

# Vintage View

## August 2022

### WELCOME TO AUGUST

*Hi everyone and welcome to the last month of winter! Hope you are all travelling well and settled into this colder weather.*

*Keep up your great exercise and good habits throughout Winter. Don't stop yourself from going out - make sure to dress appropriately to keep warm, and enjoy some yummy food such as warming soups, pastas and roasts. If you're crazy about football, head down to a weekend game to shout and cheer for your favourite team.*

*If the cold isn't for you, then why don't you check out the hot springs at Hepburn Bathhouse and Spa, located at Reserve Road, Hepburn Springs.*

*Don't forget the weekly cafe catch-ups every Wednesday morning in the cafe!*

*Have a fabulous fitness day.*

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### Physical Activity After a Heart Attack

If you've experienced a heart attack, it's normal to be concerned about what exercise you can and can't do. Keeping physically active is important for your heart and overall health and can actually reduce your chances of having another heart attack whilst helping you to feel healthier.

The best place to start is with a cardiac rehabilitation program (cardiac rehab). This is something that you can plan with your doctor, nurse, health worker or cardiac rehabilitation team. Don't just go back to your previous exercise regime - speak to your medical professional first!

Simple things such as cooking and light housework are a great place to start, but avoid things such as sweeping, vacuuming or mowing the lawn until you get the OK from your doctor.

Walking is a great way to exercise, regardless of age or fitness, and has been proven to help manage weight, blood pressure and cholesterol, maintain bone density (reduces risk of osteoporosis and fractures), and helps to improve balance and coordination.

Why not join the Walking Group at Keilor East Leisure - every Monday at 9:30am!

### Top Tips for Physical Activity

- Stop and rest if you experience pain, shortness of breath, get very tired or dizzy.
- Carry your mobile with you at all times in case you feel unwell and need to call for help
- If you have medicine for angina, keep it with you during exercise
- Don't exercise straight after eating or drinking alcohol



# Activity Reviews

## Christmas In July

For our monthly event in July, we attended the Christmas In July event at the Braybrook Hotel which included lunch and a live Christmas-themed performance.

We had such a wonderful time at the event, from the delicious food that was served, through to the live musical performances, which were fantastic. There was a lot of people getting right into the spirit of the festive season wearing lots of Christmas-themed colours, blouses and even decorations.

Whilst the notion of Christmas in July is generally a very 'American' thing to celebrate, it is reported to have first originated in a French opera in 1892, however others have claimed it started at a North Carolina Girls' Camp in 1933.

Here in Australia, the notion of Christmas in July is to experience the festivity of a very cold and wintery Christmas, as is celebrated in the Northern Hemisphere, coupled with warm Christmas jumpers, hearty foods and hot drinks in front of a fireplace - all the things that simply have no place in a typical Aussie Christmas in the sweltering Summer heat!



# Recipe of the Month

## Minestrone with Quinoa and Brussels Sprouts

This hearty comforting soup is also packed full of vegetables. Feel good food that's also good for you!

PREP: 10 mins

TOTAL: 30 mins

SERVINGS: 4

### INGREDIENTS

- 2 tbs extra virgin olive oil
- 150g flat pancetta, chopped
- 1 leek, washed and thinly sliced
- 1 garlic clove, finely chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 400g can chopped tomatoes
- 1 parmesan rind (optional)
- 2 desiree potatoes, peeled and cut into 2cm pieces
- 400g can borlotti beans, drained
- 350g brussels sprouts, quartered lengthways, plus extra outer leaved, blanched
- 100g quinoa
- Crusty bread to serve.

### INSTRUCTIONS

(1) Heat the oil and pancetta in a large saucepan over medium heat. When the pancetta begins to sizzle, cook for 2-3 minutes until the fat has rendered.

(2) Add the leek, garlic, carrot and celery and cook for 2-3 minutes until softened.

(3) Add the tomatoes, parmesan rind, potatoes and 1L water. Bring to a simmer and cook for 15 minutes.

(4) Add the beans, brussels sprouts and quinoa and then cook for another 10 minutes until the quinoa is tender and flavours have infused. Season to taste.

(5) Top with blanched brussels sprouts leaves and serve with crusty bread.

### NOTES

- This recipe can easily be doubled to feed a larger group.
- Portion into containers and keep in the fridge, or freeze for up to a month.
- Potato skins can be rinsed, drizzled with oil, salt and pepper (optional). Spread evenly over a lined baking tray and cook in a hot oven until crispy to create an additional snack or crumbled over your soup when serving.



Recipe & image sourced from  
<https://www.delicious.com.au/recipes/minestrone-quinoa-brussels-sprouts>

**NEXT  
MONTH**

**ACTIVE ADULTS  
HIGH TEA**

**Wednesday  
7th September**

**12:00pm**

**Amazing Graze Tea Room  
1 Rose Street,  
Essendon**

**COST: \$69pp**

**RSVP & pay by 25/08  
at Reception**



**MOVE**

 **City of  
Moonee Valley**