

# WELCOME TO OUR Monthly Newsletter

## Yay Today Update



**Are you ready for spring?** We sure are! We're so excited for the new season and all the activities it brings. With warmer days ahead, it's the perfect time to get involved in our upcoming programs.

Our **School Holiday Program** and **Saturday Program** have just been released! These are always popular, so make sure you book your spot with Einat to avoid missing out on all the fun.

We'd also love to hear from you! Please share your **feedback with us**—whether it's on our website or via email, your thoughts help us improve and grow. Let's make this spring the best one yet!

## Employee of the Month

### THIS IS MEL, OUR SUPPORT WORKER!

We're excited to recognise Mel as our Employee of the Month! With her Certificate III in Aged Care and Allied Health, plus over 20 years of customer service experience, Mel consistently goes above and beyond as a support worker. Her empathy, excellent communication, and attention to detail make her an invaluable part of our team. Congratulations, Mel—your dedication and kindness truly shine!





## Highlights from Our Art Class

### CREATIVITY MEETS THE GREAT OUTDOORS

In one of our recent art classes, we decided to take creativity outdoors to the beach. We combined yoga and meditation with exploring the beautiful surroundings, using the colours of the sea and sky as inspiration. The result? A stunning canvas painting that captures the essence of the beach—a true masterpiece created in the great outdoors.

This is a work in progress, so make sure to check on our next newsletter the progress of this art piece!



## Happy Father's Day

SUNDAY 1ST SEPTEMBER

Wishing all the amazing dads a day filled with love, joy, and appreciation. Thank you for the endless support, guidance, and care you provide. Today, we celebrate you and all that you do!



## Yay to Friday Fun!

JOIN THE FUN AND MAKE MEMORIES

Our recent bowling outing was an absolute blast! From strikes to laughs, everyone had an amazing time connecting and enjoying the Friday fun. If you'd like to join us for the next adventure, we'd love to have you

# ADHD Poem

WRITTEN BY "YAY TODAY CLIENT"

"Take my hand and come with me, I want to teach you about ADHD. I need you to know, I want to explain, I have a very different brain.

Sights, sounds and thoughts collide. What to do first? I can't decide. Please understand I'm not to blame, I just can't process things the same. Take my hand and stand by me, I need you to know about ADHD.

I try to behave, I want to be good, But I sometimes forget to do as I should. Walk with me and wear my shoes, You'll see it's not the way I'd choose. I do know what I'm supposed to do, But my brain is slow getting the message through.

I try to think before I talk, But I often run when I should walk. It's hard to get my tasks all done, My thoughts are heavy, they weigh a tonne. I never know just where to start, I think with my feelings and see with my heart.

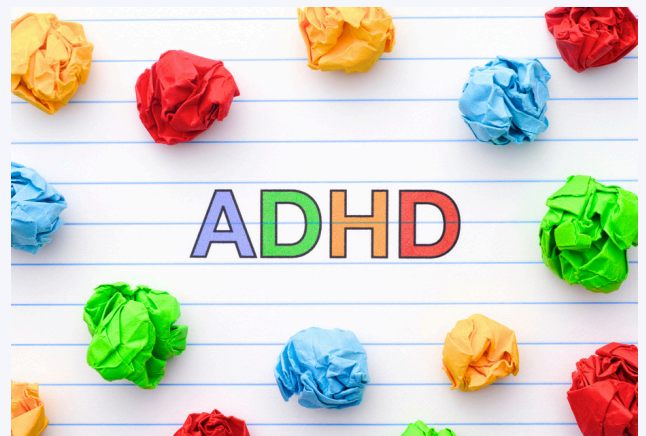
It's hard to explain but I want you to know, I can't help letting my feelings show. Sometimes I'm angry, jealous or sad. I feel overwhelmed, frustrated and mad. I can't concentrate and I lose all my stuff. I try really hard but it's never enough.

I worry a lot about getting things wrong, Everything I do takes twice as long. Everyday is exhausting for me... Looking through the fog of ADHD.

I'm often so misunderstood, I would change in a heartbeat if I could. So take my hand and listen to me, Life is hard living with ADHD!

I want you to know there is more to me. I'm not defined by it, one day you'll see. I'm sensitive, kind and lots of fun. But I'm blamed for things I haven't done. I'm the loyalist friend you'll ever know, I just need a chance to let it show. Please take my hand and stand by me, But don't forget I have ADHD.

I have real feelings just like you. The love in my heart is just as true. I may have a brain that can never rest, But please understand I'm trying my best. I want you to know, I need you to see, I'm more than just a label, I am still me!"





### THURSDAY 12 SEPTEMBER

R U OK? Day encourages us all to ask, "Are you OK?" and support those facing life's challenges. A simple question can open up crucial conversations and provide much-needed care. Let's keep the conversation going every day, fostering a community of support and understanding.

### SELF-CARE IN MENTAL HEALTH

Taking time for self-care is essential for maintaining good mental health. Simple actions like getting enough sleep, eating well, and staying active can make a big difference. Remember to set aside moments for relaxation, connect with loved ones, and do things that bring you joy. Your mental health matters—nurture it every day.

Spots are Limited! Contact us to book

LEARN

## SCHOOL HOLIDAY PROGRAM

SEPTEMBER 23 - OCTOBER 04

Support Workers are available to assist with transport.

PLAY

Tuesdays:

Cooking classes -10am-1:30pm  
Art classes- 1:30pm-4:30pm.

Wednesdays:

Play & Grow Adventure: 10am-1:30pm

Thursdays:

Cooking classes: 1:30pm-4:30pm  
Creative Workshops: 10am -1pm.

Fridays:

Social Activities : 10am- 1pm

COOK

Tuesdays:

Cooking classes -10am-1:30pm  
Art classes- 1:30pm-4:30pm.

Wednesdays:

Play & Grow Adventure: 10am-1:30pm

Thursdays:

Cooking classes: 1:30pm-4:30pm  
Creative Workshops: 10am -1pm.

Fridays:

Social Activities : 10am- 1pm

ENGAGE

Tuesdays:

Cooking classes -10am-1:30pm  
Art classes- 1:30pm-4:30pm.

Wednesdays:

Play & Grow Adventure: 10am-1:30pm

Thursdays:

Cooking classes: 1:30pm-4:30pm  
Creative Workshops: 10am -1pm.

Fridays:

Social Activities : 10am- 1pm

☎ 0435 644 313

📍 437 North Road, Ormond

🌐 [www.yaytoday.com.au](http://www.yaytoday.com.au)

Registered NDIS Provider

## Day Program Monthly Planner

Month: September  
Year: 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30					

**Monday:** 10am-1:30pm: Cooking Class; 1:30pm-4:30pm: Art Class

**Tuesday:** 10am-1:30pm: Cooking Class; 1:30pm-4:30pm: Art Class

**Wednesday:** 10am-1:30pm: Barista Class; 1:30pm-4:30pm: Cooking Class

**Thursday:** 10am-1pm: Creative Workshop; 1pm-4pm: Psychosocial Skills

**Friday:** 10am-12pm: Psychosocial Skills; 12pm-3pm: Yay to Friday

**Saturday:** 10am-1pm: Yay to Saturday; 1pm-4pm: Yay to Saturday

**Monday:** School Holiday Week

**Tuesday:** 10am-1:30pm: Cooking Class; 1:30pm-4:30pm: Art Class

**Wednesday:** 10am-1:30pm: Barista Class; 1:30pm-4:30pm: Cooking Class

**Thursday:** 10am-1pm: Creative Workshop; 1pm-4pm: Psychosocial Skills

**Friday:** Public Holiday

**Saturday:** Yay to Saturday