



You

February 2020

Yarrunga Offerings & Updates

'Community Event of the Year' nomination

Yarrunga Community Centre is so proud to have received a nomination for Community Event of the Year from Maroondah City Council.

The nomination was for our Carers Wellness Day held in partnership with iDareU and EACH. The day was held last May in support of unpaid carers of people with disabilities.

It was a wonderful day that helped carers recognise the importance of self-care, assisted in reducing the isolation that many carers feel due to the demands of their carer role, and many attendees have continued their connections with each other.



*L-R Sharon Davies, iDareU; Sam Blackwell, YCC;
Sue Dymond, iDareU*



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Lost anything at Yarrunga?
Check out our Lost Property Box.

Look What I Can Do Art and Craft Market

Saturday 21 March

10am - 2pm

Yarrunga Community Centre will be holding a 'Look What I Can Do Art and Craft Market' on Saturday 21 March 2020.

The market is a project combining Yarrunga Community Centre's Enterprise Skills programs and a Maroondah City Council Art and Culture grant.

The aim of the market is to showcase the abilities and talents of amateur creatives, particularly people with a disability and the cultural and linguistically diverse.

We believe it is important for people with a disability or other barriers to be seen for what they can do, not what they can't do; and for them to have opportunities within a safe space to learn and grow.

We are therefore keen to extend an invitation to the local community to come to the market and support these budding artists. So save the date, come along and see the wonderful work done by our exhibitors. It's also a chance to purchase some original and beautiful pieces of work.

SATURDAY MARCH 21
10AM - 2PM

Look what I can do **Art & Craft Market**



Yarrunga Community Centre
76-86 Croydon Hills Drive, Croydon Hills
PH: 9722 8942

Yarrunga Community Centre is a recipient of a
Maroondah City Council 2019/2020 Arts and Culture Grant



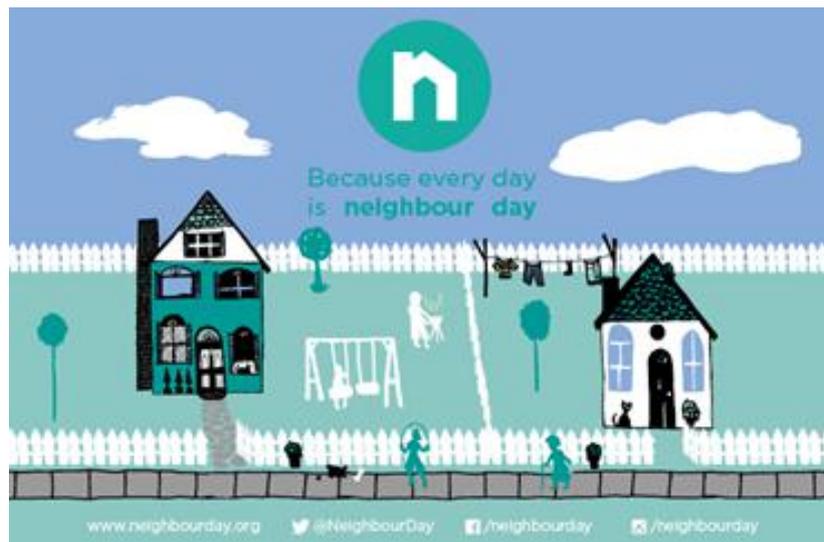
Be Connected - Lunch with your Neighbour

The theme of Neighbour Day 2020 is "Social Connection".

We think this is a perfect time to launch our 'Be Connected' computer workshops for older Australians.

So join us for a free lunch and hear about this exciting new opportunity for you to learn how to use your computers, tablets and smart phones to stay connected to family, friends, hobbies and sites like MyGov.

Thursday 26 March
from 12pm
RSVP 20 March
Bookings are essential as places are limited



Be Connected
Every Australian online.

