



You

Yarrunga Offerings & Updates

May 2021

Welcome to Term 2

Welcome back to Term 2. We managed to survive our Term 1 return with only a very small lockdown, which only impacted 3 business days. Thank you again to our wonderful staff and community for assisting us to remain open virtually and continue to remain connected.

With winter nearly upon us, we still need to remain vigilant, healthy and safe. We are still mandated to have all participants and visitors to the Centre to register with the Vic Government QR Code. There are no exceptions. Hand sanitising and the cleaning of all equipment used must still be actioned.

Our staff are continuing to adhere to our Business Covid Plan, with regular cleaning of high touch zones and ensuring that we minimise the cross traffic of programs on entering and exiting the building. We are all learning to work with our new normal, and I thank the community for their continued support.

Just a reminder that we do have our video conferencing system available to those who do not wish to return to face to face programs. Please just let our office staff know when you register or if your circumstances change and you wish to swap to online participation.

Here's hoping we make it through the remainder of the term with no hiccups!

Sam Blackwell
Manager

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AGM

We held our AGM on 15 April to hear about the wonderful achievements of 2020 – and yes, despite lockdown and the fact we operated off site for most of the year there were still some great things that happened. There is a short video on our achievements on our youtube channel - https://youtu.be/xQvYWb_K-ak

Our guest speaker, Gitta Clayton, spoke about the wonderful work of the Winter Shelter, and our local councillor, Rob Steane, conducted the election of committee members. Congratulations and thank you to our new 2021/22 committee – Peter Feeney (chairperson), Suzanne Tobin (secretary), Garth Whitchurch (treasurer) and Jim Colebatch (ordinary committee member).

If you would like to join the new committee – it's not too late as there are still positions available. Please contact Sam Blackwell for further information.



COVID ART

2020 was a year that paradoxically stood still and exploded at the same time. For many people it was a time of difficulty, challenge and trauma. For others it was a time for slowing down for self-reflection and growth. For others still, it was a combination - a rollercoaster of experiences and emotions and a time that is still be reflected upon and processed.

In 2020 Yarrunga Community Centre successfully applied to Maroondah City Council Arts and Cultural Grant Program for a project we called 'Iso Art – Images of Experiences in Isolation during COVID 19'. The aim of the project was to support the community to share their experiences and emotions of Coronavirus lockdown.

The project finished up with some amazing results and culminated in an exhibition held on 8 May. Many of our staff took part in this project, as well as community members, and found it was a great opportunity for self-care and reflection and, for some, the first time they had used art as a form of communication and expression as well as creative outlet.

We have been very proud and humbled to have been involved in this project.

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



The workshops ...



Some of our fabulous exhibition pieces ...



Some more of our fabulous exhibition pieces ...



Winter Shelter Cooking

We have a wonderful group of participants cooking for the Winter Shelter. And a big thank you to everyone who is contributing staples for this cooking program. It is very much appreciated by the recipients and a wonderful project to be associated with.



Other News

Grand-Buddy Morning Tea

We have partnered with the Bilingual Montessori Early Learning Centre to present 'Grand-Buddy Morning Teas'. It's an opportunity for our older and younger generations to meet, talk, and share time and experiences. The morning teas will be held monthly, and if you would like to participate please contact Reception.

Welcome to our new tutor - Claudia

Welcome to our new Zumba Gold tutor Claudia. Claudia has taken the class over from Susanne who left to spend time with her beautiful new grandson. Claudia brings a heap of energy and fun into the class and would love to see some more participants.



Barista Training for Teens

We ran a hugely successful Barista for Teens program during the Term 1 break. It is hoped that this program will give them the skills and knowledge to help them find part-time work in the hospitality industry. More sessions will be scheduled for the Term 2 holiday break.



Welcome to Bethel Assembly Church

Welcome to our new regular facility hirer – the Bethel Assembly Church. This community consists of members of the Zomi Chin community from Myanmar, and meets every Sunday afternoon for services. We also hope that members of this community will participate in other Centre activities.

