

Vintage View

October 2022

Hi everyone!

Can you believe that it's almost a year since we've been back?! Continue to keep up the good work!

It's Mental Health Month this month. Loneliness is a significant factor of poor mental health - this is where leisure and recreational activities can help. Welcome people when they come into your class, make them feel included when sitting down for a coffee, encourage them to attend our monthly events!

I hope that you're enjoying daylight savings and getting more out of your day - try a short walk after dinner to clear your mind and sleep well.

Have a fabulous fitness day.

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Loneliness in Older People

The older community are especially vulnerable to loneliness and isolation, which can have a serious effect on an individual's health. There are ways to overcome loneliness, even if you live alone and find it hard to get out and about.

Smile, even if it feels hard

Grab every chance to smile at others or begin a conversation – for instance, start a conversation with your gym buddy or in the café. If you're shy or not sure what to say, try asking people about themselves.

Invite friends for tea

If you're feeling down and alone, it's tempting to think nobody wants to visit you. But often friends, family and neighbours will appreciate receiving an invitation to come and spend some time with you. Get involved with the events at Ascot Vale and Keilor East Leisure Centre

Keep in touch by phone

Having a chat with a friend or relative over the phone can be the next best thing to being with them. Share your phone number with your friends at the gym, and check on them if you haven't seen them for a while

Learn to love computers

If your friends and family live far away, a good way to stay in touch, especially with grandchildren, is by using a personal computer, smartphone or tablet.

Libraries and community centres often hold regular training courses for older people to learn basic computer skills – as well as being a good place to meet and spend time with others in their own right.

Get involved in local community activities

These will vary according to where you live, but the chances are you'll have access to a singing or walking group, book clubs, bridge, bingo, quiz nights and faith groups.

Fill your diary

It can help you feel less lonely if you plan the week ahead and put things in your diary to look forward to each day, such as a walk in the park or going to a local coffee shop, library, sports centre, cinema or museum.

Get out and about

Don't wait for people to come and see you – travel to visit them. One advantage of being older is that you can apply for a seniors card at the age of 60 which entitles you to discounts on gym memberships, pub meals, movies and transport.

Activity Reviews

September High Tea

What a great day we had at our High Tea at Amazing Graze in Essendon, great food, great company and beautiful surroundings. Highly recommended in the heart of Essendon. We all dressed up for the occasion and looked lovely.



Member Q&A | Linda Minty

How long have you been enjoying our Active Adults programme?

Since November 2021

What Active Adults classes do you enjoy the most?

Aaron's Friday Class + Margaret's Monday class

Which class have you not had a chance to try yet?

Zumba

What got you into fitness?

Have always exercised a little, but now the leisure centre has opened, and I'm retired, I'm doing a lot more

What is your Favourite Movie

Shawshank Redemption

What book are you currently reading?

Shantaram by Gregory Roberts

If you could invite 3 people to dinner, alive or dead, who would you invite?

Dean martin, David Niven, Morgan Freeman

What hobbies do you enjoy outside of the gym?

Gardening

What advice would you give to young adults

Always do some form of exercise to stay flexible



What is your favourite food?

Curries

What would you be famous for?

Singing

What was your first job?

Kitchenhand

Recipe of the Month

Low Sugar Antioxidant Acai Bowl

This refreshing fruit and mint medley is a great entertainer for warmer months

PREP: 5 mins

TOTAL: 10 mins

SERVINGS: 1

INGREDIENTS

- 1/4 cup frozen raspberries
- 1/4 cup frozen blueberries
- 1/4 cup frozen blackcurrants
- 1 packet unsweetened frozen acai berries
- 1/4 cup fresh or frozen passionfruit
- squeeze of fresh lemon juice
- 2 Tbsp water to blend

INSTRUCTIONS

(1) Place all smoothie ingredients into a high-speed blender and blend until smooth.

Take care not to over-blend as you want the smoothie to remain relatively frozen so that it's thick and spoonable.

(2) Pour the smoothie into a bowl and sprinkly with your favourite toppings.

(3) Eat immediately with a spoon.

TOPPING IDEAS

- Blackcurrant and coconut buckwheat granola
- Hemp seed crumble
- Almond flakes
- Dried coconut
- Faxseeds
- Hemp seeds
- Freeze-dried raspberries / strawberries / blueberries
- edible flowers



Recipe & image sourced from
<https://www.swoonfood.com/super-antioxidant-acai-bowl-low-sugar/>

**NEXT
MONTH**

**ACTIVE ADULTS
NOVEMBER EVENT**

**Wednesday
16th November**

**12pm Lunch
Lincolnshire
Arms Hotel**

**1 Keilor Road
Essendon**

**RSVP by 11/11
at Reception**



MOVE

 **City of
Moonee Valley**