

29 July 2020

Important Dates

Friday, 7 August 2020

Nomination forms marked "Attention Returning Officer" (Margaret Gill) must be returned by the above date.

Please place all nominations in the **Residents' Committee mailbox.**

Please note only **one** person from each apartment can be nominated.

If more than six nominations are received, a postal ballot will be held in August 2020 to determine the successful nominations.

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



Housekeeping Notices

Are your spectacles fogging up when wearing your facemask?

Here is a handy hint from one of our residents that may help prevent this from happening- Apply a *little* dish washing liquid to each of the lens and gently rub in all over the lens then polish off with a clean cloth.

The effort everyone is making to wear face masks in all public areas is much appreciated. It is actions like this that will help protect the whole community from contracting COVID-19.

Every Tuesday Lunchtime

Don't forget to get your order in by lunchtime of a Tuesday for any meals you would like to order from Chapter Three Café (to be delivered on the following Thursday).

Due to some reported cases of "creative brain freeze" the closing date for entries in our Limerick competition will be extended to Friday 7 August 2020.

Winner/s don't have to cook dinner, and you have to be in it to win it!!!!

The Hester Canterbury Newsletter is uploaded on the Hester website under 'news'.

www.hestercanterbury.com.au

During this time of isolation, below are some interesting links, and downloads for your mind, body and soul to stay active and invigorated!

For the Body – Just getting started and want something to ease into ? Try – [www.healthline.com/health/everyday- fitness/senior workouts](http://www.healthline.com/health/everyday-fitness/senior-workouts)

For the mind – Looking for a good read?

The National Library is making a selection of its collection available.

[www.nla.gov.au/research-guides/ebooks/ebook -collections](http://www.nla.gov.au/research-guides/ebooks/ebook-collections)

Many libraries are moving online to still be able to service the community.

For the Soul – The Globe Theatre is providing free viewing access to a free performance every two weeks.

globeplayer.tv/and look for the 'Free Content' button

Live webcams – this link will allow you to see what's happening at various landmarks right now. See the Trevi Fountain without the crowds, or see if you really can see the bottom of the canals in Venice. <https://www.skylinewebcams.com/en/home.html>



Week Three of the Winter Menu starts on Monday 10th August. 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