

# MAY



Kindred Clubhouse

Creating opportunities for improving mental health

PRESENTING...  
THE WELCOME PROJECT





# MENU

1st

2nd

3rd

4th

Dahl

Melanzane

Bacon and Egg Roll

BBQ

8th

9th

10th.

11th

Broccoli Pasta

Pumpkin Soup

Pies

BBQ

15th

16th

17th

18th

Vegetarian spaghetti

Minestrone

Tuna Bake

BBQ

22nd

23rd.

24th.

25th.

Fettuccini Carbonara

Risotto with mushroom

Stef's soup surprise

BBQ

29th

30th

31st

Chicken Rolls

Stir Fry

Chicken/chips



# Haircuts!



One of our members, Veronica, is a talented hair dresser and has kindly offered to do free haircuts on Friday 17th to the first **3 members** who put their names on the sign up board.



# Ambulance Victoria

We are so grateful to Gracie from Ambulance Victoria for the informative sessions she gives us at Kindred. In April she demonstrated CPR and taught us how to use our defibrillator. We have a defibrillator outside the front door, in case anyone in the area ever needs it.



# Do you need a will?



Peninsula  
Community  
Legal Centre

## Wednesday 8th

The Peninsula Community Legal Centre will be giving information how best to draft your will. Please join us at 1.00pm for this essential service.

### **LAST WILL & TESTAMENT**

KNOW ALL MEN BY THESE PRESENTS, THAT I,

**Robert R. Roberts**

of

Cleveland, Ohio

being of full age and sound mind and memory, does hereby make, publish and declare this instrument to be my Last Will and Testament, hereby revoking all prior Wills and Codicils.

#### ITEM I.

At the time that I make this Will, I am married. The name of my Spouse is:

**Rita R. Roberts**

At the time that I make this Will, I have living children whose names are:

**Sam, Jack, Lisa, Mark, Stacy and Bob**

These children, along with any other child or children born to or adopted by me and my Spouse after the execution of this Will, shall hereinafter be referred to in this Will as 'my Children'.

#### ITEM II.

I direct that all of my debts, funeral expenses, costs and expenses of administration be

# Mothers Day Tea



**Friday 10th**

**Our students Vicky and Senisa will be hosting a morning tea to celebrate Mother's Day. They will be serving tea and scones plus other snacks.**

**We will make this a double celebration by celebrating May members birthdays at the same time.**

# Happy Birthday



3rd Roy

4th Bev

12th Matthew C

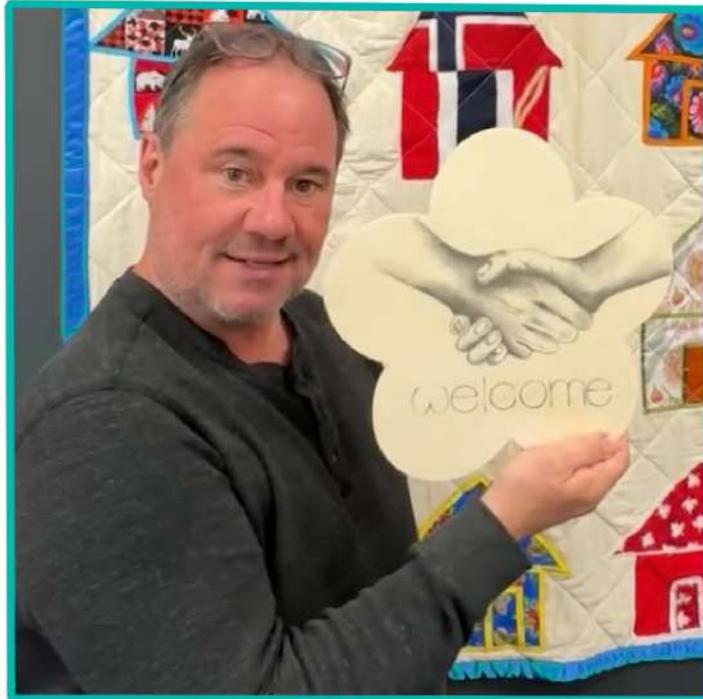
28th Paul B

29th Jill

30th Craig B

We will celebrate the May birthdays on Friday 10th, along with the Mother's Day tea.

# Fundraiser Prize Giving



Saturday 18th

Please join us in welcoming our tireless supporter Paul Mercurio as he hands out the prizes for our best decorated Welcome Signs..

Prize Giving will be at 11.00am  
There is still time to get your sign from Kindred if you do not have one yet.  
Please call Caryl on 0434084432 for details.

# Regular sessions



Meditation every morning at 10.30am



Art every Wednesday morning

# 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.

# Outing to Brunetti's in Carlton



**Thursday 16th**

**We will go on our bus into the city, enjoy a walk around Lygon Street and then have lunch in Brunetti's.**

**If you would like to join, please put your name on the bus list on the board.**

# Thank you!

We would like to thank our dear Santosh for so many years of his dedication and support. He has been such a valued member of our team and we will all miss him and his grounded calmness.

We wish him well in all his future endeavours and hope that he keeps in touch.



# Thank you!

All the members of Kindred Clubhouse wish to thank the Firefighters Charity Fund for their kind donation and much appreciated support.

We are so thankful for the work you do!



# 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

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

