

29th April 2020

Important Information



In Australia, it is recommended that any person 6 months of age and older get a flu vaccination to reduce the likelihood of becoming ill with influenza. Please contact your GP or local pharmacy to arrange your flu shot.

Flu vaccination and coronavirus

Influenza vaccination is not a vaccination against coronavirus, and it offers no protection against contracting coronavirus. However, catching the flu can lower your immunity and make you susceptible to catching other illnesses, including coronavirus, so influenza vaccinations are being recommended by governments and health providers to help reduce the spread of coronavirus.

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



Housekeeping Notices

Hand Sanitizers

Hand sanitizers have been installed by all three lifts in the garage. Please be sure to use them before using the lifts.

Ongoing Maintenance At Hester Canterbury

During the week there will be several areas in the Hester Canterbury courtyard garden being dug up as part of ongoing maintenance work. While this work is being done, please be very careful and watch your step when traversing these areas.



Along with the regular selections, Overhear Cafe would also like to offer the following meals on the weekly menu:

- Prawn Pad Thai (Stir fry noodles)
- Mild Beef Massaman Curry with jasmine rice, and
- Osso Bucco on mashed potato

Newsletter Contributions

Please forward any contributions for future newsletters to Alexia for inclusion. Email : hester@Basscare.org.au

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

A Hester Canterbury Boredom Buster....

Just for a little fun, we are going to run a competition at Hester Canterbury (and yes of course there will be a prize!).

Please provide Alexia with a photo of yourself when you were in your 20's.

These will be displayed on a board without identification. **(Please only submit a copy of your photo, NOT the original*)**.

These photos will be on display in the lounge area and the resident who correctly identifies the most people will win 2 dinners (of their selection) from Overhear Café.

Please submit all photos by Thursday 7th of May.

*** If you only have an original photo, please speak to Alexia, because we should be able to get a copy done For the competition.**



— A SLICE OF HISTORY

ON THIS DAY 30th APRIL

1789 George Washington is inaugurated as the first President of the United States of America.

1859 Charles Dicken's "A Tale of Two Cities" is first published in a periodical magazine and ran until November 26th.

2013 Willem-Alexander is inaugurated as King of the Netherlands following the abdication of Queen Beatrix.

Riddle Me This...

1. What can never be put in a saucepan?
2. A man shaves several times a day, yet still has a beard. Who is this man?
3. What begins with a T, ends with a T, and has T in it?
4. What is coming but never arrives?
5. What can travel around the world while staying in the corner?

1- It's lid 2- A barber 3- A
teapot 4- Tomorrow 5- A stamp

Week Four of the Autumn Menu starts on Monday 4th May.
Please place any orders by lunchtime the Thursday before.
Bon Appetit!



Hester Canterbury

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