

# Yorke Peninsula Leisure Options

## OCTOBER NEWSLETTER



hello

From the YPLO team  
Jaime, Tanya and Eleni.



L-R- Eleni, Robbie, Trevor, Emily,  
Clayton, Jaime, Jess and Anita

## WHAT A TERM!

We cant wait for you to see what  
we have been up to!



# Yorke Peninsula Leisure Options



**FIND THE HAHNDORF  
TOWN LOGO ON EACH  
PAGE**

**Office hours- 9am to 4pm Monday to Thursday**

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**Centre-based groups Tuesday to Friday**

*This term we welcomed new member Macca! He is already a great addition to our team, please introduce yourself if you haven't already! We also welcomed Allison she is doing placement with YPLO for the rest of term 4.*

## **Things to look forward to in term 4:**



- Halloween
- Melbourne Cup
- Wambana Excursion
- Art therapy with Sandrine
- Market Stall
- Annual Trip to Hahndorf
- Kadina Christmas shopping trip
- End of year party





# WOOD SHED



In the Woodshed this term we have been very busy making customer orders - Pallett Chairs, Mud Kitchen, Boot Removers and a very special order for a lady with Holiday Properties down the bottom end who ordered 3 Owl Boxes, 10 Possum Boxes and 10 other nesting boxes for the wildlife to live and nest on her property. The team has done a magnificent job and their skills are improving significantly.



# Arts and Crafts



Leisure Options had a lot going on in Arts and Crafts this term! We focused on learning about famous artists in the morning sessions. Vincent Van Gogh, Pablo Picasso and Salvador Dali were just a few of the artists that we looked at. We incorporated their style into the art we made.

In the afternoons we turned our focus onto crafts. This term we made fabric bowls, paint pouring, did some graffiti, upcycled and made collages.

On the 14th of September we had Sandrine and Terina from Relationships Australia helping us with some art therapy. Members made gorgeous abstract pieces with their help (they also made a lot of mess!). We had great feedback from their visit so we are inviting them back again.

In term 4 we will be looking at more ways to use recycled goods to make art. We are also going on an excursion to Wambana on the 26/10 and we will make holiday crafts throughout the term.



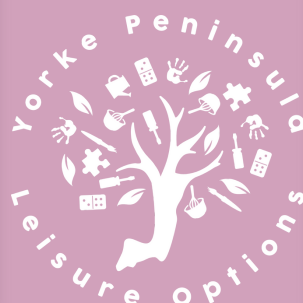
**L-R Front: Kathy, Alison, Anita, Jess, Robbie, Daniel, Jarrad Mary, Wayne and Anthony**  
**L-R Bottom: Morgan, Sandrine, Terina and Trevor**



**Upcycled bottle top and button art!**



**Playing game (exquisite corpse) with PAC boys.**



**Sandrine and Daniel displaying Dan's unique artwork.**

# Cooking Group

This term in cooking group we focused on healthy eating, trying to limit sugar and fat intake as well as using healthier alternatives. Within the process we had some hits and misses. One of the major hits was our roast veggie couscous, one of the misses were our avocado brownies which were interesting to say the least (some members still thoroughly enjoyed it).

Going forward we will still be focusing on more healthier alternatives, however there may be a few exceptions with the festive season coming up. The terms cooking roster is at the end of the newsletter. We will also be adjusting the skills program a bit- focusing more on members signing off on tasks to earn certificates. We tried to make this program as accessible as possible so all members are included.

## Example:

A volunteer shows member how to operate the dishwasher from the start to the finish. The member then is given the opportunity to complete this task without assistance, if successful they are signed off. Once signed off on by volunteer certificate will be rewarded. Members will actively need to want to achieve these goals. These certificates are an awesome way for potential employers/volunteers to see what the member is able to achieve. We will be including a ceremony at the end of the year show so everyone can see the progress the members have made.

## Certificates include:

- Using dishwasher successfully
- Walking with knives correctly
- Using the oven correctly
- Using the air fryer correctly
- Using a chopping board correctly
- Label food with best before date
- Working efficiently in a team
- Providing basic first aid to another
- Presentation of a dish
- Giving a review of the dish



## Pictures L-R:

Anthony, Marie and Wayne making apple crumble.

Jocelyn, Jess and Jarrad making Brownies.

Jarrad after he set the tables for us.

Morgan chopping up capsicum for roast capsicum.

Jess, Kathy and Mary finishing of skills tasks.



