



You

February 2023

Yarrunga Offerings & Updates

Welcome to Term 1

Welcome to 2023!

I can honestly say that for the first time in a long time I am well and truly rested and ready for the new year ahead! After taking 6 well enjoyed weeks break (I felt like I was back at school with the long summer holiday), I realised how much I needed it. I hope that you all got to enjoy some wonderful “me” time during our closure. As Jen will tell you, it is vital that we all take those moments and appreciate how much we need them for overall wellbeing. If you are looking for something to reconnect yourself, physically, mentally or socially we have something, hopefully for you all. If we don't, then let us know and we can work to implement your suggestion.

Our Winter Shelter community meals program hit the ground running this year with their first meal preparation on the first week that we reopened. I thank Krissy and her amazing team for cooking fabulous and hearty food each fortnight for those that not only need the meal but the connection with those in the community who support those programs. If you are ever interested in volunteering please contact us and we can refer you to the program. Late last year we received some community funding from Bendigo Bank that will enable us to upgrade some of our kitchen equipment to support this program. We can't thank Bendigo Bank enough.

At the end of last year, we celebrated our 25 (+1) birthday with the unveiling of our metal sculpture at the front of the Centre. It was wonderful after 2 years of restrictions to hold a celebration with large numbers of people once again. It was great to share the morning with past and present staff, committee and members of the community and reflecting on all that has been achieved during those years by those who have a passion for improving the services and programs for the community. A big thank you goes to Maroondah City Council for supporting the Centre with funding towards the sculpture; Tim Read from Tread Sculptures, for turning the feedback we received into the beautiful piece that is accessible to all the community; and to all those that attended on the day.

Finally, on a Covid note, we all know that it is still out there in the community. We will continue to provide sanitizer, ask you to clean down equipment after use and welcome anyone who wishes to wear a mask while in the Centre. We do continue to ask that you do not attend the Centre if you are feeling unwell. Often rapid antigen tests do not show a positive test until well after the symptoms are identified and, if you attend thinking that you are negative, but eventually turn positive you risk infecting other members and staff that you have been with during your activity. So, for the safety and wellbeing of others, please stay home.

So from the team at Yarrunga, welcome back and enjoy the term!

Sam Blackwell
Manager

Contents

Staff News

25th Birthday Celebration

Term 1 Events, Activities and Programs

PLAY

Profile - Yarrunga Retirees

Facility Hirers at Yarrunga



Blast from the past - construction of the Centre 1996

STAFF NEWS

Goodbyes

Jenni

It is with sadness that we farewelled Jenni Jacob who left at the end of 2022 to pursue full time employment. Jenni was a big hit with her 3pm Living Longer Living Stronger class and will be missed, and we wish her well in her new work.

Michelle

Michelle was taking our Saturday Sewing Circle and the class for the Karen Elders, but decided that family commitments and retirement were more important. Thanks for all your work last year Michelle.

Hellos

Marni

Marny has kindly stepped in to run our Monday 3pm class Please join us in extending Marny a very warm welcome to our team of health/fitness instructors. We have received great feedback about Marni's classes already!

Shae

Shae has joined us as our tutor for our Introduction to Auslan class. These classes are held via Zoom as Shae is Adelaide-based. She is a wonderful teacher and passionate about her work in the deaf community.

Congratulations



Congratulations to our amazing tutor Nancy for 10 years of teaching Tai Chi at Yarrunga Community Centre.

Nancy is an amazing testament to the benefits of Tai Chi and we are very fortunate to have her teaching both beginners and intermediate classes.

Thank you so much Nancy for your wonderful commitment.

25th BIRTHDAY CELEBRATION

We had a wonderful turnout for our 25th Birthday celebration and sculpture unveiling.

Unveiled by Centre Manager Sam Blackwell and Maroondah Mayor Cr Rob Steane, our 'Beneath Tall Trees in Unity' sculpture stands proudly as a focal point near the entrance to the Centre and has been the topic of many conversations.

