

PEBBLE HALLOWEEN



NEWS & FEATURES

NOV/DEC EDITION

Welcome

PAGE 2-3

Special Feature

PAGE 4-6

What's On

PAGE 5

Latest Adventures

PAGE 6

Lifestyle and Community

PAGE 7-10

Recipe

PAGE 11

Employee Feature

PAGE 12



**Ryan is Beetlejuice for our Halloween
Celebration**

Welcome

Hello and welcome to our November/December issue!

The year has flown by, and we've reached the final stretch! It's time for the Spring Carnival Racing Season, and we'll be taking a break at our Active Choice Centres in Moe, Newborough, and Seaford for the Melbourne Cup Long Weekend. Please note that we will be closed from Friday, November 1st at 4 PM until Wednesday, November 6th at 9 AM. This break is much needed as we gear up for our busiest season, with the Art Show and Christmas celebrations!

Before diving into those festivities, let's catch you up on what's been happening at SASI.



In September, we celebrated R U OK Day with a morning tea where staff and customers played "Conversation Bingo," sharing happy memories and smiles over treats provided by our Engagement and Wellbeing Committee. Later that month, Footy Fever swept through our sites, with everyone proudly wearing their favourite team colours.

In October, we attended one of Melbourne's two major expos, where our teams spent two days connecting with the community and promoting our programs. These expos draw thousands from across the state, making it a great opportunity for us to engage in person. If you missed us at the Disability Connection in October, be sure to say hello at the Melbourne Disability Expo in November!

Left you can see (L-R) the smiley faces of Liz our Visual Arts Program Leader and Penny our Lifestyle and Community Support Manager.



Liz and Penny representing SASI at the Melbourne Disability Connection Expo

Footy Day



SASI Staff and customers celebrating
Footy Day

We're excited about the influx of entries for the SASI Art Show & Competition, and we're busy preparing the catalogue and finalizing details for the Opening Night. The exhibition will run from November 20th to November 30th, coinciding with the Frankston Festival of Lights, making it a perfect family outing. Entries will be accepted from October 14th to November 8th, and the Opening Night is set for November 21st from 6-8 PM. We can't wait to see all our artists and art lovers there —don't forget to RSVP!

In this issue of Pebble, you'll meet Mich, our SLES Coordinator and public speaker (she's been on 'Neighbours'!), and catch up on the latest adventures from our Camps and Rec, including our trips to the Ability Fest and Warburton, among other exciting outings.

Thank you for reading!

SASI Team

Upcoming Event

SAVE THE DATE:

Opening Night is on 21 November

6pm- 7pm

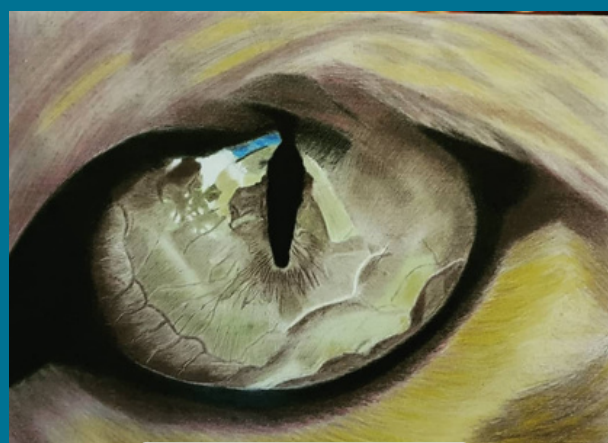
Go to our website to view the entry rules and to RSVP



Here are some of the outstanding pieces you'll find at this year's exhibition:



