Course & Activity Guide

term 4 2020

Yarrunga
Community Centre

76 - 86 Croydon Hills Drive, Croydon Hills 3136
9722 8942 | info@yarrunga.org.au | www.yarrunga.org.au
Opening Hours: Monday to Friday 9am - 4pm
Inc. No. A0036088A | ABN 62 340 040 053

Learn Local

REGISTERED CHARITY
acnc.gov.au/charityregulator

Welcome to Term 4

Welcome to Term 4. Yarrunga management has made the decision to continue all programs and activities in an online format for Term 4. Our health and wellbeing programs are all priced at $20 for the term and our adult education programs are being offered for free. This pricing is for term 4 only, so it's a great time to take advantage of this opportunity and try something new.

We understand that this is a challenging time for many people, and we are trying hard to keep our community connected with interesting programs and activities. If you have any suggestions on other ways we can be of service, we would love to hear from you.

Term 4 is sure to whizz past quickly, and our fingers are crossed for face-to-face classes returning in 2021. In the meantime, stay safe and be kind to one another.

Thank You

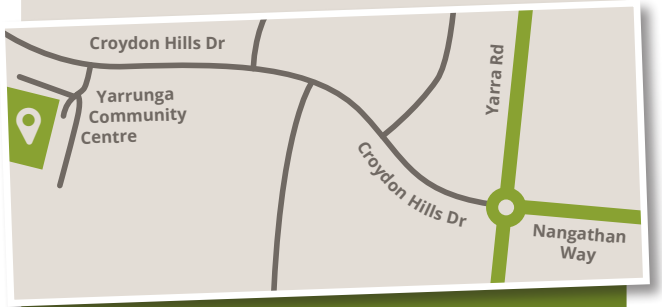
A huge thank you to everyone who has continued to support our programs and activities online. Also a big thank you to those who have donated time or materials or supported our activities like sewing masks.

A BIG THANK YOU to all our volunteers who assist in governance, administration, maintenance and social inclusion activity groups. We couldn't do it without you all!

Where to Find Us

Yarrunga Community Centre is located at 76 - 86 Croydon Hills Drive, Croydon Hills. Visit our website, Facebook and Instagram pages to find out what is happening at Yarrunga Community Centre.

www.yarrunga.org.au
facebook.com/YarrungaCommunityCentreInc
Instagram.com/yarrunga_community_centre



Your Community Centres in Maroondah

Yarrunga Community Centre

76 - 86 Croydon Hills Drive, Croydon Hills 3136
Ph: 9722 8942 | Web: www.yarrunga.org.au
Inc. No. A0036088A | ABN 62 340 040 053

Glen Park Community Centre

30 Glen Park Road, Bayswater North VIC 3153
Ph: 9720 5097
Web: www.glenparkcc.com.au
ABN: 66 587 052 638
Inc. Association: A0041265X

NRCH North Ringwood Community House Incorporated

35 - 39 Tortice Drive, Ringwood North VIC 3134
Ph: 9876 3421
Web: www.nrch.org.au
ABN: 78 052 679 939
Inc. Association: A0004693Z

Central Ringwood Community Centre Inc

Bedford Park, Rosewarne Lane, Ringwood VIC 3134
Ph: 9870 2602
Web: www.crccinc.org.au
ABN: 82 757 628 466
Inc. Association: A0002320N

ARRABRI COMMUNITY HOUSE

42 - 78 Allambanan Drive, Bayswater North 3153
Ph: 9720 0877
Web: www.arrabri.org
ABN: 65 282 972 116
Inc. Association: A0055935T

Community Events

Community Virtual Lunch

Join us on Wednesdays 12.30pm – 1.30pm for our Community Virtual Lunch. It's a chance to catch up and have a chat over a bite to eat or a cuppa. BYO lunch of course! The lunch will run from 07.10.20 – 16.12.20.

Join Zoom Meeting:

https://us02web.zoom.us/j/82669109330?pwd=b2hVZVBSMlI3amFsbW12RmZKSmMzdz09

Meeting ID: 826 6910 9330

Password: 484978

Community Works

Volunteering

Volunteering is a fantastic way of giving back to your community, and it has also been shown to have tremendous benefits on your own mental health. Friends of Yarrunga is a group that helps out with some easy and basic maintenance and upkeep; or promotion of Centre activities and programs; or assistance at special events and celebrations. If you would like more information on joining please contact us.

Regal Sleep Solutions

Don't forget our supporting partner 'Regal Sleep Solutions'. If you're looking for a new bed contact Regal Sleep Solutions in Croydon – you'll get professional advice, save money and the Centre receives a donation. Enquire at Reception.

