



You

February 2021

Yarrunga Offerings & Updates

Welcome to Term 1

Welcome to 2021 and welcome back to our wonderful Centre. We have missed your physical presence. It is so wonderful to see real life, flesh and blood people back at Yarrunga.

I would like to thank all our staff and participants for embracing our different program delivery last year. Using online technology, while not perfect, it enabled us all to remain connected and have the choice to continue to participate in classes via Zoom.

As we all know, the management of COVID Regulations can change very quickly. You can keep abreast of any updates via our Facebook Page and look out for our emails.

The processes for entering our building are quite stringent and time consuming. We have number limits in our foyer, and everyone must register using our QR code or sign in on our iPad. THIS IS A REQUIREMENT FROM DHHS, TO CONTINUE TO OPERATE WITH GREATER NUMBERS.

While some of you may not agree with the rules in place, I ask you to respect the staff who are overseeing and ensuring compliance, as they are simply doing their job and trying to keep the community safe.

The Staff and Committee wish you all the very best for this year and fingers crossed, we are able to continue with business as usual. Enjoy our offerings for 2021

Sam Blackwell
Manager

STOP PRESS:

So close fingers crossed for a hasty return to face-to-face programs and activities.

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Covid Art

Living through a pandemic – from the early days of isolation and lockdown to the long-term lifestyle changes and restrictions to contain outbreaks – is an experience that has had many different profound effects on everyone.

Covid Art is a project where people can express their feelings, thoughts and experiences of this through any kind of art from including abstract work, writing, collage – even a music playlist! You can create an art piece that is uniquely your own, and you do not need to be an artist to participate as a facilitator is available to help you.

Funding is available to cover materials and so places are limited. Please contact the Centre for more information or to lodge an Expression of Interest.

*Yarrunga Community Centre
acknowledges the support of Maroondah City Council's Community Grants Funding
Program/Arts and Cultural Grants Scheme*



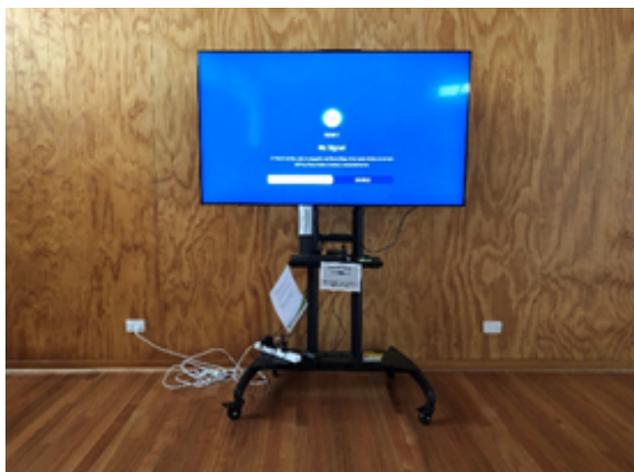
Change of Name -

from Living Longer Living Stronger,
to Strength for Life, and
back to Living Longer Living Stronger

Don't ask! But Strength for Life is reverting to the Living Longer Living Stronger name. We hope this will be the last time they change the name!



Video Conferencing Equipment



You may have noticed a giant TV screen in the hall. Sadly, it's not for lunchtime Netflix!

Yarrunga has purchased video conference equipment to enable participants to attend classes via Zoom if that is their preference. If you think attendance via Zoom is something you would like to explore please let us know and we can schedule in your class if the equipment is available.

New furniture, fixtures and equipment

Thanks to government stimulus grants we have been able to purchase lots of new things:

- Flyscreens: on all windows including the early learning centre
- Chairs: the pink and green ones have been retired and we have purchased lovely lightweight chairs on trolleys that are much easier to use
- Air conditioning: Room 3 and Foyer are no longer without cooling and heating
- Blinds: all windows now have beautiful new charcoal blinds to match the flooring, and they bring a lovely modern look into the rooms. A huge thank you to Peter from Blind Affairs for a terrific job.
- New sign: we have a new sign facing out onto the road with up to date logos and information

Congratulations

Congratulations to Peter Feeney for receiving a Deakin Community Award in recognition of his outstanding contributions to the Deakin community.

Peter has a long history of community involvement including being chairperson for the Committee of Governance for Yarrunga, involvement with the Maroondah Healthy Ageing Network, National Seniors and Communities of Wellbeing. He also ran for Council last year and has been a long-term supporter of businesses through Maroondah Business Group.

Peter's award was presented by the Hon. Michael Sukkar MP at a special presentation and afternoon tea at Yarrunga – our first event in nearly 12 months!

