



# YOUNG AT HEART NEWSLETTER

WINTER 2022

# UPDATE ON OUR PROGRAM



Welcome Young at Hearters,

Where has the year gone, we are already halfway through 2022, it has gone incredibly quick.

It is great to see all our members back home at St Marys, thank you so much for your patience while we relocated to St Clair.

The weather has been extremely cold over the last few weeks, I hope everyone has been staying warm and keeping fit.

Our indoor pool has been sitting consistently between 28-29 degrees.

Just a reminder that our YAH Aqua takes place each Wednesday at 1:30pm in the indoor pool.

Take care,

Ryan – Coordinator Fitness Programs



## WHAT IS YOUNG AT HEART?

Young At Heart is our gentle exercise class designed exclusively for participants aged 50 and over.

The 45-minute class includes low impact strength and balance exercises for fall prevention and to improve your overall fitness. Chairs are made available for our participants in the studio, to take a break at any time.

Our 45-minute Aqua program gives you all the same benefits as our land-based programs, just without the impact on your joints.

Our Young at Heart timetable is as follows....

Monday 1:30pm Land based

Wednesday 1:30pm Aqua

Friday 1:30pm Land based

Join the class and the instructor after the session for a cup of tea and a social chat.

Remember to bring a water bottle to stay hydrated throughout your workout and a towel.

Visit our website or speak to one of our member engagement officers or gym instructors, to book your spot for the next Young At Heart class.

# HELLO FROM TAREN

Hello YAH members,

I have some exciting updates to share with you all about what has been happening in my life! As most of you know I got married on the 2<sup>nd</sup> of April. My husband and I were married at a beautiful venue past the Blue Mountains, called Seclusions.



The day could not have been more perfect for us. Everything went off without a bang and thankfully, the rain held off for us. We will be off on an adventure for our honeymoon to the USA later this month for just over 3 weeks! I am very excited for the trip, and I can't wait to fill you all in on our experience over there.

Other than getting married, my life has been quite normal. I have been working, training, saving my money and spending time with my husband.

See you soon,

Taren



# DINNER FROM OUR DIETITIAN

## MUSHROOM & TOFU STIR FRY



**Serves 4**

### Ingredients

- 4 Tbs Peanut Oil
- 1 Medium Capsicum (Diced)
- 1 Large Punnet Mixed Mushrooms (Sliced)
- 1 Bunch Shallots (Trimmed/Chopped)
- 1 Tbs Fresh Ginger (Grated)
- 1 Large Clove Of Garlic (Diced)
- 400g Firm Tofu (Cubed)
- 2 Cups Spinach Leaves
- 3 Tbs Oyster Sauce
- 2 Tsp Sesame Seeds
- 2 Cups Basmati/Brown Rice (Cooked)

### Method

1. Heat 2 Tbs oil in a large wok, over high heat. Add mushrooms & capsicum & cook for approx. 4 mins, or until soft. Add ginger, garlic & shallots, cook for a further 30 seconds, then transfer to bowl.
2. Add remaining 2 Tbs oil & tofu to the pan. Cook for approx. 3-4 mins, turning once until brown. Stir in vegetables, spinach leaves & oyster sauce.
3. Cook for a further 1 minute, until heated through. Serve with your choice of rice, topped with sesame seeds.

Tofu is derived from Soya. It is a rich source of antioxidants called isoflavones, which minimise oxidative stress. Its also a complete plant protein aiding in growth, repair & immunity. Tofu is a yummy addition to your meal, especially when aiming to reduce your meat consumption.

Jamie-Lee Fell  
Ripples Accredited Practising Dietitian  
Penrith City Council

# HELLO FROM MICHELLE S

Hello everyone,

It's been a busy couple of months! My husband and I took my new car on a road trip. We travelled to Noosa via Southwest Rocks and Byron Bay. On our journey we visited the Slim Dusty Center at Kempsey. My Dad loved Slim's music and surprisingly I became very emotional about ten minutes after I walked through the doors, remembering good times with Dad.



We stayed in Southwest Rocks overnight and we thought our trip was over when the next morning my husband couldn't find the car keys! We searched everywhere. Checked his bag three times, walked everywhere we had walked the night before, couldn't find them. Came back to the room and had another look in his bag and there they were in a side pocket he clearly had not looked in before 🙄, lucky!