Supporters

Yarrunga gratefully acknowledges support from and partnership with the following organisations:

Victoria State Government · Maroondah Community, Lifestyle, Opportunity · COTA For older Australians · Learn Local · Croydon Hills Community Care · Stevens Glass · Knoxbrooke Extras · iDareU · McGrath · Proudly supported by Ringwood East Community Bank Branch, Bendigo Bank · Strengthening local communities, Community Houses Association of the Outer Eastern Suburbs, CHAOS · Australian Government, Be Connected, Every Australian online., Network Partner

The Team at Yarrunga

Centre Staff

Manager: Sam Blackwell
Finance Officer: Delise Nunis
Program, Services & Community Support: Jen Schrader
Administration/Reception: Nadine Griffiths

Committee of Governance

Chairperson: Peter Feeney
Secretary: Suzanne Tobin
Treasurer: Garth Whitchurch
Members: Jim Colebatch

Volunteers

We have a great team of volunteers who contribute many valuable hours of their time to help run programs, groups and assist in the office .

Venue Hire

Although our venue hire is currently on hold until further notice, keep us in mind for a beautiful space to hire for your next function.

Yarrunga Community Centre has a range of rooms available including a hall that seats up to 140 and meeting rooms overlooking the lake for smaller groups or one-on-one consultations. Our rooms are perfect for events, courses, meetings and workshops and suit support groups, training groups, businesses and individuals.

Rooms start from $18.50 for regular business hire and $14 for frequent Not-For-Profit hire.

Contact Yarrunga Community Centre on (03) 9722 8942 or info@yarrunga.org.au for more information, a tour, or to make your booking.

Feel Alive: Take time to move

Your body longs to feel alive

Strength for Life®

Progressive strength training classes specifically designed for people aged 50+. In order to encourage new participants, term 4 classes will be open to anyone. Newcomers will need to complete a medical self-assessment and have a 1:1 online consultation with an instructor. A medical clearance will only be required if deemed necessary.

Monday classes: 9am – 10am & 3pm - 4pm
10 weeks, 05.10.20 – 14.12.20, excl 02.11.20,
Fee $20

Tuesday classes: 11am – 12pm & 12.30pm – 1.30pm
10 weeks, 06.10.20 – 15.12.20, excl 03.11.20,
Fee $20

Wednesday classes: 9am - 10am
10 weeks, 07.10.20 – 09.12.20, Fee $20

Thursday classes: 9.30am - 10.30am & 8pm - 9pm
10 weeks, 08.10.20 – 10.12.20, Fee $20

Friday classes: 9.15am to 10.15am & 11am – 12pm
9 weeks, 09.10.20 – 11.12.20, excl 23.10.20,
Fee $20

Tai Chi

Tai Chi is a series of flowing movements. It is easy to learn and suitable for a wide range of abilities.

Wednesdays, 10.30am -11.30am
07.10.20 – 09.12.20 (10 weeks)
$20

40+ Fitness

Interval Training improves fitness fast, and this class is perfect for people aged 40+. Exercises range from low to high intensity and you work at your own pace and fitness level.

All new participants must provide medical self-assessment – forms are available online or from the office.

Mondays, 6pm – 7pm
05.10.20 - 14.12.20, excl 02.11.20 (10 weeks)
$20

Pilates

Pilates emphasises postural alignment, breathing, core stability and improves co-ordination and balance.

Tuesdays, 7pm – 8pm
06.10.20 – 15.12.20, excl 03.11.20 (10 weeks)
$20

Yoga

Yoga incorporates movement, breathing, relaxation and meditation techniques. Movements can be adapted to suit a range of ability.

Mondays, 7.30pm – 9pm
05.10.20 – 14.12.20, excl 02.11.20 (10 weeks)
$20

Bite Sized Activities

Dare to try something new

Be Connected Supported Independent Learning

Be Connected is a free program aimed at helping older people become more confident with computer technology and help them stay more connected to activities and services using this medium. Yarrunga is a Be Connected network partner. If you would like more information or assistance in signing up to this program, please don't hesitate to contact us – we have a number of people at the Centre who have been trained to assist you.

Be Connected Online Workshops

This program covers a range of topics to help you live more confidently in a digital world. Join one or all of these free sessions. We can assist you getting established on Zoom if required.

