

Vintage View

April 2023

Hi everyone!

Hope you are all feeling fit and well, the weather is getting cooler and can range between 10 degrees and 16.

People aged 60 and over make up 10% of people living in Melbourne. Social connection and feeling a sense of belonging and community is imperative for people of all ages. This is why it is important to engage with our classes and activities here at Ascot Vale and Keilor East. We have a few new classes starting up soon at AVL - Meditation and Tai Chi - check out the timetable. And as always have a fabulous fitness day.

Rebecca Beard - Active Adults Coordinator
rbeard@belgravialeisurecentre.com.au

Why meditation is important in today's world

The psychological benefits of meditation are far-reaching and the more you practice, the more benefits you experience. Benefits include:

- Improved learning ability and memory;
- Improved focus and concentration;
- Higher confidence in personal ability;
- Increased productivity;
- Enhanced mood and emotional stability;
- Reduced anxiety and stress;
- Increased compassion;
- Enhanced ability to process information;
- Greater creativity;
- Reduced anger;
- Enhanced presence and ability to live in the moment;

- Dealing with difficult situations more easily;
- Reduction of negative thoughts; and
- Increased happiness.

As well as the many psychological benefits, there are a surprising number of physical benefits too, such as:

- Decreased physical tension;
- Lower blood pressure;
- Strengthened immune system;
- Slowing of the ageing process;
- Higher energy level;
- Improved sleep quality ;
- Decreased activity in the area of the brain associated with clinical disorders such as ADHD and Alzheimer's disease; and
- Reduced physical symptoms of stress and anxiety, such as digestive problems, sleep, headaches or muscle tension.

Recipe of the Month

LOWER CARB HAMBURGER

This is a great easy meal that the children love. The burger recipe comes from Nigella, although I've altered the quantities a little. I was a bit dubious about whether or not the burgers would stick together, but they work just fine. To lower the calories for me, I use a Michelle Bridges trick, which is to serve the burger on 1/2 a roll and hollow out the middle and fill it up with salad. The kids, and my husband get a full bun, plus salad.

INGREDIENTS

- 500g extra lean minced beef
- 2 tablespoon caramelised onions (I use Beerenberg)
- 3 teaspoons buttermilk or natural yoghurt
- 3 teaspoons salt reduced soy-sauce or tamari
- 3 teaspoons BBQ or Worcestershire sauce
- pepper
- olive oil spray
- small wholemeal burger buns (in Australia, cape seed rolls from Baker's delight are delicious)
- baby spinach
- tomato sliced

METHOD

- Mix the minced beef with onions, buttermilk, soy and BBQ sauce. Season with pepper and divide into 5 portions. Shape by hand into burgers. I like to put them in the fridge for half an hour to firm up.
- Lightly spray a non-stick frypan and heat on medium. Cook the patties for 5 minutes a side until browned and cooked through.
- Toast the bun halves, line each bun with baby spinach leaves. Top with a patty and tomato.

Calories: 319 (1342 kJ) Fat: 7g Saturated fat: 2.4g
Carbohydrates: 30g Sugar: 3.7g Sodium: 677 Fiber: 4g
Protein: 31g

Activity Review

Group Lunch

Last month, we had a very nice Lunch at the Cross Keys Hotel in Essendon. Thirty people attended from Ascot Vale and Keilor East Leisure Centre. We had very good feedback about the choice of venue and the great food.



COMING UP

ACTIVE ADULTS APRIL EVENT

Wednesday
26 April

10am

National Gallery
of Victoria,
108 St Kilda Rd,
Melbourne

Free Gallery Entry
Self-pay lunch

RSVP by 17/04
at Reception



MOVE

 City of
Moonee Valley

NEXT MONTH

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