



NEWSLETTER

Kindred Clubhouse



INSIDE THIS ISSUE

P. 2 HOSPITALITY UNIT TIME TABLE

P. 3 MONTHLY MENU

P. 4 COFFEE MACHINE

P. 5 JOB PROFILES

P. 6 WALKING GROUP

P. 7 FREE SAUSAGE SIZZLE

P. 8 MEMBER INTERVIEW

P. 9 RECIPE

P. 10 CLUBHOUSE NEWS

P. 11 UPCOMING EXCURSIONS

P. 12 CALL OUT

P. 13 THINGS WE NEED

P. 14 GETTING THE JOB DONE

P. 15 TIMETABLE

P. 16 BIRTHDAYS

P. 17 THANK YOU'S



March 2021

HOSPITALITY UNIT TIMETABLE

New Timetable

We have a brand new hospitality timetable that focuses on health and wellbeing. All are welcome to join in our activities and of course enjoy a meal created by our members.

The new activities include:

Lift it - focuses on strengthening the major muscle groups in upper body.

Stretch it - involves full body stretching to increase flexibility.

Move it - is a low impact dance class for fun and fitness.

Relax it - focuses on meditation and mindfulness for a healthy mind.

Bake it - once a week the team bake something special either sweet or savoury.

Hear it - uses singing bowls that promote deep relaxation and mindfulness.

Colour it - uses colouring as a form of mindfulness and creativity.

Art projects - this time is allocated to the various art projects that are happening at Kindred.

Freezer meals

Don't like what's on the menu but still want to come for lunch? We have an array of vegetarian and meat options available as an alternative. We also provide take home meal options for when you don't feel like cooking. Just ask Caryl to see what your options are.

As a reminder for new or prospective members, meal prices - \$4.00 each



MONTHLY MENU



Menú for March

Wednesday 3rd

Chicken Parma

Thursday 4th

Butternut and Ricotta Quiche

Friday 5th

Tuna Bake



Wednesday 10th

Meatballs in Sauce on mashed potato

Thursday 11th

Cauliflower, chickpea curry

Friday 12th

Lasagna

Saturday 13th

Pizza



Wednesday 17th

Fish in lemon butter with mash and peas

Thursday 18th

Shepherds Pie and salad

Friday 19th

Pumpkin soup with garlic bread

Saturday 20th

BBQ



Wednesday 24th

Sticky Chicken

Thursday 25th

Spinach and Cheese Omlette

Friday 26th

Sausage and mash

Saturday 27th

Fried Rice



Wednesday 31st

Cannelloni .



March 2021

COFFEE MACHINE



No more instant coffee for us! Our new coffee machine has been such an amazing addition to Kindred. We have created a manual which goes through making a coffee, step by step, to assist members who are keen to learn the coffee making process.

Members can practise making as many coffees as they like until they feel comfortable with the process. Once deemed independent and competent, members can then apply to receive a license that demonstrates that they can safely and proficiently make coffee.

We have also introduced an 'end of day' checklist, that is located in the coffee area. The checklist will help members maintain the coffee machine ensuring it lives a long life and that there is adequate hygiene to meet health and safety standards.

Sarah is the first member to undergo the coffee making process and while she found it overwhelming in the beginning, she now feels great that she has learnt a new skill and is proud of herself for giving it a go.

If you are interested in learning to make coffee, please contact Caryl or Sarah



JOB PROFILES

The Kindred Clubhouse model supports members in achieving their goals which can include volunteer and paid employment. We are very proud of our members that have chased their dreams.

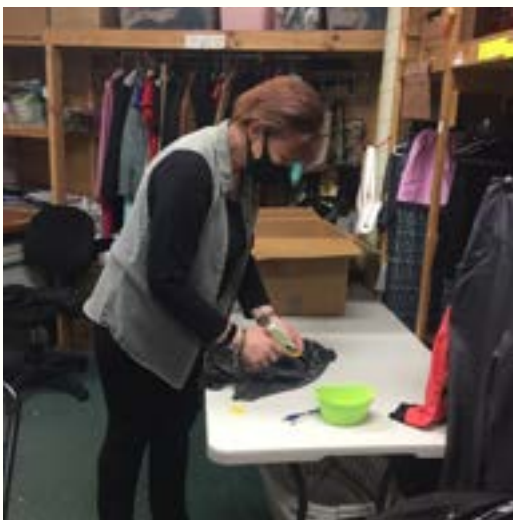


Paul's had a volunteer role at Vinnies for the past three years testing electrical equipment, and store maintenance. Paul loves his responsibilities and we love that he works so close to Kindred that he can pop in for a coffee on his lunch break.

