

April 2023



Yorke Peninsula Leisure Options Newsletter



EMILY & JARRAD HAVING FUN AT PORT RICKABY

Find the
Autumn Leaf



MORGAN COLLECTING ROCKS FOR MANDALA ART



Check out our brand new website!
<https://www.ypleisureoptions.com.au/>

WELCOME

This term we welcomed new members; Yvette, Ivy, Gianni and Georgia. Please make all feel welcomed!



Facebook QR code



Website QR code

COOKING GROUP



Jess beating cupcake mixture.



Fan favourite- Mediterranean Scrolls



Lemon Cupcakes



Wayne showing off rocket salad.

This term in cooking we have been trialling dishes that we can make for the Biggest Morning Tea event. This has meant we have tasted some very delicious meals! The Morning Tea event will be held on the 17th of May. Members have done an exceptional job creating these yummy meals and we can't wait for you to taste what we have made!

Please book in if you plan on coming! you can do this via our Facebook, emailing eleni.loechel@yorke.sa.gov.au or 88533634.

Next term we hope to utilise the fresh veggies and herbs that we have been growing in the Living Skills garden, as well as native herbs from the Tree Propagation group. Incorporating veggies and herbs that we have harvested ourselves will teach members gardening skills as well as reduce the cost of meals. Which will lead to more opportunities for the members.

We spent two of our cooking days with PAC. The first one members and students worked together cleaning up the area around the playground and fauna park in Minlaton. We went to the courts in the afternoon and played a game of basketball. A fun day was had by all and I think everyone would have slept well that night! The second cooking group we had with the PAC was spent down at Wambana in Point Turton. Members enjoyed tie-dying shirts and playing sports games outside. It was great to see the strong relationships YPLO members make with the boys.



Members & PAC students



Anthony taking a shot.

ART & CRAFTS



Our first Arts group of the year focused on yarn art. Members made bunnies by wrapping wool around old water bottles and turtles by creating pom poms and sticking them to paper. The following fortnight was Valentine's Day, members created different heart designs on canvas. It was great to see the different techniques members incorporated into their design. In the next art group we had an excursion to Port Rickaby with the Prince Alfred College students. Members and students created mandalas in the sand, worked together in teams to create unique designs, we played cricket as well. The members bonded with students through problem solving and creativity. The next group we had Sandrine and Terina in from Relationships Australia. Members worked together to decorate a tree with leaves and animals. Many laughs were had and now we have a beautiful big artwork hanging in the art room! The final arts group of the term focused on paint pouring. Members chose a selection of colours and glitters and created their 'geode inspired' artwork. We watched videos before starting to get inspiration.

Our program next term will focus on arts & crafts that we will be able to sell at our market. We will also be creating decorations for the Biggest Morning Tea. Please let Eleni know if you have any suggestions.



Anthony's geode paint pour.



Yarn art- Turtles and bunnies.



Jess starting her paint pour.



Kathy, Jocelyn, Anthony, Morgan



Georgia, Jess, Daniel, Robbie, Morgan and Lauri.



Jess & PAC student



YPL & PAC



WOODSHED



Woodshed have been working on a range of projects this term. Thomas and Richelle both constructed a bar out of pallets, Richelle included iron within her design. There was an ongoing theme of 'things you can sit on' throughout the term. Members assembled stools, pallet chairs and art deco inspired chairs. Chopping boards and Easter bunnies were made to sell at the market. Richelle and Emily had a lot of fun doing these designs! The woodshed team also worked together to make accessible (wheelchair friendly) garden beds for the living skills group. We got some requests from members of our community on Facebook when they saw how good they looked! Keep your eyes peeled for upcoming markets to buy Woodshed made items or contact Jaime anytime!

Hand  Made



Art deco styled chairs



Emily with the bunny she made.



Richelle with the bar she constructed



Warwick putting together frames



Cam's stool.

LIVING SKILLS

On the first week back for the year we planned and organised for the term ahead. It is great checking in with members to find out updated goals and working out ways in which we can help them to achieve these.

The following week we visited Port Rickaby for a beach day, The weather was beautiful and everyone had a great splashing in the water. We chatted to the community and even saw some sting rays from the jetty.

In week 3 the group learnt about Epilepsy and what to do if someone has a seizure. Members completed Epilepsy Action Australia's online training, this was a great accessible resource that was easy to understand. If you are interested in completing the training the QR code will be to the right!



