

Welcome to Term 1

Well, we have hit the ground running!

The team had a shorter break over the holiday season, so that they could return and catch up on some much-needed planning, preparation and paperwork.

Unfortunately, our deck progress is not proceeding as fast as we would like. Materials and compliance are slowing things down. We will keep you informed.

During Covid and the Centre closure, we advertised that we could be contacted on the Centre's emergency mobile phone and this number was shared. Can I please ask that you no longer use this number if you are a participant as it is only used by our afterhours hirers to contact us in an emergency. Nadine, our administration officer takes this home every day and these calls interrupt her after hours' time. With the new Fair Work "right to disconnect" laws – this would not constitute as a valid reason to be contacted outside of work hours. If you need to contact us, please call our landline on 9722 8942 or email info@yarrunga.org.au and we will contact you during business hours.

There have been some major changes within our administration staffing structure (see People News) to ensure financial viability of the Centre. Unfortunately, operating costs, including wages, , continue to increase, but increasing the cost of programs to cover these would not be beneficial to the consumer at the rates we would need to charge, so savings must be made somewhere else. Our workload is quite stretched, so we ask you to be patient with us as we adapt to our new structure and also ensure that equipment and furniture used is returned to its rightful place on completion.

The start of term has seen some hot days, and we know there are more to come, so remember to stay hydrated and know we have great air conditioning. But also remember to take your own health into consideration – if you feel it would be too much for you to attend on the extreme days, put yourself first and let us know you won't be attending.

Here's to a fantastic year ahead!

See you soon!

Sam Blackwell
Manager



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Dates

Term 1 2025 will run from Tuesday 28.01.25 – Friday 04.04.25, excluding Monday 10.03.25



PEOPLE NEWS

Farewell to Connie

Goodbye and all the best to Connie who worked in finance.

Farewell to ST and Pilates

Unfortunately, we have had to let our Pilates class go. Our tutor ST no longer wanted to teach in the evenings and is heading more down the path of reformer classes rather than mat classes. We put some feelers out for a new tutor but had no luck and, with only two paid re-enrolments, we made the decision to cancel the class. It is unfortunate as Pilates has been part of our offerings for some time now, but times change and we must respond to changing needs. We wish ST all the best in the future and hope her reformer classes are successful.

Judy is back!

We can't stay away from each other! We are so glad that Judy has returned – she will be taking the Interval Training class once again.

Welcome to Candace

Welcome to our newest fitness instructor - Candace. She will be joining us as a new Seniors Strength and Balance tutor, commencing Wednesday 26 February. We are also working towards implementing a second class for Candace in term 2.

Change in Admin Staff Roles

Connie's departure and changes in our adult education offerings will result in admin staffing changes in 2025.

Nadine and Sam are sharing the finance role in addition to their usual roles. In addition to her programs and marketing tasks, Jen will be taking on a teaching role, working with clients from our new program partner. We will be delivering a program called Double Shot which will feature hospitality/barista skills and life/wellbeing skills. In order to make enough time for this, Sam will take on the HR management of tutors while Jen will continue to support the programs.

Big changes and our time will be stretched, so please be kind to us during the year as we work through these new challenges.

EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Deck Update

Like many building projects the new deck build is taking a little longer than expected. We are currently waiting for manufacture of the steel supports for the roofing and the roofing structures and finalising the choice for the balustrade. Once these have been made, the roof can go up, the flooring finished, and the balustrades and lights installed.

Once complete the rooms will once again be open for social hire. If you have any events or know someone who may be planning a special day, please contact us.

It's a terrific view of the lake from up on the decking. We keep reminding ourselves that Rome wasn't built in a day, and this decking is much more impressive than Rome!

Fund Raising Opportunity for the Centre

Yarrunga has been nominated by Grill'd Croydon (on Maroondah Hwy near McDonalds) as a community group to hopefully benefit from their Local Matters program for the month of February.

If you are looking for a healthier alternative to a takeaway meal (or dine in). Please support us.

