

12 February 2020

Important Dates

Thursday 13 February

New/Additional 50 minute
Exercise Class @11:00am
\$12 per session

Wednesday 19 February

February Birthday celebration
morning tea to be held at
10.30am



Saturday 15 February

Opera in the Park

6:00 – 7:00 pm
Located in the Canterbury
Gardens. ***This is a free event***
sponsored by the Boroondara
Council

Thursday 27 February

Monthly Dinner

The Hester Canterbury monthly
dinner will be held on Thursday
this year, as this day is more
convenient for most residents.
Please see overleaf for Menu.
Sign up sheet is available at
Reception

Access free Wi-Fi on
ground floor. Please see
staff for the password.



Housekeeping Notices

Communal Newspapers

Please be mindful that most of the newspapers
delivered to Hester Canterbury are privately ordered
and paid for by residents; therefore no part of the
paper should be removed without their permission.
There is a daily edition of the week day Age and Herald
Sun available for all residents in the lounge area,
therefore please do NOT remove any or all of these
papers from this area.

Additional Exercise Programmes at Hester Canterbury

Further to advice in last weeks Newsletter, due to
popular demand Josh Hogan will be running an
additional 50 minute class on Thursday mornings at
11:00am. This class will begin this Thursday 13
February in the Hester Canterbury Gym.
Please speak with Josh or Hester Canterbury Staff
should you be interested in one-on-one Gym
appointments.

Movie Matinee - Rescheduled

Please note due to the power
outage last Thursday, our
matinee movie

"The Court Jester"

has been rescheduled to

2:00pm Thursday 20 February



The Hester Canterbury Newsletter is uploaded
on the Hester website under 'news'.
www.hestercanterbury.com.au

The Hester Canterbury February Dinner Menu

Thursday 27 February 7:30pm

Main Course

Slow cooked ox cheeks

served with pomme puree, easy kale with lemon and garlic,
broad beans and Bordelaise Sauce
(a classic brown, red wine based sauce),

or

Chargrilled chicken breast

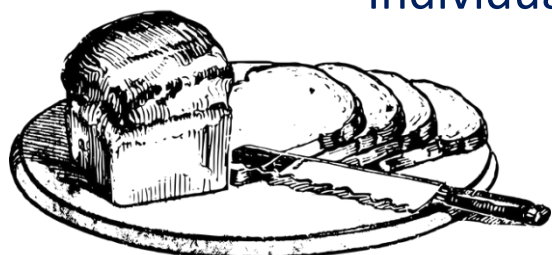
served with pomme puree, broccoli and creamy mushroom sauce

Followed by

Chocolate and Coffee Pannacotta

Or

Individual Cheese Platter



Week One of the Summer Menu starts on Monday 17th February.
Please place any orders by lunchtime the Thursday before.
Bon Appetit!



Hester
Canterbury

Please forward any contributions for future newsletters to Alexia for inclusion.

Email: hester@basscare.org.au