Clayton, Robbie, Thomas, Jaime & Jess enjoying the water.



We are planning to hold a trivia night in October to raise \$ for annual trip. Planning commenced for this event in week 4. This event will enable members to reach certain goals around public speaking and hospitality. More information to come soon!

Our cultural day this term focused on Indonesia. We ate Nasi Goreng and learnt about culture, religion and geography. Eleni showed pictures from her recent study tour trip as well as money & maps. We played Geoguesser at the end of the day and tried to say words in Indonesian!



YPLO crew with shadow minister Anne Ruston and MP Rowan Ramsey.

We had Caitlin and Ruby from Flinder's University in to talk to us about what type 2 diabetes is and the difference between good and bad fats. They presented a slide show to the group and we had questions to answer throughout. Members enjoyed banana bread that they had prepared at the end. We are very thankful to make these connections with different organisations.



Jess, Emily, Robbie, Matt, Georgia and Jaime picking tomatoes.

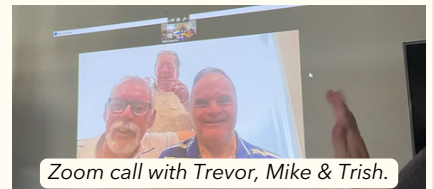
In week 7 members dressed up for Saint Patrick's day. We went out to Jaime's house to pick tomatoes and basil. When we got back to the town hall members used these fresh veggies to make tomato sauce. In the afternoon we learnt about the historical significance of the day.

Woodshed made us three accessible plant boxes for the Living Skills group. Members planted seasonal veggies and herbs in these in week 8. We can't wait to harvest fresh produce from these!



Emily, Jarrad & Jaime planting seeds.

We started our week 9 with a zoom call from Trevor, it was great to catch up with him! After this call the group headed to Port Victoria for lunch. We all enjoyed a lovely meal and went for a walk around the jetty afterwards.



Zoom call with Trevor, Mike & Trish.

We prepped for the Market stall in the second to last group of the term. Members tidied out the back shed, sweeping and dusting as well as organising products for sale.

In the last group of the term we planned for term 2. Members used the Living Skills framework as a guide to help them reflect and brainstorm what they want to learn. We got plenty of great ideas and can't wait to put together a program for term 2.

Coming into the cooler months we have been trialling different ways to exercise in group. We have swapped walking to the community garden, for chair yoga and dancing. This has been a great way to get the heart pumping, stretching our body safely and keeping our minds happy.



Clayton, Robbie, Emily & Thomas seeing the sights in Port Victoria.

Footy tips are being completed online this year, through the ESPN footy tips app. This has been a brilliant addition as it allows members to build their computer literacy skills while providing us with weekly leader board updates. There was a few hiccups early on but we are thoroughly enjoying the new system!



FUN & GAMES



Cameron and Brenton weeding Cricut designs



Robbie Painting



Selection of goodies @ Market Stall



Brenton securing Cricut design to Bunny



Members washing car.

This term in Fun & Games members enjoyed a lot of creative activities in group. We decorated bunnies made in Woodshed to sell in the YPLO Market. Members used iPads to create designs for the Cricut machine. These designs we printed and 'weeded' by Brenton and Cameron. These designs were then stuck onto wooden boards painted Arts & Crafts. This process involves members at every step, it is a great way to create an income for groups. Clayton, Lauri and Daniel worked on 'Plants with Pants', a creative alternative to boring pots. Jarrad and Thomas planted succulents collected late last year in the pots. These made for a very cute gifts.

The group held a car wash day and a market stall to raise funds for the annual trip. Everyone had a lot of fun and worked really hard to make it a successful day.

Jaime has got a fun program planned for term 2, look out for this at beginning of term.



Before



After



Jess creating on Cricut Design Space



Selection of designs



Clayton putting shoes on for 'Plants with pants'.



Market Stall set up.

Jo showing members movement exercises.



TREES GROUP



Wayne creating biodegradable confetti.



Jo, Robbie, Luke, Clayton, Wayne, Jess, Yvette and Jarrad.

The Trees group has been busy seeding, splitting and weeding over the term. We have some massive orders that we are prepping for. Most notably working on the Yorketown revegetation project. Working alongside the SYP community hub we have been propagating trees local to area where the fires devastated in late 2019.

