

Yorke Peninsula Leisure Options

JULY NEWSLETTER 2021



“Learn from yesterday, live for today, hope for tomorrow.” – Albert Einstein



from the
YPLO Team
Eleni, Jaime &
Tanya

Office hours- 9am to 4pm Monday to Thursday

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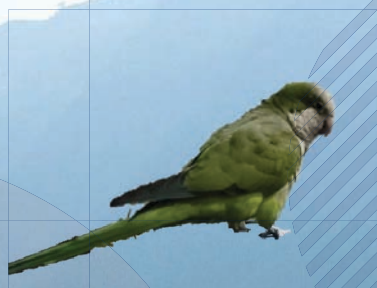
Centre-based groups Tuesday to Friday



Above: Living skills group attending Yorketown CFS.
LR- Jess, Robbie, Trevor, Emily, Jarrad, Clayton and CFS member Jason.

To the right: Trees group propagating native plant, Pigface (Carpobrotus).

LR- Jess, Karen and Luke.



Tanya's bird Elsa is hidden on each page- try and find her!



REGISTERED
NDIS
PROVIDER

Yorke Peninsula Leisure Options

CATCH UP!



This term we sadly had to say goodbye to admin/support worker, Shania, who left for a job closer to her home. We wish her the best in all future endeavours!

Welcome her YPLO's newest recruit, Eleni! She will be supporting YPLO programs; Arts & Crafts, Cooking, Living Skills and Tree Propagation, as well as administrative tasks. Come say Hi and introduce yourself if you haven't already!

This term we also said goodbye to long term YPLO member, Kelli, who has moved out of the area. We miss her cheekiness and hope she has lots of fun!



Eleni and Kelli at the Port VS Cats AFL Game at Adelaide Oval

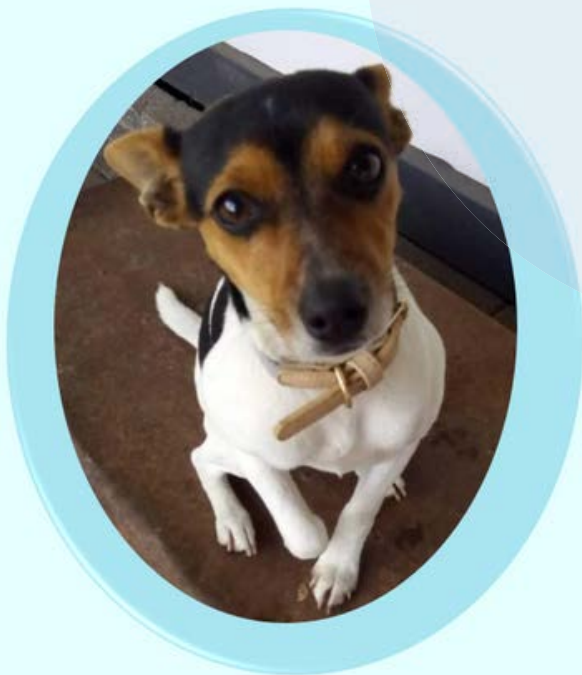


Check out our Instagram and Facebook page (@ypleisureoptions) for all the latest updates.

For an overview of YPLO's future goals view the Strategic Management Plan. This document is located on the Yorke Peninsula Council's website or use QR code above!

A YPLO Website is coming soon! Tell us what you want to see on it!

Please send in pictures of your pets or pictures from group for future newsletters!



Pet of the week!

Richelle's Tenterfield Terrier, Polly. She is 12 months old and an absolute cutie!



WOODSHED



This term in the Woodshed the team has been busy producing some terrific projects! Small pallet chairs, tables, upcycled tealight candle holders using old horse shoes, chopping boards, memory boxes and our very popular plant stands, were all part of what the group has been busy with.



YPLO held a stall in the second week of the holidays to promote their work. We managed to sell a whopping \$207 worth of product! The community was very impressed with what the group has been doing!



To the left- Examples of products made in Woodshed: Tealight holder, chopping boards, kids chairs and tables. Jarrad and Jess serving customers as they come through the Town Hall doors.



From left to right:
Kane sanding down Lids to the Memory Boxes. Brian assisting Richelle to clamp a table leg. Cameron sorting out different tiles for his table top.



