

Vintage View

September 2023

Hi everyone!

Welcome to Spring everyone, looking forward to warm weather, getting outdoors, enjoying more daylight. Hopefully we can take off our puffer jackets and turn off our heater's during the day. Melbourne is charming in Spring, try to plan events and activities and maybe a new class, such as Yoga, Tai Chi or Meditation. Grab a friend and get motivated. Have a fabulous fitness day.

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A Good Night's Sleep

Try to set up a safe and restful place to sleep. Make sure you have smoke alarms on each floor of your home. Before going to bed, lock all windows and doors that lead outside.

Other ideas for a safe night's sleep are:

- Keep a telephone with emergency phone numbers by your bed.
- Have a lamp within reach that is easy to turn on.
- Put a glass of water next to the bed in case you wake up thirsty.
- Don't smoke, especially in bed.
- Remove area rugs so you won't trip if you get out of bed during the night.

Tips to Help You Fall Asleep

You may have heard about some tricks to help you fall asleep. You don't really have to count sheep—you could try counting slowly to 100. Some people find that

playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.

Activity Review

What a great turn out for our Active Adult's Lunch. We had 45 people for Lunch at Pacinos Italian Restaurant in Epsom Street Flemington on Friday 11th August, It was great to see more members from Keilor East. Close to work easy to park, we will do it again.



Recipe of the Month

Chicken & Vegetable Stir-fry

Prep: 20min | Cook: 10min | Serves: 2

Allergens: Recipe may contain gluten, wheat, tree nut, groundnut and mollusc.

INGREDIENTS:

- 1 tbsp peanut oil
- 2 small chicken breast fillets, trimmed, cut across the grain into thin strips
- 1 small brown onion, cut into thin wedges
- 1 small red capsicum, deseeded, cut into thin strips
- 125g button mushrooms or mushroom caps, sliced
- 1/2 bunch broccolini, cut into 4cm lengths
- 1cm piece fresh ginger, peeled, finely grated or chopped
- 1 garlic cloves, finely chopped
- 1 fresh birdseye chillies, deseeded if desired, thinly sliced
- 1 tbsp salt-reduced soy sauce
- 3 tsp oyster sauce
- 2 tsp water
- 50g bean sprouts, to serve
- Coriander leaves, to serve
- Cooked white rice or noodles, to serve

METHOD:

- Heat wok over high heat for about 1 minute.
- Add 2 teaspoons of the oil and swirl it around the wok to coat the entire cooking surface and heat for 30-60 seconds or until very hot. A
- Add half the chicken strips and stir-fry for 1-2 minutes or until the chicken is sealed and just cooked through. Transfer the chicken to a plate and set aside. A
- Add about half the remaining peanut oil to the wok and repeat the process with the remaining chicken strips.
- Add the remaining oil to the wok and heat over high heat until hot.
- Add the onion and capsicum and stir-fry for 2 minutes.
- Add the mushrooms and broccolini and stir-fry for a further 2 minutes.
- Add the ginger, garlic and chillies.
- Season with salt and stir-fry for 1 minute or until aromatic.
- Add the soy sauce, oyster sauce and water and toss for about 1 minute.
- Return the chicken to the wok and stir until the vegetables and chicken are coated with the sauces and the vegetables are tender crisp.
- Remove the wok from the heat, toss through the bean sprouts and coriander and serve the stir-fry immediately with cooked rice or noodles.

COMING UP

**ACTIVE ADULTS
SEPT EVENT**

**Wednesday
27 Sept**

**Kyneton
Bus Trip**

\$20pp

**Departs AVLC
@ 9:30am**

**RSVP by 13/09
at Reception**



MOVE

 **City of
Moonee Valley**