

## *Welcome*

*Welcome to the inaugural edition of our newsletter. It will contain a selection of news on what is happening at Yarrunga, community and other useful information.*

As new Manager of Yarrunga, I would like to introduce myself. I commenced back in 2005 as the bookkeeper, however I have long held community values and the importance that Neighbourhood Houses have on the community. After returning to study, completing a Diploma in Community Development and an Advanced Diploma in Community Sector Management, I was promoted to Manager.

What is evident is the need to ensure that we are meeting the needs of the community, but maintaining a strong business sense, as it required to survive in the competitiveness of today's markets. In 2014 Yarrunga's financial position was in jeopardy due to increased operating costs and competing businesses and organisations. The following years have been focusing on more structured procedures, reducing operating costs and ensuring that all programs are financially sound.

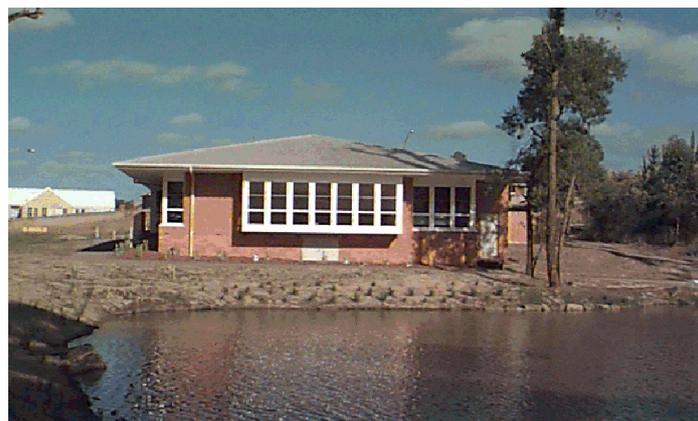
It is for this reason that the flexibility of participating in programs has been reduced. For Yarrunga to meet the program's running costs, including staff and tutor wages and utilities, minimum full paying numbers are required. While many of the changes over this period may have upset some of you, they have been actioned to ensure the longevity of the organisation and being able to offer affordable programs to all in the community ... we want to be here 20 years from now!

With that said, if there is any item of news or information that you would like to see in this newsletter, please let us know—we want you to be informed.

*Samantha Blackwell*  
*Manager*



*We've come a long way since 1996—  
and not just in our  
physical surroundings!*



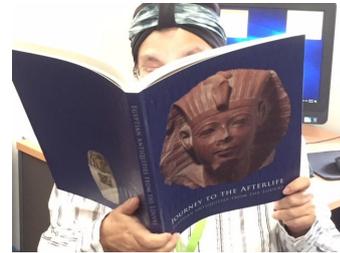
## New Faces at Yarrunga: Welcome to our newest team members



Susan is our new Zumba Gold tutor. Susan was as surprised as anyone to find herself teaching Zumba Gold but, in hindsight, felt it was probably always meant to be. She had always been one of those little girls who was constantly prancing and dancing around and started ballet as a three-year old. In the intervening decades, Susan also found herself drawn to fitness, and now is able to combine her love of both fitness and dance as a Zumba Gold instructor.

This is now Susan's fifth year of teaching and we are very fortunate to have her offering Zumba Gold starting in Term 3.

Deb is a new face you will see in the office helping with finance and marketing. When she's not reading, she is also a keen member of the Yarrunga Crafters and the Yarrunga Walkers.



*Congratulations!*

Do you remember those yellow and red post-cards we asked you to fill in?

Well they got the desired result! Additional funding for some Neighbourhood Houses has been promised. Yarrunga was asked to apply for further hours and we are awaiting on advice of our submission. Thank you to everyone who helped by signing a card.

*Congratulations also go to Mary Kastes who is celebrating 10 years of teaching at Yarrunga. Mary is incredibly dedicated to her Yarrunga students, and they love her in return—her classes are almost always fully booked and the feedback we receive is always glowing. Thanks Mary—here's to another 10!*

**GRANT: CHAOS—Together we can do better**

Yarrunga was successful in its submission for seed funding to facilitate activities that reduce gambling harm. Look out for our upcoming movie night viewing of "Ka-Ching", as well as a respite space within the Centre.

