



You

Yarrunga Offerings & Updates

July 2024

Welcome to Term 3

Well we have hit the ground running for term 3! Who says everyone heads away for the winter? As a girl growing up in the UK and going through its winters – give me a Melbourne winter any day! Having said that, it is unfortunately impacting our staffing team health wise, so we have had to accommodate shortages of staff.

From feedback from some Living Longer participants and the challenges of finding replacement staff for the sessions, an idea was presented to us to create a video that could be used in the event no tutor could be found, and prevent the cancellation of the session. During the recent holidays, our newest tutor, Alanna Heitmann, created one for us and it has already been put to good use. While it is not a live class, our admin staff will sit in the session to ensure that you work safely. We realise that it may not be your tutor, who knows the specifics of you, but we ask you to use your own knowledge of your body and adjust the exercises where necessary or sit out the exercise if unsure. While not the perfect option – we believe that cancelling classes is not great physically or socially for our participants, so we ask you to support this option if it is used for your session.

Numbers for our exercise programs are travelling really well. We have put on additional sessions and a few new ones too. Chair exercise, for those who find our regular programs a challenge, and one catering for parents and bubs, so please share these programs to those that you think might appreciate the opportunity.

Our Cadbury chocolate sales are going fantastic. The funds we make from the sales enable us to buy items and equipment for our Winter Shelter food relief programs – which unfortunately is in even higher demand than last year. We have been able to buy additional shelves for our 2 ovens to enable our teams to cook more in the time allocated to them. We also use these funds to support the Centre and community social events such as the upcoming RUOK day morning tea. So, thank you to all who support this cause (though our staff are enjoying it a little too much I think).

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Some exciting news to share!!!

After much talk and Cr Rob Steane's support, Committee advocacy and Maroondah City Council, we are getting a deck built on the lakeside of the building that will run most of the length of the facility. Doors will open to the deck from Room 2, Room 4 and the art room and will create greater options for use once complete. Social hire, yoga, tai chi or artists on the deck, or our training coffee room, are just a few options that we can look forward to.

It is going to create some minor disruptions while in construction and we will advise of updates as they come to light. We are expecting works to commence in August. Yes, it will be messy during this time, but the results will be amazing! The long-term goal is to have a roof construction eventually also to make it more usable in all weather.

Thank you to MCC – we can't wait!

See you soon!

Sam Blackwell
Manager

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PEOPLE NEWS

Farewell to Tish

Farewell to Tish who left to take up other employment. Tish had been taking some Living Longer Living Stronger classes, and had also previously helped out on the Winter Shelter program. We wish her all the best in her new position.

Congratulations Jane

Heartfelt congratulations Jane Bouwmeester for her 10-year anniversary of working at Yarrunga Community Centre. Jane teaches Living Longer Living Stronger and has also taken the Pilates classes in the past. Jane is very popular with her participants – and for good reason. She is an amazing teacher and we thank her very much for her 10 terrific years of service.

Congratulations Leonard

Len Lewis has the double honour of having attended the Centre for 10 years, and also being one of our most senior participants. Len attends two classes a week and is a huge inspiration, as well as being a super nice man!

Hats off to Jo Davis - Paddle Queen

Jo, our Auslan tutor, successfully competed as part of a relay team for the Riverland Marathon Paddle that covered 200kms over a 3-day period. Awesome effort Jo. We are so in awe of your dedication and hard work.



EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Free Workshop - DIY Financial Health Check



Learn how to give yourself a financial health check in this free hands-on workshop.

Thursday 01.08.24

9.30am - 11am

Bookings essential -

<https://www.socialplanet.com.au/activity/view?id=25238>

Free Workshop - Managing Finances when you lose a Partner

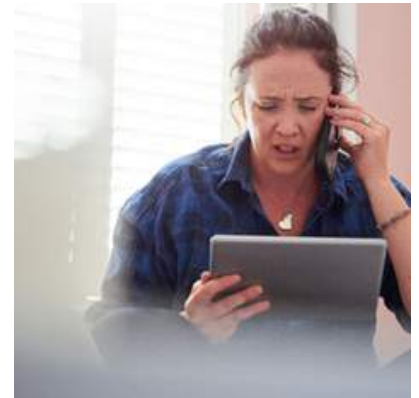
Losing a partner through death, divorce or separation is hard. If they had managed the finances it can become overwhelming. Learn how to make a start, resources you can use and how you can effectively engage professional assistance.

Thursday 15.08.24

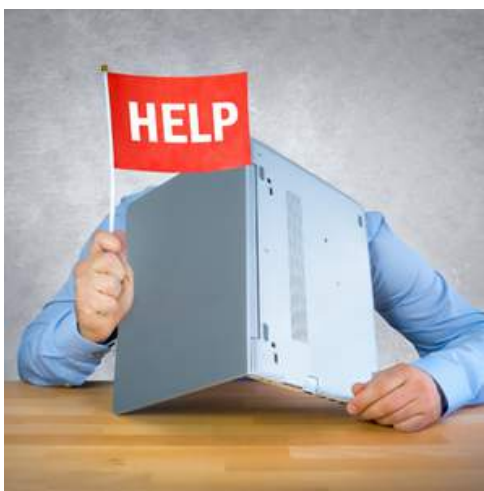
9.30am - 11am

Bookings essential -

<https://www.socialplanet.com.au/activity/view?id=25237>



Free - Tech Help with Sam



Need some technical help? We have a wonderful new volunteer, Sam, who can help you.

Sam can provide assistance with phones, laptops, computers, tablets and other tech devices like cameras. He can also help with hardware and software, browsing the internet safely and provide recommendations for safe computer programs.

