

## SENIORS STRENGTH

It's still important to be active during home isolation. There are so many ways that you can get the blood pumping and Glen Park's Seniors Strength instructor Sally Bush has created some fantastic instructional videos of how you can use everyday household items to keep active. You can view these videos on Glen Park's Facebook page as they get uploaded or check out our website for the most current video.

If you enjoy the exercises that Sally has demonstrated and would like to join a fitness group, consider joining Glen Park's Seniors Strength program in May 2020. Contact Reception on [office@glenparkcc.com.au](mailto:office@glenparkcc.com.au) for further information.

## ROVING REPORTER

**Q1. When you were a kid, what did you want to be when you grew up?**

**A:** Peter & Geoff — Policeman, Joanne— A Lawyer, Robyn— Nurse

**Q2. Do you believe in ghosts?**

**A:** Peter & Joanne both said YES! Robyn & Geoff both said NO!

**Q3. If you could travel back to being a teenager, what advice would you give yourself?**

**A:** Peter—To listen and be more attentive.

Joanne—Be kind to my parents, they did the best job they could and now I understand why they set boundaries for me as I navigated through my teenage years.

Robyn—Follow your heart & not your head.

Geoff—Save my money instead of spending it.

**Roving Reporter: Naomi Butler-Moore**

**Interviewees: Peter Yordonopulo, Joanne Scanlan, Robyn Moore & Geoff Moore**



## GLEN PARK'S BLAST FROM THE PAST

Payton graduating her traineeship with Glen Park in 2014!



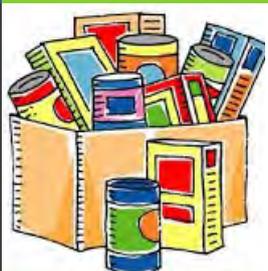
### FACEBOOK POLL!

Glen Park asked and you answered.

Would you rather be sticky or itchy for the rest of your life?

Sticky: 9—Goodness me!

Itchy: 1—One brave individual!



## COMMUNITY PANTRY & COMMUNITY MEALS

Community Pantry—Tuesday 7th April

10:00am—12:00pm

Take Away Community Meals—Wednesday 15th April

Meals served at 6:00pm sharp.

**Café on the Park.**

— Eat, Drink & Be Social at Glen Park —

Glen Park Community Centre

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# PROGRAM CO-ORDINATOR - PAYTON DOWNEY

Hi everyone! It's so good to be back working at Glen Park and working toward making a difference for those who need it most. In the past 12 months, I worked in Employment Services and learnt so much about how disability, injury and/or illness can affect a person's mental health and their search for work. It was in this field that reignited my passion for Community Services. As you all know, the staff of Glen Park have been working from home and part of my household is my 2.5 year old cat Tonks; who has taken to being my apprentice, although I think she is more interested in sitting on my keyboard than actually helping me work! I'm looking forward to getting back to work and getting into planning the upcoming events like The Biggest Morning Tea, Pyjama Day, Jeans 4 Genes and so much more. Keep an eye out for the details!

While we are all self-isolating and home bound, join Glen Park's fitness instructor—Sally Bush, in getting active through Glen Park's Facebook videos and live sessions. If you haven't already, like Glen Park Community Centre on Facebook to be notified when a new video is posted and to be kept up to date with what's happening. See you all soon!

## RECIPE TO MAKE WITH THE KIDS!



**Ingredients:** 2 tbsp soy sauce, 2 tbsp honey, 2 tbsp brown sugar, pinch cinnamon, pinch five spice powder, 4 thin-cut pork loin steaks, 1 carrot sliced (matchsticks), 1 juiced lime, pinch golden caster sugar, 1 tbsp rapeseed oil, 1/2 cucumber cut (matchsticks), 16 soft lettuce leaves, sweet chilli sauce to serve.

**Method:** Make marinade by mixing soy sauce, honey, brown sugar, spices & 1 tbsp water. Put pork in shallow bowl, pour marinade over—turning to make sure steaks are coated. Leave for 30 minutes. Mix carrot with lime juice & caster sugar. Brush a piece of foil with oil and line a grill pan. Grill pork steaks for 4 mins each side. Keep an eye on them in case the sugar in the marinade starts to blacken. When cooked, cut into strips. Put lettuce leaves out on a board and divide pork between them. Add some carrot and cucumber, then fold in both ends of the lettuce leaf and roll up from one side to contain the filling. Serve with sweet chilli sauce.

STICKY PORK LETTUCE WRAPS

## HEIDI'S MONTHLY REPORT



Welcome to our 15th edition of Community Chit, Chat & Chew.

Goodness me, what a difference a few weeks makes! The last newsletter talked about our programs being full to bursting and how our Social Enterprise Café and catering business was. Well, all that's changed now. The Centre is now closed to the public and has been since Monday 23rd March. Whilst we are all working from home, we're no longer generating income from programmes such as Art, Seniors Strength and Woodwork. Sadly, the Café is also closed therefore is also not generating income from café and catering sales. Majority of our Regular Facility Hire has also ceased which has certainly left a large financial hole in our income.

Anyone wishing to make a donation to Glen Park Community Centre can contact our Finance Coordinator on [finance@glenparkcc.com.au](mailto:finance@glenparkcc.com.au) to make those arrangements. Glen Park is a Public Benevolent Institution with Deductible Gift Recipient tax status, therefore you can claim any donation over \$2.00 on your tax return.

Our Annual General Meeting was scheduled to take place at the Centre on Tuesday 14th April at 10:00am and thanks to technology and ZOOM, our Annual General Meeting is still going ahead. Members need to keep an eye out for the invitation via email, the invitation includes the ZOOM link so you can attend the meeting.

Whilst the situation with Covid-19 has certainly caused a great deal of stress, uncertainty, economic pressure and horrific job loss, it has also allowed us to test how well we come together as a team and community. I am so proud of how our team has united to ensure we can continue to support and service our community during the shutdown.

Each person in the team has gone above and beyond and at no time did anyone even question why they had to do something, they just got on with it and did it. I want to say thank you to the team and Committee at Glen Park for being so generous and understanding throughout this transition period and for embracing the whole new world of working from home.

I also want to thank the community for your understanding and patience during the shutdown. We will all get through this.

***“Alone, we can do so little; together, we can do so much” - Helen Keller***