We had Nourished by Jo in on the 24th of March. We had a beautiful day focusing on wellness and wellbeing. She taught us about using natives in our cooking. We did movement activities, planted heirloom lettuce gifted to us from St Columba's Memorial School and made connections within community. Every one had a beautiful day! We look forward to working with Jo in the future.

The Yorketown depot staff assisted YPLO staff and trees volunteers to construct the Sproutwell greenhouse we bought mid year 2022. This process involved a lot of problem solving and teamwork to figure out. We are still in the process of putting it up and very eager to begin seeding as soon as possible! A massive thank you to the volunteers who helped us (Astrid, Jan, Karen, Tim and Phil), you all did a wonderful job!



The small wins!



Phil supervising depot staff.



Pulling a window together.



A day with 'Nourished by Jo' video.



Jarrad concentrating on the task.



Yvette & Ivy splitting trees.



Jo showing members how to utilise saltbush in cooking.

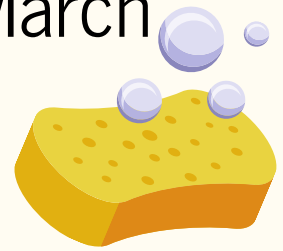


FUNDRAISING FOR * ANNUAL TRIP! *



Car Wash
9th of March

\$270+



We are so pleased at how our progress is going for fundraising for the annual trip! At this stage we have over \$850 which should cover the initial costs of the ferry. This means members won't be out of pocket, how awesome! We will continue to fundraise throughout the year so keep your eyes peeled.

Easter Market Stall
6th of April

HAPPY
Easter



Georgia and Cameron had their own creations for sale as well and had a few sales. We love seeing the members achieve their goals!



HOLIDAY FUN PROGRAM APRIL



Tuesday 18th of April

10am-2:30pm

- Science day
- Bring lunch
- Wear old clothes



Thursday 20th of April

11am-4pm

- Yorkon Event in Maitland
- Bring \$ for lunch
- Maitland members will be picked up @11:30am & dropped off at 3:30pm



Wednesday 26th of April 10am-2:30pm

- Disco
- Bring lunch
- Dress up!



Trees will be running as usual over the two weeks.

**Australia's
Biggest
Morning
Tea**

\$20
a ticket!

You are invited to our Australia's Biggest Morning Tea. Let's get together and enjoy a cuppa so we can support those impacted by cancer.

Host Yorke Peninsula Leisure Options
Where Minlaton Town Hall
Date 17 / 05 / 2023
Time 11:30 am - 1:30 pm
Details Help support us raise money for the Cancer Council! Enjoy yummy food & connecting with community.
RSVP by 10 / 05 / 2023
Phone/Email 88533834 or via our Facebook Page



YPLO

myagedcare
Commonwealth Home Support Programme

CHSP PROVIDES ENTRY-LEVEL SUPPORT FOR OLDER PEOPLE WHO NEED SOME HELP WHILE STILL LIVING AT HOME INDEPENDENTLY.

YPLO PROVIDES TRANSPORT & CENTRE-BASED SERVICES THROUGH OUR CHSP FUNDING.

WE ARE LOOKING FOR OLDER PEOPLE WHO WOULD LIKE TO BE SHARE THEIR LIFE SKILLS AND THEIR FRIENDSHIP TO SUPPORT PEOPLE LIVING WITH A DISABILITY TO LEARN NEW SKILLS.

IF YOU HAVE A RECIPE YOU LOVE COOKING OR YOU ARE CRAFTY SUPERHERO WE HAVE THE WHEELS AND THE SUPPORT SO YOU CAN SHOW US HOW.

Mentors AND Mates

Phone or Text: 0400 532 552 or 8853 3834
In Person: 57 Main St, Minlaton
Email: ypleisureoptions@yorke.sa.gov.au

Autumn Tree

Draw some Autumn leaves.



AUTUMN

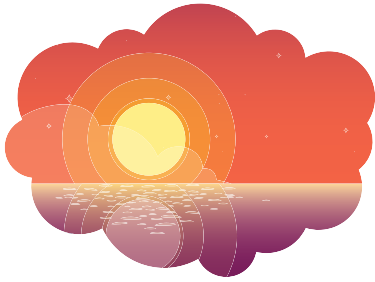


zentangle



MINDFULNESS SCAVENGER HUNT

Tick off each activity as you achieve it!



