



YOUNG AT HEART
NEWSLETTER
SPRING 2023

UPDATE ON OUR PROGRAM

Welcome to Spring YAHs

Finally the time has come to see some warmer days. We are also only a few months away from Christmas, where has time gone?

We have had a few busy winter months within the fitness department.

In June we saw the Aqua masterclass, the pancake eating competition and the return of the gym challenges. Well done to those who took part!

In July, the fitness team hosted a Kids bootcamp as part of the Naidoc celebrations at Jamieson Park. The kids loved the tug-o-war.

We hope you enjoyed all the sample food Fridays we have put on for our members. The pumpkin soup and air fried chicken was a hit!

In August, we saw our Aqua instructors host our Aquathon. 2 hours of Aqua-fun by all! We teamed up with our Health services team and ran our first Technique Workshop.

Thankyou to everyone that participated in the Group Fitness Instructor Photo competition. We had a lot of creative pics come through and the judges found it challenging to pick a winner. I loved the YAH photos, you guys are awesome 😊

Don't forget about our Step-tember challenge, I know you all can do this !

Regards,

Sherin – Team Leader Fitness



HELLO FROM MICHELLE S

Hello beautiful people,

Let's see, what has been happening with me since our last newsletter?
Lots!!!

My children had their birthdays in June. My daughter turned 20 and my son turned 21. We had a party for my son, "Retro" was the theme, and of course I made his cake. It was in the shape of a music cassette from the movie "Guardians of the Galaxy".



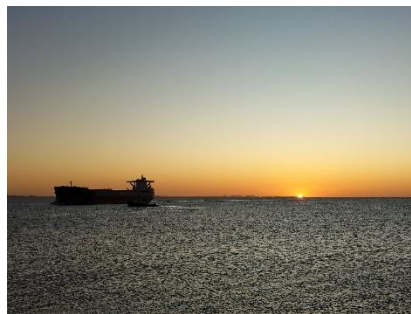
I bought an Air Fryer, love it 😊. Really enjoying the roast dinners and other delicious food I can cook in it, so convenient and easy.

Many of you may have noticed a physical difference in me lately. I have been building new healthy habits, working on me 😊. Quite often we are focused on helping others and neglect ourselves. I am a different person inside and out.

Currently I'm 14 kilograms lighter and I feel fantastic. Part of the habit building is walking every morning (even when I am away for the weekend) and I'm loving it. I get to see the sunrise and it's different every day.

That's about the gist of what I've been up to, take care and see you in class.

Michelle Selmes.



MEET OUR TEAM

You may have noticed that we have had some new additions to the Fitness Team over the past few months.

Welcome Dean, Libby and Donna.



Dean has recently completed his Certificate 4 in Fitness. He is a qualified freestyle Group Fitness Instructor, Personal Trainer and Aqua instructor. You may have seen Dean make a debut appearance in our August Aquathon.

Libby has been in the fitness industry for 7 years. She is a qualified freestyle Group Fitness Instructor and Personal Trainer. Libby has a broad knowledge of functional movement and movement patterns. In August, she presented a Technique Workshop with EP Rachel and gym instructor Hashan, on movement and lifting patterns. Some of you may have already met Libby when she taught Young at Heart recently.



