

WELCOME TO OUR Monthly Newsletter

February Updates & Highlights – Stay Connected!

As we step into a new month, we are excited to share updates, upcoming events, and highlights from our programs. February is all about community, well-being, and new opportunities, with exciting workshops, celebrations, and ways to stay connected.

In this edition, you'll find details on our new programs, staff highlights, special events, and helpful well-being tips. We encourage everyone to get involved and make the most of what's coming up this month!

Happy reading, and we look forward to another great month together!



Meet David our New Team Member

Welcome to the Team, David!

We are excited to welcome **David** as our new **Brand Ambassador & Admin Assistant** at Yay Today.

David has been a participant with us, and his dream was to one day work at Yay Today. We are thrilled to share that his dream has come true, and he has now joined our team to support us in the office.



Employee of the Month - Alon

Alon has been an outstanding support worker, demonstrating dedication, responsibility, and a strong commitment to his clients. He consistently goes above and beyond to ensure they receive the best possible support, always organising and managing tasks efficiently while prioritising their well-being.

Thank you, Alon, for your hard work and the positive impact you make every day!



Pathway to Wellness

We are excited to introduce Pathway to Wellness, a **new program** designed to promote relaxation, self-awareness, and overall well-being. Through activities like mindfulness, yoga, and self-exploration, participants will have the opportunity to unwind, grow, and connect in a supportive environment.

Thursdays, 1:00 – 4:00 PM

Valentine's Day Celebration

Join us for a fun cooking and baking class to celebrate Valentine's Day! Whether you're making sweet treats or delicious dishes, it's a great way to enjoy the day, learn new skills, and share the love through food.

Come along for a session full of creativity, laughter, and tasty delights!



UNBOUND Art Exhibition

Unbound Art Award 2025

SHOWCASING EMERGING
TALENT IN BENDIGO

Shortlisted and selected artworks will be exhibited at Dudley House from **10–23 February 2025**.

Prizes:

- Category Winners: \$650 + the opportunity to exhibit at prominent Bendigo locations, including Omari.
- Highly Commended: \$250

An incredible opportunity for artists to gain recognition and share their work with the community!

Write Us Feedback

DO YOU HAVE ANY FEEDBACK TO
GIVE US?

Feel free to share your thoughts and suggestions about our services. You can choose to remain anonymous if you prefer; what matters most is hearing from you. Help us enhance our services and better serve our community.



Random Acts of Kindness Day

SMALL ACTS, BIG IMPACT – LET'S
SPREAD KINDNESS ON 17 FEBRUARY

Kindness has the power to brighten someone's day and create a positive ripple effect in our community. **Random Acts of Kindness Day** is a great opportunity to spread joy through small, thoughtful gestures.

Whether it's **helping a friend, giving a compliment, sharing a smile, or writing a kind note**, every act of kindness makes a difference. We encourage all staff and participants to take part—let's celebrate kindness and make our community even more supportive and welcoming.

Together, small actions can have a big impact!

**FEBRUARY
2025**



Highlights from Our Creative Workshop

CREATIVE WORKSHOP SPOTLIGHT – DESIGNING OUR OWN BOARD GAMES

Our participants let their imagination run wild in our latest Creative Workshop, designing their very own board games! From crafting unique rules to creating "Curses and Blessings" cards, each game was a reflection of their creativity and problem-solving skills.

It was an inspiring session filled with laughter, teamwork, and innovative ideas!



Celebrating a Special Birthday

CREATING JOYFUL MOMENTS TOGETHER

We had the pleasure of celebrating one of our client's birthdays at our program! The day was filled with smiles, laughter, and great memories, making it a truly special occasion for everyone.

We love bringing people together to celebrate and create unforgettable moments!

Exciting Saturday Programs This February!

FUN, FITNESS & EXPLORATION EVERY WEEKEND

Join us every **Saturday from 1:00 PM – 4:00 PM** for a series of exciting and enriching workshops! Each week features a unique activity designed to inspire, engage, and bring people together.

- ◆ 1/2 – Water Adventure Day - Dive into fun at ARC Narre Warren with swimming, water aerobics, and more!
- ◆ 8/2 – Hawthorn Tram Museum & Burnley Gardens - Explore vintage trams and enjoy a relaxing day in nature.
- ◆ 15/2 – Outdoor Activities - Refresh your body and mind with light fitness and fun exercises in the park.
- ◆ 22/2 – Explore Melbourne - Discover iconic cultural landmarks like ACMI, the State Library, and Melbourne Central.

Don't miss out - come along for adventure, learning, and great company!

Day Program Monthly Planner

Month: February

Year: 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Yay It's Water Adventure Day 1pm-4pm 1
	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 3	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 4	Creative Workshop 10am-1pm Pathway to Wellness 1pm-4pm 5	Psychosocial Skills- 12pm-3pm Yay to Friday 3pm-6pm 6	Yay to Saturday Hawthorn Tram Museum/ Burnley Gardens 1pm-4pm 7
	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 10	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 11	Creative Workshop 10am-1pm Pathway to Wellness 1pm-4pm 12	Psychosocial Skills- 12pm-3pm Yay to Friday 3pm-6pm 13	Yay for Outdoor Activities 1pm-4pm 14
	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 17	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 18	Creative Workshop 10am-1pm Pathway to Wellness 1pm-4pm 19	Psychosocial Skills- 12pm-3pm Yay to Friday 3pm-6pm 20	Yay let's Explore Melbourne 1pm-4pm 21
	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 24	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 25	Creative Workshop 10am-1pm Pathway to Wellness 1pm-4pm 26	Psychosocial Skills- 12pm-3pm Yay to Friday 3pm-6pm 27	