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# Living Skills

Members accomplished a lot in Living Skills this term! Using the Living Skills framework we paid close attention to health and wellbeing, community engagement and relationships and communication.

Within this we chatted about boundaries- physical and emotional, mental health wellbeing, what we need to nourish our bodies and how to care for the Earth. We also learnt how to market our products effectively and how to read maps.

For Cultural Day we had visit from Tramy. She taught us about Vietnamese Cuisine and her culture alongside her husband Viet and child Ruby.

Members participated in Clean up Australia day, which was a great success. We had a BBQ down at the playground to celebrate all of our hard work.

For book week we dressed up and headed to Kadina Library to see what they had on offer. Members had lots of laughs in their dress ups.

**Pictured- Top to bottom and L to R.**

**Jess and Em looking at the RUOK website.**

**Jarrad, Robbie, Jess, Em and Clayton showing off their sign in front of the hall.**

**Robbie, Clayton, Jarrad and Jess showing off their sign in the town hall.**

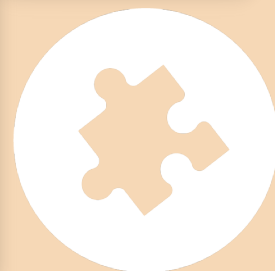
**Em, Jarrad, Clayton, Eleni, Kane and Robbie in Pt. Vincent.**

**The food from our Cultural Day- Vietnamese noodle salad and spring rolls.**





# Yorke Peninsula Leisure Options



SOME HIGHLIGHTS OF THIS TERMS FUN AND GAMES WERE EXPERIMENTS, THE PLAYGROUND, OUTDOOR GAMES AND MOVIE SESSIONS. WE LOOK FORWARD TO ALL THE FUN WE ARE GOING TO HAVE NEXT TERM, ESPECIALLY GOING INTO THE SILLY SEASON.

PICTURES L-R: DANIEL AND JAIME ON THE SWINGS. ROBBIE FUNNELLING LIQUID. CLAYTON ADDING GLITTER TO THE LAVA LAMPS. ANTHONY ENJOYING THE SWING. CAMERON ADDING TO THE CONCOCTION. JARRAD ASSISTING WITH THE LAVA LAMP. MARY, DANIEL AND JAIME MIXING INGREDIENTS. CLAYTON MIXING COLOURS. JESS POURING WATER INTO LAVA LAMP.



# FUN AND GAMES



# Fun & Games

## Term 4 Schedule

21st of October

### Games



 YouTube Music

4th of November

### Outside Experiment Day



### Sports

2nd of December

### Christmas Shopping Trip



18th of November

### YPLO Annual Trip in Hahndorf

16th of December



# Tree Group

## Spring has sprung!

Members have been busy planting, propagating and splitting our native trees. We have enjoyed seeing flowers blossom and animals come out to say hi! We are selling large quantities of stock- especially to our council. This reflects how much our community appreciates the work that we do. Going forward we will continue to work hard, providing natives to our local community.

The 20 year celebration of trees will be happening in February of next year, exact date TBA.

### School Holiday FUN

The nursery is now running during the school holidays. During the term 3 break we propagated heritage tomatoes from seeds that were taken from Cherry Yellows, Cherry Blacks, Black Russians and Romas and dried on paper towel.

We have spilt over 200 Cherry Yellow tomatoes!

In the term 4 break the nursery will be running on the 21st and 28th of January 2022.

*Pictures L-R: Luke watering trees. Wayne admiring plants growth. Robbie weeding. Cameron repotting natives. Jarrad supervising group.*



# ART PROGRAM

term 4 2021

## WEEK 1

Tying up loose ends

- Coffee and catch up
- Fabric Bowls
- LUNCH
- Canvas Flowers
- Bottle cap art

## WEEK 2:

Excursion to Pt. Turton  
WABANNA

## WEEK 3:

Papier Mache and Pastel on  
black paper

- Coffee and catch up
- Papier Mache
- LUNCH
- Pastel on black paper

## WEEK 4:

Sandrine Art Therapy

TBA

## WEEK 5:

Holiday Crafts

- Coffee and catch up
- Use recycled materials to  
create decorations
- LUNCH
- Use recycled materials to  
create cards
- Use recycled materials to  
create Christmas Party  
signs