Watch a sunrise or sunset.



Practice deep breathing

Taste something new and describe the flavours



Colour in a picture

Sit in silence for 20 minutes and listen for hidden sounds



Feel the different textures of leaves in your garden



Walk your neighbourhood at dinner time and smell your neighbour's cooking

Write a list of 10 things you are grateful for



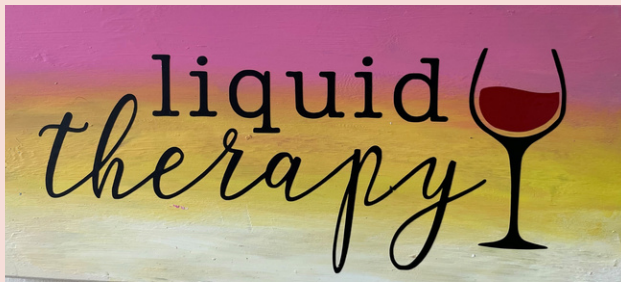
ITEMS FOR SALE



\$3



\$10



\$10



\$10



\$15



\$35



\$55




































\$100

Made to order!

Yorke Peninsula Leisure Options



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  WOOD SHED PROJECT  COOKING	2  WOOD SHED PROJECT  COOKING	3  LIVING SKILLS 10AM TO 4PM	4  FUN & GAMES	5  TREE PROPAGATION	6	7
8  WOOD SHED  ARTS & CRAFT	9  WOOD SHED  ARTS & CRAFT	10  LIVING SKILLS 10AM TO 4PM	11  TREE PROPAGATION	12  TREE PROPAGATION	13	14 <i>Mother's Day</i>
15  WOOD SHED PROJECT  COOKING	16  WOOD SHED PROJECT  COOKING	17  LIVING SKILLS 10AM TO 4PM	18  FUN & GAMES	19  TREE PROPAGATION	20	21
22  WOOD SHED  ARTS & CRAFT	23  WOOD SHED  ARTS & CRAFT	24  LIVING SKILLS 10AM TO 4PM	25  TREE PROPAGATION	26  TREE PROPAGATION	27	28
29  WOOD SHED PROJECT  COOKING	30  WOOD SHED PROJECT  COOKING	31  LIVING SKILLS 10AM TO 4PM				

2023

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 FUN & GAMES	2 TREE PROPAGATION	3	4
5	6 WOOD SHED ARTS & CRAFT	7 LIVING SKILLS 10AM TO 4PM	8	9 TREE PROPAGATION	10	11
12 KING'S BIRTHDAY PUBLIC HOLIDAY	13 WOOD SHED PROJECT COOKING	14 LIVING SKILLS 10AM TO 4PM	15 FUN & GAMES	16 TREE PROPAGATION	17	18
19	20 WOOD SHED ARTS & CRAFT	21 LIVING SKILLS 10AM TO 4PM	22	23 TREE PROPAGATION	24	25
26	27 WOOD SHED PROJECT COOKING	28 LIVING SKILLS 10AM TO 4PM	29 FUN & GAMES	30 TREE PROPAGATION		



2023

Yorke Peninsula Leisure Options



JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
 WOOD SHED ARTS & CRAFT	 WOOD SHED ARTS & CRAFT	 LIVING SKILLS 10AM TO 4PM	 TREE PROPAGATION End of Term Two	 TREE PROPAGATION End of Term Two	 TREE PROPAGATION	 TREE PROPAGATION
10	11	12	13	14	15	16
	 WINTER HOLIDAY FUN PROGRAM	 WINTER HOLIDAY FUN PROGRAM	 WINTER HOLIDAY FUN PROGRAM	 TREE PROPAGATION	 TREE PROPAGATION	 TREE PROPAGATION
17	18	19	20	21	22	23
 WINTER HOLIDAY FUN PROGRAM	 WINTER HOLIDAY FUN PROGRAM	 WINTER HOLIDAY FUN PROGRAM	 TREE PROPAGATION	 TREE PROPAGATION	 TREE PROPAGATION	 TREE PROPAGATION
24	25	26	27	28	29	30
 WOOD SHED PROJECT COOKING	 LIVING SKILLS 10AM TO 4PM	 LIVING SKILLS 10AM TO 4PM	 FUN & GAMES	 TREE PROPAGATION	 TREE PROPAGATION	 TREE PROPAGATION
31						

2023