



# You

October 2022

## Yarrunga Offerings & Updates

### **Welcome to Term 4**

Wow! Where has the year gone?

While it has been extremely challenging managing staffing shortfalls due to planned and unplanned illness (Covid), I am incredibly proud of all of the team, including staff, tutors and volunteers for continually displaying positivity, despite often feeling tired. Without you all – we can't function.

Huge thanks to all of our participants for staying the course and re-enrolling this year. While we have seen a decline in numbers, whether due to other commitments such as finally being able to travel once again, or uncertainty about returning, term 4 has seen an increase in activity – which we hope will continue for 2023. Keep an eye out for the 2023 semester 1 course guide later this term and don't forget to book into your favourite classes.

The amazing committee has developed our Strategic Plan for 2023 - 2025. If you wish to view it please come to the office and ask Nadine. They have updated the mission and vision statements that are more reflective of our community, its resilience, and our pathway to ensure a sense of belonging and wellbeing.

#### **Our Mission**

To invest in opportunities and services that enrich the lives of our diverse community and support people to connect, engage, learn and thrive.

#### **Our Vision**

A safe community space that supports connection and belonging

#### **The Strategic Objectives**

- Identify and address community and social wellbeing needs within the community
- Ensure excellent standards of Governance and Risk Management
- Fostering community engagement, creating a greater sense of ownership
- Maintain financial sustainability and independence

I wish to thank our team of volunteers and Krissy Robinson for their continued dedication to preparing meals to support the Winter Shelter program. While the overnight program has now finished, they will continue to provide meals to the evening meal program.

Congratulations goes to Way Moo, for winning the raffle for the donated handmade quilt by Marian Schumejko in support of the Winter Shelter food relief program. We are so happy that she received this, and as you can see by her face, she is ecstatic!

Just a reminder that we will be closed Monday 31 October and Tuesday 1 November, and will officially close for 2022 at 4pm Thursday 15 December.

Sam Blackwell  
Manager



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# STAFF CHANGES

## Goodbyes

### **Berni**

Big thanks to Berni for stepping in for our Tuesday LLLS classes and running a short exercise session for our Karen Elders Social Group. It would be lovely to see Berni back on a permanent basis – fingers crossed!

## Hellos

### **Jenni**

Welcome to Jenni Jacob! She is taking the 3pm LLLS class. Jenni has a background in Pilates so the class is a wonderful hybrid of Pilates and strength training and is a great choice for people who may have a health condition that requires more therapeutic options. Our Manager, Sam Blackwell (even with her bung hip) says that she is fantastic.

### **Brigida**

Brigida is taking our Mixed Media Art and Craft class at Wyreena, stepping in for Gail who is taking the term off. Brigida is doing a wonderful job there with learners with a disability.

### **Marian Schemejko - New Committee Member**

We also welcome Marian to the Committee of Governance. Marian commenced activities at the start of this year and quickly wanted to give back to the community. First, she donated an exquisite hand-made quilt to our Winter Shelter food relief program. Money from the raffle tickets sold has contributed to buying fresh produce for our wonderful community kitchen volunteers to create the beautiful food that is shared with those in need.

She has now taken the next step and joined the committee as an ordinary member. Marian is recently retired, but comes from a background of working in state government departments, and so has a great understanding of policy, legislation and the importance of Governance. We are very grateful to have Marian on board.

## TERM 4 ACTIVITIES AND PROGRAMS

### 25th Birthday Celebration

We had a small but very useful community consultation session in late September to discuss what symbols and meanings people associated with Yarrunga. These ideas have now been passed onto the sculpture artist, Tim Read from Tread Sculptures and we're looking forward to seeing his ideas. Thank you to everybody who took the time to attend or submit comments for us.

The unveiling of the sculpture will be on 1 December – mark the date in your diary.

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



Not that we're counting  
or anything, but how  
many sleeps until  
Christmas??

# Play



POSITIVE LIVING @ YARRUNGA

## Meaning

The next pillar of the PERMAH model we are exploring is Meaning. Evidence shows that when we find a sense of meaning in our activities we are happier, more motivated, more committed and more satisfied.