# Term 4 - Cooking



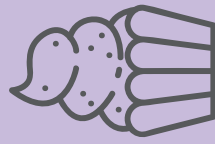
## Mains

Chicken  
Rissoles &  
Greek Salad

Melbourne Cup:  
Roast Chicken,  
Veggie fries  
and Salad

Noodle  
Salad

Veggie  
Bake



## Dessert

Apple and  
Zucchini  
muffins

Carrot Cake

Peanut  
Butter  
Cookies

Pavlova w  
Fruit

# Cooking Group – Term 4

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	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Mains	Trevor & Jarrad	Daniel & Wayne	Jess, Macca & Kay	Morgan, Anthony and Mary
Desert	Jess, Macca & Kay	Morgan, Anthony and Mary	Trevor & Jarrad	Daniel & Wayne
Set Up	Morgan, Anthony and Mary	Trevor & Jarrad	Daniel & Wayne	Jess, Macca & Kay
Skills	Daniel & Wayne	Jess, Macca & Kay	Morgan, Anthony and Mary	Trevor & Jarrad

# Hahndorf Itinerary



## Wednesday 17th

**9.30am**

Let's go! Depart Minlaton via Port Vincent (SYP Van) and Maitland (CYP Van) 

**10.30am**

The Pitstop - meet up with the other vehicles.

**12pm**

Visit the township of Williamstown, stretch our legs and have some lunch.

**1.30pm**

First Activity 

Picking Strawberries at Berenberg Farm

\$5 entry & strawberries are \$10.95 per kg to take home.

**3pm**

Check-in, collect keys and settle in to our new accommodation!

Did you know that Hahndorf Resort has mini golf!

**3.30pm**


Orientation and a tour of the Resort and Main House.

**5.30pm**

Pizza from The Haus \$10 per person

Discuss tomorrow's itinerary while enjoying the view of the lake

**7pm**

Assist everyone to settle into their units. 

## Thursday 18th


**8.30am**

Breakfast - Pancakes with fresh strawberries  
Clean-up and pack lunches.



**9.30am**

Let's go!

Melba's Chocolate Factory, Woodside  
Free entry 

**10.30am**

Let's go! 


Motor Museum  
\$14.50 entry

**12pm**

Lunch time- Packed Lunch




**3pm**

Return back to accommodation & enjoy facilities or rest 

**5.30pm**

Let's go out for dinner!  
The Hahndorf Inn has plenty of choices for a great schnitzel.


\$25 to \$35 depending on extra toppings. 



**6.45pm**


Return to the cottages.

**7pm**

Assist everyone to settle into their units. 

## Friday 19th

**8am**

Breakfast - pre-select cereals & juice.  
Time to pack-up 

**9am**

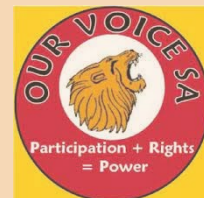
Let's go!

Our Voice SA Conference in Adelaide

A conference by people living with a disability for people living with a disability!



Morning Tea & Lunch Provided



**2.30pm**

The conference wraps up!  
There is a chance for members to mingle and meet others if we have made it to the end of the day.



**ETA Unknown\***

\*\*Our time to arrive back home will depend on what time we leave the conference.  
A text message will be sent with an estimate time of arrival.

# 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 4pm	7 The Great Gum Flat Adventure Excursion	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

# NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Melbourne Cup Cooking/Wood Shed Project 10am to 2.30pm	3 Living Skills 10am to 4pm	4 Fun & Games 10am to 2.30pm	5 Trees 10am to 2.30pm	6
7	8	9 Arts & Crafts Wood Shed 10am to 2.30pm	10 Living Skills 10am to 4pm	11	12 Trees 10am to 2.30pm	13
14	15	16 Cooking/Wood Shed Project 10am to 2.30pm	ANNUAL TRIP—HAHNDORF 2021			20
21	22	23 Arts & Crafts Wood Shed 10am to 2.30pm	24 Living Skills 10am to 4pm	25	26 Trees 10am to 2.30pm	27
28	29	30 Cooking/Wood* Shed Project 10am to 2.30pm				

