



# YOUNG AT HEART NEWSLETTER

AUTUMN 2022

# UPDATE ON OUR PROGRAM

Welcome YAHs

As we hit the half way point of Autumn already the year has been filled with challenges, relocations and new friendships.

You may be aware earlier this year, our beloved instructor Nola had experienced a fall and has injured her wrist as a result. We are all missing her and wish Nola a speedy recovery.

Our Roof Renewal project is currently underway and has seen a new home for our current fitness programs. We will continue to operate at St Clair with a return to St Marys eagerly anticipated.

Easter is best spent with friends and family but most importantly eating chocolates (just not too many hehe). We wish everyone and their families a safe and restful holiday over the Easter break.

May I add, the ginger bread house that I won at the Christmas Party was absolutely delicious and a big hit with the family.

Regards,

Sherin – Team Leader Fitness



## A SNAPSHOT OF SONIA



My Grandmother was an absolute pearler of a human being.

She migrated to NZ from Scotland when she was 12 years old with her parents and her sister and lived all her life in New Zealand until she passed at 94.

She was full of sayings my grandmother, none of which we understood as children, but she rolled them out anyways. “Even a worm will turn” was one of her favourites. Alluding to the fact that everyone has a limit.

And the classic “nobody wants you when you’re old” which left the nursing home staff speechless as she had umpteen visitors every single day she was in there.

She had 6 children my Gran, and she was an accomplished cook with many classics in her repertoire. She made a belting chicken soup, green as grass cabbage pickle, and my favourite Macaroni Cheese.



I would ride my bicycle around to my Grans house and have a sleepover from about 8 years of age, she would set my Mac and Cheese up on a tv tray in front of the tv and the fire. We would dine together watching Coronation Street and I was the happiest kid in NZ.



# -SONIA'S SECRET RECIPIES-

Title: Grandma Jean's Fabulous Mac & Cheese

## Ingredients:

- 50-gram lurpak butter (buy the good butter it's worth it)
- 2 tablespoons plain flour
- 2 cups full cream Milk
- 400g macaroni pasta
- Salt and pepper to taste
- 2 cups good tasty cheese (recommend mainland)
- 1 egg
- 2 cups breadcrumbs (optional)

## Method:

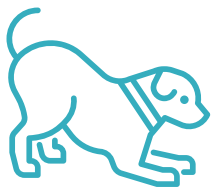
1. Pre-heat oven to 180 degrees.
2. In a heavy based saucepan in salted boiling water cook the 400grams of macaroni pasta. Set aside to drain.
3. In a separate saucepan melt the butter, remove from heat and whisk in flour until peanut butter type consistency.
4. Add  $\frac{1}{2}$  cup of milk at a time, whisking in between to keep smooth and no lumps. When all milk is incorporated, put pot back on medium heat and slowly whisk as sauce thickens.
5. Add cheese and let melt through. Season with salt and pepper.
6. In a lasagna style dish pour in your cooked macaroni. Tip over the sauce. Then crack in the raw egg and mix through - this will make your sauce set and thicken the dish.
7. If you like you can add breadcrumbs to the top and bake until golden - around 30 minutes.

NOTE: We used to eat it with Worcestershire Sauce or Tomato Relish (that's another recipe for another day)

## MEET THE TEAM: COURTNEY

Hello everyone, my name is Courtney! I'm the new face you may have seen working in the gym recently.

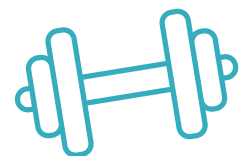
I have a Bachelor's degree in Exercise Science and am currently finishing the final six months of my Masters in Exercise Physiology. Once I've finished my degree, I will be an Exercise Physiologist and I would love to find myself working with people to improve their health and quality of life with exercise and lifestyle changes. I'm especially interested in exercise after pregnancy and chronic musculoskeletal pain.



My passion is all things exercise, health and fitness so when I have spare time around studying and working, you can usually find me in the gym or taking my Kelpie pup for a run - he is a constant ball of energy and won't sit still unless I'm bribing him with peanut butter.

I also enjoy being in the kitchen and trying new recipes so if you have any recommendations, come find me and we can chat all things food! My favourite thing to cook is nachos in my slow cooker. I fry off some turkey or beef mince and onion in a pan, then throw it in the slow cooker with a jar of salsa, a can of black beans, a spoon of tomato paste and a splash of water to keep it from going dry. Cook that on low for about 5-6 hours and it is heaven served over rice or tortilla chips with some sour cream and avocado. If I could only eat one thing for the rest of my life, I would probably pick nachos.

I'm looking forward to meeting you all soon on your visits to the gym! If you have any questions about me or exercise, please feel free to let me know!



