

# WELCOME TO OUR Monthly Newsletter

## Happy Holidays from Yay Today!

We're excited to share all the latest from Yay Today! This month has been filled with festive cheer and exciting activities, and we want to take a moment to wish everyone a happy and joyful holiday season.

We're gearing up for our much-anticipated Christmas Party on Saturday, 14th December, from 1:00 PM to 4:00 PM, featuring fun games, delicious treats, and plenty of holiday joy.

Our group activities have also been a highlight this month, including a picnic, outdoor Capoeira lessons, yoga, and meditation sessions. These activities have fostered connection, mindfulness, and plenty of smiles.

Looking ahead, we're thrilled to announce our upcoming School Holiday Program, packed with fun and engaging activities. Stay tuned—we'll be sharing more details soon!

Let's continue making this festive season one to remember. From all of us at Yay Today, happy holidays!



## Meet Zac our new Team member

Zac joins Yay Today with a lifetime of connection to the disability sector and a background in Psychology. With experience as a support worker, wheelchair builder, and university teacher, he brings diverse skills to his role as Assistant and Support Administration Assistant.

Outside of work, Zac enjoys playing guitar, coaching tennis, and discovering Melbourne's food scene!





## Highlights from Our Group Activities

### ROCK CLIMBING ADVENTURES & EXPLORING THE DANDENONG RANGES

From enjoying a relaxing picnic in the sun to learning the vibrant art of Capoeira outdoors, and finding balance through yoga and meditation, our participants had an incredible time bonding and exploring new experiences together.

These activities are more than just fun - they're opportunities to build confidence, nurture well-being, and create lasting connections. A huge thank you to everyone who joined us and made these moments so special.

We can't wait to share even more exciting group activities with you in the future!



## Highlights from Our Self-Reflection Workshop

### A DAY OF CONNECTION AND GROWTH

Our recent workshop was a beautiful journey into self-reflection and connection. Participants shared childhood memories, explored their feelings, and bonded through meaningful discussions and activities. It was a heartwarming experience that left everyone feeling inspired and supported.

Stay tuned for more exciting workshops and events coming in 2025—we can't wait to share more moments like this with you!





## Yay to Christmas!

### JOIN OUR HOLIDAY CELEBRATION

Let's come together for an afternoon filled with fun games, tasty treats, and delicious food to celebrate the holiday season.

**Date: Saturday, 14th December**

**Time: 1:00 PM – 4:00 PM**

Let's make this Christmas party one to remember!

## International Day of People with Disability

TUE, 3 DEC 2024

The theme for this year is "Amplifying the leadership of persons with disabilities for an inclusive and sustainable future." This theme recognises the important role that persons with disabilities play in creating a more inclusive and sustainable world for all.



## Christmas Magic in Melbourne

### DISCOVER THE BEST HOLIDAY EVENTS OF 2024

Melbourne comes alive this festive season with dazzling lights, enchanting displays, and joyful activities for everyone. From the iconic Myer Christmas Windows to the thrilling Christmas Carnival, there's something magical for all to enjoy.



## Day Program Monthly Planner

Month: January Year: 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Class Break Happy New Year 2025	Class Break	Class Break	Class Break
School Holiday	BBQ & Outdoor activities at Karkarook Park 10am - 3pm	Melbourne Zoo 9am - 3pm	Cinema Moana 2 2pm - 5pm	Tour to the city 10am-2pm	Yay to Saturday 1pm-4pm
School Holiday	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm	Creative Workshop 10am-1pm Psychosocial Skills 1pm-4pm	Psychosocial Skills- 12pm-3pm Yay to Friday 3pm-6pm	Yay to Saturday 1pm-4pm
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## Stay Safe This Summer

### TIPS FOR A SAFE AND FUN SEASON

Summer is here, and while it's time for fun in the sun, it's also important to stay safe. Follow these simple tips to make the most of the season:

- Stay Hydrated- Drink plenty of water throughout the day, especially when outdoors or exercising.
- Protect Your Skin- Apply sunscreen with SPF 30+ every two hours and wear a hat and sunglasses to shield yourself from harmful UV rays.
- Stay Cool- Avoid being outside during peak heat (11 AM-3 PM) and find shaded or air-conditioned spaces.
- Swim Safely- always supervise children near water and swim at patrolled beaches with lifeguards.
- Beware of Bugs- use insect repellent to protect yourself from mosquitoes and other pests.
- Be Fire Safe - follow local fire warnings and avoid lighting campfires or barbecues in high-risk areas.
- Plan Ahead- If heading out on a day trip, pack plenty of snacks, water, and a first-aid kit.

Enjoy your summer while keeping health and safety a priority! ☀️

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Spots are limited! Contact us to book

### SCHOOL HOLIDAY PROGRAM

JANUARY 7 - JANUARY 24  
Support Workers are available to assist with transport.

**WEEK 1**  
 Tuesday 07/01 - 10am-3pm  
 BBQ & Outdoor activities at Karkarook Park  
 Wednesday 08/01 - 9am-3pm  
 \*Melbourne Zoo  
 Thursday 09/01 - 2pm-5pm  
 \*Cinema- Moana 2  
 Friday - 10/01 - 10am-2pm  
 Tour to the city

☎ 0435 644 313  
 437 North Road, Ormond  
 www.yaytoday.com.au

Spots are limited! Contact us to book

### SCHOOL HOLIDAY PROGRAM

JANUARY 7 - JANUARY 24  
Support Workers are available to assist with transport.

**WEEK 2 & 3**  
 Tuesdays:  
 Cooking classes -10am-1:30pm  
 Art classes- 1:30pm-4:30pm.  
 Wednesdays:  
 Play & Grow Adventure: 10am-1:30pm  
 Cooking classes: 1:30pm-4:30pm  
 Thursdays:  
 Creative Workshops: 10am-1pm.  
 Fridays:  
 Social Activities: 10am-1pm

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