For those of you that missed the occasion, our sculpture was commissioned to capture both the history and the future of the Centre, so every element of the artwork has meaning:

- The use of metal was selected as it suggests durability and longevity, but in skilled hands can be moulded and shaped into objects of beauty and functionality.
- The circle represents unity. It is also a feature of the Yarrunga Community Centre logo.
- The trees echo the beautiful bush setting in which the Centre is located and reflects the meaning of the word "Yarrunga" – beneath tall trees.
- The owl is a symbol of wisdom – drawing on the knowledge, skills and experience of all who have been part of the Centre in the past, and for those who, in our future, are yet to come and leave their mark.
- The kookaburra reminds us that joy, happiness and laughter are a critical part of life and intrinsic to the values of Yarrunga and underpin all of our offerings.
- The nest represents the nurturing of family in all its wonderful variations and interpretations; as well as acknowledgement of future generations, and the desire that they too will benefit from all that Yarrunga Community Centre offers.

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





TERM 1 ACTIVITIES AND PROGRAMS

Neighbour Day

Neighbour Day is celebrated on the last Sunday in March each year. It's a great reminder to socially connect with the people around you so that a strong supportive community can be built. This year Yarrunga will celebrate Neighbour Day with a presentation from Maroondah City Council regarding the new FOGO waste management system.

FOGO Presentation

From May 2023 Maroondah residents will be able to put their food waste to good use with a Food Organics and Garden Organics (FOGO) waste collection service.

To prepare for the launch of this new service, join us for a free information session to learn more about:

- what is and isn't accepted in the FOGO bin
- tips and tricks for using your caddy and liners
- ask any questions you may have of your new service
- learn what happens to your food and garden waste after it has been collected by our FOGO trucks



Date	Thursday 16 March
Time	10am - 11am
Fee	Free
Bookings Essential	https://www.socialplanet.com.au/activity/view?id=12030

Introducing - Chatterbooks

Book Lovers Book Club are taking a 12 month break so we have decided to offer this slot for a less formal social group for lovers of reading. Chatterbooks will be an opportunity to get together and share your latest reading adventures – recommend your latest and favourite books and hear what others have found worthwhile reading. It's a great way to make new friends and share one of your favourite hobbies.

It will be held on the first Tuesday of the month from 10.45am – 12.15pm. Cost is \$5 annual fee plus \$3 per meeting.

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 – a small price to pay to make sure you are connected and supported by other people.

Here is a list to consider:

Reddit Book Club * this group has a library charge also

Held on the 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 experiences, but conversation is allowed to just meander 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 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 different 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.

Lifelong Learning Programs

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



Auslan

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 semester face-to-face catch up. There are a couple of places available still if you are interested.

Barista Training

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



Karen Elders

This program for elders of the Karen community is to reduce social isolation and help them integrate a little more into the broader community while undertaking activities including art/craft, cooking, excursions, yoga and more. We are running this program in conjunction with Foundation House.



Independent Cooking Skills

An all-abilities program perfect for improving your skills in preparing nutritious, delicious and budget conscious meals for home or work. There are spaces available if you wish to join.

Mixed Media Art and Craft @ Wyreena

This program is for learners with a disability and teaches skills in various art and craft mediums. We are running this program in collaboration with Wyreena.



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. There are a few more spaces in this course if you are interested.

Practical Computer Skills

Do you want more confidence in basic computer skills including file and document management, Microsoft Word and Excel and internet safety. This program is currently full, but we can put your name on a wait list for Term 2 if you are interested.



Winter Shelter Community Cooking

Volunteering for the Winter Shelter meals program as well as learning how to cook in bulk. We currently have enough participants for this program who are all doing a wonderful job every fortnight.

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.



How will you manage your wellbeing in 2023? Here are some suggestions:

Keep your body active

Do something every day to keep your joints and muscles moving – even if it's something small. A short walk, stretching, joint mobilisation, resistance training, even breathing exercises ... there are also plenty of things you can do in a chair so there are no excuses!

Keep your mind active

Turn off the TV and pick up a book, learn something new, do some puzzles like crosswords or sudoku or Wordle that make you think.



Eat food that makes you feel great

We all know the basics of good nutrition – eat real food, mostly plants. But remember that everything has a place – even food that is less nutritious can have a role to play in your diet – it's all about balance.

Connect Socially

Spend the most time with people you find uplifting, inspiring or make you laugh. Reduce the time you spend with people who drain your energy or damage your self-esteem.



