
Sweetcorn and zucchini fritters
Baked potato and salad
Snags on the Bbq

Cranbourne Gardens



A group of our members enjoyed a great girls day out at the beautiful Cranbourne Botanical Gardens.

Thank you!



We would like to send special thanks to Craig who organised an enormous amount of craft supplies for Kindred. Thanks too, to his son Scott and to Trent Dean who kindly donated these supplies. We will certainly put them to great use and we look forward to seeing the amazing future projects that the members will create.

Support Workers

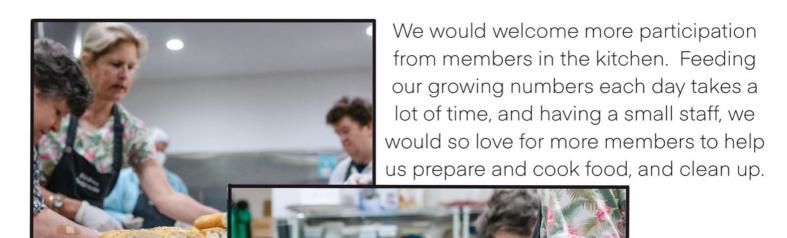


Adriana, Lee, Jason, Ross

These special people do so much for the members they support. As well as supporting their clients, they always offer to help out with clubhouse activities if needed. Thank you for all you do, we really appreciate you.

Thanks also to Fran, John, Jackie, Natalie and the others carers who were not there for the pic.

We need you!





Outreach

Our outreach program will now extend to include zoom meetings for those who are unable to attend Kindred in person. If you would like to chat to staff and members via phone or zoom, please let Stef know on 0435 086 729 and she will send you a link. These meetings will be held on Wednesday's at 1.30 pm.



Open house

Every 11am on a Friday morning we have an open hour for anyone wanting to pop in to see what Kindred is all about. Join us for a casual chat and enjoy a cappuccino with one of our staff or members.

Lunch is always free and you are more than welcome to stay for a bite to eat.

We hope to meet you soon.

Celebrating 3 years since Kindred opened in Hastings







Kim unloads the first of the furniture

Mary and Paul cook outside Nick and Paul making a meal



Our official opening with Neil Burgess



First Hastings Bunnings bbq



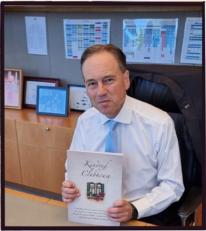
First students - Abbey and Ashleigh



First outing(Courtney playing cricket)



First gardening project (scarecrow)



First book/Greg Hunt

More memories over the years



Fishing in Frankston



Fish and chips in Flinders



Flinders Pier



McClelland Sculpture Park



Strawberry Farm

















Brendans one year anniversary



Stef wins two awards!

3 Christmas Celebrations















Some of our valued supporters













FEBRUARY CALENDAR

WEDNESDAY, THURSDAY, FRIDAY 10am - morning meeting 10.30am - meditation 12.30pm - lunch



Ī	Wednesday	Thursday	Friday	Saturday
	1. 10.45 Arts/crafts	10.45 Learn how to pickle with Maciej	3.	4 Cricket with Chris in the park
	8. 10.40 decision making meeting 11.15 Arts/crafts	9.	10.	Outing to Flinders Clubhouse will still be open
	15. 10.45 Arts/Crafts 12.30 - 3.00 "Professional boundaries and de escalation in the workplace."	16. 11.00 Medication management with Stef	17.	18
1000	22. 10.45 Arts/Crafts	23. Outing to Phillip Island	24.	Laughing group with Santosh



Saturday 11th Flinders

Join us on a bus trip to Flinders for a yummy ice cream at the chocolate factory. Bus numbers are limited so please put your name down if you need a seat or if you will meet us there in your own transport.

Kindred will remain open for those who do not wish to go on the outing.



Thursday 23rdFeb

Back by popular demand is everyone's all time favourite outing - taking the ferry to Phillip Island. There are no limitations on numbers for the ferry, but we can only take 11 on the bus to our meeting point, so please indicate as soon as possible if you will need the bus or if you can use your own transport to Crib Point. Seniors travel free on the ferry, pension/concession card holders is \$17.50 return.



Happy birthday!

Jason L 3rd Ronnie 4th Nick 10th Helen 11th Greg 14th Craig 19th



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