Jo has recently started a volunteer role at Racing Hearts Equine Therapy in Moorooduc supporting vulnerable school children (year 5-6) on the Mornington Peninsula to help them build their confidence and interaction with horses.



Sarah has recently started a volunteer role at the RSPCA op shop in Frankston. Sarah is learning lots of new things and loving her new position. As an avid op shopper, Sarah has to try to limit her purchases as she now comes across some great bargains!



March 2021

WALKING GROUP



Cranbourne Botanical Gardens

At 1.20pm on Wednesday, Thursday and Fridays we get together and go for walk. We think it's important to get outside to connect with nature and of course get our bodies moving. Our group has been a big hit with members and they have thoroughly enjoyed themselves with their testimonials speaking for themselves...

"I like going for the walk because it gets me out and about and I like walking around the water." - Nick

"Nice fresh air to breathe. I wear a fitbit and I try to get my steps up and it is good for mental health." - Sarah

"Good to chat with people as you are walking; to see all the trees and perspective is different from being inside." - Matt

"I enjoy going for a walk as I love the company and I like sharing stories with Sonia, the Monash student" - Greg



March 2021

FREE SAUSAGE SIZZLE

On Saturday Feb 20th we hosted a free sausage sizzle at Kindred for people living in the Hastings area. The plan had been to let more people know about our Clubhouse and to attract them into coming along and visiting us. We had hoped we would be able to attract some new members to join the Clubhouse the turnout on the day was fairly quiet, so Caryl and Sarah decided to take to the streets of Hastings and they handed out flyers for the event.



They also used their powers of persuasion to encourage people to come along. Using this tactic, we started to see more people starting to arrive for their free sausage. Those who came and visited us, were given a tour of the building and were also told about our Clubhouse program. They were then given their complimentary sausage in the bread (with onions).

People visiting us on the day included Lisa Dixon (our local Morington Councillor for Cerberus) and also a member of the Blue Ribbon Foundation Board (which raises money for Peninsula Health).



We need to say a big thank you to Mary, Paul, Wayne, Sarah, Jeff, Lisa Caryl, Karen, Greg and Matt for all their help on the day and also for helping to clean up afterwards. We hope to do some more of these promotional events at Kindred in the future.



INTERVIEW: Greg

We sat down with Greg, one of our newest members to ask him a few questions...

What is your favorite activity?

"Driving my car because it keeps me aware and I can get to places like Kindred Clubhouse."

What do you like most about coming to Kindred?

I like the people at the Clubhouse. The participants are friendly and the staff are kind to me and the position of the Clubhouse is fantastic, close to shops, the park and Westernport Bay. For example, when I went for a walk over to the park I saw the foreshore with the mangroves."



Introducing our new member, Greg

What's your most favorite place in the world?

"There's no place like home. It's like being at home at the Clubhouse."

What's your favorite animal?

"When I was a little boy, daddy brought home a dog. Her name was Susan. She was unlike any other and led through example like when she jumped over the 5 foot gate. She tried once then we got together and achieved it together."



RECIPE

Baked Fish with Lemon Cream Sauce

Ingredients Cups Metric

- 4 x 150- 180g / 5 - 6 oz fish fillets , about 1.5cm / 1/2" thick, skinless and boneless
- 50g / 4 tbsp unsalted butter
- 1/4 cup cream, heavy / thickened
- 1 - 2 garlic cloves , minced
- 1 tbsp Dijon mustard
- 1 1/2 tbsp lemon juice
- Salt & pepper
- 1 1/2 tbsp finely chopped shallots , white part only
- Fresh parsley and lemon slices , to serve

Instructions

- Preheat oven to 200°C / 390°F (all oven types).
- Place fish in a baking dish - ensure the fish isn't crammed in too snugly.
- Sprinkle both sides of fish with salt and pepper.
- Place butter, cream, garlic, mustard, lemon juice, salt and pepper in a microwave proof jug or bowl.
- Microwave in 2 x 30 sec bursts, stirring in between, until melted and smooth. Sprinkle fish with shallots, then pour over sauce.
- Bake for 10 - 12 minutes, or until fish is just cooked. Remove from oven and transfer fish to serving plates. Spoon over sauce, and garnish with parsley and lemon wedges if using.



