

Hi everyone!

Welcome to May, the last month of Autumn.

Enjoy the last nice weather and look forward to Winter. We have some new classes at Ascot Vale Leisure Centre to keep you motivated Meditation and Tai Chi. Tai Chi, is slow gently movements, with physical postures .It originated as an ancient martial art in China. It is really good for a meditative sate of mind and controlled breathing.

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What is anxiety?

Everyone experiences anxiety from time to time. Normal worry can be motivating — it can help you with things such as getting to work on time or studying for a test. But in some people, anxious feelings don't go away and are out of proportion to the situation.

High levels of anxiety affect your ability to: concentrate, sleep and carry out ordinary tasks.

What are anxiety disorders?

Anxiety disorders are the most common group of mental health conditions in Australia. They affect 1 in 4 Australians at some stage in their life.

Having an anxiety disorder is not just a matter of feeling too anxious. People with anxiety disorders have ongoing fears that cause distress and stop you from doing things you want to and should be doing.

Types of anxiety disorders include:

- **Generalised anxiety disorder:** excessive, uncontrollable worry about everyday issues such as health, work or finances.
- **Social phobia or social anxiety disorder:** a disorder that causes people to avoid social or performance situations for fear of being embarrassed or rejected.
- **Panic disorder:** regular panic attacks, which are sudden intense episodes of fear, worry about more attacks and avoiding situations where panic attacks may happen.
- **Agoraphobia:** avoiding certain situations due to fear of having a panic attack. Agoraphobia is often associated with panic disorder.

- **Specific phobias:** fears that only apply to one particular situation, such as a fear of: animals, insects, places or people. For example, claustrophobia is a fear of enclosed or confined spaces.
- **Obsessive compulsive disorder (OCD):** unwanted thoughts and impulses (obsessions), causing repetitive, routine behaviours as a way of coping with anxiety.
- **Post-traumatic stress disorder (PTSD):** when feelings of fear do not fade after experiencing a traumatic life event. It involves upsetting memories, flashbacks, nightmares and difficulties sleeping.

For more information please visit
<https://www.healthdirect.gov.au/>



Activity Review

Gallery Visit

What a great day we had at The National Gallery of Victoria on Wednesday 26th April, perfect weather. We all met at Essendon Station, to catch the train to Flinders Street. We had a morning tea and lunch at the cafe in the Gallery. Free entry into the Gallery and we enjoyed a very informative free tour. Thoroughly enjoyed by all, most of us have an interest to come back.



Recipe of the Month

Coconut Lemon Chicken Soup

4 serves

Whenever anyone in our family starts to come down with a cold, I get out the stock pot and make a great big batch of chicken stock so I can make lots of chicken soup! There's nothing better than old-fashioned chicken...

INGREDIENTS

- 2 inches Fresh Ginger
- 1 inch Fresh Turmeric
- 3 large cloves Garlic
- 1 handful Fresh Coriander
- 2 Spring Onions (quartered)
- 1 Red Chilli (seeds removed)
- 1 liter Home-Made Chicken Broth
- 400 grams Coconut Milk (tinned or homemade)
- 30 grams Fresh Lemon Juice
- 2 teaspoons Coconut Sugar
- 2 tablespoons Fish Sauce (optional)
- add Sea Salt
- 300 grams Chicken (cooked, leftover from making broth)
- add Spring Onions And Coriander (extra sliced, for garnish, optional)

DIRECTIONS

- Finely mince ginger, turmeric and garlic; finely chop coriander, spring onions and chilli; mix together in a bowl.
- Place half of the mixture into a large saucepan, add broth, and simmer for 10 mins.
- Add remaining ingredients except chicken, and simmer another 10 mins.
- Add cooked chicken and simmer until warmed through.
- Add remaining minced herbs, garlic, ginger, turmeric mixture, and stir through.
- Pour into bowls, and garnish with extra spring onions and coriander if desired.

Notes: For a thicker soup: add shredded greens (kale, spinach, bok choy, etc) when adding the broth, and/or serve over rice or mung bean vermicelli.

Source: quirkycooking.com.au



COMING UP

ACTIVE ADULTS MAY EVENT

Wednesday
24 May

11am

Incinerator Gallery,
Aberfeldie &
Boathouse Restuarant,
Moonee Ponds

Free Gallery Entry
Self-pay lunch

RSVP by 17/05
at Reception



MOVE

 City of
Moonee Valley