Noosa was lovely and we ended up staying there for 5 nights instead of 3. Lots of walks along Noosaville, delicious dinners, a ferry ride to Noosa, a day at Eumundi Markets and plenty of cold beverages at the Surf club. All in all, a great trip! Very relaxing even with all the driving.

More recently, my niece turned 4. It was a Frozen theme for her party, and I created her cake. A 3-dimensional Olaf! She loved it and proclaimed, "Best birthday ever!"

Take care everyone 😊

Michelle Selmes



# BRAINTEASERS

## Winter Word Scramble

**Instructions:** Unscramble the letters to find the Winter words from the list below.

i k g s n i	— — — — —
e t k a c j	— — — — —
g n u e n i p	— — — — —
i e l d s	— — — — —
v s r a e c s	— — — — —
a u r y j a n	— — — — —
o y k h e c	— — — — —
n l a w s b l o	— — — — —
s n w a o m n	— — — — —
g r z n e f e i	— — — — —

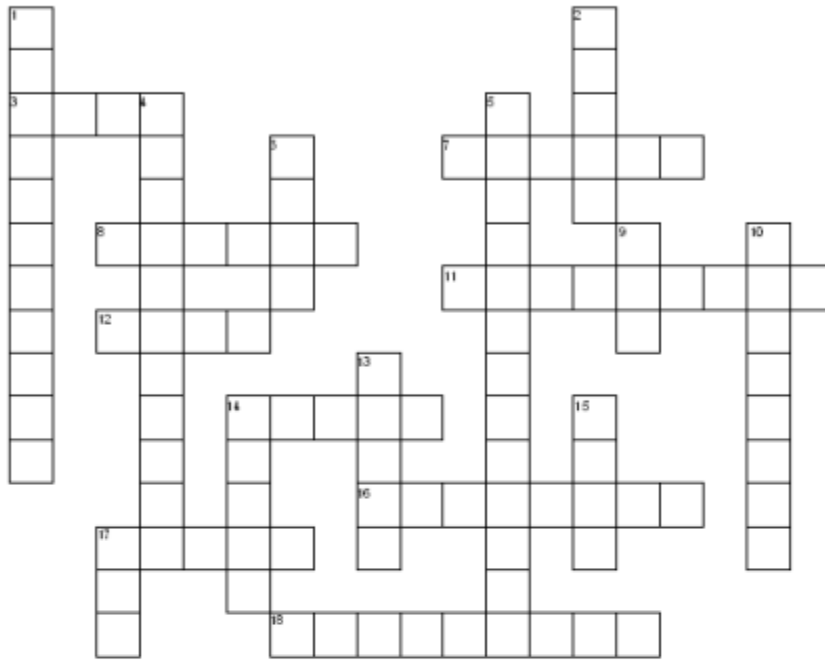
### Word List

freezing	scarves
hockey	skiing
jacket	slide
january	snowball
penguin	snowman



# BRAINTEASERS

## WINTER WEATHER



### ACROSS

3. The process by which snow or ice changes to water.  
7. A period of very cold winter weather that damages plants.  
8. Intensely cold temperature.



11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.

12. Mildly cold feeling.

14. Bright with sunshine.

16. Snowfall that is so heavy one can see little or nothing on the horizon.

17. Ice crystals on a frozen surface; "Old Jack \_\_\_\_\_."

18. A large mass of snow that slides down a mountain.

### DOWN

1. A standardized measure of how hot or cold it is outside.

2. Rain that freezes as it falls.

4. A tool used to measure the temperature.

5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.