When you place your order, you will be given a bottle top token which you can place in one of 3 community groups jars. The winner for the month will receive a donation of \$300 and the other two the organisations will receive \$100.

This donation will help us to continue to do the great work we do in supporting the Winter Shelter all year-round meals program.

So, take you family and friends, enjoy a casual night out and support our Centre in the process!



Moving Furniture

If something like a table or a stack of chairs needs to be moved, please see your tutor or the office. Do not do it yourself. We have had instances of tables being moved without the wheels being unlocked which damages the tables and the flooring.

EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Grant Updates

Washing Machine – thanks to the **Maroondah City Council's Grants program** we received funding to purchase a washing machine.

Dryer – thanks to the **Bendigo Bank - Community Bank Ringwood East and Croydon** we received funding for a heat pump dryer.

These grants mean that Nadine will no longer have to take all the tea towels and aprons home for washing – and after a Winter Shelter cooking session there were heaps! It also means we may be able to assist with laundering bedding for the Winter Shelter Overnight Accommodation program during Winter. And no – we are not taking in anybody else's dirty laundry!



We were also successful in gaining a grant from the **Department of Fairness and Housing** – Food Relief Grants Program for sustainable food relief. This grant will be used for upgrading our dishwasher to a commercial dishwasher and the purchase of Vegepods and herbs. The herbs will be used in our community meals preparation. If there is anybody out there with experience in setting up Vegepods we would greatly appreciate the advice and assistance.



Living Longer Living Stronger

Name Change

We have received notification from COTA that they are dropping Living Longer Living Stronger and, as from the end of February, we are no longer able to use that name. Therefore, our new name for the class will be:

Seniors Strength and Balance

Our Living Longer Living Stronger classes are going so well that we have added another new class to our timetable, and it's filling up fast. Given the booming popularity of these classes now there are a couple of things of which you need to be aware.

During and after Covid, we saw a slow return to classes and new participants. So for this reason we were more flexible with class attendance management. On a positive note, we are seeing a great intake of our program, which is now providing challenges for administration to continue to be flexible. So please note the following changes, back to pre-Covid times:

Make Up Classes

Many of the classes are now fully booked which means limited places for make up classes. If you know you will not be able to attend your usual class please let Nadine know as this place can then be available as a make-up spot – **DO NOT TELL YOUR TUTOR ABOUT YOUR ABSENCES – PLEASE LET THE OFFICE KNOW!!!**

Rolling Over

Please also note if you cannot attend a term for some reason we cannot automatically hold your spot and roll you over to the following term. The only way to retain your spot is to pay for term even if you don't use it. If you choose not to do this, we can put you on a wait list if the class is fully subscribed.

New Class Size Limits

We are now be limiting class sizes to 20 to allow a little more room for everybody and their equipment. Existing classes who currently have over this number will slowly be reduced if someone leaves. We won't fill that space.

New Class

We have again added some new classes to help ease numbers and provide more options for make up classes. Candace will be taking new classes on

Living Longer Living Stronger cont.

New Tutor

We have a new tutor, Candace, commencing Wednesday 26 February for a new class. We will be offering \$5 come and try sessions and using this as a make-up class option.

This class will run on **Wednesdays 12.45pm - 1.45pm.**

As it is the last 6 weeks of term, the fees will be \$62.60. We will also be taking expressions of interest for an additional class for Fridays commencing Term 2 from 1.30pm - 2.30pm.

Need a reason to join a Seniors Strength and Balance class?

Muscular strength and good physical fitness are linked to a significantly lower risk of death from any cause in people with cancer. Edith Cowan University and the University of Queensland researchers found that, compared with those with poor muscle strength and low cardio fitness, those at the other end of the spectrum were 31-46 per cent less likely to die from any cause. This risk fell by a further 11 per cent with each unit increase in muscle strength.

The combination of strength and fitness was associated with a 4-46 per cent lower risk of death from any cause in patients with advanced cancer and a 19-41 per cent lower risk from any cause among those with lung or digestive cancers.