'Zen' your environment

Create an environment that makes you feel good. It might mean getting rid of clutter, creating more light or space in your home, or bringing some nature indoors.



Laugh

Watch funny movies, read 'dad jokes', go out with good friends – anything that makes you smile or laugh releases 'feel good' hormones.

Reframe

Life experiences are not one dimensional although we often look at them as if they are. But even challenging experiences have something more positive within them – every grey cloud has a silver lining.

Learn how to reframe your experiences so you can become more hopeful and optimistic. For instance, getting sick is a lousy experience, but the downtime it creates could be really useful to read, rest, re-evaluate etc.

Psst ... want to know a secret?

We are working on an idea to hold a social dance later in the year.

Watch this space and keep your fingers crossed it all comes together



PROFILE

Yarrunga Retirees

The Yarrunga Retirees have been running since 2002 – serving as valuable social connection for older people. The group holds a monthly meeting with a guest speaker and morning tea, but also run a number of side activities including:

- Two pub lunches a month – one at Croydon Hotel straight after the monthly meeting. The other on a Tuesday later in the month at a different venue each month
- Caravan and Cabin group holidays which are held 2-3 times a year
- Cards afternoon – this is a monthly afternoon activity currently being held at Yarrunga (third Wednesday of the month)
- Indoor Bowls – held every Monday afternoon

Other projects currently being investigated are a games afternoon to be held at Yarrunga and re-starting the Karralyka Theatre Morning Melodies.

Just as importantly as the social activities is the support and companionship the Yarrunga Retirees offer each other. With isolation and loneliness being identified as key risk factors for wellbeing, the importance of having such a supportive group, and the sense of belonging the group brings into people's lives is priceless.

The Retirees group is always looking out for new members and, if you're looking to getting involved and giving back to community, would love some more volunteer assistance.

For more details please contact yarrungaretirees@outlook.com



Facility Hirers at Yarrunga

Hiring out our beautiful rooms and facilities is an important part of our business. Here is a list of our regular hirers and the wonderful programs they run. If you are interested in any of them, or know of others who may be interested, please don't hesitate to contact them.

Bilingual Montessori Early Learning (BMEL)

BMEL is a registered Childcare and Kindergarten providing services which are eligible for Childcare Subsidy. They are a small, family-centred service offering Montessori preschool and prep education alongside a range of specialist programs such as dance, music and a second language. <https://bmel.com.au/>.

Creative Amore

Sarah runs Petite First Aid workshops to educate parents and care givers to feel empowered about protecting their little ones from illness and common injuries. <https://www.creativeamore.com/petite-first-aid>

Dance Explosion

Dance Explosion is a friendly, professionally-run dancing school. They are a non-competitive school – no exams, no competitions. They encourage anyone and everyone to become the best dancer possible, and have as much fun doing it as they can. <https://www.danceexplosion.com.au/>

Donna Deland

Donna teaches the Feldenkrais Method – a unique educational movement system that can teach you alternatives to habitual movement patterns that may be negatively impacting your comfort and wellbeing. Movement improvement is the focus of these classes. <https://donnadeland.com.au/>

Eastern Hills Community Church

Eastern Hills Community Church is a Baptist faith community that meets every week for a service. They also offer other opportunities each season to get together and enjoy community and serve the neighbourhood. <https://www.ehillschurch.com/>

Inspired by Yoga

Amy's classes are gentle and flowing in nature. She aims to provide a gentle, friendly, non-competitive environment so you can feel at ease and comfortable. <https://www.inspiredbyyoga.com.au/>

Japan Karate Association (JKA Wonga Park)

JKA Karate is a martial art that trains a practitioner to be peaceful. It has a focus on the importance of dedication, commitment and discipline. The classes held at Yarrunga are for children. You are welcome to come along and watch a class, or join in and try two free lessons. <https://jkawongapark.com.au/>

Yoga with Gabrielle

Gabrielle has been teaching yoga since 2002 and her passion is sharing the joy and benefits of yoga with others. The practices she shares are gentle and nurturing, with options and modifications so everyone can participate. <https://yogawithgabrielle.com.au/>

The only constant is change - a view across the bridge - 1997 and 2023

