



# Kindred Clubhouse

# NOVEMBER 21

Back to clubhouse -  
the moment we have  
all been waiting for!

Summer is here -  
we plan activities  
and outings for the  
warmer weather.

*We look forward to  
more interaction with  
the Hastings  
community.*







## We are back!!

The staff at Kindred are thrilled to be able to welcome our members back inside our doors once more.

We have reopened with a strengthened sense of enthusiasm and positivity for the future. We admire all our members and the resilience and courage they showed during the long months of lockdown. Now its time to take a step out into the world to enjoy our new found freedom.


We understand that this is not an easy step for everyone so if you, or anyone you know would like to share the banner at the bottom of this page, please let us know and we will send you a link. This can be shared as a permanent signature at the bottom of your emails, or on facebook. We want to ensure that no one in the community feels alone, and that they know there is a caring, supportive venue in Hastings that will partner them in their first steps towards reintegration. The sharing of the banner is an easy way for the Victorian community to spread the word and we thank you for participating.

We look forward to sharing many projects and activities with our supportive community and we thank you for your involvement.



If mental health concerns are stopping you from re-entering the community after lockdown, please consider talking to someone at Kindred Clubhouse. For one day, or forever.

Peer support through friendship.


 Brendan, Stefanie, Caryl

 0435084729

 facebook.com/kindredclubhouse

 29 Marine Parade, Hastings

 [www.kindredclubhouse.org.au](http://www.kindredclubhouse.org.au)

 [info@kindredclubhouse.org.au](mailto:info@kindredclubhouse.org.au)



# Kindred Clubhouse

## ANNUAL GENERAL MEETING



Please join us on 10th November at 11am for our annual general meeting. Double vaccinated members are welcome to join in person and we will also have a zoom link for anyone else who would like to attend. Please R.S.V.P. If you would like the link sent to you. A buffet lunch will be served after the meeting.



# MENU

WEDNESDAY 3	CHICKEN AND SNAGS BARBECUE
THURSDAY 4	ITALIAN GNOCCHI
FRIDAY 5	THAI FISHCAKES AND SALAD
SATURDAY 6	ROAST CHICKEN AND POTATO WEDGES

WEDNESDAY 10	AGM BUFFET LUNCH
THURSDAY 11	MIXED VEGETABLE LASAGNA
FRIDAY 12	SALAD NICOISE
SATURDAY 13	PIZZA

WEDNESDAY 17	HOMEMADE HAMBURGERS
THURSDAY 18	CANNELONI AND SALAD
FRIDAY 19.	ZUCCINI AND CORN FRITTERS
SATURDAY 20	OUTING WITH PICNIC LUNCH

WEDNESDAY 24	SAUSAGE AND MASH
THURSDAY 25	TACOS
FRIDAY 26.	CHEESE OMLETTE AND SALAD
SATURDAY 27	BARBEQUE



## Count your kilometres

We are extremely grateful to Rotary Peninsula 2.0 for continuing to raise funds for Kindred Clubhouse through their annual Seaford Wetlands Fun Run.

This year will be an active E-Scape virtual event which will run throughout the month of November.

We have registered as a group so all members of Kindred are able to count the kilometres that they walk/run/swim/cycle for the whole month of November. Please just note down your kilometres each day (it doesn't have to be exact) and give them to Stefanie who will enter them in the website under our group name "Team Kindred Clubhouse Community". The walks that we do together after lunch will also be logged on the site.

The Peninsula Active E-scape was designed with the following in mind -

- \*Encourage participants to get out and enjoy their favourite activity

- \*Running, walking, swimming, paddling, cycling all count

- \*Enjoy a group activity safely, but virtually

Raise much needed funds for Fun Run beneficiaries

If you would like to create your own team to raise funds for Kindred and other amazing charities, please register at [www.wetlandsfunrun.com.au](http://www.wetlandsfunrun.com.au).

Alternatively you are welcome to join our Kindred team - just search for Kindred Clubhouse Community on the Fun Run website.

Thanks to Peninsula Rotary for your ongoing support!



# Getting involved in Kindred life.

At Kindred, staff and members meet as equals in all activities. There are so many ways you can join in and feel part of a supportive, active community.



Help out at a fund raising sausage sizzle.



Participate in art projects



Learn to use our cappuccino machine.

Join in with all aspects of daily upkeep





# OUTINGS IN NOVEMBER

THURSDAY 18TH

11AM - 2PM A VISIT TO THE OP SHOPS IN  
MORNINGTON



SATURDAY 20TH

JOIN US FOR A VISIT TO THE POPULAR EMU PLAINS  
MARKET, FOLLOWED BY A PICNIC





Happy  
birthday

Shannon 1st

Bill 20th





# November Bus Collection

We collect people who live in  
Frankston and surrounds on  
our 12 seater bus.

We collect behind Frankston  
station at the following times:

Wednesday 9.20am

Thursday 9.20am

Friday 9.20am

Return 3.00pm

Saturday 9.20am

Return 2.00pm



Please note our shortened opening hours during November

Wednesday	10am - 3pm
Thursday	10am - 3pm
Friday	10am - 3pm
Saturday	10am - 2pm





# Contact Us

We can be contacted  
Wednesday to Friday (8am - 6pm) and  
Saturday (9am - 3pm) on the following  
numbers:

Brendan: 0487 239 784

Stefanie: 0435 086 729

Caryl: 0435 086 935



**FOR EMERGENCIES PLEASE CALL 000**