



Hester
Canterbury

newsletter
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11 JANUARY 2023

Important Dates

TO DOODLE OR DARN?

Hester Canterbury Craft Club launches off for another year on **Monday 30 January at 2pm** in the Dining Room. It's an informal opportunity to channel your inner creativity you didn't even know you had, while enjoying unscripted conversation. All welcome.



Hester Class

A stunningly colourful period piece, **'Mrs Harris Goes To Paris'** takes you on a journey from regular to spectacular. Screening on **Tuesday 17 January at 7:30pm**, the first **16** people through the door receive a **Peters Drumstick**.



GOING BRASS IN MARCH

Flick open your new 2023 diaries and note this down as **Hester Canterbury** comes alive on **Sunday 5 March at 2:30pm** with the **Oakleigh Brass Band** booked to entertain you with an afternoon of tunes. Sign up form will be available at Reception closer to the date.



Housekeeping Notices

STOP WHAT YOU'RE DOING IF IT'S NOTHING AT ALL

The known truth is you'll never outrun aging, but the better shape you're in, the longer it takes for your age to catch up. Though you may have let the gym membership lapse, there are still ways of maintaining positive independence without the sweat and tears.

BASScare's own personal trainer and all round nice guy **Tom** takes a user friendly **Exercise Class** every **Tuesday at 10am** in the Gym, focusing on vital areas such as **Mobility, Balance and Upper Body Strength**, all key elements that will significantly benefit most residents in retirement living.



If you are interested in joining in on the Exercise Class or finding out more information, please either contact me (Chris) or **Matthew Azzopardi** at the Canterbury Centre on P: **9880 4709**.

WHAT'S MORE AUSTRALIAN?

In the true blue Aussie spirit the residents of **Hester Canterbury** will be celebrating **Australia Day** on **Thursday 26 January** with a delicious BBQ, once again catered by the wonderful Chefs at Faversham.

Sign-up form will be available at Reception soon.



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

www.hestercanterbury.com.au

COMMUNITY ENGAGEMENT IS GOOD FOR THE SOUL

If a banana looks different on the outside, is it still a banana on the inside? A hand of bananas maybe diverse and unique with different appearance, taste and smell, however this does not mean that a lone finger or a bunch that we prefer to segregate based upon perception, cannot add to the overall experience or provide adequate sustenance.

Same can be said for humans and their personalities, quirks and the manner in which they converse or conduct themselves. Sharing your differences builds a better understanding of diversity amongst a community and engaging in conversation may open doors to something in common, as minuscule as it may be.

There is no perfect recipe for retirement living in a community, it's more about awareness of what we say, how we pitch in and lend a hand and show respect, something Hester Canterbury does very well. The degree of social involvement is not a mandatory, nor should it be, however the community aspect would have been the foundation behind a lot of individuals making the move, knowing that community engagement, be it big or small, is good for the soul.



Oh, if I have whet your appetite for a banana, they are presently \$3.50Kg at Coles.

COMING SOON

Following this week's visit by **Pattersons Build Group**, if they can secure the materials required to complete the refurbishment of the water damaged communal areas on the ground floor, they will schedule the works required for early **February**. Full details of the schedule and contingency plan for temporary spaces will be relayed to all residents prior to commencement, and throughout the works.

TASTE OF SUMMER

Just a reminder that if you wish to sample one or more of the gourmet dinner offerings from the **Hester Canterbury Summer Menu**, please let me know and I'll provide you with the menu.

**Week Three of the Summer Menu starts on Monday 16 January.
Please place any orders by 1pm the Thursday before.
Bon Appetit!**

