

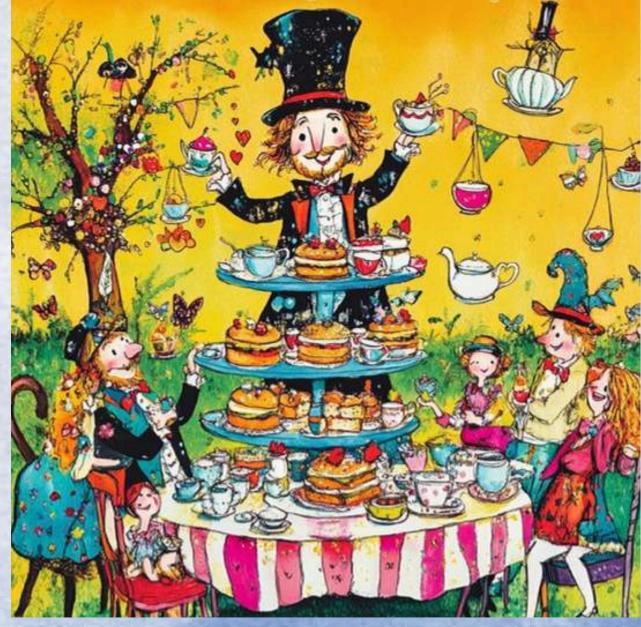
22/11 11am OPEN DAY CELEBRATIONS

Kindred Clubhouse invites you to dress up for our

Join us for a fabulous day of free fun and games in our new premises. 2036 Frankston Flinders Rd, Hastings (old Salvos house)

Topsy Turvy Tea Party

Call 0435086729 or RSVP info@kindredclubhouse.org.au.for_details



Topsy Turvy Open Day Nov 22nd

November Events

Nov 1st: Brotherhood of St Laurence

Nov 14th: Nov birthday celebrations

Nov 14th: Mental Health Wellbeing Carers Connect

Nov 20th: Annual General Meeting

Nov 22nd: Topsy Turvy Open Day

Nov 24th (Sun): Seaford Wetlands Fun Run (in Seaford) The secret, Alice, is to surround yourself with people who make your heart smile. It's then, only then, that you'll find Wonderland.

The Mad Hatter

Christmas at Tanglewood December 12th



We invite all members to join us for a memorable Christmas meal at the beautiful Tanglewood Estate in Dromana



ANNUAL GENERAL MEETING



20 NOV, 2024 11:00AM

VIRTUAL VIA TEAMS

RSVP BY NOV 13TH TO: director@kindredclubhouse.org.au



Gardening

With the spring in full swing the garden has sprouted and bloomed a variety of flowers and vegetables. We recently use our deliscious butter lettuce in our egg salad roles.

A big thank you to all of individuals and organisations who have donated to the garden and to all the members who have contributed to help making the garden a success.

Member Spotlight

Sarah dedicates herself to her role with the Kindred Clubhouse board & is passionate about it's members & Kindred Clubhouse future in the community.

Having been with Kindred Clubhouse since it's inception, Sarah has watched it grow over 6 years & 3 locations. From Ebdale Street to Marine Parade to the current location at Frankston Flinders Road.

Kindred welcomes new members from all walks of life daily. Sarah has made many friends through Kindred Clubhouse & is very grateful for their support & is super keen to be involved in the new chapter & location along with the growth of the Clubhouse.

Away from Kindred, Sarah spends her days working part time, spending time with family & friends, enjoying macrame, learning new hobbies & precious time with her cat Ruby.

Story by Jill.



SOMETIMES I BELIEVE in as many as six IMPOSSIBLE things before BREAKFAST {

Self Empowerment Sessions

Every Thur 10:45am

Nov 7th: Overcoming Negative Self Talk

Nov 14th: Building Resilience Through Challenges

Nov 21st: Setting and Achieving Personal Goals

Nov 28th: Medication Management





Get involved in the Seaford Wetlands Fun Run to help support Kindred Clubhouse. A portion of funds raised will be donated to Kindred Clubhouse.

November Menu

Friday 1st. Chicken schnitzel & salad Saturday 2nd. BBQ

Wednesday 6th. Mash Potato, snags & Gravy Thursday 7th. Risotto Friday 8th. Chicken schnitzel rolls with lettuce Saturday 9th. Macaroni & Cheese

Wed 13th. Ham, tomato and cheese rolls Thurs 14th. Spaghetti bolognese Fri 15th. Egg & Bacon rolls Sat 16th. BBQ

> Wed 20th. Tuna Bake Thurs 21st. Sandwiches Fri 22nd. **Topsy Turvy Open Day** Sat 23rd. Hotdogs

Wed 27th. Egg salad rolls Thurs 28th. Chicken loaf & coleslaw rolls Fri 29th. Baked potato & coleslaw Sat 30th. BBQ

Kindred Clubhouse Member Activities

WORK ORDERED DAY

10.00am; Morning Coffee!