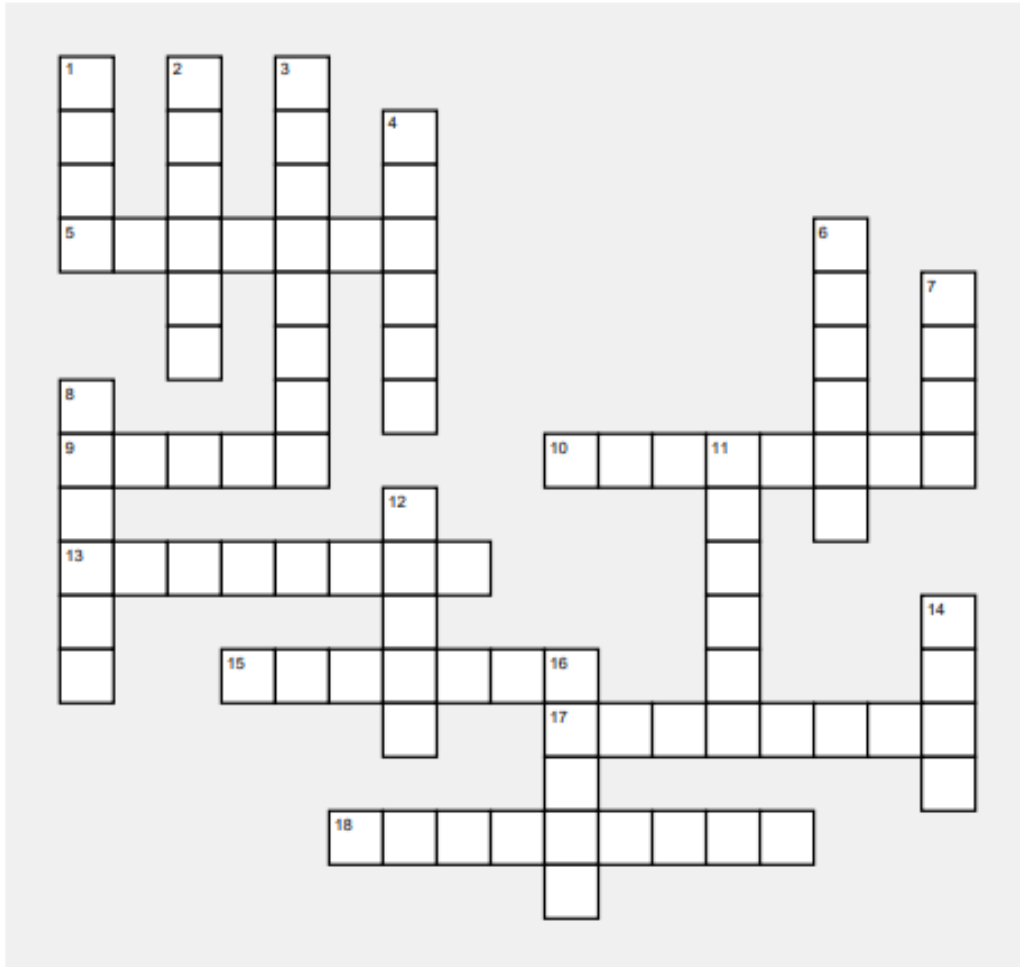
Donna is a Les Mills Group Fitness instructor and newly qualified Aqua instructor. She teaches speciality programs Bodycombat and Bodypump.

BRAINTEASERS

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

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

BRAINTEASERS



ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ___ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

SPRING SNACKS FROM NOLA

Raspberry Mini Muffins

Makes 24

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients

Canola oil spray

3/4 cup plain white flour

3/4 cup plain wholemeal flour

1/2 tsp. baking powder

1/2 tsp. cinnamon

1/4 cup brown sugar

1/4 cup barley bran

1 large egg

1 cup buttermilk

2 tbs sunflower oil

3/4 cups frozen raspberries, thawed



Method

1. Preheat oven to 180°C (160°C fan-forced). Spray 2 x 12-hole mini-muffin trays with cooking oil spray.
2. Combine flours, baking powder, cinnamon, brown sugar and bran in a large mixing bowl.
3. Beat eggs in a separate bowl, then stir in buttermilk and sunflower oil.
4. Fold raspberries through wet mixture.
5. Fold wet ingredients into dry mixture. Don't over mix as the batter will become rubbery.
6. Spoon mixture into muffin trays and bake in oven for 15 minutes, or until a skewer inserted into the centre comes out clean. Turn out onto wire racks to cool, then serve.

HELLO FROM MICHELLE C

Happy Spring everyone,

I have really loved meeting all the fresh faces coming to YAH the last few months and am so glad to see everyone coming to class regularly. We all know that regular physical exercise, social and emotional connections to our community are what keep us all healthy inside and out and I love seeing everyone live and breathe this in real life.

Many of you will have been in class for our Chair Yoga sessions recently and I am happy to announce that we've had some good feedback about incorporating Chair Yoga on a more regular basis. I'd like to trial a class on the last Friday of every month. This would look like the following classes being held as Chair Yoga.

29th September, 27th October , 24th November

I have touched on in class, that Yoga is an ancient system that incorporates Breathing exercises, Physical postures, Meditation and withdrawing our senses to help us notice mental chatter and with practice slow this down and reduce reactionary stress.

If you have questions about trying Yoga with us, please come and have a chat with me.

Last month, Siv and I brought the boys to Luna Park with Grandma. We all had the best time and I can't remember the last time I laughed so hard! Such great memories I hadn't been there since I was 10 years old and I just loved it. As you can see, the boys are getting so big now, and I can never get a straight face out of any of them!!

