

Kindred Clubhouse

**MARCH**



# Menu

- 1st Shepherd's Pie
- 2nd Sausage sizzle
  
- 6th Egg and bacon rolls
- 7th Ricotta, pea and mint tart
- 8th. Chili con carne
- 9th. Homemade baked beans
  
- 13th Chicken and veggie skewers on bbq
- 14th. Zucchini and sweet potato lasagne
- 15th Baked potato and salad
- 16th. Chicken mayo sandwiches
  
- 20th Shepherd's Pie
- 21st Potato gem cheese pie
- 22nd Egg rolls
- 23rd Chicken wraps
  
- 27th Fish fingers and salad
- 28th Jace's chicken and roast potatoes

We are closed for the Easter weekend



We had such a great day out for our February outing. We loved exploring Heronswood estate and then had a wonderful picnic in Mount Martha





## QUILT FUNDRAISER

Our beautiful quilt sold for \$530 to a 'mystery buyer'. Keep an eye on our social media to find out who it is!



Thanks too, for the participation of clubhouses in  
Canada, Finland, Germany, Indonesia, Poland,  
Norway, South Africa, United States, Papúa New  
Guinea and Mexico,  
We look forward to future collaborations.

**MONDAY MARCH 11th, 2024**

**SOMERVILLE**  
**FAMILY DAY**

**FRUIT GROWERS RESERVE**  
**SOMERVILLE**

**10am - 5pm**

**FREE ENTRY**



NO DOGS  
ALLOWED

ALCOHOL  
FREE ZONE

Kindred will be having a stall here so please come along and support us if you are free. If you would like to volunteer to work at the stall, let us know!

# Taking Part

We continue to need more participation in clubhouse for cleaning and kitchen duties - especially on Saturdays. Clubhouses are run and maintained by all its members. Active participation is key to a successful clubhouse. We have a Jobs Board at the front door where members are asked to put their name each day, alongside a job description. They might not all be your first choice, but of course we need to work together and take turns to get every job done. Please give some thought to how you can do your part to make this a successful and well run clubhouse.



# Regular sessions



**Meditation every morning at 10.30am**



**Art every Wednesday morning**



# THANK YOU!



To Jen Watters for donating 20 pilates rings to the clubhouse



To our students Ajay and Nathan for donating and installing an irrigation system in our courtyard veggie garden.



To Heronswood Estate for waiving the entrance fees for all our members



To Debbie at Bunnings Hastings, for helping us out with donations for our fundraisers.



To Jeanie Mulligan for cutting all the plywood for our next fundraiser into shapes for us.

# Happy Birthday



3rd Liane  
15th Chook  
16th Josh

We will celebrate March birthdays on  
Wednesday 13th

# Cranbourne Gardens

## Friday 15th 10am

Join an experienced guide and venture through the Australian Garden on this fascinating guided walk and discover the uniqueness of Australian plants and how our current climate is changing our landscape. See the themed display gardens featuring plants from around Australia and hear fascinating stories about plants and their uses

Bringing sunscreen and mosquito repellent is strongly advised for all outdoor activities.



The guided tour is free, but spaces need to be reserved. Please put your name down on the bus list as soon as possible if you are interested in joining. We must leave promptly at 10 to ensure we are in time for the tour at 11am.

# 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.

**Do you need advice about the NDIS, or need help accessing it? The Brotherhood of Saint Laurence visit the clubhouse on the first Friday of every month.**

**You are welcome to attend on Friday 1st with any questions you may have.**



**Brotherhood  
of St Laurence**

# 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