**Network
Partner**

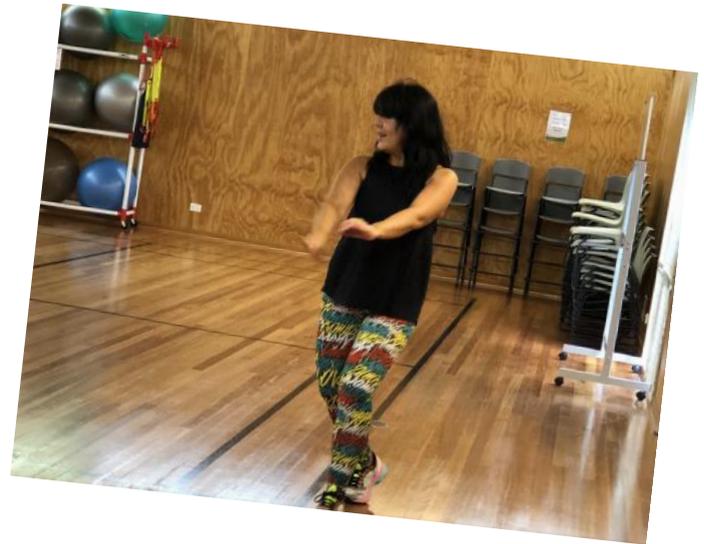
Class Profile - Zumba Gold



Here's our new Zumba Gold tutor - Susanne: "I have loved Zumba for many years, and after 8 years of attending Zumba classes, I began teaching Zumba to gyms in 2017. I began teaching Zumba gold last year after I noticed some of my members wanted to participate in classes but they found it too high intensity, and felt excluded as they could not do the moves.

" Zumba Gold allows beginners and more mature adults to participate in a modified Zumba class with the moves people love at a lower intensity.

"What do I love about Zumba? simple - I love the way an instructor can make a difference to their participant's lives. Zumba shows us that fitness can be fun and addictive, and all you need to bring to a class is your smile and you're READY!!!"



Other News

Yarrunga Lake clean up

Maroondah City Council have been busy de-silting our lake. It looked like a huge operation, starting with emptying out the lake. Luckily there have been no skeletons uncovered, but we have seen a few tyres and a vacuum cleaner.



Pumping out the water - took quite a few days

The depth of the lake is revealed.





Digging out the mud looks like quite a job.

Several downpours ...



the lake refills ... and work begins again!

But finally it's finished



And the resident ducks are very happy



Other News

Enterprise Skills - Woodwork

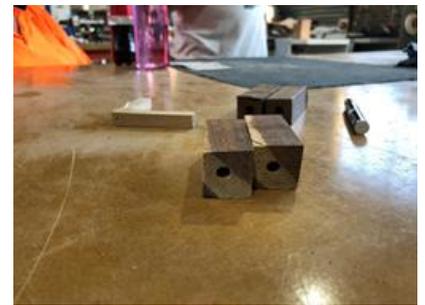
A glimpse into the secret world of woodwork - how to make a wooden pen.



After selecting your wood - cut two pieces to size



Drill holes for the pen innards and then you have your two halves



Roughen up the inside glass tubing for inside so that the glue will adhere



Coat the glass tubing in glue and pop it into the wooden block



Trim to size and re-drill the hole so everything will sit evenly





Put the two halves onto the wood turning machine



Begin to shape ...

and be prepared to get dirty



Sanding. Lots and lots of sanding.



The natural colours of the wood begin to emerge, and are highlighted when the oil is applied



The innards of the pen are inserted

and we have the proud creator of a finished product



Check out our new photo board in the kitchen and watch the year unfold in pictures!



'Computer Taming'



'Strength for Life' summer program



*New table and chairs in Room 4 - feel free to sit in there
anytime for a catch up with friends*



*New glass partition at Reception -
keeps Nadine safely tucked away*



All new books in our lending library

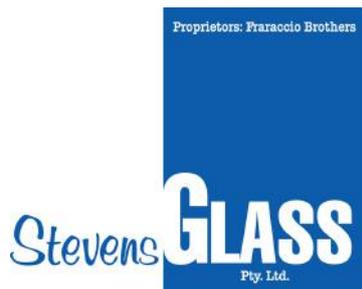
Happy 80th Birthday Fred



Graduates from the Be Connected Digital Mentor training session

The new mirror in the hall, modelled by our regular hirers, Dance Explosion.

Special thanks to Stevens Glass who installed the mirror free of charge.



Some of the amazing work our Enterprise Skills participants have been working on for the Look What I Can Do Art and Craft market