Ok, that's it from me everyone, looking forward to seeing you all in class soon. Stay well and keep being amazing,

Love Michelle



UPDATES FROM NOLA

Hello YAH

Welcome to all our new members and Hi to all our old, best news ever! Winter is over and hello Spring! So now it is time to get back into the garden plant some flowers and enjoy some warmer weather and if you haven't worked it out I am not a huge fan of winter.

We had a lovely time in Fiji with good friends and attended the most beautiful wedding; the weather was perfect with the reception held under a canopy of fairy lights under the stars which made it a magical night for all. We stayed at the Sheraton Golf Resort which I can highly recommend we visited a local village did a sunset dinner cruise, spent the day at Seventh Heaven where we swam and snorkelled with tropical fish ate drank and had a great time and spent quite a bit of time lazing by the pool relaxing, now we are ready for our next adventure.

Dave Dex and I had a day at Luna Park, it has changed so much, they are now so over cautious about safety the kids of today will never know the true fun that could be had especially at Coney Island that we had as kids which is a real shame, we still rode all the rides and had a fun day just big kids at heart.

Please keep coming to all your classes and if you have never tried an Aqua class come join me on a Wednesday you might just like it.

Hope all our dads had a wonderful Father's day with your families.

Stay safe and well

Nola

Thought of the day

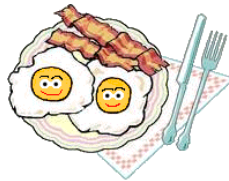
“The most important journey anyone can make is to meet people halfway”

If you can't be kind, at least have the decency to be vague.

He who hesitates is probably right.

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment

If you can smile when things go wrong, you have someone in mind to blame.



We went to breakfast at a restaurant where the **'seniors' special** was two eggs, bacon, hash browns and toast for **\$2.99**.

'Sounds good,' my wife said, 'But I don't want the eggs.'

'Then, I'll have to charge you **\$3.49** because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!' stated the waitress.

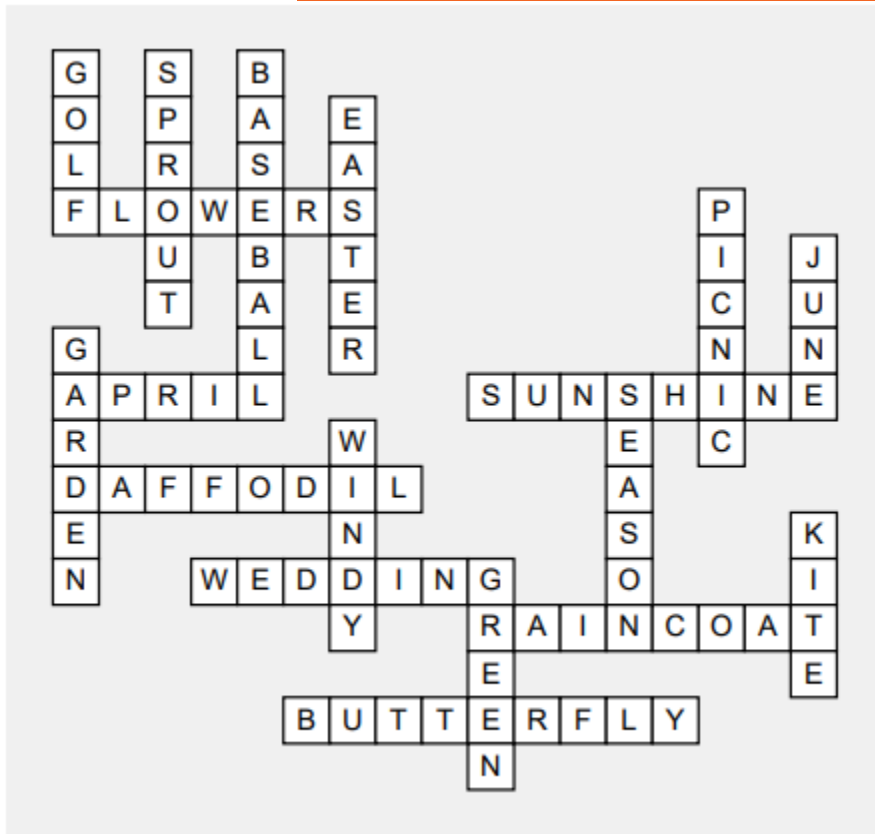
'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake.

BRAIN TEASER SOLUTIONS



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

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