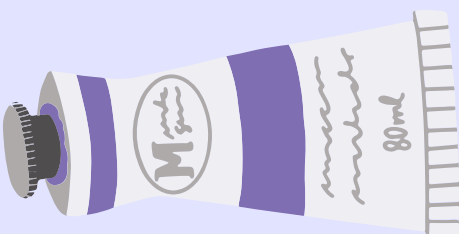
Arts and Craft



Mary and Anthony showing off their recreations of Vincent Van Gogh's starry night using oil pastels!



Daniel giving us his cheesiest grin while holding up his yarn artwork!



This term in arts and crafts we welcomed new staff member Eleni, sadly saying goodbye to Shania.

Over the past 5 weeks we experimented with different types of mediums; playing with pencils, pens, acrylic paint, watercolours, soft pastels and charcoal. Members noted what their preferred medium was and what they did not like.

We have been working towards making artwork we can sell to the community. Selling the products we create will allow us to buy more supplies for members to use. We will look at the different ways to market these products going forward.

Over the next term there will be an ongoing focus on famous artists and recreating our own art in their style. This will be done in conjunction with creating things to put into the Minlaton show, hanging out with PAC, making items to sell and working alongside art therapist Sandrine De Araujo. Big term ahead, I look forward to seeing all your beautiful creations!



Robbie focusing while painting a beautiful yellow sun. Experimenting with watercolours!

Morgan displaying her gorgeous lion! Just look at those colours!





COOKING



This term in cooking we have been very busy! Members have worked together to plan, prep, cook and serve some beautiful dishes. We have worked on healthy eating activities- dividing foods into food groups and discussing what it means to be healthy.

Members also assisted cleaning out the cupboards, checking for expiry dates and any potential cross contamination.

This coming term there will be a greater focus on healthy eating options. The menu has been planned by the members, choosing their favourite dishes and putting a healthy spin on them.

Left to right: Robbie, Emily and Anita cutting vegetables for Cold Rolls. Trevor preparing noodles. Jarrad cutting capsicum very finely.

L to R- Mary, Wayne, Anthony, Morgan and Jess. Members used a template from the Australian Guide to Healthy eating to divide the different food groups.





LIVING SKILLS



This term the living skills group learnt and tried a lot of different things. This included; a royals theme, where members dressed up, an excursion to the library to learn about books and completing a food health safety certificate. We had many discussions in morning share, members are encouraged to add to the conversation through different topical prompts. Through these topics we also learnt about members goals, and how we can work together to achieve them. Looking specifically at how they can contribute further to their community.

Next term there is going to be a greater focus on broadening our knowledge of the community, finding better ways to engage with the people around us. We will have guests speakers in and have planned excursions in line with weekly topics. A program of these can be found in the living skills room, as well as the weekly recipes we will be using.



L to R- Clayton, Tanya and Kelli, Tanya serving Devonshire tea on our Royals themed day. Anita, Jess, Emily, Robbie, Kelli, Astrid and Kathy waiting for food on our excursion to the Yorketown library. Clayton, Robbie and Jess delivering flyers for our annual tree sale.



Yorke Peninsula Leisure Options



Mini Olympics!



Thursday 29th July 2021

Members will be participating in Mini Olympic Events



Wear comfortable shoes and clothing!

WHEELCHAIR RACE

HULA HOOP

Egg & Spoon Race

**3 Legged
Race**

**Noodle
Javelin**

Ball Throw





TREES GROUP

This term in trees we have accomplished a lot! We have sold hundreds of dollars worth of trees to members of our community.

Used seeds and propagation methods to grow trees and maintain them with weeding and watering.

Trees' 20th anniversary is next year and we will be holding a party!

We need pictures for a presentation, send them into

Ypleisureoptions@yorke.sa.gov.au

More information on the party to come- keep up to date with the newsletter and Facebook page.



L to R- Brian and Wayne digging holes for seeds. Clayton figuring out solar technology.





JULY HOLIDAYS

We had a jam packed holiday program this July.

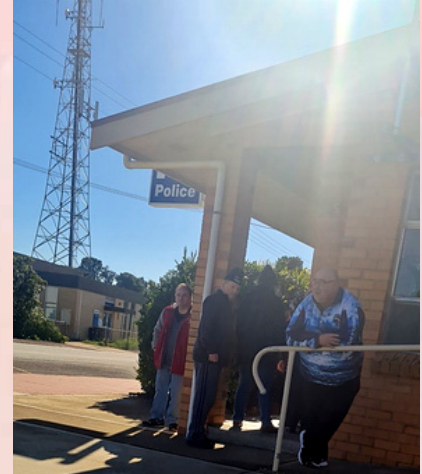
Starting off with 'Painting for a purpose' on the first Tuesday of the holidays. Members used the technique of collecting paint in a cup and then dumping the contents of the cup onto to a surface, spreading paint EVERYWHERE. Woodshed graciously donated wooden boxes to us. We painted them using this method and we plan to send them off to those in need when they are completed.

