



# You

February 2019

## Yarrunga Offerings & Updates

### End of Year Celebrations and Thank You's.

Our end of year celebrations included a wonderful afternoon tea for our members and volunteers to say a huge thank you for their support over the year. If you would like to show your ongoing support for Yarrunga by becoming a member you could be joining this upcoming December! Call Nadine for more information.



Suzanne Tobin also received a Chaos Volunteer Award. Suzanne was nominated by Yarrunga Community Centre for this award for her tireless efforts serving as Secretary on our Committee of Governance, convenor for the Yarrunga Crafters social group, and assisting in promotion, marketing and maintenance events and activities. Suzanne is a tremendous ambassador for our Centre, embodying all our values and ethics and is always willing to reach out to help others in the wider community. Her warm heart and positive attitude are as valuable as her time and dedication, and she is a much beloved member of our Centre Community.

Thank you so much Suzanne.

## Term 1 Updates

### New Programs

Beginners classes in Pilates and Tai Chi were introduced this year and are looking to be very popular. These beginners classes mean that students can spend a little more time with the tutor learning the basics. When confident they can then progress to the intermediate classes.

We also have a new social group - Yarrunga Indoor Bowls. This group meets on Mondays 11.30am - 2pm.  
Come along and bring your friends.



### New Tutors



Robyn Elliott is already familiar with Yarrunga, being a regular participant in the Living Longer Living Stronger classes. Robyn has a background in art and teaching, and is taking our Enterprise Skills program.

Antonina Dubovska (far left) and her Zumba Gold class.



Vicki Paterson has joined us to work on Communication Skills and Introduction to Computers with a group of participants from Monkami. Vicki has great experience in this area and brings some wonderful ideas to the program.

## Carer Updates

Carers in the community contribute an amazing \$60.3 billion of unpaid care, but this often comes at a cost to their own self care. Yarrunga has been working with several individuals and organisations in this field to help provide support to the carers community.

### Carers Day Out

Last year we teamed up with an amazing woman, Sue Dymond, who runs an organisation called iDareU, to co-host 'Carers Day Out'. It was a great day and Sue, working in partnership with Yarrunga, was nominated for a Maroondah City Council Australia Day Community Event of the Year Award. We were very honoured to have been working with Sue and involved in this event.

### Carers Acting Up

Carers Acting Up is a series of theatre workshops currently being run for Carers, in conjunction with Real Life Theatre, and thanks to an Art Grant from Maroondah City Council.

It's an opportunity for carers to use theatre games to have fun, express themselves and meet with other carers.

### Wills and Estate Forum

Yarrunga is also working with EACH Family Relationship Support for Carers and EACH Respite for Carers Support Service to present a forum on Wills and Estates for carers. This is a tremendously important area so that dependents are supported should anything happen to their carers.

### Carers Wellness Day

We are working with EACH Respite for Carers Support Service and iDareU to provide an afternoon of wellness activities for Carers. this is scheduled for Sunday 5 May and will include meditation, yoga, cooking, Zumba, massage and art.



*Sue Dymond from iDareU and  
Michael Sukkar MP at 'Carers Day Out'*

## **Coming up in Term 2**

### **AGM**

Our AGM will be held on Wednesday 17 April. 2pm - 3.30pm. Yarrunga Members are welcome to come along and hear about our 2018 year, vote for new committee members, and enjoy afternoon tea.

### **Neighbourhood House Week**

Neighbourhood House Week will run from 13 - 19 May. We are currently working on some ideas to celebrate being part of this amazing network, and to invite our local community to visit and experience Yarrunga.

### **National Volunteers Day**

National Volunteer Week will be held 20-26 May and this year's theme is 'Making a World of Difference.' Yarrunga has a special Christmas thank you event for its volunteers, but will also use this time to say a huge thank you to all our wonderful volunteers.

## **Facility Hire**

We have a number of regular facility hirers that are part of our Yarrunga community.

Bilingual Montessori Early Learning: run a kinder/child care program 5 days a week. It's been lovely to see and hear the children playing. And hearing them practicing for their end-of-year concert last year gave us lots of entertainment - yes we could hear them from all the way down in the hall.

Dance Explosion continue to hire with us each week, offering a range of different dancing classes for children. They bring a breath of freshness into our late Wednesday afternoons.

Our latest facility hirer is 7 Seeds who run English language classes for local Chinese primary school students.

All these hirers bring children and their parents into the Centre and it is wonderful to have them here.

## Other News

### Welcome to the Karen Community

Croydon Hills is home to a large Karen Community and we are working with the Croydon Hills Baptist Church to offer them programs to help them integrate into the community and improve their English Skills. We are currently offering an off-site Enterprise Skills program, while others are attending our on-site Enterprise Skills program.

### Food Donations

Croydon Hills Baptist Church collect food items for its Winter Shelter and their LINKS trolley which goes to Maroondah Community Assist. They would gratefully accept non-perishable items such as tinned fruit, long life custard, healthy cereals, tomato sauce, toiletries (but not soap), spreads, long life milk, tinned spaghetti, tinned baked beans, 2 minute noodles.

Any items can be left at Reception and will be passed on.

### Regal Sleep Solutions



Don't forget the wonderful offer for Yarrunga participants from Regal Sleep Solutions. Book an on-line appointment with Julia and receive expert advice and great price. As a supporting partner Yarrunga will also receive a donation. Speak to Nadine at Reception about how to book your on-line appointment.

## Recipe of the Term

### Cinnamon, Banana and Oat Muffins

- 2 small bananas (180 grams)
- 1 free-range egg (50 grams)
- ¼ cup maple syrup (62.5 mls)
- ½ teaspoon vanilla extract (2.5 mls)
- ½ cup plain wholemeal flour (60 grams)
- 1 tsp baking powder (2.5 grams)
- ½ cup rolled oats (50 grams)
- 1 tsp chia seeds (4 grams)
- 1 tsp cinnamon (1 gram)
- 1 tablespoon reduced fat milk of choice (20 mls)



### Method

- Preheat oven to 170C and line or lightly grease 6 holes of a muffin tin
- Mash bananas and combine with egg, maple syrup, vanilla and milk
- In a separate bowl, combine flour, baking powder, oats, chia seeds and cinnamon
- Mix wet ingredients in with dry until just combined.
- Add a tablespoon of water if needed to help batter come together.
- Don't over mix or the muffins will be tough.
- Divide batter evenly between the prepared muffin tin holes and bake for 15 minutes or until golden and skewer inserted into the centre comes out clean.
- Allow to cool, store leftovers in an airtight container in the fridge for 3-4 days or freeze for up to 2 months.