



Hester
Canterbury

newsletter
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Important Dates

SPRING MENU ON REWIND

The new cycle of the Spring Menu (Week 1) commences on **Monday 3 October**. Please have your week one menu choices in by 1pm this Thursday, 29 September thanks.

Music Always
with
Melbourne Guitar Quartet

Melbourne Guitar Quartet is a vibrant guitar based ensemble dedicated to the development of chamber music repertoire for the instrument. The award-winning quartet creates innovative and diverse arrangements which have been blazing new trails in Australia's musical landscape.

Presented in conjunction with BASScare and
MELBOURNE RECITAL CENTRE

Bookings Essential
Call to register

FREE concert
from this
Award winning
Quartet

Wednesday 5th October 10.45am for 11.00am start

Canterbury Centre, 2 Rochester Rd, Canterbury.
Stay for a delicious 3 course Lunch at 12.30pm. \$12/\$15 Transport \$5 each way (bookings essential)



ENQUIRIES 9880 4709
WEBSITE basscare.org.au
FACEBOOK @BASScareAgedCare

Hester Class

Coming soon to the **Hester Canterbury BIG SCREEN** in October a global selection of wonderful stories of triumphant over adversity. Please see accompanying October Film list for details.



Housekeeping Notices

ONE EYED CATS

Up to 14 residents came together socially last Saturday, and in true footy community spirit they got behind the **AFL Grand Final** and watched Geelong run all over the Sydney Swans on the Cinemas' big screen.



HOW WELL DO YOU KNOW YOUR COMMUNITY?

Everyone loves a little mystery and imagine they know all about the people they live with, but let's put that to the test!

Please submit to me something about yourself that most people would not know, be it a couple of words or a paragraph, and each week we'll publish the **'Mystery Insight'** totally anonymous. Frustrating for some, a challenge for others.

DEFINITELY LOST & POSSIBLY FOUND

Could you please be on the lookout for a Room Key and Swipe Card misplaced somewhere around Hester Canterbury. If you find them or any other item absent of an owner, please drop them off at the Office or place in the Managers' mailbox. Thanks.

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

PRISONER TO PHD

A morning with **Guest Author Kerry Tucker**

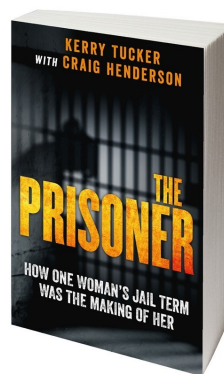
Wednesday 12 October at 10am (Hester Canterbury Cinema)



Hester Canterbury's stunning library is yearning for a new book, and I feel Kerry Tuckers' remarkable story of how you can rebuild your life from the ruins is true testament of a worthy addition. Please join Kerry live to hear her amazing story behind the book '**The Prisoner**' first hand.

After spending nearly five years in Victoria's Maximum Security prison for women for the white-collar crime of stealing from her employer, Kerry was released with her Master of Arts (completed entirely in prison) and was successful in her Candidature for her Doctorate of which she completed in late 2014.

Since her release, Kerry has successfully plished author, highly sought-after motiva-
For Success. She is a passionate advocate the Victorian Government's Women's Cor-story from total despair to unthinkable of **ABC television's 'Australian Story'**.



become a **Swinburne University** lecturer, accom-tional speaker and ambassador for the charity **Wear** for educating women in prison and was appointed to rectional Services Advisory Committee. Her incredible personal achievement was encapsulated in an episode

If you would like to attend, please place business **Tuesday 4 October**. The cost will be **\$12 per person**, (charged to your monthly account) followed by the normal Hester Canterbury morning tea.

your name on the form at Reception by close of



STOCKPILE YOUR SLEEP FOR SUNDAY

On **Sunday 2 October 2022** in Melbourne Victoria, don't forget to turn your clocks **FORWARD** one hour at 2am. Unfortunately that means you will lose an hours sleep and have more daylight hours to think about it!

Week One of the Spring Menu starts on Monday 03 October.
Please place any orders by 1pm the Thursday before.
Bon Appetit!