Our excursion to Point Peirce and Moonta was next on the list! We were invited into the Point Pierce community, and had a great time learning about the history of the land and what the future has in store. We will hopefully work with the community more in the future, providing them with trees from the propagation group. After this we drove up to Moonta, stopping at the new Caffe Primo for lunch. This was a delicious stop and members praised the food and service. After lunch we headed to the Nharungga Progress Association Centre. Here we had local footy legend, Michael Wanganeen, chat to members about what they are working towards. This included; books, a podcast, an Indigenous football round and educating the local community. We were gifted educational CD's and books for members to use. All in all it was a very educational trip, giving the members an insight into the history of Yorke Peninsula.

On the 13th of July YPLO held a Woodshed stalls, with proceeds going back into supplies. This was a great success raising \$207, it was a great opportunity for the community to see what members make.

Finally, was a tour of them emergency services in Yorketown! First up was a visit to the Jason at the CFS station. Members learnt all about what they do and why they are such a vital part of our community. Jason showed us through the fire trucks, letting us take pictures in it as well! After a picnic lunch we visited Mark at the police station. He showed us through the station, old cells and police car. Mark breath tested members, let them use the speed camera and sit in the front (and back!) of the car. We respect and appreciate what these local legends do for our community.

From left to right- Robbie, sitting in the back of the police car. Gabby and Jarrad holding up the box Jarrad painted in the 'Painting for a Purpose' session. Clayton in the passenger seat of the police car. The gang waiting out the front of the police station.





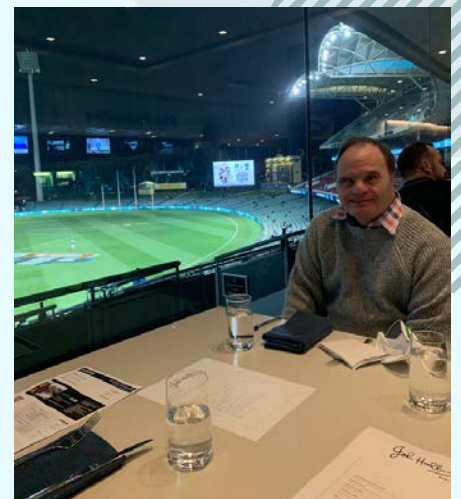
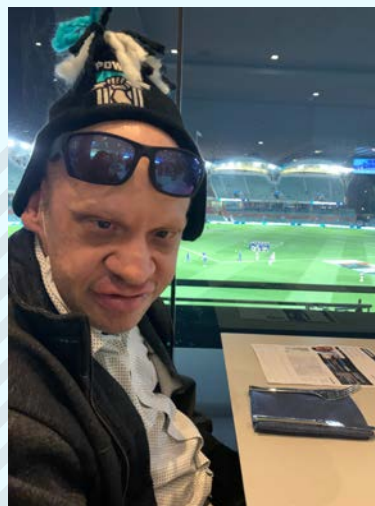
2021 Footy Trip



The Living Skills group attended the Port Power VS Geelong Cats match at Adelaide Oval on the 10th of June. It was a close game but the Cats ended up winning 112-91. We had a delicious dinner at the oval restaurant and we stayed over night Quest on Franklin.

A big thank you to
Enabling Country Communities
for providing the members with the
tickets! Everyone enjoyed the visit!

WINNING!





STAFF DOGS



Jaime's dogs-
Left: Buddy.
Buddy is 11
years old and
is a Kelpie.
Right: Poppy.
Poppy is 12
years old and
is a X breed.



Tanya's dog-Kruzer
Kruzer is a long haired German
Shepard and is 14 weeks old

Eleni's dog- Basil
Basil is a greyhound, he is 6 years old.