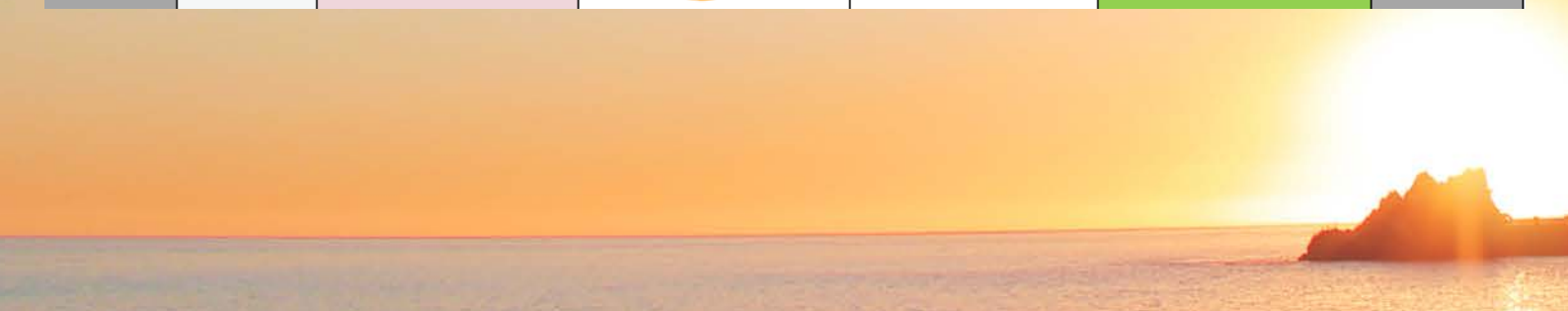
# DECEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Living Skills 10am to 4pm	2 Fun & Games 10am to 2.30pm	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	10 Trees 10am to 2.30pm	11
12	13	14 Holiday FUN 10am to 2.30pm	15 Holiday FUN 10am to 4pm	16 End Of Year Party 10am to 2.30pm	17 Trees 10am to 1.30pm*	18
19	20	21	22	23 OFFICE CLOSED	24	25
26	27	28 BOOK YOUR PLACE	29 Holiday Program from 18/01/2022	30		

# JANUARY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Holiday FUN 10am to 2.30pm	19 Holiday FUN 10am to 4pm	20	21 Trees 10am to 2.30pm	22
23	24	25 Holiday FUN 10am to 2.30pm	26 	27	28 Trees 10am to 2.30pm	29