### Find Purpose in Little Tasks

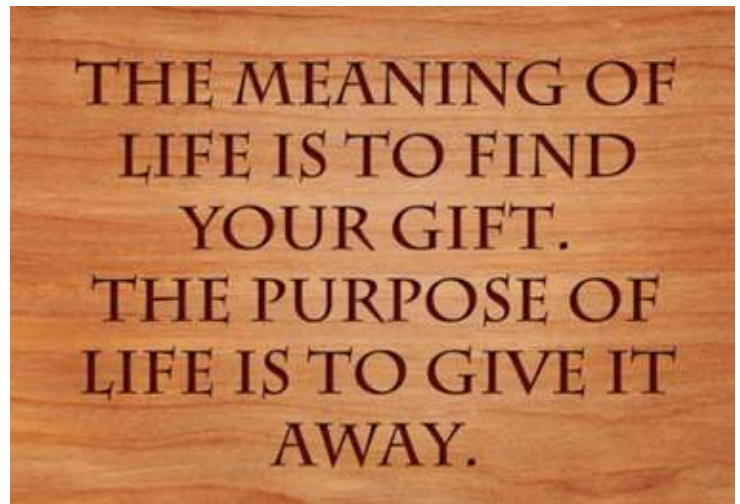
One way to do this is to find meaning in any job – even ones that may be considered mundane – because they contribute to a bigger picture. For example, cleaning the floor in a hospital is essential to helping people recover by ridding the hospital of germs.

Instead of thinking about **what** you do, or **how** you do it, understand **why** your job makes a positive difference to others – and this includes the jobs we do at home.



## Pursue Goals with Purpose

What gets you excited about getting out of bed every day? Where do you think you can make a difference? Knowing your purpose is a great way to nurture the Meaning pillar.



To help you uncover the answer to this:

- identify and use your signature strengths - VIA survey - <https://www.viacharacter.org/survey/account/register>
- use your natural talents – the things you are naturally good at
- use your skills – the skills you consciously develop
- use your passions – those things that you love spending time on

Together all these little pieces can help you complete the jigsaw puzzle of your life's purpose.

## Invest in 5-minute Favours

What is one thing you could do today to make a positive difference for others? This might be sharing knowledge, teaching skills, providing advice and guidance, doing some extra work, listening or providing emotional support.

# PROFILE

## Nadine Griffiths



Nadine is usually the first person that you will see when you enter Yarrunga – but what you may not know is what an amazing person she is.

Nadine handles all of the admin side of the business including running our student management system, organising enrolments and payments and answering the many queries that come through calls and emails, and her organisational superpowers make her perfect for this role. These same skills allowed Nadine to work full time and simultaneously, single-handedly, raise two of the most amazing young women you will ever meet.

The tenacity and resilience also required for this has been used in other areas of Nadine's life including the early death of her mother and sister and a career change at a later stage in life.

For many years Nadine worked as a change management leader at GE. After facing retrenchment Nadine picked up the pieces and eventually found her way to Yarrunga to successfully complete a Cert III in Business and a 12-month traineeship during which time she has re-ordered and improved every system in the office.

But Nadine is not just about organisational skills, she is also an absolute whiz at technology. She taught herself our client management system – Social Planet – so successfully that she is now in demand to help other Neighbourhood Houses learn how to use the system and has made very valuable suggestions and contributions to the developers of the system. She is our go-to person whenever our computers say 'no'. And she has been helping many of our Centre participants with techy things like applying for the Power Savings Bonus. She even stepped in on one occasion to take our Practical Computer class when the tutor was unavailable.

Despite all these left-brained skills, Nadine also has a really gifted creative side and spends much of her leisure time making beautiful cards -something we all benefit from at birthday time!

We have all decided that Nadine is the most indispensable member of the team and she has been refused permission to leave – ever. Luckily for us she also has a very strong sense of loyalty and commitment.

One word of advice if you ever find yourself working with Nadine though – don't mess up her desk and don't put the EFTPOS machine in the safe at night-time!

## Looking Ahead to 2023

### Lifelong Learning Programs

We will continue some of our most popular learning programs, and we have a great new one!