ACTIVITIES

YPLO WORD SEARCH

D	R	F	P	T	O	L	E	A	R	N	I	N	G
N	F	L	E	I	S	U	R	E	O	T	N	R	C
A	L	U	S	N	I	N	E	P	E	K	R	O	Y
A	R	T	S	A	N	D	C	R	A	F	T	S	V
I	L	P	R	G	N	I	K	O	O	C	A	R	D
I	U	I	S	E	M	A	G	D	N	A	N	U	F
R	G	R	O	U	P	A	N	Y	P	L	O	S	E
S	E	E	R	T	S	I	D	N	T	R	E	I	N
O	N	O	T	A	L	N	I	M	C	P	S	F	P
P	A	L	S	I	D	E	H	S	D	O	O	W	I
F	Y	L	I	V	I	N	G	S	K	I	L	L	S
A	C	D	P	I	H	S	D	N	E	I	R	F	P
N	S	S	E	N	I	P	P	A	H	S	L	Y	S
P	L	O	O	P	T	I	O	N	S	A	T	N	O

OPTIONS
MINLATON
NDIS
HAPPINESS
LEISURE
YPLO
YORKE PENINSULA
FRIENDSHIP
PALS
ARTS AND CRAFTS
LEARNING
TREES
GROUP
COOKING
WOOD SHED
LIVING SKILLS
FUN AND GAMES



ACTIVITIES





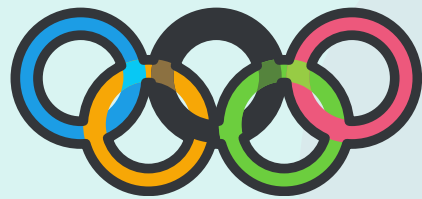
ACTIVITIES

IF I WERE AN OLYMPIC ATHLETE...

I WOULD LOOK LIKE THIS



DRAW YOUR OWN MEDAL



I WOULD COMPETE IN...

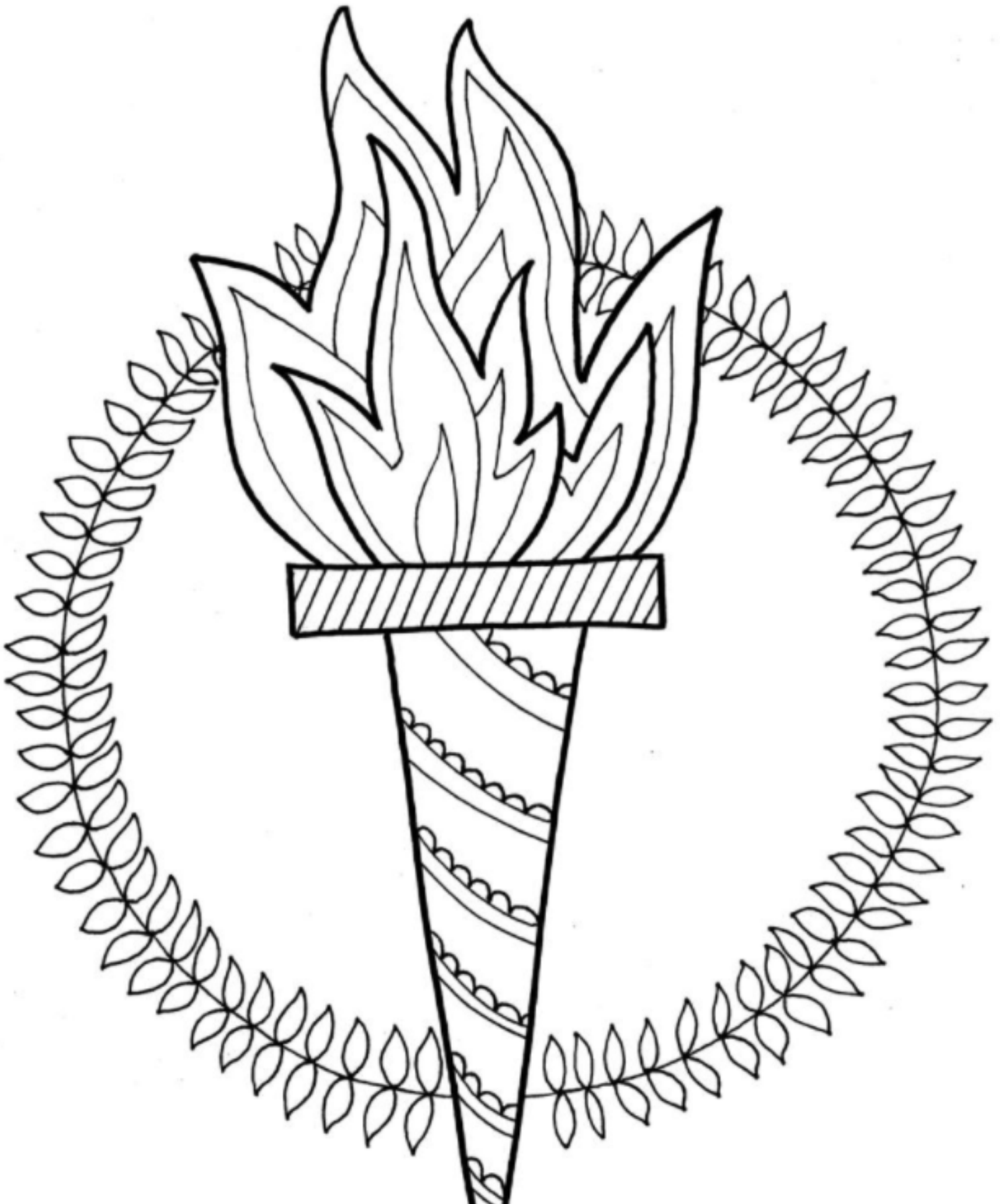
.....