# BRAINTEASERS

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

1sudoku.com

n° 112365 - Level Easy

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

1sudoku.com

n° 2339 - Level Medium

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## Easter Word Search

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

### Word Bank

eggs

bunny

spring

candy

basket

Easter

hop

hunt

www.fishyrobby.com

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# BRAINTEASERS

## ACROSS

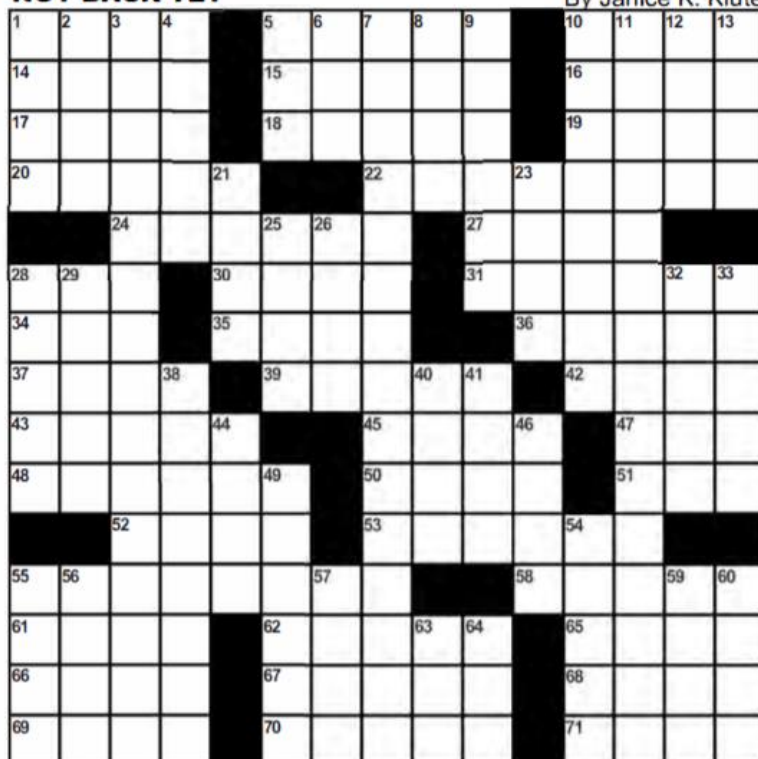
- 1) "Over the hill" in the military
- 5) Iron hooks used for fishing
- 10) Vividly colored aquarium fish
- 14) "Give that \_\_\_ cigar!"
- 15) Gown part
- 16) "Clair de \_\_\_" (Debussy)
- 17) Knuckleball catcher
- 18) BP merger mate
- 19) Erupter of 1971
- 20) "None of the above"
- 22) Affecting human infants
- 24) Anti-ship missile
- 27) Indian prince
- 28) Cutting tool was backward?
- 30) Sticking place
- 31) 2000 Summer Olympics city
- 34) The Roaring Twenties, for one
- 35) Former NYC mayor Ed
- 36) Musical sign
- 37) Participate in a democracy
- 39) "Deal" partner
- 42) Racer Ricky
- 43) Touch up, as text
- 45) And others (Abbr.)
- 47) Part of E.A.P.
- 48) Crack investigators?
- 50) Guitar relative
- 51) It makes its point
- 52) Like many samples
- 53) Become extinct
- 55) Sebring maker, once
- 58) Clear plastic wrap
- 61) Roller-coaster thrill
- 62) "J'accuse!" author Zola
- 65) 1996 campaign name
- 66) Has no life
- 67) Type of war
- 68) Space-going chimp
- 69) Teachers' favorites
- 70) Forest flora
- 71) "Don't expunge that!"

## DOWN

- 1) Pistol pellets
- 2) Remain in line
- 3) 1954 Oscar winner
- 4) Rubber tree sap
- 5) Federal procurement org.
- 6) Machine used daily
- 7) Feature of many automobiles
- 8) It's behind the mask
- 9) Animal tracks
- 10) Poisonous evergreen shrub
- 11) Hiding one's true feelings
- 12) "\_\_\_ Karenina"
- 13) Make better
- 21) \_\_\_ of Gibraltar
- 23) Thumbs-down votes
- 25) Shortest-distance flier?
- 26) To \_\_\_ his own
- 28) Dice-roller's winner or loser
- 29) Cooking evidence
- 32) Fund
- 33) Swiss song
- 38) Renders unreadable, as data
- 40) Fancy holder for needles
- 41) After the deadline
- 44) Female rabbits
- 46) Durocher and the Lion
- 49) Make a pick
- 54) Grows dim
- 55) Movie preview
- 56) Water-transporting tube
- 57) Arabian VIP
- 59) Ingredient in some lotions
- 60) Bird's abode
- 63) Utter a fib
- 64) Chi-town trains

## NOT BACK YET

By Janice K. Klute



# HELLO FROM NOLA

Welcome back to our YAH newsletter, so much has happened since September 2021, YAH celebrated 25 years of exercising together with an amazing High Tea hosted by Ripples. So many long lasting friendships have started within this group and are still going strong today.