Sports Victoria Grant

Thank you to Sports Victoria who have provided a grant to pay for cleaning equipment - wipes and hand sanitiser – to ensure that our programs remain as Covid free as possible.

Book Library

We are very proud to announce that we will be having an external book exchange library. It's a great way for our community to access books, especially while our internal library remains closed. The library was built by participants in Lifestartz programs who also run our woodworking classes.

Keep an eye out - it should be installed soon.

Kitchen now open

It's great to have our kitchen open again for participants. There are some rules about usage to ensure Covid safety is maintained, so if you have any questions please don't hesitate to ask.

Term 2 Activities and Programs

Fit Drum

Our Fit Drum class looks like heaps of fun. Still confused about what Fit Drum is – watch this video: <https://youtu.be/-urPnTAJmWk>

Wellbeing Hub

This new social group would love some more members. The group meets on Fridays at 10.30am – 11.30am. It's a great group for people interested in sharing ideas and experiences on improving wellbeing. A facilitator is available to guide discussion and we can cover topics including building resilience, stress relief, body and breath awareness, healthy eating, sleep and any other components of wellbeing that members wish to explore.

Yarrunga Indoor Bowls

Our new convenor, Heather, has been working hard to get new members for the Bowls Group. If you would like to join please contact the Centre. The more the merrier!

Interval Training: 40+ Fitness

This interval training program is great for anyone looking for a more challenging fitness. You don't have to be over 40 to attend - it's a great class for younger people too, who might find gyms a bit intimidating and want a safe and welcoming space with a smaller class size.

Yoga

We have heaps of space in our Tuesday morning yoga class. Yoga is not about becoming super stretchy and pretzel like - it's about finding a combination of strength, stability and flexibility, and re-connecting to your breath and body in a very nurturing way.

Woodcraft Volunteer Wanted

Are you somebody who has experience in woodcraft, can use a range of power tools and would love to work with a range of people and abilities.

We are looking for a volunteer to assist Yarrunga participants in our Woodwork program. The class is held on Mondays from 5pm – 8pm at Lifestartz in Bayswater – an extensive workshop with a large range of equipment. The program is currently a blended group that has some very talented women and some high functioning disability students, and you will be working alongside a qualified tutor and another volunteer.

Volunteering is a wonderful way of giving back to the community and it has also been shown to have great benefits for your own wellbeing.

You will also need a current Working with Children's Check. If you would like further information about this position, or would like to apply please contact Jen Schrader at Yarrunga Community Centre – [pscscs@yarrunga.org.au](mailto:pscs@yarrunga.org.au)

Photo Page

Participants from our Enterprise Skills Woodwork program



Participants from our Enterprise Skills Sewing group and the products made from their traditional Karen fabrics



Photo Page cont.

Our Hospitality students cooking up a butter chicken and naan bread storm



A special hello from Ray and Maz Kollmorgen enjoying their holiday in WA. It's a tough job but someone has to do it.

Looking Ahead to Term 3

We have already started planning for term 3 and will be running workshops in fluid art and Cricut™ for beginners. These are both craft-based workshops.

Fluid Art

Fluid Art is loads of fun and you really don't need to have any special skills – if you can pour paint you can do fluid art.

Check out this video: <https://youtu.be/nHwLjWftqvU>



Pouring paint onto the canvas



In this method, a hairdryer was used to move the paint around the canvas



The end result.

Cricut

Cricut™ is basically a cutting machine, and is used for making a whole range of products ranging from cards to labels to cake toppers and heaps more. If you have bought a Cricut™ machine and don't quite know what to do with it this workshop is for you. If you haven't yet purchased a machine, but are interested in learning what you can make Yarrunga has purchased a machine that you can come and play on. Keep an eye out for more details closer to Term 3.

Below are some of the products made by our very own Cricut Queen Nadine!