I WOULD COMPETE FOR...

.....



COLOUR ME IN!





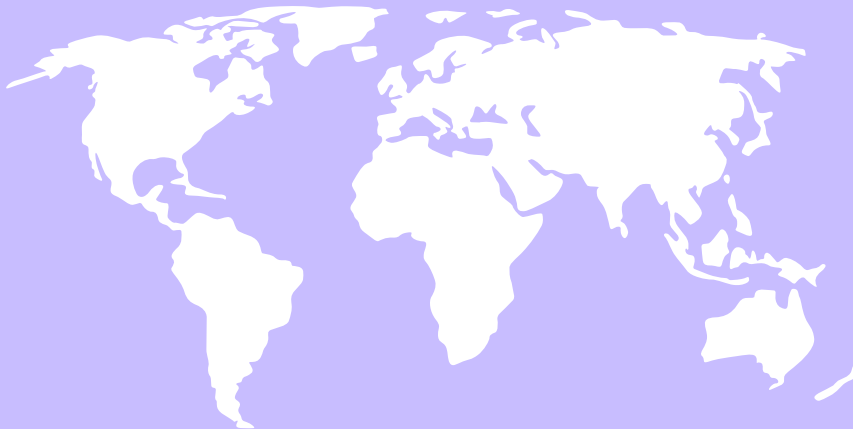
COLOUR ME IN!





SEEKING INTERNATIONAL VOLUNTEERS FOR ONE OFF CULTURAL/COOKING CLASS

The YP Leisure Options crew is looking to expand their knowledge on different cultures this term! We would to have some guest speakers to talk to the members about where they are from- language, culture, cuisine and traditions



Please get in contact via email or phone if you would be interested in volunteering!

Ypleisureoptions@yorke.sa.gov.au

or

88320000 and ask for Eleni





INDIGENOUS ROUND

EXPRESSION OF INTEREST

ALL YP LEISURE OPTIONS MEMBERS WELCOME!

WHO: CMS CROWS VS COUGARS

WHEN: AUGUST THE 7TH

WHERE: MINLATON FOOTBALL OVAL

TIME: 10:00AM-2:30PM

Please let us know if you would like to attend, we will be providing transport for members in SYP and CYP areas.

E: ypleisureoptions@yorke.sa.gov.au

P: 0400 532 552

Yorke Peninsula Leisure Options





***Stay safe everyone-
we look forward to
seeing you soon!***



Yorke Peninsula Leisure Options is committed to the inclusive participation of all members of the Yorke Peninsula community, including Aboriginal and Torres Strait Islander people, and people of culturally and linguistically diverse backgrounds.

