

THE VOICE

Edition 1, February 2022

newsletter

LifeSkills
Victoria Inc.

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Contacts

Postal Address

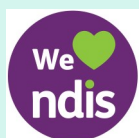
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Welcome to 2022 everyone.

We hope you all had a wonderful holiday. You may notice that we are making some changes to the newsletter this year. Please let us know what you think.

Speaking of changes, take a look at this...



Moe Life Skills Community Centre Inc is now Life Skills Victoria Inc. As part of a rebranding process undertaken during 2020-2021, we developed a new logo and a new name.

And the quote is.....

“Change is inevitable—except from a vending machine.”

Our Vision

A society where people with disability can fully participate and make a valuable contribution as citizens.

Our Mission

To make our community a place where people with disabilities, their families and networks are empowered through quality service, effective education and training and inclusive connections.

What's happening at LSV....



The 'Fitness 4 U' group look like they had a great day—



A workout at
Voyage Gym
in the Moe Plaza



....then a bus to the pool at the Moe Indoor Rec Centre.



The Cooking group

The group made a delicious healthy 'Coss Salad' this week.

It had chicken, avocado, tomatoes, lettuce, egg and crispy, crunchy bacon, topped with Ranch dressing.

Love those funny aprons guys



Let's Get Cooking

Bruschetta

What you need:

For the tomato mixture:

- 4 large tomatoes, diced
- 1/4 cup thinly sliced basil
- 2 tablespoons balsamic vinegar
- Pinch of salt
- Pinch of crushed red pepper flakes (optional)

For the bread:

- 1 large baguette, sliced 1/2 cm thick at an angle.
- Extra-virgin olive oil, for brushing
- 2 cloves garlic, halved

DIRECTIONS:

1. In a large bowl, toss together tomatoes, basil, vinegar, salt, and red pepper flakes.
2. Let marinate for at least 30 minutes.
3. Meanwhile, toast bread: Preheat oven to 400°. Brush bread on both sides lightly with oil and place on large baking sheet. Toast bread until golden, 10 to 15 minutes, turning halfway through. Let bread cool for 5 minutes, then rub tops of bread with halved garlic cloves.
4. Spoon tomatoes on top of bread just before serving. Eat and enjoy!



Joker's Corner

Valentine's day jokes:

"What did the paper clip say to the magnet?" "I find you very attractive."



"What did the stamp say to the envelope on Valentine's Day?"
"I'm stuck on you!"



Reports and Reviews

'What COVID has looked like for me'

Because of COVID I had to stay home most of the time.

When I did go shopping, I had to wear a mask. I did not like wearing the mask at all.

I did not like staying away from Life Skills. I started to miss my friends and my teachers.

Even though we had Zoom, it was not the same as face to face.

I will be glad when this is all over.

by Chris Bodley

People have died from COVID 19.

Having the vaccine can help us to stay safe.

We had to stay home. We stayed safe and stayed away from everyone.

We learnt how to use Zoom so we could do some programs. It is good.

I like doing Zoom and face-to-face programs.

By Andrew Prior

Look what's on at the Morwell Cinemas at the moment...

Blacklight

Ghostbusters: Afterlife

Jackass Forever

Moonfall

Sing 2

The King's Man

Death on the Nile

House of Gucci

Marry Me

Scream

Spiderman: No Way Home

The Addams Family 2

Grab a friend or family member, and treat yourself to a trip to the movies.....

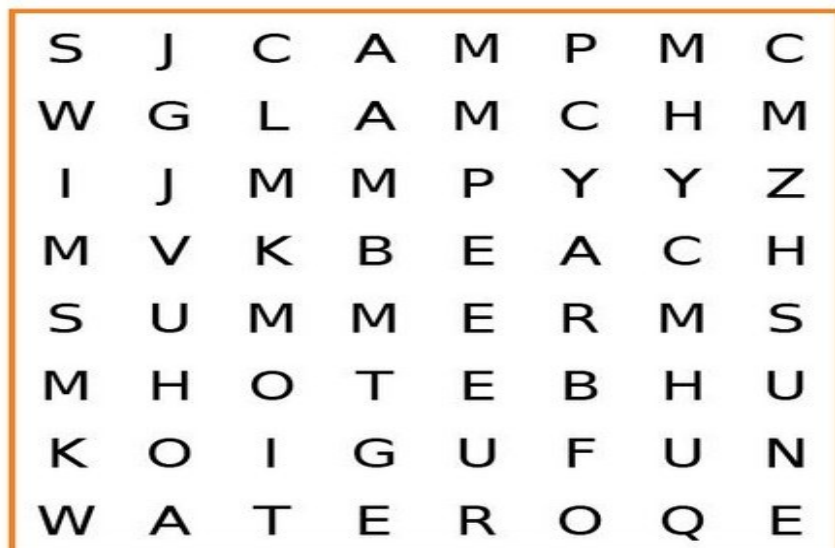
Don't forget to let us know what you thought of the movie. We would love to include your movie review in our next newsletter. Send them to:

wendy@lifesskillsvic.com.au, or give them to your staff to hand on to the Newsletter group.



Something to get you thinking...

Summer Word Search



BEACH
CAMP
FUN
HOT

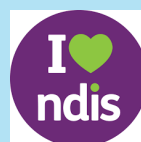
SUMMER
SUN
SWIM
WATER



Wishing our
January and February
readers a very
Happy Birthday.....
We hope you had a
great day.

NDIS

If you have any questions about
your program or NDIS plan please
contact the team on 51277999.



LSV Board of Management

If you would like information regarding matters to do with the BOM, please feel
free to contact Deidre Carmichael on 51274525 or email

deeandbill22@gmail.com



**Don't forget to find us at www.lifeskillsvic.com.au for information, participant stories,
The Voice editions and much more ...**