

5th February 2020

Important Dates

Tuesday 11th February

First Residents' Committee Meeting for 2020

If you would like anything raised at this meeting please put it in writing and place in the Residents' Committee letter box. *Future meeting dates for 2020 to come.*

Thursday 13th February

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

Wednesday 19th February

February Birthday celebration morning tea to be held at 10.30am



Thursday 27th February

Hester Canterbury Monthly Residents' Dinner to be held at 7.00pm

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



Housekeeping Notices

Carpet Cleaning

Due to unforeseen circumstances the carpet cleaning of apartments will take place from 9.00am Monday the 10th of February. If this day is inconvenient for you, with your consent Alexia can give the contractors access to your apartment.

Residents' Committee Meeting Minutes

A polite reminder that copies of the Residents' Committee Minutes are always available in the WHITE FOLDER that is situated on the bottom shelf of the centre credenza. If any resident would like a copy of the Minutes please contact Robyn Hausler.

Additional Exercise Programmes at Hester Canterbury

We'd like to welcome Josh Hogan to the Hester Canterbury Gym. Josh is a sports and outdoor activities enthusiast who will soon be finishing his Masters of Clinical Exercise Science and rehabilitation.

Due to popular demand Josh will now be running an additional 50 minute class on Thursday mornings at 11am, starting on Thursday the 13th February for \$12 a session.

We are also looking for expressions of interest for one-to-one Gym appointments and hope to have these starting in the near future. A Doctor's Certificate will need to be completed before starting any exercise programmes with Josh.

Please speak to Alexia to collect a form or for more information.



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

MOVIE MATINEE

2pm Thursday 6th February 2020

The Court Jester (1955 Musical Comedy)

Stars: Danny Kaye, Glynis Johns, Basil Rathbone.



A hapless performer masquerades as the court jester as part of a plot against an evil ruler who has overthrown the rightful king. *(no captions)*

Films In February.

The Hester Film Committee have been hard at work selecting the films for viewing in 2020. The films have been selected for the month of February and aside from the copy you would have received earlier this week, the information is also available on the Hester Canterbury notice board opposite the mail boxes.

Auspicious Symbols Used To Celebrate Chinese New Year



Red Lanterns – for very good luck, prosperity, reunion, happiness, protection, and harmony.



Kumquat Trees-In Cantonese the written character for Kumquat is very similar to that of “gold” and “gat”- translating to good luck. With this symbolism trees are often bought during the New Year to welcome wealth and luck.

The Carp Fish – The homonym here is the fish which sounds the same as the Chinese characters “abundance” and “extra”. People hang a picture of the fish as an symbol to herald wealth, Happiness and prosperity.



Plum Blossoms – The delicate blooms symbolize endurance, perseverance, courage and reliability; for Chinese the blossoms are one of the most important symbols in their culture.

Week Three of the Summer Menu starts on Monday 10th 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