Yorke Peninsula Leisure Options



Tree Propagation Stock Order Form

	Banksia - 2 Varieties	Green Ti-Trees	
	Bottlebrush	Hakea -Mitchellii	
	Bursaria	Hakea -Laurina - Pin-Cushion Hakea	
	Callitris - Native Pine	Hardenbergia White/Purple - Climber	
	Clamatis - Old Mans Beard	Hop Bush- 3 Varieties	
	Euc - Woodwardii	Kangaroo Island Malles	
	Euc Macrocarpa	Lasiopetalum Behrii - Pink Velvet Bush	
	Euc Forrestiana - Fuchsia Gum	Myoporum - Ground Cover	
	Euc Diversifolia - Coastal White Mallee	Melaleuca Lanceolate - Dry Land Tea Tree	
	Euc Camaldulensis - Red Gum	Mixed acacias	
	Euc Porosa - Mallee Box	Mixed Malles	
	Euc -Erythrocorys - Red Cap Gum (WA)	Nobby Club Rush	
	Euc - Leucoslyn - Blue Gum	Oleria - Native Daisy	
	Euc - Gracillis - Yorrell	Old Man Saltbush	
	Euc Youngiana - Large Fruited Mallee	Senna (Cassia)	
	Euc -Torquarta - Coral Gum	Sheoaks - Casuarina	
	Euc - Gillii	Templetonia - Cockies Tongue	
	Flinders Ranges Wattle	Yuccas	
	Flinders Wattle		
	Golden Wattle		





July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fun & Games* 10am to 2.30pm	2 Trees 10am to 2.30pm	3
4	5	6 YPLO School Holiday FUN 10am to 2.30pm	7 10am to 4pm	8	9	10
11	12	13 YPLO School Holiday FUN 10am to 2.30pm	14 10am to 4pm	15	16	17
18	19	20 Arts & Crafts Wood Shed 10am to 2.30pm	21 Living Skills 10am to 4pm	22	23 Trees 10am to 2.30pm	24
25 	26	27 Cooking*/Wood Shed Project 10am to 2.30pm	28 Living Skills 10am to 4pm	29 Fun & Games* 10am to 2.30pm	30 Trees 10am to 2.30pm	31

YP Leisure Options 57 Main Street Minlaton SA 5575 ♦ Phone Number (08) 8853 3834 ♦ Mobile Number 0400 532 552 ♦ Email ypleisureoptions@yorke.sa.gov.au



August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Arts & Crafts Wood Shed 10am to 2.30pm	4 Living Skills 10am to 4pm	5	6 Trees 10am to 2.30pm	7 INDIGENOUS ROUND LOCAL FOOTY
8	9	10 Cooking*/Wood Shed Project 10am to 2.30pm	11 Living Skills 10am to 4pm	12 Fun & Games 10am to 2.30pm	13 Trees 10am to 2.30pm	14
15	16	17 Arts & Crafts Wood Shed 10am to 2.30pm	18 Living Skills 10am to 4pm	19	20 Trees 10am to 2.30pm	21
22	23	24 Cooking*/Wood Shed Project 10am to 2.30pm	25 Living Skills 10am to 4pm	26 Fun & Games 10am to 2.30pm	27 Trees 10am to 2.30pm	28
29	30	31 Arts & Crafts Wood Shed 10am to 2.30pm				

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September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Living Skills 10am to 4pm	2	3 Trees 10am to 2.30pm	4
5	6	7 Cooking/Wood Shed Project 10am to 2.30pm	8 Living Skills 10am to 4pm	9 Fun & Games 10am to 2.30pm	10 Trees 10am to 2.30pm	11
12	13	14 Arts & Crafts Wood Shed 10am to 2.30pm	15 Living Skills 10am to 4pm	16	17 Trees 10am to 2.30pm	18
19	20	21 Cooking/Wood Shed Project 10am to 2.30pm	22 Living Skills 10am to 4pm	23 Fun & Games 10am to 2.30pm	24 Trees 10am to 2.30pm	25
26	27	28 Holiday FUN 10am to 2.30pm	29 Holiday FUN 10am to 2.30pm	30 Annual Trip - TBD		

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October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1 Trees 10am to 2.30pm	2
3	4	5 Holiday FUN 10am to 2.30pm	6 Holiday FUN 10am to 2.30pm	7	8 Trees 10am to 2.30pm	9
10	11	12 Arts & Crafts Wood Shed 10am to 2.30pm	13 Living Skills 10am to 4pm	14	15 Trees 10am to 2.30pm	16
17	18	19 Cooking/Wood Shed Project 10am to 2.30pm	20 Living Skills 10am to 4pm	21 Fun & Games 10am to 2.30pm	22 Trees 10am to 2.30pm	23
24	25	26 Arts & Crafts* Wood Shed 10am to 2.30pm	27 Living Skills 10am to 4pm	28	29 Trees 10am to 2.30pm	30

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