

Welcome to Term 4

**When you're given lemons ...
make lemonade**

Yarrunga is continuing to work hard to take advantage of the current situation by learning new skills and offering our programs and activities in new formats.

We are awesomely proud of what we have achieved, the wonderful contributions from our tutors and, most of all, the continued support from our community. We know it has not been easy for many people - especially those who do not easily inhabit the digital world - so pats on the back all around.

We have a number of great programs in term 4 and, best of all, many of them are either low cost or free - see, this period does have some advantages!

We hope that everyone is coping well and continuing to be engaged with as much activity as possible. We are now busy planning for term 1 2021, and certainly hope that we can return face to face next year.

In the meantime, let's continue to do the best we can with what we have!

Contents

Welcome to Term 4

Term 4 Activities and Programs

Adult Education Programs

Closed Facebook Group

Community Virtual Lunch

Upskilling

Photos

Term 4 Activities and Programs

Iso Art: Our Iso Art program will commence shortly. The program is an opportunity for people to express their experiences of isolation and COVID through art. You don't have to be an artist to participate as we have a very talented facilitator - Shelly - who can help you choose the medium you will be most comfortable with - it could even be things like collage, painting, sculpture, photography, words/poems, textiles, abstract - there are no limitations (apart from size!). Funding is available to cover the cost of materials and so places are limited. Contact us for more information or enrol using the following link:

<https://form.jotform.com/202358617454054>



Iso art: images of experiences in isolation during COVID-19

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



Online Health and Wellbeing Classes: Our health and wellbeing classes are continuing online in Term 4. If you are unsure of the class schedule, please check in with us and we will send you details, or you can download our course and activity guide from the website. This term we will be charging \$20 for the whole term - so it's a bargain basement price! Again, if you need help working out Zoom please let us know - we are more than happy to help.

Adult Education Programs

We have been super busy in this area also, and are offering all adult education programs free in term 4. Check out what's on offer:

Practical Computer Skills: This course is very useful, especially if you're not very digitally literate and are now finding yourself isolated from an increasingly digital world. Our tutor, Michelle, is very patient and understanding, and loves helping people build their skills and confidence. Thursdays, 12.30pm - 2.30pm via Zoom - we can help you get set up if you need assistance.

Christmas Cooking: A wonderful online cooking program to get you all fired up for Christmas. You can join in as many (or as few) classes as you like:

Week 1 - Vegetarian Chrissy: Vegan Wellington Roast

Week 2 - Gift Making: Dukkah, Onion Jam, Fudge, Flavoured Salts

Week 3 - Gingerbread Shack

Week 4 - Christmas Sides: Crispy Roast Potatoes, Brussels Sprouts with Cranberries and Pumpkin

Week 5 - Gingerbread Chocolate Tart

Call Nadine to enrol or enrol directly online:

<https://form.jotform.com/202318033650848>



Barista Taster: This course introduces you to the world of coffee making - coffee making equipment, the basics of making an espresso shot, stretching and texturing milk and how to make some of the more popular coffees. It also includes a 1 hour 1:1 hands on session with our Barista tutor when restrictions allow. This course is ideal for those who have purchased a coffee machine but don't know how to use it properly, as well as anyone wanting extra employment skills.

Call Nadine to enrol or enrol directly online:

<https://form.jotform.com/202318033650848>



Be Connected - Living Confidently in a Digital World: A wonderful series of workshops that will help older people be confident enough to participate more fully in a variety of online opportunities. You can attend the sessions that interest you most:

Week 1 - How to take part in an online class

Week 2 - Privacy and Security

Week 3 - E-Safety

Week 4 - Online Banking

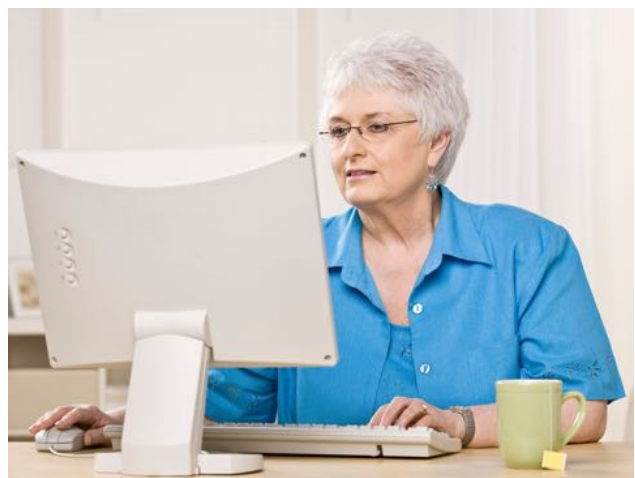
Week 5 - Online Shopping

Week 6 - Photo Management

Week 7 - Online Entertainment

Week 8 - Bushfire Information

Week 9 - All about MyGov and My Health Record



Closed Facebook Group

Our Facebook group will continue in Term 4, and we would love to see more people joining in and providing some input. Please remember that this group is only open to Yarrunga participants.

If you haven't joined yet – click

<https://www.facebook.com/groups/200700667875995//>

to request an invitation to join. If you don't have a Facebook account we can help you set one up – call us on 0420 710 648 or email the office on info@yarrunga.org.au and we will organise somebody to contact you to talk you through the process.



A Message from Maroondah City Council

A big thank you for all your assistance with our Knit one, warm one campaign.

We received hundreds of items that have all been passed onto our Relief Agencies. There were over 50 participating groups/individuals which is a great effort from our community. We received blankets, gloves, scarves, fingerless gloves and beanies in all shapes, sizes and colours, some truly beautiful pieces. I'm sure the recipients were grateful to receive such lovely items.

Once again thank you for all your help. Let's hope the restrictions ease soon and we can be back fully operational again.

Community Virtual Lunch

Our Community Virtual Lunch will return – Wednesdays at 12.30 -1.30. If you feel like some company and a chat please join us. BYO lunch and stories.

Join Zoom Meeting:

<https://us02web.zoom.us/j/82669109330?pwd=b2hVZVBSMlI3amFsbW12RmZKSmMzdZ09>

Meeting ID: 826 6910 9330

Password: 484978



Upskilling

Staff have been taking full advantage of the many different trainings that have been available and are building many of them into our daily business and personal lives. Our new skills include:

- Computer Apps - Canva (a design tool - this newsletter is done using Canva), Trello (project management tool), Google Docs (document sharing tool)
- Articulate - online course development software (our Barista Taster course was developed using Articulate)
- Jot Forms - all our enrolment forms and medical self assessments are now done digitally using Jot Forms instead of paper forms
- Productivity Tools - like To Do Lists that can be shared
- CALD Training - how to work better with people from the culturally and linguistically diverse community
- Mental Health Training including Mental Health First Aid and the Accidental Counsellor
- ALNPP - working to improve the literacy and numeracy components in our ACFE adult education programs
- COTA Training - including lots of ideas to work with exercise and wellbeing programs online
- Social Planet - a new platform for recording enrolments, scheduling classes and activities, organising facility hire etc. We will be moving across to Social Planet in 2021.

Phew - I feel tired just looking at how much new stuff we've covered!



Photo Page



If you can work out who this cutie belongs to, you can work out who is going to be Nanna 2.0!

Hint - it's Sam!

Someone else at Yarrunga became a grandma too - Meet Jen's new fur grandbaby - Koda.



Photo Page cont.



Some beautiful Spring photos from the garden of Garth and Carol - thanks for sharing