6. Pieces of ice falling from the sky.

9. A solid form of frozen water.

10. A storm with heavy snow, strong winds, and severe cold.

13. Covered with snow.

14. A mixture of snow and water.

15. Precipitation in the form of small white ice crystals that form inside clouds.

17. Thick water vapor that makes it hard to see.



# BRAINTEASERS

		6	7		9	2		5
		1			8		9	4
5	3			2				8
9	8	7	4	5				6
	6						3	
3				9	2	5	8	7
4				7			6	2
1	7		9			8		
6		3	2		5	7		

8		3				9		6
			2		5			
	5	1				3	2	
7			3		6			8
			5		1			
9			7		4			2
	4	8				6	9	
			9		8			
2		9				4		1

Sudoku provided by [Sudoku.com.au](http://Sudoku.com.au)

# AN UPDATE FROM NOLA

Hi YAH,

I finally made it back to class after 7 weeks off with a broken wrist. It was so good to see you all again and nice to see some new faces too. Remember, you can always bring a friend! All are welcome but they must be over 50.

A huge thank you to all who supported Judy's "Lets Beat Cancer" morning/afternoon tea. It was a huge success with this year's total raised to \$3702.00! Judy has been hosting morning tea for 9 years now, raising a Grand Total of \$31,509.15 which has gone to cancer research. To all the helpers and everyone behind the scenes. I say a heartfelt thank you because without you, days like these would not be possible.

My son Dave and his partner have been very busy with property renovations out in Mudgee. They have plans to place it on AirBNB after their amazing renovations are complete. I can personally recommend a stay there. Mudgee is lovely town for a weekend away with lots to see and do around the area.

Graham has been thinking about upgrading his Camry, so we JUST went for a LOOK to see what was around. He now has a Toyota Kluger Grande 2018 and is very happy with his purchase. It does just about everything except drive itself!

As the weather gets colder, remember to keep coming to your classes, wear that extra jacket to get to and from, stay warm and hydrated BUT if you are not feeling well, stay home until you are feeling well.

We have had a few members who have not been well of late; I wish you a speedy recovery and hope you are feeling better soon.

Take care

Nola

# STORY TIME

## THE BUTCHER

As a butcher is shoing a dog from his shop, he sees \$10 and a note in his mouth, reading: "10 lamb chops, please."

Amazed, he takes the money, puts a bag of chops in the dog's mouth, and quickly closes the shop.

He follows the dog and watches him wait for a green light, look both ways, and trot across the road to a bus-stop. The dog checks the timetable and sits on the bench.

When a bus arrives, he walks around to the front and looks at the number, then boards the bus.

The butcher follows, dumbstruck. As the bus travels out into the suburbs,

After a while he stands on his back paws to push the "stop" bell, and then the butcher follows him off.

The dog runs up to a house and drops his bag on the step. He barks repeatedly. No answer.

He goes back down the path, takes a big run, and throws himself -Whap! - against the door. He does this again & again. No answer.

So, he jumps on a wall, walks around the garden, barks repeatedly at a window, jumps off, and waits at the front door. Eventually, a small guy opens it and starts cursing and shouting at the dog.

The butcher runs up screams at the guy: "What the heck are you doing? This dog's a genius!"

The owner responds, "Genius, I don't think so. It's the second time this week he's forgotten his key!"

# BRAINTEASER SOLUTIONS

## Winter Word Scramble Key

i k g s n i  
 e t k a c j  
 g n u e n i p  
 i e l d s  
 v s r a e c s  
 a u r y j a n  
 o y k h e c  
 n l a w s b l o  
 s n w a o m n  
 g r z n e f e i

s k i i n g  
j a c k e t  
p e n g u i n  
s l i d e  
s c a r v e s  
j a n u a r y  
h o c k e y  
s n o w b a l l  
s n o w m a n  
f r e e z i n g

8	4	6	7	3	9	2	1	5
7	2	1	5	6	8	3	9	4
5	3	9	1	2	4	6	7	8
9	8	7	4	5	3	1	2	6
2	6	5	8	1	7	4	3	9
3	1	4	6	9	2	5	8	7
4	5	8	3	7	1	9	6	2
1	7	2	9	4	6	8	5	3
6	9	3	2	8	5	7	4	1

8	2	3	4	1	7	9	5	6
6	9	7	2	3	5	8	1	4
4	5	1	8	6	9	3	2	7
7	1	2	3	9	6	5	4	8
3	8	4	5	2	1	7	6	9
9	6	5	7	8	4	1	3	2
5	4	8	1	7	2	6	9	3
1	3	6	9	4	8	2	7	5
2	7	9	6	5	3	4	8	1

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# Answer Key

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