New Social Group - RummiKlub

If you're interested in playing RummiKub join our latest social group who will get together to play every Monday 11am – 12.30pm. \$5 annual membership plus \$4 per visit.



Yarrunga Coffee Hub

We have purchased a new coffee machine and Sam and Jen will become fully trained up on the new machine. We are not yet sure of the finer details of how the coffee hub may operate. It is hoped that our Double Shot participants will be able to serve customers on Thursdays. However, given that we need coffee on all the other days too, if you have barista experience and would like to volunteer for a few hours once a week, please get in contact with us. We can offer you a refresher course in barista if you need one. It is envisaged that eventually the Hub will be open each morning during the week 10am – 12pm offering freshly made coffee and pre-made snacks.



Mindful Walking

We will be once again working with the Maroondah City Council Mindful Walking program. Mindful walking can help reduce stress and anxiety, while improving mental health, sleep and overall mood. Join this four-week program and learn important mindfulness practices.

Fridays 10am – 11am

7-28 March (4 weeks)

\$20 per person – covers all four sessions and a light morning tea

To book – www.maroondah.vic.gov.au/MIndfulwalking



Coming Up in April - Elder Rights Advocacy

Free information sessions provided by Elder Rights Advocacy (ERA)

29 April	General information on ERA, Advocacy and Aged Care Rights
27 May	Navigating and understanding your Aged Care options
24 June	Fees and Charges with Aged Care
29 July	Elder Abuse
26 August	Aged Care Volunteer Visitors Scheme (ACVVS)

More information to follow, but pop the dates in your diary now!

Tea Towels



We still have plenty of tea towels available for purchase. Please see the office if you are interested. All proceeds go to the Winter Shelter Community Meals program.

Chocolates

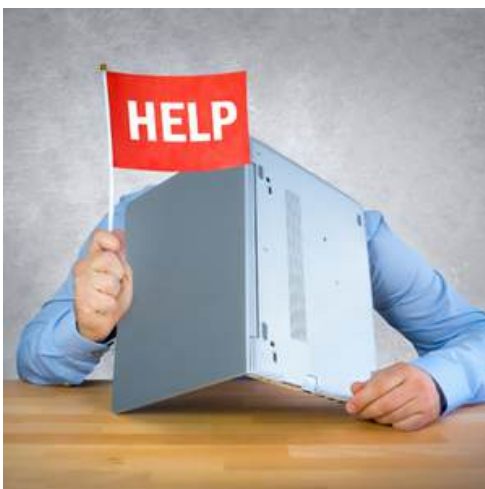
They're back!! Thank you to everyone who supported our chocolate sales last year. In case you're interested here's where some of that chocolate money went to help support Winter Shelter:

- pantry staples
- additional fry pans
- air tasker to help us bring in a newly donated upright freezer

So, this year, we hope you're back to feed your chocolate habit – and if you find your waistline is expanding we have some great exercise classes to help combat that!



Free - Tech Help with Sam



Need some technical help? We have a wonderful 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.

Awe Walking

We've had power walking and mindful walking, and now we have 'awe' walking.

Professor Dacher Keltner, a professor of psychology at the University of California has been studying awe for over 20 years. He believes that experiencing awe can have positive effects on many levels as experiencing awe helps calm our nervous system, slows down heart rate, aids digestions and even cools down the inflammation process.

One study on awe involved people who were 75 years or older. Once a week they went out on an "awe walk" which involved looking at things with a child-like wonder and mystery. It could be as simple as pausing and noticing something as small as a flower or as large as a sunset. Or witnessing the kindness, goodness or generosity of other people; listening to music; seeing art; or contemplating big ideas.

They found that over the 8 weeks of the study, the "awe" group of walkers started to feel more and more awe, and over time felt less pain and distress.

For more information: https://www.huffpost.com/entry/dacher-keltner-awe-wonder-walk_l_676f0658e4b0063e00bc064c

In these days of everybody rushing to get somewhere or achieve something I guess it can't hurt to just slow down, notice things with a child-like curiosity.