# Halloween

## WORD SEARCH

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

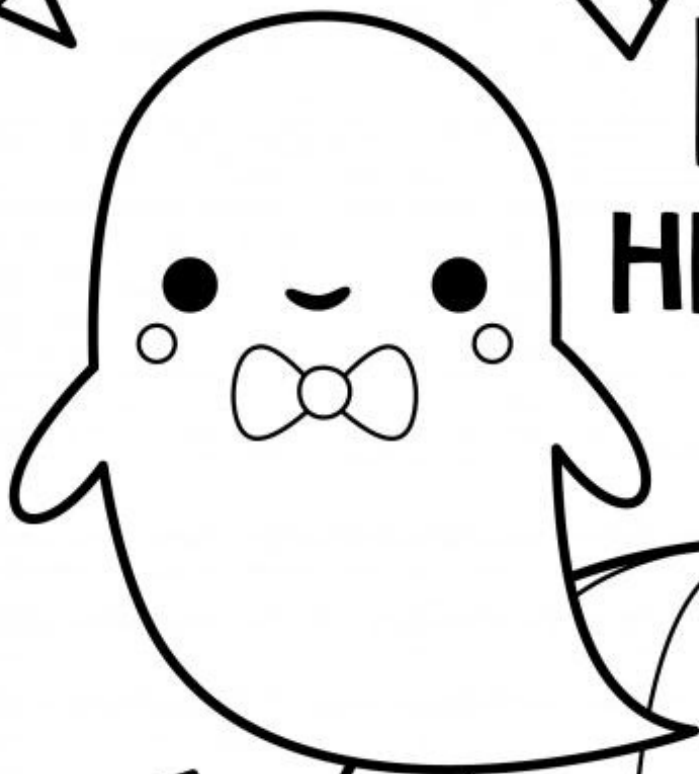
AUTUMN  
BATS  
BOO  
CANDY  
COSTUMES

GHOST  
HALLOWEEN  
HAUNTED  
JACKOLANTERN  
MONSTER

MUMMY  
OCTOBER  
ORANGE  
PUMPKIN  
SKELETON

SPIDER  
SPOOKY  
TRICK  
TREAT  
VAMPIRE

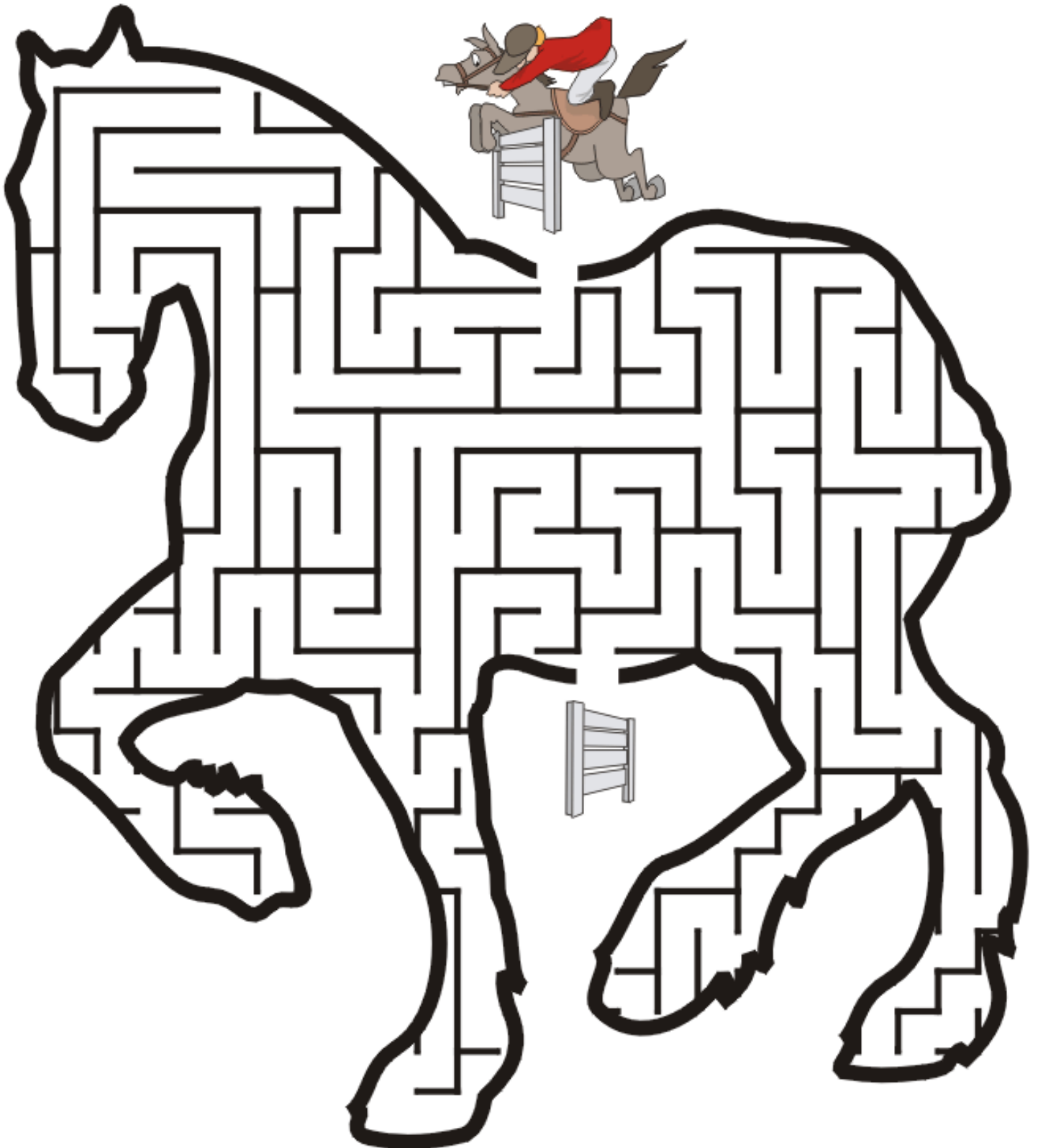
**HAPPY  
HALLOWEEN**



nod  
**FUN**  
PAGE



GET THE MELBOURNE CUP  
JOCKEY TO THE HORSE JUMP!



# Holidays Word Search



ST PATRICK'S DAY

APRIL FOOL'S DAY

CHINESE NEW YEAR

EMANCIPATION DAY

INDEPENDENCE DAY

DAY OF THE DEAD

PRESIDENTS' DAY

VALENTINE'S DAY

GUY FAWKES DAY

NEW YEAR'S DAY

NEW YEAR'S EVE

CINCO DE MAYO

GROUNDHOG DAY

ROSH HASHANAH

VETERAN'S DAY





# ***Term 4, here we come!***



**Yorke Peninsula Leisure Options**

