




Calendar Dates

TIME IS RUNNING OUT

 Just a reminder that the **Hester Canterbury Resident Survey** closes **Friday 5 May at 5pm**. Your feedback is vital and it should only take you roughly **10 minutes** to complete. If you have not already received the survey via email, please check your Junk / Spam inbox, or please let me know if you require a hard copy.. **Thank you** for your support.

Hester Class

What do you get if you mix an American executive with a down under sheep station, a handsome owner and a great drop of wine? **'A Perfect Pairing'**.



This lovely tame romance is screening **Tuesday 9 May at 7:30pm** on the Hester Class big screen.

EVENT BOOKING

Please note that the Dining & Private Dining Rooms have been booked for a family event this **Saturday 6 May from 5pm to 10:30pm**. We thank you for your consideration.



Notices

THERE'S MOVEMENT AT HESTER

All going well we should see the settlement on 3 apartments this month and be able to throw the front doors open and welcome our **New Residents** to **Hester Canterbury**. A large attraction for new people is our beautiful community and the exciting opportunity to build new friendships and share each others stories.



WE'VE MISSED YOU



For those unable to attend, last **Friday** we welcomed back the **Resident Community Events** to the Dining Room with a **Champagne High Tea**. It was a wonderful afternoon with the community coming together over conversation and ample treats. A big thank you goes out to the wonderful Chefs at Faversham House. Looking forward to seeing more faces at the next event.

ALL RISE FOR THE KING

It has been suggested that the residents may like to watch the coronation of **King Charles III** on **Saturday 6 May** on the Hester Big Screen in the cinema. I will ask John.M if he could have it screening from 5pm so you can sit back and toast our new head of state.



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

www.hestercanterbury.com.au

MALING ROAD STREETScape IMPROVEMENTS

City of Boroondara's Planning & Placemaking team would like to invite locals who use the Maling Rd precinct to consider options to make space for streetscape improvements. They have organised a workshop style event in which you will have a chance to talk to Council officers about the streetscape design and proposed future changes for the precinct.

You will need to register to attend this event. Light refreshments will be provided.

Eventbrite Bookings

Wed, 10 May 2023 5:30 PM - 7:30 PM

Location: Canterbury Community Centre 2 Kendall Street Canterbury,
VIC 3126

<https://www.eventbrite.com.au/.../maling-road-streetscape...>



WHAT'S IN A WALK

Even when mobility becomes an issue, the benefits of a daily walk is unquestionable. Starting off with just a **10 - 15 minute** stroll around our beautiful gardens or even the ground floor common areas will assist in improved cardiovascular health, will help burn calories, increase muscle strength, can reduce joint pain and maintain flexibility, assist in sleeping, plus help with cognitive decline, all the while providing you with a change of scenery and a chance for social interaction. Once you have found your step, increase your daily walk in 5 minute increments to 30 minutes a day. The proof will be in the walking.

FAVOURITE DESTINATION

I find it very surprising that there is not a single resident with a favourite travel destination? If you would like to share a travel story in next weeks Newsletter, please submit your adventure to me by next Tuesday.



**Week One of the Autumn Menu starts on Monday 08 May.
Please place any orders by 1pm the Thursday before.
Bon Appetit!**