#### Auslan - New

Tuesday evenings via Zoom

Learn some introductory Auslan sign language skills so you can hold some basic conversations or pave the way for more formal learning. Class will be held via Zoom with a once a term face-to-face catch up.



#### Barista for Teens

A one-day session that is perfect for teens looking for part-time work in the hospitality industry.

#### Barista Training

Our Barista training is a short course to introduce you to coffee making and the basic of making an espresso shot, stretching and texturing milk and making some of the more commonly ordered coffees.





### **Karen Social Group**

Our program for members of the Karen community helps to reduce social isolation and assist them integrate a little more into the broader community while undertaking activities including art/craft, cooking, excursions, yoga and more.



### **Independent Living Skills - Cooking**

An all-abilities program perfect for improving your skills in preparing nutritious, delicious and budget conscious meals for home or work.

### **Mixed Media Art @ Wyreena**

This joint program with Wyreena is for learners with a disability and teaches skills in various art and craft mediums.



### **Painting with Acrylics**

Learn colour, form and techniques of painting using acrylics. This semester-long course is suitable for beginners and those wanting to learn more.

### **Practical Computer Skills**

If you want more confidence in basic computer skills including file, photo and document management, Microsoft Word and Excel and internet safety – then come and join our class.

### **Saturday Sewing Circle**

A semester-based activity that teaches you how to sew a range of easy and beautiful products, as well as a social and sharing class for those wanting more independent learning with peer support.

## Winter Shelter Community Cooking

This activity prepares meals for the Winter Shelter program - you can learn the skills needed to be a great volunteer as well as learning how to cook in bulk.



## Health and Wellbeing

Our health and wellbeing classes will continue with the following classes on offer:

- Living Longer Living Stronger
- Tai Chi
- Interval Training
- Pilates

Remember that we offer a 15% discount for Yarrunga participants who purchase an additional health/wellbeing term program.

We also have a special \$5 deal available if you would like to come and try out a class to see if you like it. Places are limited – please contact the Centre for details.

If you are interested in yoga, classes are being offered by a private hirer. Contact [gabrielle@yogawithgabrielle](mailto:gabrielle@yogawithgabrielle) for details.

## Social Groups

As humans we are wired to connect with others, and joining groups with people who share your interests can do wonders for your wellbeing. Our social groups are very low cost – most are a \$5 annual membership and \$3 per meeting which is a small increase from 2022, but still a small price to pay to make sure you feel connected and supported by other people.

Here is a list to consider:

### Book Clubs

This group has a library charge also  
Book Lovers, 1st Tuesday of the month, 10.45am – 12.15pm  
Redit, 2nd Wednesday of the month, 7.30pm – 9pm  
Book clubs are a great way to add value to your reading by stimulating new insights and understandings.



### Chatty Cafe Wellbeing Hub

Fridays 10.30am – 11.30am  
Drop in for a coffee and a chat. Topics of discussion often include sharing wellbeing thoughts and experiences, but conversation also just meanders where it needs to go on the day.

### OM:NI - Older Men; New Ideas

Every 2nd and 4th Thursday of the month  
This group is for men over the age of 50 to come together. The group provides lots of stimulating discussion and is a great men's support network.



### Pickleball

Pickleball is where two or four players use paddles to hit a lightweight ball over a net. We can supply equipment and rules if you're interested. There is also a thriving Maroondah Pickleball community holding regular competitions if you want to take it further.

### **Yarrunga Crafters**

Mondays 12.30pm – 2.30pm

Participants of this group bring in their own craft work each week to work on as they chat with others. It's a wonderful way of making sure you don't end up with a room full of UFOs (unfinished objects!), and the participants are always willing to share their knowledge as well.



### **Yarrunga Indoor Bowls**

Mondays 11.30am – 2pm

This group divides into two teams for a healthy competition every week! It's lots of fun and not too competitive.

### **Yarrunga Retirees**

Monthly Meeting – 2nd Wednesday of the month, 10.30am – 12pm

The Retirees hold a range of activities including a monthly meeting with a guest speaker and morning tea.



### **Yarrunga Walkers**

Fridays 9.15am – 10.30am

Our walking group explores the beauty of our local area with a one hour walk at a moderate pace.