March 2021

CLUBHOUSE NEWS

Lock down Recap

The snap lock down this month didn't stop us from getting together via Zoom and having some fun! Caryl entertained us with a quiz she created and it was lovely to see everyone's smiling faces even if it was virtually.



Monash OT students last day

Sadly, Sonia and Megan are finishing up their time with us. They have absolutely loved spending the last 7 weeks with us and being a part of the Kindred community. Their last day is Thursday 11th March and they would love to see as many Kindred members as they can for lunch so they can say goodbye.



March 2021

UPCOMING EXCURSIONS & EVENTS



Emu Plains Market

When: 17 April 2021

Where: 54 Coolart Rd, Balnarring VIC 3926

Cost: \$4 for lunch

Please contact Caryl for further information



March 2021

CALL OUT

Have you been thinking about coming down to Kindred for a visit?

Come down and see us! We would love to meet you and as a thank you for visiting, your first lunch at Kindred is free!



March 2021

THINGS WE NEED

Coffee Beans

Now that we are using our coffee machine we are using a lot of beans which can be expensive. We would be very grateful for any donations of unopened coffee beans.



Hand weights

Now that we have launched our hospitality unit timetable with some great activities focused on health and wellness, we need some weights to replace the canned food we are using! If you have any hand weights lying around we would love to take them off your hands.



Stretch bands

As part of our health and wellbeing activities we are also doing some light stratching exercises and would appreciate any resistance bands



GETTING THE JOBS DONE

We love how all our members work together to look after our clubhouse!!

Greg working hard tidying the patio



Sarah taking out the bins



Our resident guitarist, Garry, entertaining us.



Jason displaying his vacuuming skills



TIMETABLE

Sun	Mon	Tue	Wed	Thurs	Frid	Sat
Closed	Closed	Closed	<p>9am Open Bus picks up from Ebdale St, Frankston</p> <p>10.00 am Morning Meeting</p> <p>10.15am Unit Meeting</p> <p>11am Orientation new members</p> <p>12.30pm Lunch</p> <p>1pm Clean up</p> <p>1.15pm Walk (weather permitting)</p> <p>2pm to 3pm Newsletter working group</p> <p>4pm Bus leaves for Frankston</p> <p>5pm Close</p>	<p>9am Open Bus picks up from Ebdale St, Frankston</p> <p>10.00am Morning Meeting</p> <p>10.15am Unit Meeting</p> <p>10.30am Basic Computer Skills – Admin Unit</p> <p>12.30pm Lunch</p> <p>1pm Clean up</p> <p>1.15pm Walk (weather permitting)</p> <p>2pm Decision making meeting</p> <p>4pm Bus leaves for Frankston</p> <p>5pm Close</p>	<p>9am Open Bus picks up from Ebdale St, Frankston</p> <p>10.00am Morning Meeting</p> <p>10.15am Unit Meeting</p> <p>Work in Units</p> <p>12.30pm Lunch</p> <p>1pm Clean up</p> <p>1.15pm Walk (weather permitting)</p> <p>2pm Projects</p> <p>4pm Bus leaves for Frankston</p> <p>5pm Close</p>	<p>10am Open</p> <p>10.30am Bus picks up from Ebdale St, Frankston</p> <p>Social Saturday</p> <p>Lunch 12pm</p> <p>2pm Bus leaves to drop off at Frankston</p> <p>Close 3pm</p>



March 2021

BIRTHDAYS

Happy belated birthday to Greg who celebrated on the 14th of February.



Kindred Clubhouse

Just don't count your years, make your years count."
-George Meredith

March 2021

THANK YOU



CONTACTS

Caryl: 0434 084 432 (Wed-Sat)
Kim: 0413 483 310 (Wed, Thur & Sat)
Stefanie: 0435 086 729 (Thur, Fri)

Or phone the Clubhouse
on: (03) 5904 6125

To All Our Contributors

Sarah
Sonia
Megan
Stefanie
Greg
Wayne
Sarah
Jo
Nick
Matt

Front Cover

Autumn foliage

Writers

Stefanie
Megan

Interviews

Greg
Wayne
Stefanie

Photographers

Lisa
Caryl
Stefanie

