



# You

## Yarrunga Offerings & Updates

February 2024

### **Welcome to Term 1**

It is hard to believe we are already nearing the end of February. It has been a very hectic time since we returned to the office after the sorely needed holiday break. I hope you all managed to relax, rest and enjoy the time doing what you love most. For me it is family.

I would like to thank Mary Kastes for undertaking our summer Living Longer Living Stronger program. It had the highest intake of numbers in the history of its running. And to all those who attended those sessions, well done for prioritising health and wellbeing during our closure.

We have had a wonderful response to all of our programs, with most sessions either at capacity or with very few places. Let's hope it continues.


We will be holding our Annual General Meeting on Tuesday 9th April. Please keep an eye out on the noticeboard for details should you wish to attend.

As term 1 is a very short term, we are already underway with term 2 planning. Nadine, our wonderful Administration Officer will send out communication for re enrolments in the coming weeks, so keep an eye out. Please also remember that as many of our programs are full, if you delay in paying your invoice, we will cancel it and open up the spot to the public, so don't delay!

Finally, if you have ideas of programs, activities or social groups that you might be interested in undertaking – let us know. We are keen to ensure that what we offer is what you need!

See you soon!

Sam Blackwell  
Manager



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Put your thinking cap on!

## **AGM**

Tuesday 9 April  
10am

RSVP - Thursday 28 March 2024 for catering  
<https://www.socialplanet.com.au/activity/view?id=21338>

Please join us in celebrating your Centre  
and the achievements of 2023.

Our guest speaker will be Jo Davis our Auslan tutor.  
Jo will share with us her amazing sporting achievements!

# PEOPLE NEWS

## Farewells

It was sad to say goodbye to Birgit and Judy last year. Birgit had been part of our community for 15 years and Judy over 4 years. Both contributed so much to our health and wellbeing programs, but semi-retirement proved too tempting for both ladies. But in saying that, Judy has returned temporarily to help out with the Interval Training class on Monday evenings while we search for a replacement tutor!

## Welcome

### Tish Osbey

Tish has joined our health and wellbeing team and is taking Living Longer Living Stronger classes on Wednesday 9am and Thursday 8pm. Tish originally joined our community as part of the Winter Shelter program last year, so it's been great to see her transition over.

### Kaye Cornell

Kaye stepped in as a volunteer mid last year to take the Painting with Acrylics class. We are so pleased that she has returned this year as both a paid employee and volunteer and has revamped the class to Explore Mixed Media Art. Kaye is taking participants through a range of mediums including acrylics, water colours, pencils, and more. Registrations for this class were so successful that we introduced a second class – so we now have one class Friday morning and a second class Friday afternoon. Kaye has some terrific ideas for community involvement in her classes and we look forward to seeing some amazing results.

### Joanne Cheah

Former Winter Shelter participant Joanne has stepped in to take the participants through their fortnightly cooks. We are very grateful for Joanne taking up the mantle as this is such an important community project.

### Ivana Smith

Ivana has joined our Winter Shelter tutor team to help fill in for emergencies. Welcome Ivana.

### Alanna Heitman

As this newsletter is being prepared we are in the process of welcoming Alanna to our health-fitness team to run the Interval Training classes. Alanna has a wonderful energy and is bound to be very popular with the participants.

## PEOPLE NEWS cont.

### Congratulations

#### Chris Jones

Chris is a member of our Committee of Governance and, since late last year, now a councillor for Maroondah City Council - Barnggeong ward. Chris has made some wonderful contributions to the Centre and we are sure he will continue to help the wider community through his service on the Council. Congratulations on your win Chris.

#### Nadine

Congratulations to Nadine – not only has she sailed through her recent medical treatments and is doing well, but she celebrated a milestone 60th birthday.



### Best wishes

Sending our best wishes to our Winter Shelter tutor, Krissy. Hope to see you recover fully soon.

## EVENTS, ACTIVITIES, PROGRAMS AND NEWS

### Change of Centre Hours

Please note our new hours:

Monday to Thursday: 9am – 4pm

Fridays: 9am - 3pm

## **EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.**

### **Winter Shelter**

We are once again providing meals for the Winter Shelter Community Meals program. Our previous tutor for this program, Krissy, is taking some time off and Joanne will be managing our cooking days. Joanne is a previous participant of the program so it's been great to see her skills and confidence grow enough to take over for us. Jen and Sam will also be stepping in to help with organisation, shopping and recipe development – so it's a big team effort. And of course, a huge thank you to our participants who do the hard yards twice a fortnight preparing meals for over 40 Winter Shelter guests!

Supermarket vouchers to help us purchase ingredients are gratefully received, and can be donated at Reception.

