



## Calendar Dates

### THE ART OF CRAFT

Clear your social calendar for **Monday 31 July at 2pm** and join in with the **Craft Group** for an afternoon of creative chatter. It doesn't matter if you cannot boil water or even paint your nails, everyone has a little creativity in them somewhere. **Gentlemen welcome.**



## Hester Class

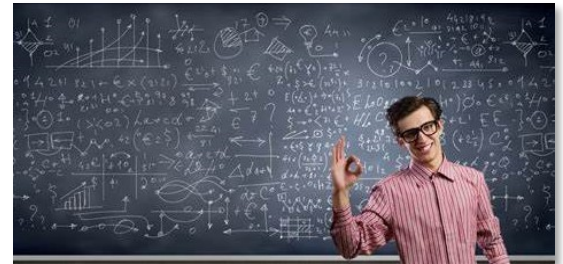
Some like it **hot** and others fear the repercussions of too much spice, but not for janitor Richard Montanez whose burning ambition revolutionized the snack food industry. **'Flamin' Hot'** is a light hearted comedy inspired by a true story that will either have you licking your fingers for more, or breaking out in a cold sweat with the sensation of heart burn. Screening **7:30pm** sharp on **Tuesday 1 August** in **Hester Class**.



## Notices

### LETS BE PRAGMATIC

Though it's probably not high on your event calendar, it looks as though this years **Hester Canterbury / BASScare AGM** will not take place until the second half of **August**. This years budget will be presented to the **BASScare Board** this week for approval and I will hopefully meet with our Finance Department next week to put together a snap shot of **Hester Canterbury's 23/24 Budget** to be provided to all residents prior to the AGM. We thank you for your understanding and will keep you informed with its progress.



### SOCIAL SUPPORT PROGRAM BRAINSTORMING

As a follow on from Elizabeth's conversation on the couch last week, she has requested the following for any residents that may wish to partake? *Join Elizabeth on **Tuesday 1 August at 1:30pm** in the **Canterbury Centre Rochester Road** for a light discussion focusing on meaningful programs and events you would like to see added to the **BASScare Social Support Calendar**. Share your thoughts of how you see the social support space evolve while enjoying a light afternoon tea provided. If you are interested in attending, please **RSVP** to Elizabeth by **COB this Friday on 9880 4708**.*

### LIKE WATCHING CARPET GROW



Just an update on the progress of the replacement carpet for the ground floor common areas. I met with the builder responsible for the insurance claim today and he has advised that the **'custom made carpet'** is being produced in **India** and not likely to hit our shores before **September**.

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

[www.hestercanterbury.com.au](http://www.hestercanterbury.com.au)



## LAUGHTER'S GOOD FOR THE SOUL

Life can be far too serious and sometimes you just need to turn off from the world and have a really good laugh.

So, screening each **Friday from 4 August** will be **'Funny Fridays'** a matinee movie feast comprising of some true comical delights from throughout the ages, commencing at **1pm**.

Grab your neighbor and / or invite **family and friends** to laugh along with you and share a not too serious and care free afternoon in the comfort of **Hester Class**.

The upcoming movie will be advertised in the **Newsletter** for your scrutiny and ongoing feedback would be appreciated so we can possibly improve the experience.

So if you can spare the time, come along and exercise your funny bone and don't be shy to laugh out loud.



## CONVERSATION ON THE COUCH

Our next guest speaker to join the residents for morning tea is our own **BASScare Exercise Physiologist, Michelle Lincoln** on **Wednesday 23 August at 10:30am** in the Club Lounge.

Michelle will focus on the **Australian Physical Activity & Exercise Guidelines** for Older Adults, with an emphasis on why the guidelines exist and how they can be implemented to best suit your personal needs.

She is looking to have an organic and interactive conversation, with plenty of opportunity to ask questions.



**Week Three of the Winter Menu starts on Monday 31 July.**  
**Please place any orders by 1pm the Thursday before.**  
**Bon Appetit!**