### **Yarrunga Writers**

Mondays 1pm - 3pm

The writing group helps you release your creative side through the use of interesting writing exercises and discussion.



## OTHER NEWS

### RUOK Day

We had a lovely morning tea for 30 people prepared by our hospitality tutor – Krissy. It was a great morning and a wonderful chance to chat to some of community including the lovely gentlemen from our OM:NI group.



### Seniors Lunch

A beautiful meal, again prepared by Krissy for 40 guests to celebrate Seniors Week. It is so gratifying to see people returning to our events and connecting with each other. A big thanks to Krissy for her beautiful catering.



*Happy Birthday Marianne Mullens whose birthday coincided with our Seniors Lunch!*

*Yarrunga gratefully acknowledges the support of ANCHA in supporting these two events.*



## **Happy Birthday Connie**

Our wonderful finance officer, Connie, hit the big 40.

We hope you have a wonderful year - full of happiness.



## **Big Thanks**

A big thank you to all of our volunteers, but here is some special recognition through our Volunteers of the Month program for volunteers so far this year.

Pam – Pam stepped in for several weeks to run the Chatty Café Wellbeing Hub while Jen was on medical leave. It was lovely for the participants to have a different face and perspective on wellbeing, and they appreciated Pam’s knowledge and input enormously.

Anna – for continually supporting our Karen Elders social group with amazing lunches each week. Staff are also extremely spoilt by her when she delivers us her beautiful homemade cakes and biscuits – coffee time has just got so much better!

## **Painting with Acrylics**

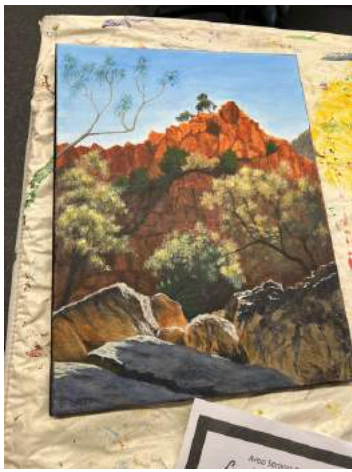
Participants from our Painting with Acrylics class submitted some of their work for the Aveo Art Exhibition in October.

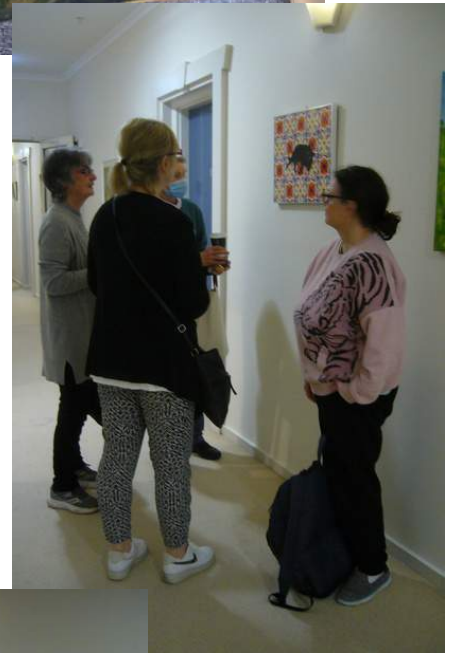
Their work was amazing, and it was very exciting to see it displayed so professionally in a exhibition.

Well done to everyone involved.

On the following page you can see some of the beautiful work prior to the exhibition, then some photos of them in-situ.

We are looking forward to another end of year display of their work.







## Hot News

A visit by David Hodgett MP on Monday 17 October has delivered some great news for Yarrunga Community Centre.

The Liberals and Nationals will commit \$200,000 to see the construction of a new elevated balcony providing the opportunity to be able to cater for outdoor functions and dining, and expand the services offerings for the community.

Liberal Member for Croydon, David Hodgett, said the community benefits of the Yarrunga Community Centre are significant.

"We want to thank them for the important work they do, especially for the crucial assistance they provide to the elderly community.

"Our commitment gives back to a group that gives so much to the community, so that they can continue the amazing work they do" he said.

*From L-R: David Hodgett MP; Sam Blackwell, Centre Manager; and Chris Jones from the Yarrunga Committee of Governance*

