

# Vintage View

June 2022

## WELCOME TO WINTER!

*I hope you are all feeling fit and well and enjoying the change of weather. I would like to welcome The Keilor East Leisure Centre Active Adults joining with Ascot Vale Leisure Centre.*

*Did you know we have reciprocal rights and can enjoy more group fitness classes over the two sites. We are also welcoming both centres for all our Active Adults Events and lunches. You can also invite your friends and family to our social events.*

*We have a morning tea every Wednesday from 9.00am in the cafe. Looking forward to chatting with you about ideas for our future events.*

*Hopefully we are now in a great habit of exercising and socialising.*

*Have a fabulous fitness day.*

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## Exercises you can do at home

- Squats - sitting and standing from a chair
- Kickbacks - one hand resting on a wall and kicking back using one leg at a time
- Push ups against the wall
- Bicep Curls with dumbbells or what ever you have at home (e.g., cans or small bottles)
- Balance - standing heel-to-toe for 30 secs to start



## Exercise older Australians need to incorporate into their day

There is no doubt that exercise improves balance, bone density and stronger joints, plus you will feel great. Strength training and pool exercises are life changing. Mass deterioration starts to begin in your 40s and accelerates from your 60s. This is why it is so important to start a habit of strength training exercises, just walking is not enough.

Muscles are largely under appreciated for its role in health and disease. As well as reducing the risk of fractures and illness. Daily exercises will also help you with life activities, such as walking, supermarket shopping and stairs.

Walking is a great way to get started - make an appointment with yourself or a friend to walk or **join the walking group at Keilor East Leisure every Monday at 9:30am!** We understand that life happens, so make sure that you get out and start walking for **YOU!**

We are all living longer, and in order to enjoy life such as travel, walking, socializing, looking after grandchildren etc, Australian guidelines recommend a minimum of 150 minutes per week of moderate-intensity exercise.

We have many classes at Ascot Vale and Keilor East to participate in. Don't be intimidated - everyone works at their own pace.

Here are the classes you should mix up with your routine:

Active Adults, Body Balance, Circuit, Zumba, MIOLI (Move It or Lose It), Cycle, Mat Pilates. In the Pool - Warm Water Aqua and Aqua which includes cardio and resistance training exercises in the water.

We have great instructors, with each having a unique style of class. Looking forward to meeting you to start and continue your exercise journey!

# Activity Reviews

## Teslaar kaBloom Festival



What a gorgeous day we had at the Teslaar kaBloom Festival in the Dandenongs.

The fields were filled with millions of colourful blooms, the weather was sublime as we tip toed through the flowers and magical fairy garden. We got some gardening inspiration from breathing in the fresh air and chatted amongst ourselves. We also indulged in some fresh scones with jam and cream, fresh-brewed tea, and enjoyed the amazing nouveau circus right in front of us. Some of us came home with great plants and gifts.

Overall, it was a fantastic day enjoyed by all!



## Keilor Heritage Walk

What a great day we enjoyed at the Keilor Heritage Walk around the city of Keilor.

It was so interesting learning about the Old Iron Bridge and Caroline Chisholm the founder of working to keep women and families together in shelter sheds in the gold rush days, and her involvement in child protection.

# Recipe of the Month

## Peanut Butter Protein Balls

Healthy peanut butter protein balls that are low calorie and high protein! Easy no bake recipe for post workout, quick snacks and breakfast!

PREP: 15 mins

TOTAL: 15 mins

SERVINGS: 16 balls

### INGREDIENTS

- 3/4 cup runny peanut butter or almond butter (microwave peanut butter in 10sec increments to get runny consistency)
- 1/3 cup vanilla protein powder
- 1/2 cup rolled oats or quick oats; do not use instant oatmeal
- 1/4 cup ground flaxseed meal
- 3 tablespoons mini chocolate chips or unsweetened shredded coconut or a mix
- 2 tablespoons honey or pure maple syrup
- 1 tablespoon chia seeds
- Water as needed



Recipe & image sourced from [www.wellplated.com](https://www.wellplated.com). For detailed visual instructions visit <https://www.wellplated.com/peanut-butter-protein-balls/>

### INSTRUCTIONS

(1) In a medium mixing bowl, place the peanut butter, protein powder, rolled oats, flaxseeds, chocolate chips, honey, and chia seeds.

(2) With a wooden spoon, sturdy rubber spatula, or your hands, mix the dough together. (I start with a spatula and then switch to my hands.)

(3) Judge the dough's consistency. Depending on how runny your peanut butter is and your brand of protein powder, you may need to add water (if it is too dry) or additional protein powder or oats (if it is too wet and sticky). If you need to add water, add it 1 teaspoon at a time. If oats or protein powder, you can add a few teaspoons at a time. The dough should be easy to roll into a ball, similar to a yummy cookie dough. I recommended getting it to where you think it is just right then letting it sit for a few minutes. Sometimes the oats and protein powder will absorb additional moisture, and you will want to adjust as needed so that the balls are not dry.

(4) Use a 1 tablespoon cookie scoop to scoop dough into your palms.

(5) Roll into balls until all dough is gone. If at any point it is clinging to you or seems just a tiny bit too dry, lightly wet your hands. You should have roughly 16 balls.

(6) Store in the refrigerator for up to 2 weeks or in the freezer for up to 3 months.

### NOTES

- TO STORE: Refrigerate protein balls for up to 2 weeks in an airtight container.
- TO FREEZE: Freeze protein balls for up to 3 months or longer (if they are airtight, you can freeze them practically indefinitely). Thaw overnight in the refrigerator or at room temperature if you are in a hurry.

### NUTRITION

SERVING: 1 ball CALORIES: 128kcal CARBOHYDRATES: 10g  
PROTEIN: 6g FAT: 8g SATURATED FAT: 2g POLYUNSATURATED  
FAT: 3g MONOUNSATURATED FAT: 3g TRANS FAT: 1g  
CHOLESTEROL: 5mg POTASSIUM: 122mg FIBER: 2g SUGAR:  
5g VITAMIN A: 7IU VITAMIN C: 1mg CALCIUM: 33mg IRON:  
1mg

**COMING UP NEXT:**

**ACTIVE ADULTS  
EVENT**

**Xmas in July**

**Wednesday**

**Bray Hotel**

**10:00am**

**Ticket includes morning tea,  
show and buffet lunch**

**RSVP 15/7 | Pay at reception  
Limited tickets | No refunds**

**SOLD OUT**