It is a well-deserved recognition for a very special person.



Congratulations are also in order for John Sadler - convenor of Yarrunga Writers, and all of the convenors of the Yarrunga Retirees who received a 2020 CHAOS Volunteer Award for their volunteering services.

Even though we spent most of 2020 in lockdown, this group of people worked extremely hard to maintain communication and activities within their respective social groups.

We thank them sincerely for all their hard work, and are proud to have them as part of our Yarrunga team.

Volunteers Wanted



Please contact the office if you are interested in helping this truly worthwhile program, and helping some of the most vulnerable members of our community.

Volunteers are desperately needed to help prepare community meals for the Winter Shelter program.

- Volunteers will come to Yarrunga once a month (a Saturday or Sunday afternoon) for 3 hours or so to help prepare meals which will then be collected and taken to another venue for distribution
- Centre staff will provide initial support, with the view of the group becoming self-facilitated
- The group will decide what to prepare (eg. spag bol sauce, curry etc.)
- All produce will be provided
- A Working with Children's Check will be required by all volunteers and Centre staff can assist with this easy process

Barista Training for Teens

Do you have a teenage child or grandchild looking for part-time work in a café or restaurant? We will be running a one-day workshop for teenagers showing them how to use commercial coffee machines to make barista style coffees. It's a great opportunity for them to gain an advantage by having coffee making knowledge and experience.

Thursday 8 April, 9.30am – 1pm. \$88.50

Enrol: <https://form.jotform.com/202381240942044>

Neighbourhood Connect Training and Mentoring Program

Yarrunga is pleased to be supporting the Neighbourhood Connect Training and Mentoring Program. Covid forced many of us to change the way we worked, lived and connected with others. It also reinforced the power of neighbourhood support to change lives and highlighted that many of us do better when we feel a part of a community, and many people feel this is an area that they would like to continue building upon.

The Neighbourhood Connect program is offering free individual mentoring and workshops, as well as support, tools and tips to create a gathering of neighbours, and then an ongoing group.

This program will show you how to:

- Turn the streets around you into a community
- Help your neighbours feel like they belong
- Make new friends and support one another
- Plan and run fun activities where you live

You will get step-by-step help with individual mentoring and build confidence at some skill-building workshops.

Places are limited, so register now.

<https://www.neighbourhoodconnect.org.au/projects/>



Term 1 Activities and Programs

HEALTH AND WELLBEING

Fit Drum

Our Fit Drum class looks like heaps of fun. Still confused about what Fit Drum is – watch this video: <https://youtu.be/-urPnTAJmWk>

Wellbeing Hub

This new social group would love some more members. The group meets on Fridays at 10.30am – 11.30am. It's a great group for people interested in sharing ideas and experiences on improving wellbeing. A facilitator is available to guide discussion and we can cover topics including building resilience, stress relief, body and breath awareness, healthy eating, sleep and any other components of wellbeing that members wish to explore.

ADULT EDUCATION

Please use the following link to enrol in our Adult Education programs:
<https://form.jotform.com/202318033650848>

Mixed Media Art and Craft

This class will teach skills in various art mediums including fluid art (abstract painting), card making, 3D art, paper quilling, alcohol inks, jewellery making, stencil making and more. Our tutor, Shelly, is amazingly creative and talented, and we would love to get this class up and running. The class will run on Tuesdays from 10am -1pm.

Woodwork

Our woodwork class is an opportunity to learn how to make some beautiful wood products such as cheeseboards, pens and boxes, as well as be able to use a variety of tools safely and confidently, and become capable of some simple home maintenance jobs that require the use of tools. Interestingly, all the participants at the moment are women – so, ladies, let's take over the tool shed! Mondays 5pm – 8pm.

Office Jumpstart

Office Jumpstart will teach you how to use some of the amazing apps available. It's a great way to either upskill or show-off to friends and family! Some of the apps explored include Canva (a design tool), Trello (a project management tool), Google Docs (document sharing). Fridays 9.45am – 12.45pm

Conversation Cafe

English must be one of the most difficult languages to learn – this class is an informal opportunity to come together and practice English speaking skills. If you know of anyone who may benefit from this program, please let them know. Wednesdays 10am – 12pm

Photo Page



After around 9 months away, the weeds were taking over after slogging away, some semblance of order has returned.



Our Fit Drum tutor - Judy.

It's a great new class - give it a go!

Photo Page cont.



Thanks to everyone who donated to our Christmas hamper - this was load number 2!

Peter from Blind Affairs installing new blinds throughout the Centre



Photo Page cont.

Our beautiful new signage facing out onto Croydon Hills Drive

