



Hester
Canterbury

newsletter
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02 NOVEMBER 2022

Important Dates

MEALS ON HEELS

Please ensure you have your Week 2 Menu Order in by **1pm this Thursday 3 November**. If you require a copy of the Spring Menu, please let me know.

EXERCISE & MOBILITY CLASS

Just a reminder, due to Cup Day the scheduled exercise class with Tom has been moved to this **Friday 4 November at 9:30am**. Please bring your energy.



RESERVE A SEAT AT THE TABLE

Fine dining is back at Hester Canterbury with the **Community Lunch on Friday 18 November**. This will sit high on your social calendar, as an afternoon of delicious food and drink is shared with just the right amount of laughter and tales. The Lunch Menu and sign-up form is at Reception and we ask that you please **RSVP by 5pm Wednesday 9 November**.

Hester Class

Two of the finest English actresses unite in **Ladies in Lavender**, screening



Tuesday 8 November at 7:30pm on the Hester big screen.

Chocolates & chips on hand, BYO drinks.

Housekeeping Notices

FASCINATING OR LADIES DAY

The Cup maybe run but now it's time for the ladies to shine. Tomorrow **3 November** is **Oaks Day** or as tradition has it, **Ladies Day**. Don your fascinator and partake in some pre-race Morning Tea in the Club Lounge before the first race at 12:40pm. Gentlemen welcome.

MYSTERY INSIGHT (Who am I?)

We have a **winner**, finally! The first person to guess correctly last weeks **Mystery Insight** was Joan.K who guessed it was Alan. Congratulations and your prize will be arriving for you soon.

'I was in a multi-story building full of market stalls in Hong Kong looking to purchase some DVD's when suddenly the lights went off and the shutters pulled down at the entrance with all the customers one was deadly quiet for about in the pitch darkness until the back on and the shutters went out the Police had raided the building and the DVD shop was selling black-market discs, but I still managed to leave with my purchase'



Think you know who the **Mystery Insight** is, then please let me know? We are looking for more short tales as we don't have any in the bank for next week, so start putting pen to paper.

ADD VALUE TO OUR WASTE

Knowing that landfill in Victoria will potentially be at capacity in 2026, **Hester Canterbury** is looking at what we can do to help our future and minimise waste. Please join our highly skilled gardener **Martin** for an **Organic Compost Forum** on **Wednesday 23 November at 10:30am** in the Club Lounge to discuss and plan the initiatives we can all implement and manage around composting and waste.



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

www.hestercanterbury.com.au

RAISE THE ALARM

The benefits of the **24/7 monitored Tunstall alarm system** in each apartment was truly tested recently for one of our residents who was fortunate enough to have their Tunstall pendant on them when they really needed it most.

Each apartment has been fitted with a **Tunstall Alarm System** base station and access to a press button pendant that you can have on your person, that once activated goes directly to an operator who will manage the situation, even if you are not in a position to speak.

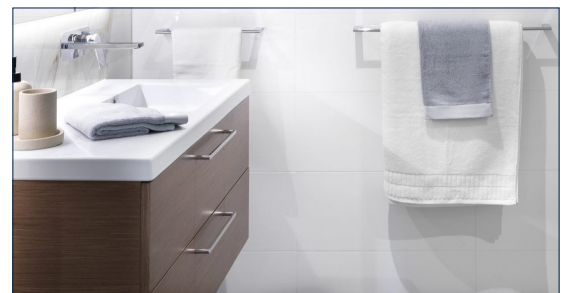


Have you familiarised yourself with the system? In certain situations, having the **Tunstall** system at reach could literally be the difference between life and death and having seen the system in action in recent times, I can assure you there is probably no better peace of mind.

NO WISE CRACKS ABOUT BASINS

It's arrivederci to the old as the installation of the **replacement Basins** for your bathroom will commence on **Tuesday 15 November**. The contractor responsible for the project will gauge from the first installation how long the process will take to complete and set a schedule accordingly of how many they will be able to replace each day. We will keep you updated with times and dates once the schedule is formulated.

If you have any questions regarding the installation, please let me know.



MEETING OF THE MINDS



Just a reminder that the next gathering of the **Residents' Committee** will be held on **Tuesday 8 November at 10am** in the comfortable Hester Canterbury cinema. Have a wonderful week and take care.

Week Two of the Spring Menu starts on Monday 7 November.
Please place any orders by 1pm the Thursday before.
Bon Appetit!