### Fitness Training for Older Adults

Participating in a balanced fitness program contributes to wellbeing at every age, and it becomes even more important as you get older. A balanced fitness program includes:

**Aerobic endurance** – this is any activity that increases your heart rate. Good choices are low impact exercises like walking, cycling, swimming, water aerobics, or dancing.

**Strength** - Even small changes to your overall muscle strength can have a huge impact on your life. Carrying groceries, climbing stairs and getting up out of a chair all require muscle strength. If you're 65 or older it is recommended to participate in strength training programs at least twice a week.

**Balance and Flexibility** – Yoga and Tai Chi improve balance and flexibility which can help reduce the risk of falls as well as keeping you supple and mobile.

This means that Yarrunga participants can cover off all the basic requirements of fitness through a combined program of: walking on Friday with the Yarrunga Walkers or joining our new Zumba Gold class; signing up for a Living Longer Living Stronger class, or if you're into something a little more challenging our 40+ Fitness class; and join a yoga, tai chi or pilates class for balance and flexibility.

## WHAT'S COMING UP ...

Aimee Stanton—former Australian Survivor competitor is offering an information night and workshop series for teens and young adults on “**How to Adult**” . Aimee is an engaging and intelligent young woman who has changed her life around and is imparting her wisdom from a peer perspective.



### ‘Seniors Week’ Activities

- Games afternoon: come and play some of your favourite games with others.
- Tai Chi in Chairs: an introduction to this wonderful activity done in chairs. Ideal for people with arthritis or balance issues, and following this introduction we will be offering this as a regular class.

### Adult Learner’s Week, September 1—8

To celebrate Adult Learner’s Week Yarrunga will be offering two workshops:

- Healthy Lifestyle presentation: Mary Kastes will be presenting information on the importance for formal exercise, incidental exercise and healthy eating
- Drawing Taster: our art tutor Karina will be offering a drawing workshop

**Dementia Awareness Workshop**—this workshop covers how dementia affects a person’s brain, function and abilities and the caring role of family members. It also includes learning about and interacting with meaningful activity resources for people living with dementia.

Thursday 6 September, 9.30am—12pm  
\$10—includes morning tea

### Computer courses are back!

Yarrunga is once again offering some computer courses.

The first is an Introduction to Computers covering computer, iPad and phone functions and features; basics of Word, Excel and PowerPoint; introduction to social media; cyber safety; and use of the Internet.

The second course will teach people how to manage photos on their computers, including downloading photos from your phone to your computer.

<input type="checkbox"/>	<b>DO THE SHOPPING</b>
<input type="checkbox"/>	<b>WASH THE DOG</b>
<input checked="" type="checkbox"/>	<b>LEARN SOMETHING NEW</b>


ADULTLEARNERSWEEK.ORG

**If you would like any further information on these courses and activities please contact Reception.**



Welcome to our new supporting partner 'Regal Sleep Solutions'.

If you are a Yarrunga participant and you're looking for a new bed, go and visit Regal Sleep Solutions. Yarrunga participants will receive a discount, and the Centre will receive a donation! For more information visit us at Reception.

### Newsletter Naming Competition

We are inviting Centre participants to help us name our new newsletter.

Please drop your entry, including your name, to Reception or email them to [info@yarrunga.org.au](mailto:info@yarrunga.org.au).

The name which best captures the essence of our Centre will win a \$20 fuel voucher or Coles voucher.

Entries close at the end of August.

### Café/Eatery—Manager's Choice

Warran Glen Café  
373 Ringwood-Warrandyte Road, Warrandyte

Beautiful surroundings  
Excellent food  
Great coffee  
Friendly staff

And a little shopping on the side in the Garden Centre!

### Bilingual Montessori Early Learning

You may have noticed lots of activity in the ELC room and playground—they are staff and children from Bilingual Montessori Early Learning (BMEL).

The Montessori Method is a child-centred educational approach based on scientific observation of children that was developed by an Italian physicist, Dr Maria Montessori.

It is an education system that supports the full development of the human being focusing on practical life skills, sensorial experiences, mathematics, language and culture.

BMEL are the first Montessori centre in the City of Maroondah to offer Montessori education within a long day-care model.

If you would like to know more please contact BMEL on 0455 328 828, email [admin@bmel.com.au](mailto:admin@bmel.com.au) or visit [www.bmel.com.au](http://www.bmel.com.au)



*CONNECTING with others is rewarding;  
it makes us feel like  
we're not alone in the world.*

*Jonah Berger*