### **Montessori Kinder**

You may have noticed that the Bilingual Montessori Early Learning program is no longer in residence. The program ran over two campuses and unfortunately, they made the decision to amalgamate the two programs into their Heathmont campus. We are currently working on a plan and hope to see a new hirer come in later in the year.

### **Community Connect Morning Tea**

Neighbour Day has changed its name to Neighbours Every Day and the last Sunday in March has been the day to celebrate community. To encourage social connection Yarrunga will be hosting a Community Connection Morning Tea to help people meet others in their local community.

Thursday 31 March, 10.30am – 11.30am.  
\$5 - bookings and payment are essential for catering purposes.

RSVP by Thursday 14.03.24



Book here - <https://www.socialplanet.com.au/activity/view?id=21358>

# EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

## Kitchen Update

Huge thanks to Maroondah City Council who have helped update our kitchen. They have supplied two new large ovens/stove tops with proper working exhaust fans! Still to come is a deep sink for washing and some new benchtops. It has made our Winter Shelter cooking so much quicker and easier.



## Grant Updates



Thanks to Bendigo Bank, and its community grants program, we have been purchasing new kitchen equipment for our Winter Shelter program which includes new saucepans, compatible with our new stove tops, chopping boards, stick blenders and trays.

As with all this new equipment – comes the challenge of storing it, so we have also purchased a lockable steel cabinet. Thanks, will go to Peter Blackwell, our volunteer (also the manager's husband!) who will be turning it from a flat pack to a usable piece of equipment.



Croydon and  
Ringwood East

# EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

## New Website

Our website designer is currently working on a new website which will be much more modern and sleeker looking and more functional for users. We hope to have this up and running shortly.

## Program Updates

We have had a very encouraging response to classes to start off the year, with many sold out. It's fantastic to see everyone returning and keeping physically and mentally active.

**Living Longer Living Stronger** – there are still some vacancies in some classes. We will explore putting on an additional class if demand remains high.

**Interval Training** – there are still vacancies in this program if you're after a more challenging class. And we also have an awesome new tutor - Alanna - who will put you through your paces.

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

We also have a special **\$5 come and try 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.

**Practical Computer Skills** - we are trialling a new program called Digital Essentials, Level 1 which covers smartphones, SMS, navigating the internet, connecting and working safely, email, social media, apps and software, everyday technology and staying safe online. It's a great program for building skills and confidence and participants are given a printed manual to help them remember what they learn.



*Our latest Barista Skills graduates*

*Congratulations on completing your program  
and thank you for your delicious coffees  
and hot chocolates*

*We will be running another Barista training in  
term 2 - contact reception if you are interested.*

## 'Diets'

*Did you know that the etymological roots for the word 'diet' is influenced by the Latin dies – meaning day, and include interpretations such as 'a day's journey', 'way of living', 'decision' and 'judgement'.*

*So 'diet' is not about losing weight, but **how** you eat each day.*

When it comes to food diet we are probably more familiar with certain suggestions to keep you healthy, but have you ever considered a movement diet which includes certain movement suggestions to keep you healthy?

Check out the table on the next page and see where you may be able to make some positive changes in your daily way of living.





Step	Food Diet	Movement Diet
Basic Starting Point	Eat enough calories to survive	Move enough to keep muscles, joints and other tissues mobile
Begin to refine your 'diet' based on your individual needs	Eat enough macronutrients to suit your body:  proteins, eg. meats smart carbs, eg. starchy veg, wholegrains healthy fats, eg. olive oil, avocado	Increase some of your basic human movements:  standing walking running
Refine further – by adding plenty of variety	Eat a variety of food to get a variety of micronutrients:  vitamins minerals fibre pro and pre-biotics	Make sure your daily movement includes lots of other types of movement:  twisting throwing bending using the sides of your body lifting and carrying
If you have specific issues, consider seeing a specialist for individualised advice and assistance	Consider specifics such as elimination diets or supplements if you have a specific problem. Seek professional advice from specialists such as:  dietician nutritionist naturopath other medical personnel	Consider the assistance of specialists to help you with specific movement issues:  personal trainer exercise physiologist physiotherapist osteopath bio mechanist
Keep things simple and enjoyable	Remember that food and eating is part of daily life and variety, moderation and context are important considerations	Formal exercise is a part of movement, but when looking at your movement diet consider all the movements you do in daily life.

## PUT YOUR THINKING CAP ON!

We get really good at the things we practice the most.

What are your daily habits and actions moving you closer to?



Which letter is silent in the word "scent"?  
The S or the C

Why is it called 'after dark' when it is really 'after light'?

How would you describe the idea of a colour?