We had to get used to living with the restrictions that Covid had thrust upon us, like doing exercises online and for a lot of us we had to deal with home schooling which was not a lot of fun. When things started to settle down Graham and I were finally able to take our holiday to Queensland which had been postponed a couple of times, we had an amazing fun filled trip with friends, staying at Surfers Paradise and hiring a couple of cars to get about in, we saw so much and so many places and I finally got to visit Australia Zoo and Sea World two places I had never been before we saw some amazing sun rises and sun sets from our balcony and the 23<sup>rd</sup> floor of the Chevron Renaissance, an amazing place to stay.

Last June saw another successful Cancer Council Morning Tea hosted by Judy Reedy and her band of amazing helpers I thank you, for all you do it is truly amazing and greatly appreciated.

Now it is time to do it all again, this year's Morning tea will be held on THURSDAY 26<sup>th</sup> MAY, so let's all get behind this and buy some raffle tickets and have another successful year.

With the rollout of the Covid Vaccinations it is good to hear so many of you have had all your jabs and boosters, this has allowed us to come back together and exercise again hopefully it won't be too long before we can bring back our cups of teas after our classes.

As most of you know, in the beginning of March I had a fall and broke my wrist. I had an operation where they put a plate and screws in to secure it. After X-rays and Physio and visits back to the surgeon, hopefully I will be back to teaching your Aqua classes very soon, I have missed you all very much.

To all who celebrated a birthday that was missed because of Covid, or if you have been unwell remember, things will get better, but most important stay in contact, reach out to a friend, either over the phone or internet and know you are not alone.

Stay Safe and take care

Nola





## HELLO FROM MICHELLE S

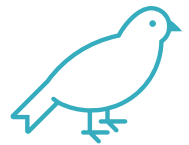
Hello to all,

It's so good that we are all together again at Ripples. We have a few new faces who have joined us in the new year. It's hard to believe it is April! Lockdown seems so long ago now, let's keep it that way.



Unfortunately, in week 2 of lockdown, we had to say goodbye to our beautiful old dog, Jaydee. She woke us early one morning and she was in a bad way with some tummy problems. She held on through the night, but we all knew that the best thing for her was to take away the pain. The whole family, my husband, my daughter, my son and I, were with her to pat and hold her when she closed her eyes. She will forever be a part of our family. I miss her so much.

On a brighter note, my bird is constantly talking and learning new noises and words. She learned how to make is a very loud sneeze! So, I would always make sure to say, "Bless you". Now she says it when we sneeze. She also says, "wanna come out" letting me know she wants out.



In December my daughter finished HSC, had her formal, she looked like a Princess in a beautiful Red Sparkling Dress. She is now completing a traineeship with Penrith City Council in Early Childhood Education. She also had an offer for University, Primary School Teaching, which she has deferred until next year.

And some very exciting news, I got a brand-new car , it's awesome!!

Stay safe and well everyone,

Michelle S.



# BRAINTEASER SOLUTIONS

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

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n° 112365 - Level Easy

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

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n° 2339 - Level Medium

## NOT BACK YET

By Janice K. Klute

1	A	W	O	L	5	G	A	F	F	S	10	O	P	A	H
14	M	A	N	A	15	S	T	R	A	P	16	L	U	N	E
17	M	I	T	T	18	A	M	O	C	O	19	E	T	N	A
20	O	T	H	E	21						22	N	E	O	N
24	E	X	O	C	E	T	25				26	R	A	N	I
28	S	A	W		29	C	R	A	W		30	S	Y	D	N
34	E	R	A		35	K	O	C	H		36	S	E	G	N
37	V	O	T	E	38		39	W	H	E	40	E	L		
43	E	M	E	N	44						45	E	T	A	L
48	N	A	R	C	O	S	49				50	L	U	T	E
52	F	R	E	E	53						54	D	I	E	O
55	C	H	R	Y	S	L	E	R	56		57				
61	L	O	O	P	62	E	M	I	L	E	63				
66	I	S	N	T	67	C	I	V	I	L	68	E	N	O	S
69	P	E	T	S	70	T	R	E	E	S	71	S	T	E	T

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