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

Tuesdays, 12.30pm – 1.30pm
06.10.20 – 08.12.20, excl 03.11.20 (9 weeks)
Free

Australian Government | Be Connected Every Australian online. Network Partner

Connect & Belong

Everybody wants to belong somewhere

Yarrunga Crafters

Join this welcoming, friendly group while you work on your quilting, sewing, embroidery, crochet, knitting or any other craft. Sewing machines and ironing facilities are available.

Mondays, 12.15pm – 2.15pm, 20.01.20 – 14.12.20
(excl 21.09, 02.11)
$5 annual membership plus $2 per meeting

Currently this group is meeting via Zoom

Yarrunga Indoor Bowls

Postponed due to COVID-19.
Return dates to be confirmed.

Have fun, make new friends and keep fit with this new social group activity.

Mondays, 11.30am – 2pm
$5 annual membership plus $2 per meeting

Yarrunga Writers

Enhance your writing skills in this weekly workshop – it's a great way to broaden your skills and share your love of writing.

Mondays, 12.30pm – 2.30pm
03.02.20 – 14.12.20 (excl 21.09, 02.11)
$5 annual membership plus $80 yearly program fee

This group will meet via Zoom

Yarrunga Retirees

This independent group holds a range of different activities including a monthly meeting. Guests are welcome for a nominal cost. For more information contact yarrungaretirees@outlook.com.

2nd Wednesday of the month
$30 annual membership plus activity costs

Book Clubs

Book Clubs add value to your reading by stimulating new insights and understandings through discussion. Join one of our monthly meetings.

Fees: $95; 2020 membership (this fee is inclusive of library fees and social group membership fees)

Book Lovers Book Club
1st Tuesday of the month
04.02.20 – 01.12.20, 10.45am - 12.15pm

Via Zoom

Redit Book Club
2nd Wednesday of the month
12.02.20 – 09.12.20, 7.30pm - 9.00pm

Via Zoom

OM:NI (Older Men, New Ideas)

This group brings together men aged over 50 years. Come and develop new friendships and participate in activities to promote health and wellbeing of men.

Every 2nd and 4th Thursday of the month
23.01.20 – 10.12.20 (excl 24.09)
10am - 12pm
$5 annual membership plus $2 per meeting

Yarrunga Walkers

Explore the beauty of your local area. Walks are around one hour long at a moderate pace.

Fridays, 9.30am – 10.30am approx.
24.01.20 – 11.12.20 (excl 10.04, 03.07, 25.09)
$5 annual membership plus $2 per meeting

Move Forward

Never stop learning, because life never stops teaching

Iso Art

(limited numbers apply)

FREE

Iso Art – Images of experiences in isolation during COVID 19' is a project to support community members to create an art piece that is uniquely their own that depicts their experiences of navigating COVID 19 and the lockdown.

You do not need to be an artist to participate as a facilitator is available to help. Anybody who lives, works or plays in the City of Maroondah can enrol. Funding is available to cover costs and so places are limited.

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

(20EMPEST1234)
This is a Learn Local endorsed course.

Maroondah Community, Lifestyle, Opportunity | Learn Local

Barista Taster – Online Course

Our Barista Taster online course will introduce you to the world of coffee making and the basics of making an espresso shot, stretching and texturing milk and making some of the more commonly ordered coffees. This taster is perfect for someone who has a home machine and wants to learn more, or somebody wanting to explore whether coffee making is an avenue they wish to pursue. Included in this course is a 1-hour 1:1 session with our Barista tutor when restrictions allow – this is a chance for you to have some hands on experience.

Fee: Free for term 4 only
Dates: on-going
(ACL20ESBS123)
This is a Learn Local endorsed course.

Learn Local

Practical Computer Skills

This course is perfect for anybody wanting to improve their basic computer skills – learning your way around your computer and learning more about some of the commonly used Microsoft programs.

Thursdays, 12.30pm – 2.30pm
08.10.20 – 03.12.20 (9 weeks)
Free for term 4 only
(20EMPIC1234)
This is a Learn Local endorsed course.

Learn Local

Christmas Cooking

(Online course)

Make Christmas extra special this year by adding love and kindness through a personal touch to your gifts and shared meals. Join our free workshop series for some inspiration and know-how. You can join in as many classes as you want.

Week 1: Vegan Wellington Roast
Week 2: Gift making - dukkah, onion jam, fudge, flavoured salts
Week 3: Gingerbread shack
Week 4: Christmas sides – crispy roast potatoes, sprouts with cranberries and pumpkin
Week 5: Gingerbread chocolate tart

Thursdays, 3pm – 5pm
22.10.20 – 19.11.20 (5 weeks)
Free for term 4 only
(20EMPIHSTEP1)
This is a Learn Local endorsed course.

Learn Local