10.10am: Morning Meeting

10.30am: Meditation

Every day from 10.45am

Hospitality:

Planning/budgeting Shopping Food Preperation Cooking Dishwashing

Operations:

Reception Media Computers Outreach Cleaning Maintenance

WEEKLY SESSIONS

Wednesday:

10.45am: Gardening Group

1.30pm: Discussion Group - Mindfulness

Thursday:

10.45am: Self Empowerment Discussions

1.30pm: Group Walk and Talk

Friday:

10.45am: Arts and Craft Group

1.30pm: Communications/ Newsletter

Saturday

10.45am - Social Activities and Games

Monthly Activities

Members Decision Making Meeting Excursions

Monthly Service Visits:

NDIS Support Housing Support Employment and Training Support

NOVEMBER BIRTHDAYS

7/11: Mark K

8/11: Louise

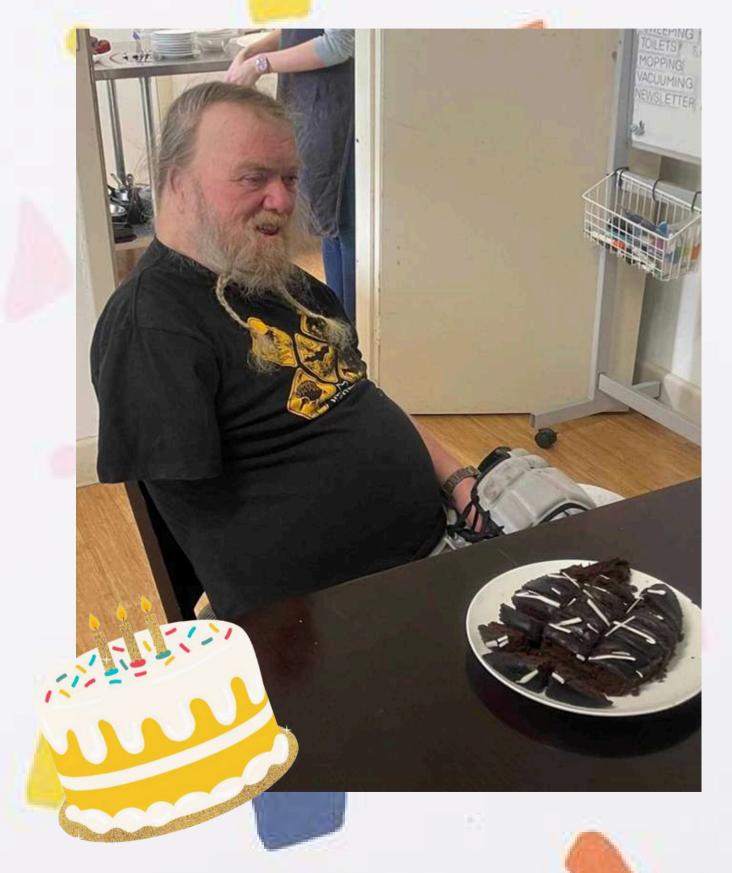
8/11: Bronwyn

13/11: Christine

29/11 Garry J

Birthday Celebration Cake on Wed Nov 14th

Kevin celebrating his birthday on behalf of all the October birthdays.



Have a Laugh BY Michele Johnson

Darren rang the "Swine Flu Hotmail" and all he got was crackling

Joseph and Mary knew what baby Jesus weighed when he was born..... Away in a manger

What does it mean when a chicken sees a lettuce and a tomato? Chicken Caesar Salad

> What do baby apes sleep in? Apricots

A horse whent into a bar and the bartender said, Why the long face?

Did you hear about the first restaurant to open on the moon. It had great food but no atmopshere.

Did you hear about the fire at the circus? It was in tents.

Cody's Sports

SWIMMING					TENNIS					VOLLEYBALL				
SKIING					SOCCER					SOFTBALL				
OLYMPICS					RUGBY					SAILING				
GOLF					HOCKEY					JAVELIN				
BOWLING DISCUS					BOXING					CRICKET FENCING				
ARCHERY					BADMINTON					BASEBALL				
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24/7 Mental Health Services



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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



CONTACT US



Stef and Caryl and Nathan are available to answer calls or texts during the following hours only: Wednesday - 9am - 5pm Thursday 9am - 5pm Friday 9am - 5pm Saturday 9am - 2pm

You are welcome to leave a voicemail and we will get back to you during work hours.

Stefanie - 0435 086 729 Caryl - 0434084432 Nathan - 0450245747



Thank you to all the members who contributed to this newsletter edition