Sam is available every Tuesday fortnight 10am – 12pm. Bookings are essential – contact reception.

EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Change of Centre Hours

Please remember our new hours:

Monday to Thursday: 9am – 4pm

Fridays: 9am - 3pm

Biggest Morning Tea Fundraising

**Congratulations to everyone who
joined our Biggest Morning Tea.**

**Together we raised \$680
for the Cancer Council**



Winter Shelter

Our work for the Winter Shelter Community Meals program continues as food scarcity seems to be increasing.

Our pantry is pretty well stocked apart from tomato products which we go through at an incredibly steady pace. If you can manage a donation we would greatly appreciate tinned tomatoes, tomato paste or pasta sauces. Supermarket vouchers are also very useful to help us purchase fresh ingredients.

WANTED

**Tinned tomatoes
Tomato paste
Pasta sauces**



EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Exercise and Diabetes Management

Did you know that exercise can have a very beneficial effect on diabetes management?

Exercise can help:

- improve insulin sensitivity
- lower blood sugar
- aid weight loss which in turn helps improve blood sugar control
- reduce cardiovascular risk which can often be increased if you have diabetes
- reduce stress associated with having to manage diabetes
- even prevent or delay type 2 diabetes

The best type of exercise to do to help manage diabetes is one that you enjoy and will keep doing! Exercises choices can include cardio, resistance training, balance, or flexibility – even better if it includes elements of all of these.

Remember to stay hydrated while you exercise, and it's a good idea to have some fast acting snacks in case your blood sugar dips too low.

If you are concerned about exercising with diabetes speak to your medical team – it's well worth the effort.





Loneliness Awareness Week

5-11 August

Loneliness is a critical issue and is recognised as a public health priority for many countries around the world.

Despite loneliness being a highly prevalent shared human experience many people don't feel comfortable talking about it. But the fact is that 1 in 3 Australians feel lonely at any given time, and 1 in 4 experience persistent loneliness.

So why do people feel lonely? Significant life changes and circumstances such as financial hardship, relationship breakdowns, loss and health conditions can contribute to feeling of loneliness and social isolation.

Loneliness is also about how disconnected you feel rather than how many connections you do or do not have - which is why you can still feel lonely in a room full of people.

We all feel lonely from time to time, but some of us stay lonely for longer. Feeling lonely does not mean there is something wrong with you. It's a cue to connect.

Yarrunga Community Centre is committed to creating a culture of connection. Our exercise classes don't just give you a workout, they also provide an opportunity connect with others. Our adult learning programs don't just teach a new skill, they provide a group environment where you talk and interact with others. And our social groups draw together people with shared interests so you have something to do together and talk about together. We are also committed to holding social community events like our recent Biggest Morning Tea. We are here for anybody that needs to just drop in for a chat – we are all great listeners!

Let's all work together to reduce the stigma of isolation and loneliness, and create more opportunities for us to build meaningful social connections.

I don't know what the solution is for loneliness... it's not easy to go out and meet people.

FRIENDSHIP ALLIANCE

#LETSTALK

FRIENDSHIP ALLIANCE

53% of Australians feel embarrassed to admit they're lonely.

#LETSTALK

FRIENDSHIP ALLIANCE

1.7 million Australian adults are often or always experiencing loneliness.

#LETSTALK

Not being able to do things that you used to be able to do makes you feel very lonely

JANENE, 63 - WIDOW

FRIENDSHIP ALLIANCE

#LETSTALK

It's ok to feel lonely. It doesn't mean there is something wrong with you.

LET'S TALK

FRIENDSHIP ALLIANCE

FRIENDSHIP ALLIANCE

Don't know where to start?

LET'S TALK

Sneak Peak at Term 4

Downsizing - a joint project with AVEO

This is an awesome free 6 week short course series of workshops designed to equip you with the up-to-date information, tools and contacts to better support your informed decision making around downsizing, retiring and future care support.

The program will run every Thursday from 17 October to 28 November from 10.30am – 11.am
To book - <https://www.socialplanet.com.au/activity/view?id=24622>

17 October – Downsizing, presented by Rachael Lane. It's not about square metres. It's about right-sizing your home for the next chapter in life and downsizing to a better lifestyle.

24 October – Move with Ease, presented by Simpson Rial. Learn about the 5 tips and techniques to use when downsizing, handy packing tips and who really wants that old furniture.

31 October – we take a break from our downsizing series to give you a presentation on Wills and Powers of Attorney – see next page

7 November – Managing the Emotions, presented by Estelle Kelly. Downsizing can lead to emotional baggage. Hear about the three stages of a transition and dealing with change.

14 November – Financial Planning in Retirement, presented by Shaun Ganguly. Downsizing with sound and reliable financial advice to meet your changing needs.

21 November – Making Informed Plans for Next Steps, presented by Jayne Maini. Exploring what's available to support you at home and in times of need, and next step planning for the future.

28 November – Wrap up, presented by Craig Green. A refresher on what's in your toolbox – what you have heard, actions required and next steps. An interactive Q&A session with giveaways.



Sneak Peak at Term 4 cont.

Wills and Powers of Attorney - a joint project with Eastern Community Legal Centre



Thursday 31 October
10.30-12pm
Cost - free

To book -

<https://www.socialplanet.com.au/activity/view?id=20583>

3 Fun Facts about Koalas



Koalas have a unique fingerprint. In fact their fingerprints are so similar to humans, that they could taint crime scenes.



Koalas have two thumbs on each front paw which allows them to have a stronger grip to climb trees and hold onto branches securely

The fur on a koala's butt is extra thick to provide cushioning when they sit on rough tree branches for long periods - pretty handy for an animal who sleeps for 22 hours a day!