Artwork by Jasmine Heyward-Blyth



Artwork by Helen Saigal



Artwork by Tiffany Marshall



Artwork by Ashleigh Allen

Special Feature Halloween



Kyralee and Isaac

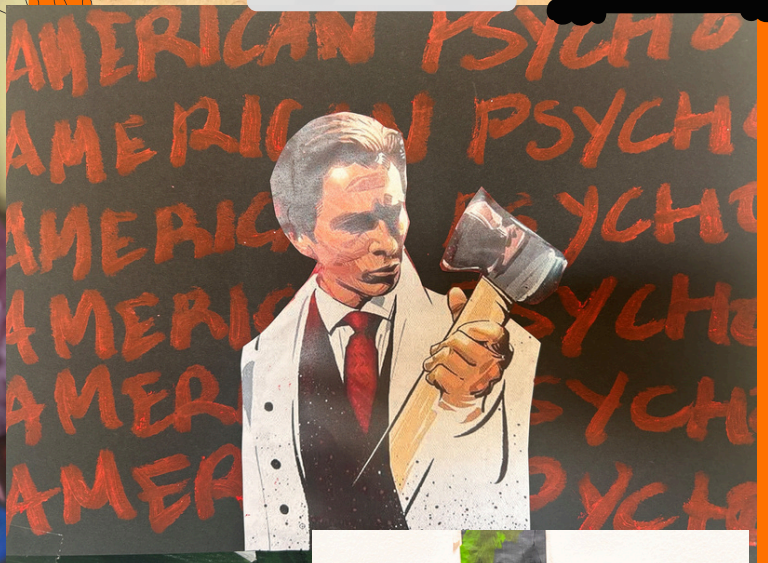


Malcolm and Sarah



Birthday girl and not so scary clown Nicole

OCTOBER



SLES Moe group
L-R: Hayden, Onyx, Ryan, Jesse, Isaac and Evan



What's On

@ S A S I

November

- 04 and 05/11 SASI Active Choices closed for Melbourne Cup Long Weekend
- 08/11 Last day to enter your artwork for the SASI Art Show 2024
- 20 – 30/11 SASI Art Show & Competition @ Cube 37 Gallery in Frankston
- 22-23/11 SASI Team will be at the Melbourne Disability Expo @ the Melbourne Exhibition Center



December

- 20/12 Christmas Celebrations at Seaford Hub
- 24/12 at 4pm Christmas Closer of all Active Choice Centres
- 06/01 SASI Active Choice Centres reopen at 9am

Lifestyle and Community

The weather is warming up, and our Spring School Holiday groups have been out and about at various exciting locations, including one of our favorites—Amaze'n'Things on Phillip Island. Penny, our Lifestyle and Community Manager, personally led the group, and from the looks of the photos, she seemed to be having just as much fun—if not more—than the participants!

We had a great time attending the 2024 Ability Fest in Melbourne! The weather just cleaned up in time for this all inclusive event and the participants enjoyed every minute of the day!



Josh, Penny and Rahul



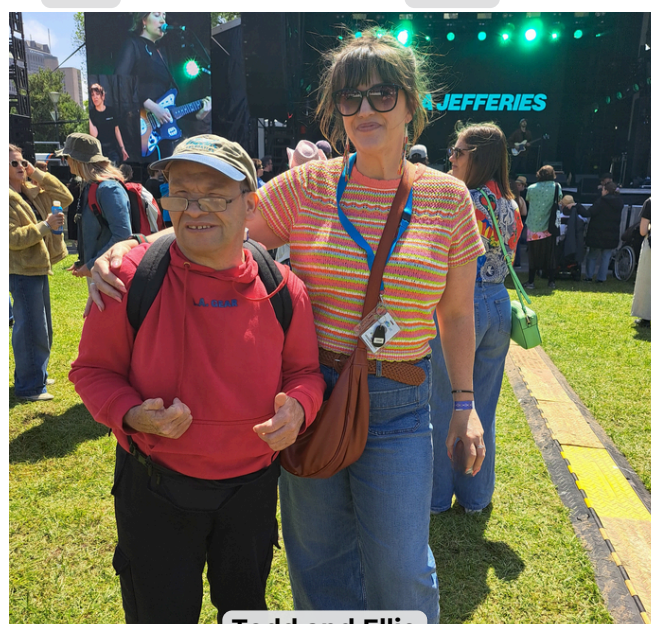
Josh



Rahul



Todd



Todd and Ellie



Lifestyle and Community

Warburton Getaway

Our Getaways are exploring new destinations, and this time, the group headed to Warburton for a delightful outdoor adventure.

Healesville Sanctuary, a favorite spot for animal lovers, was a highlight, and a visit to the Chocolate Factory added a sweet touch to the trip! The group had such a great time exploring the area that our upcoming over 18s camp has already sold out!



L-R:Maxime, Bryan, Todd and Aisha



L-R: Mary, Ben, Avishka, Malcolm, Stephan, Todd, Maxime and Bryan

Jade

Exciting times ahead! Please keep an eye for the new Camps and Recreation calendar Jan-Mar that will be emailed to all our contacts in the next few weeks - we still have spots available for activities and our Under 18's Camp. Please see the calendar below and get in touch by emailing: lifestyle@sasi.org.au.

November and December Camps and Recreation Activities

FRIYAY NIGHT SOCIAL CLUB!

**FRI
04/10**

**SAMMONS TEPPANYAKI
& KARAOKE**

DINNER & MOVIES

**FRI
18/10**

**FRI
01/11**

**HAUNTINGLY
HALLOWEEN DINNER &
SHOW AT FRANKSTON
ARTS CENTRE**

**BINGO @ CARRUM
DOWNS**

**FRI
15/11**

**FRI
29/11**

DINNER & MOVIES

**A VERY BIG BAND
CHRISTMAS AT
FRANKSTON ARTS
CENTRE**

**THU
19/12**

SOCIAL SATURDAYS!

