



# Kindred Clubhouse



**NOVEMBER**





# Menu

Wednesday 2nd. Baked potato and salad  
Thursday 3rd Spinach and Ricotta cannelloni  
Friday 4th Italian meatballs & creamy potatoes  
Saturday 5th Spaghetti bolognese

Wednesday 9th. Italian pasta dish  
Thursday 10th Vegetable Slice  
Friday 11th Jace's chicken  
Saturday 12th. Chow Mein

Wednesday 16th Salmon Rissoles  
Thursday 17th Salad Nicoise  
Friday 18th Fried rice  
Saturday 19th Selection of Wraps

Wednesday 23rd Chicken salad/ Mornington market  
Thursday 24th Gnocci in tomato and spinach  
Friday 25th. BBQ  
Saturday 26th Santosh's curry

Wednesday 30th Tacos  
Thursday 31st. Chicken pot pie



# Spring Market

Our market day was a resounding success. All the members got involved and helped to make October 1st a successful and memorable day. We raised a total of \$1337 which is a brilliant result, one of which we can all be very proud. Well done members!!





# *Our kitchen*

Our kitchen is a place where all members are encouraged to help; participation in the preparation and cooking of the food is appreciated and welcomed. There are many roles that we need to fill, so please join us in the kitchen to keep those free meals coming!

Its really hard to cater if we don't know how many people will be joining us for lunch. If you are not at the clubhouse by 10.30, please phone or text Caryl on 0434084432 if you would like lunch that day.



# New members



Bronwyn joined us about a month ago and its been wonderful getting to know her. She has already found a job, but hopefully will still visit us at the clubhouse.



Dean also joined a month or two ago and is making good friends with many of the members.

Welcome, both of you.



# Outing to Queen Vic Market

On Thursday 24th seven of us had a great outing to Vic Market in the city. The weather wasn't great but it didn't stop us enjoying hot jam donuts from a food truck and lunch at a nearby cafe.





# Christmas Lunch



This year we are excited to share a very special Christmas celebration with our members. We have been offered the entire restaurant and grounds at the beautiful Tanglewood Estate on the Mornington Peninsula to host our Christmas lunch! It will be held on **Thursday 15th December**. If you are able to use your own transport that would be greatly appreciated but we will also be running our bus between Hastings and the Estate. Please put your name down for the bus as soon as possible so we can work out transport numbers.



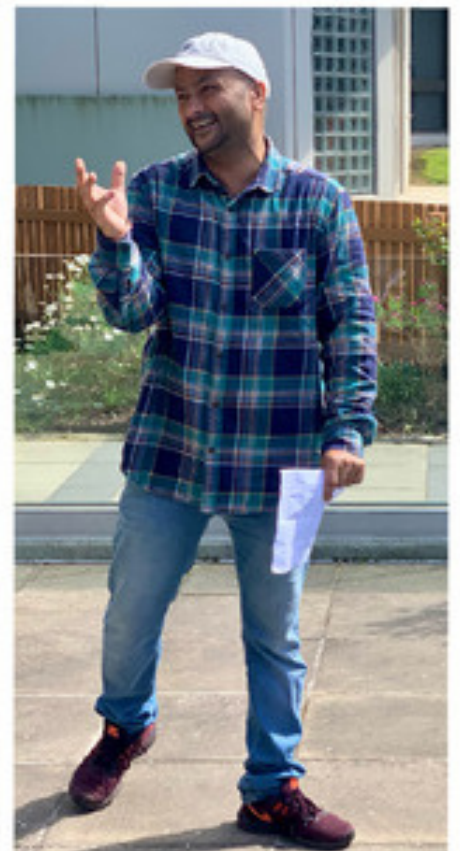
60 BULLDOG CREEK ROAD  
DROMANA





# A Kindred Snapshot

A few pics showing a snapshot of Kindred life - helpfulness, laughter, companionship, discussions, teamwork, and friendship





# Computer Training

Members have signed up for a computer course IN November at the Hastings Hub on the following days: Monday 7th, Tuesday 8th, Monday 14th, Tuesday 15th, Monday 21st and Monday 22nd. Each day we will start at 9am and finish at 2pm.

If anyone still wants to join, please let Stef know asap as paperwork will have to be completed by Friday 4th.





# Equine Therapy



**EQUINE ASSISTED THERAPIES**

**Psychology - Counselling - Psychotherapy**

[WWW.RACINGHEARTS.COM.AU](http://WWW.RACINGHEARTS.COM.AU)

[@racingheartsaus](https://www.facebook.com/racingheartsaus)

[@racing\\_hearts\\_therapy](https://www.instagram.com/racing_hearts_therapy)



## Lake farm therapy

36 Hunts Road, Bittern Victoria 3918, Australia

[imogen@lakefarmtherapy.com](mailto:imogen@lakefarmtherapy.com)

0477 407 090



Lisa having fun  
at Racing Hearts

Do you love being around animals, especially horses? We are lucky enough to have a few stables in our area that offer classes in equine therapy. Some Kindred members attend Racing Hearts which is very close to the clubhouse. If you have the NDIS you are able to use some of your funding to pay for the classes. Being around animals raises our mood and is so good for our mental health. Perhaps this summer you could give being around animals a try, either with equine therapy or helping out as a volunteer at a rescue centre..



# Mandala Class

Friday 25th



Sign up to do this relaxing and creative course with our new member Jill. Learn how to draw your own beautiful mandalas.



# Kindred Clubhouse

## IMPROVING LIVES

Our Annual General Meeting will be held on  
November 24th at 11.30am.

All members are invited to be in attendance at  
the clubhouse. If anyone would like to attend  
via zoom, please contact a member of staff  
before November 17th for the link.





# *Happy Birthday!*



*Diana - 4th*

*Mark K - 7th*

*Veronique - 8th*

*Bronwyn - 8th*

*Louise - 8th*

*Christine - 13th*

*Bill - 20th*

*Virginia - 24th*

*Robert M - 29th*

*Blane 29th*



# November workshops

## **Friday 4th**

12pm Christmas Market committee meeting

Employment workshops alternate Thursdays  
1.30pm - please call to confirm dates.

## **Friday 11th**

10.30am Career Advice with Jobs Victoria

## **Thursday 17th**

APARC Lunch

12pm Sign up with Stef if you would like to go.

## **Thursday 24th**

11.30 Annual General Meeting

Please join us for this important event

## **Friday 25th**

10.30am Mandala art with Jill



# Outings



Wednesday 23rd

This month we will not be having a Saturday outing.

Instead, there will be a midweek visit to the market in Mornington Main Street. Bring some cash to buy a snack for lunch (and perhaps some for Xmas pressies!) Only space for 11 so please put your name down as soon as possible.

We will leave the clubhouse at 11am.





# Holiday Market

We are having  
another market day!  
Our Holiday Market will be  
on December 3rd so  
please set aside any great  
donations in first class  
condition!

Thanks!

We will have a meeting this  
Friday 4th to plan the event, so if you are  
interested in joining our planning  
committee,  
please join us  
at 12pm.



# 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





# Phone calls to staff

Brendan, Stef and Caryl are only available for phone calls during work hours on Wednesdays, Thursdays and Fridays.

Although we are not available outside of these hours, please leave a message and we will get back to you as soon as we return to work.

In case of an emergency, please call 000  
or lifeline on 131114

