



May 2026

Welcome to Term 2

What a wonderful start to Term Two it has been! If only this perfect autumn weather could stay with us all year. The beautiful days and crisp nights have certainly kept our team in great spirits.

We recently held our Annual General Meeting, celebrating everything we achieved in 2025. A big thank you to our dedicated staff, volunteers, and our wider community, your support made it all possible.

We're also pleased to welcome back our Committee of Governance:

- Chairperson: Peter Feeney
- Deputy Chairperson: Chris Jones
- Secretary: Suzanne Tobin
- Treasurer: Marian Schumejko

As the weeks grow cooler, you can count on us to remain a warm and welcoming place — perfect for connecting with others and enjoying a range of activities and programs.

We look forward to seeing you soon!

Sam Blackwell
Centre Manager

PEOPLE NEWS

Welcomes

Lois – Welcome to Lois. You will see Lois helping out in the Coffee Hub on Tuesdays and Fridays. Say a big hello and make her feel welcome.

Goodbyes

Carmen - Unfortunately, Carmen had to resign from the Committee of Governance as she moved into employment.

You could help shape the future of our Centre by joining the Committee. If this sounds like something you'd enjoy and want to explore, we'd love to chat - please get in touch.

Other than that - no other people news - except to say we are all awesome!

DATES

Term 2 – 20 April – 26 June

No classes Monday 8 June (King's Birthday public holiday)

During the term break (29 June – 10 July) the Centre will be operating on limited days and hours.



EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Largest Community Lunch

To celebrate Neighbourhood House Week we will be taking part in the Australia's Largest Community Lunch program. The lunch represents a celebration of connection, community, and the work that community houses do every day to bring people together, build social cohesion, and strengthen local communities. A portion of funds raised will also be allocated to the Biggest Morning Tea fundraising program.

Friday 15 May

1pm – 2.30pm

\$20 per head

Book via Reception

(unfortunately, intolerances cannot be accommodated)



Men's Banter and Brew

To celebrate Men's Health Week the Men's Banter and Brew social group are offering a special FREE 'Come and Try' session on **16 June, 10am – 12pm**. To make it extra special we are also holding a small informal workshop on 'Mastering the Art of the Everyday Photo'. This will be a relaxed, hands-on session to show you how to turn ordinary moments into standout photos using just your mobile phone. No experience or fancy equipment needed. Come along, have a go, and start capturing the moments that matter. We'll even put on morning tea for you!



EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Yarrunga Writers

Everyone has a story to tell. Whether you're just starting out, have pages tucked away at home, or even just an idea floating around you will find Yarrunga Writers is a great space to explore ideas, spark creativity and bring words to life.

Mahjong

Mahjong is a great game that combines strategy, memory and a little luck. Played in small groups, it keeps your mind active while enjoying some good company and plenty of chat. No experience is needed and beginners are most welcome – rules will be explained step-by-step. So, whether you're learning for the first time or brushing up your skills, come to our newest social group. Tuesdays, 10am – 1pm. \$5 annual membership + \$4 per meeting.



Barista Skills

Want to make great coffee? Or to know the difference between a Piccolo and a Melbourne Magic? This program will help you brew your way to barista brilliance! Afterwards, you also get bragging rights to all your friends and family, and you can join our Coffee Hub volunteer team for some practice if you wish.

Tuesdays 17 and 24 February (you must attend both days)

9.30am – 12.30pm

Cost \$33



EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Tech Help with Sam



Our wonderful volunteer, Sam, is back this year to assist with technical help.

Sam can assist 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.

Yarrunga Coffee Hub

The Coffee Hub is open for business 5 days a week – 9am until about 12.30pm. We can stay open longer for any lunchtime classes – just let us know.

As the weather cools and the deck isn't always an option, we will continue to make sure there's a comfortable space indoors for your group to enjoy a coffee together.

Like many others, we've seen an increase in operating costs. While we've worked hard to absorb these where possible, it's no longer sustainable to do so. Although our prices remain unchanged, we will be discontinuing the member/participant discount moving forward.

Our loyalty cards will still be available – buy 9 regular coffees and your 10th is free- so be sure to pick one up and bring it along each visit.

And some exciting news (for us, at least!): we have found a supplier of delicious mini shortbreads to accompany your drink. that means no more wafers – these tasty treats will be available inhouse very soon!

EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Pickling and Dehydration Workshop

Discover practical tips and tricks to reduce food waste, minimise soft plastics and extend the shelf life of your food.

Join Maroondah Council's Waste Educator for an engaging session on dehydrating, pickling, storing herbs, utilising your freezer and making savvy choices at the supermarket. Participants will also have the opportunity to take home their own salt seasonings, adding a flavourful touch to their meals.



Tuesday 9 June

1pm – 2.30pm

Cost – free

To register -

<https://www.socialplanet.com.au/request/guest/activity?id=46895> or visit our website

Mindful Walking



Maroondah City Council are running another four week mindful walking program at Yarrunga Community Centre. Learn important mindful practices to help reduce stress and anxiety and improve mental health, sleep and overall mood.

2 June - 23 June (4 weeks)

\$30 for the full program - bookings essential

www.maroondah.vic.gov.au/Mindfulwalking or email fiona.burridge@maroondah.vic.gov.au

EVENTS, ACTIVITIES, PROGRAMS AND NEWS cont.

Grant Updates

Bendigo Bank - Cups of Connection Partnership Program

Keep an eye out - they will be in-house soon!

This project aims to promote sustainability, local training and community collaboration through the use of reusable double-walled cork takeaway coffee cups. The cups will feature the logos of Yarrunga, Bendigo Bank and ALT T Coffee - celebrating a shared commitment to social impact.

Yarrunga will provide the training hub and space for hands on barista training in its new cafe hub, helping participants gain real world skills. ALT T will supply affordable, sustainable coffee and expertise through training. Bendigo Bank, as a valued sponsor will help fund the production of the ecofriendly cups, reinforcing its investment in community development and environmental responsibility.



What Ageing Gives Us That Youth Doesn't



When we're young, ageing is often seen as something to fear or avoid. We're encouraged to stay youthful, look younger, and act younger – as if growing older means losing something important. But the truth is, ageing gives us gifts that youth simply can't offer.

One of the greatest gifts is **perspective**. With time comes the ability to see the bigger picture. We've lived through challenges, changes, and unexpected turns, and we know that most things pass – even the hard ones. This perspective can be deeply comforting. Problems that once felt overwhelming now come with a quieter confidence: I've handled difficult things before, and I'll manage this too.

Ageing also brings **emotional resilience**. Life teaches us that we don't have to react to everything. We learn when to speak up and when to let things go. Many older people report feeling less concerned with other people's opinions and more at ease in their own skin. That freedom is hard-won and incredibly valuable.

Then there's **self-knowledge**. With age, we tend to understand ourselves better – what drains us, what lifts us, and what truly matters. We become more comfortable setting boundaries and saying no without guilt. Youth often comes with pressure to prove ourselves; ageing allows us to choose ourselves instead.

PLAY cont.

Another gift is **patience**. Not the forced kind, but the natural patience that comes from experience. We've learned that rushing doesn't always lead to better outcomes, and that some things unfold in their own time. This patience often extends to others, bringing greater compassion and understanding.

Ageing also sharpens our sense of **gratitude**. We notice small pleasures more clearly: a warm cup of tea, a familiar song, a friendly chat, a quiet afternoon. These moments may seem ordinary, but they hold real richness. Youth often chases the next big thing; ageing teaches us the value of what's already here.

There's also wisdom in **relationships**. Over time, we learn which connections are nourishing and which aren't. Many older people prioritise depth over quantity, choosing meaningful relationships over busy social calendars. This brings a sense of peace and belonging that isn't always available earlier in life.

Perhaps most importantly, ageing gives us **permission to live more authentically**. We stop performing and start being. We laugh more easily, forgive more readily, and accept ourselves more fully. We realise that perfection was never the goal — presence was.

Ageing isn't a loss of youth; it's a gain of understanding. It gives us insight, calm, and clarity that only time can provide. And while youth has its own beauty, the gifts of ageing are quietly powerful — and well worth celebrating.

Word Nerd

Did you know ...

The word "set" is one of the most complicated words in the English language — it has over 400 different meanings recorded in the Oxford English Dictionary.

*That means "set" can refer to things like:
putting something down ("set the cup")
a collection ("a set of tools")
a TV scene ("film set")
a mental attitude ("mindset")
even solidifying ("the jelly has set")*

*It's basically a linguistic shapeshifter —
same spelling, wildly different meanings depending on context.*