**SAT
12/10**

**X-GOLF MORNINGTON &
LUNCH**

ABILITY FEST!

**SAT
19/10**

**SAT
26/10**

**ENCHANTED MAZE &
ADVENTURE GARDEN**

BATTLEKART MELBOURNE

**SAT
02/11**

**SAT
09/11**

**ROCKY CREEK STRAWBERRY
FARM & EXPLORING FLINDERS**

DREAMSKAPE @ DOCKLANDS

**SAT
16/11**

**SAT
23/11**

LEONARDO DA VINCI @ THE LUME

**FRANKSTON FESTIVAL OF
LIGHTS**

**SAT
30/11**

**SAT
07/12**

**OZ COMIC CON, CHRISTMAS
EDITION**

**END OF YEAR PARTY -
CHRISTMAS LUNCH @ SEAFORD
HUB!**

**SAT
14/12**

November and December Social Scene - please view our complete calendar UNDER 18s

SOCIAL SATURDAYS!

**SAT
19/10**

BATTLEKART MELBOURNE



DREAMSKAPE DOCKLANDS

**SAT
02/11**

**SAT
16/11**

**AIR PLAYGROUND EXHIBITION
@ SCIENCEWORKS**



**FRANKSTON FESTIVAL
OF LIGHTS**



**SAT
30/11**

**SAT
14/12**

**MERRY MELBOURNE - MYER
CHRISTMAS WINDOWS & FED
SQUARE**

WEEKEND GETAWAYS

**FRI
08/11-
SUN
10/11**

INVERLOCH BIG 4 GETAWAY!

Drop off/Pick up:

SASI Seaford Hub, 4:30pm Friday-12pm Sunday

Activities could include:

Onsite heated indoor pool and water
playground, onsite jumping pillow and
playground, coastal walks and markets.



BIG4
HOLIDAY PARKS



Recipe of the Month

BEEF BURRITO BOWL - SERVES 4



INGREDIENTS

- 1 can of Black Beans
- 1 can of corn Kernal's
- 1 Cucumber
- 500grams Lean Beef Mince
- 1 Cos Lettuce
- 1 packet Taco Spice Mix
- 1 cup of rice
- Mild Salsa
- Sour cream
- Cheese

DIRECTIONS

1. Cook rice as per packet instructions
2. Brown beef with a touch of oil. Once brown add taco seasoning and continue to cook for another 5 minutes.
3. Shred lettuce
4. Dice Cucumber
5. Drain beans and corn.
6. To serve place a layer of rice on the bottom of the bowl.
7. Place Beef on top of rice and then top with your preferred toppings.

Mich

SLES Coordinator

My name is Mich, short for Michelle, but unless you are French (they say my name beautifully) most say my name too harshly like I am being told off. 😊

If given a chance, who would you like to be for a day?

It is always best to be yourself – something I practice regularly ... but secretly, I would love to be a wildlife warrior, sailing the wild seas on The Sea Shepard Ship fighting for the rights of sea life! But only for a day – I would be seasick and home sick.



What do you have at the top of your bucket list?

A tropical holiday with my family somewhere ethical, environmentally friendly and with lots of vegan food.

**What is your cultural background?
What is the one thing from your ancestors' culture that you can share with us?**

I am half Dutch. The Netherlands is considered one of the happiest places in the world due to the practice of 'Niksen' ... or the art of doing nothing at all. Not scrolling on social media, sleeping, or even meditating, but just relaxing, being in nature, doing craft, staring out the window or letting your mind wander, observing what you see, hear, smell and taste. There does not need to be a purpose, but Niksen does have benefits and that is to combat stress, burnout and to allow yourself to just 'be.' We are human beings, not human doings.



Mich

What is your guilty pleasure?

See above answer ... My version of Niksen is birdwatching... I am a bird nerd. My special interest is native birds, my Dad has taught me many of the names, calls and habits - but wonderfully, there is much more to learn.



What's something you've done, but you'll never do again?

Move house (fingers are crossed!) ... I am moving into my little dream home by the beach this month.

How do you spend your time outside of work?

I volunteer for Project Fresh Start, a charity that cooks and provides healthy plant based food for the local community of Frankston. I care for family, my sister and her partner are on disability and enjoy an independent life with a little bit of support from me, but I also care for my parents, I make time for myself by walking through nature, seek sunshine by the beach, hang with my two beautiful daughters, my fiance Bruce and my weird, wonderful and kind friends.



**SASI and
Independence
Australia wish you a
joyful holiday season
and a prosperous New
Year!**