

Vintage View

November 2022

Hi everyone!

Welcome to November, almost Summer - I don't know about you, but I cannot wait!

Hoping you are all well and have not been affected by the floods.

Make the most of the warmer days increase your incidental exercise, such as shopping, walking and talking with friends and having coffee.

Spring Racing Carnival is back on again, I know some of you are going and looking forward to getting dressed up and socialising again.

Have a fabulous fitness day.

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The Need for Friends and Support

The need for company, love and support does not diminish as we grow older. A healthy social life is very important for seniors. Consistent social interactions help keep people mentally, physically and emotionally fit. They also fend off difficulties with isolation and make our lives feel meaningful, important and with a purpose.

Why Socialising Matters

Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense.

The Health Benefits of Older Adult Socialisation

Older adults with a fulfilling social life avoid many of the physical, cognitive and emotional difficulties that seniors who are isolated encounter. Socialisation improves life in so many ways.

Reduced stress.

Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved

immune system.

Longer lifespan.

More fitness.

Older adults with social support network are more likely to exercise regularly, which leads to physical, mental and cognitive benefits.

Reduced risk of depression.

Consistent socialisation reduces the likelihood that seniors will experience the depression caused by isolation and loneliness.

Less anxiety.

Similarly, senior socialization reduces levels of anxiety as well.

Greater self-esteem.

Socialisation helps seniors maintain their self-esteem and sense of worth.

The Cognitive Benefits of Senior Socialisation

Socialisation will keep you mentally sharp and intellectually engaging. Keeping up with computers and mobile phones can be challenging. Improvements in these cognitive areas can help prevent memory loss, Alzheimer's disease and other forms of dementia. Importantly, when these social interactions include exercise groups, the benefits of both are increased significantly.

Socialisation will lead to a great quality of life.

Activity Reviews

Cooks' Cottage & Lunch

What a great day we enjoyed at the Fitzroy Gardens, Cooks Cottage Tour and lunch at the Imperial Hotel.

We started out meeting at the Essendon Station, made our way to Parliament Station, then walked to the Fitzroy Gardens in full bloom. We thoroughly enjoyed the tour with a guide and learnt so much about the history of the gardens and Captain Cook. Also, one of member's Graeme works there and was in full costume parading around the gardens.



Activity Reviews

Member Q&A | Anne Makin



How long have you been enjoying our Active Adults programme?

10 months

What Active Adults classes do you enjoy the most?

11:30am Wednesday. Active Adults has stretching afterwards.

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

BODYBALANCE and SH'BAM.

What got you into fitness?

Not moving during COVID and my hips becoming painful.

What is your favourite holiday memory?

Being at an ashram in India!

What advice would you give to young adults

Listen to the wisdom of seniors - they have been there and made the mistakes so that you don't have to!

Member Q&A | Diana Wishart

How long have you been enjoying our Active Adults programme?

Since KELC opened in October 2021

What are your favourite classes?

Active Adults, Yoga, Zumba - I love all these classes and enjoy the social aspect.

What got you into fitness?

I started exercising at a young age and have continued throughout my life.

What is your favourite food?

Savoury - Japanese and Greek food.

What was your first job?

Nursing - it has been my first and only job for the last 40-plus years.



Nutrition Info for Seniors

Many of us worry about whether our parents or grandparents are eating enough and getting the right balanced diet for their age. These are valid concerns: Appetites tend to decrease for older adults as they become less physically active, but they still need a lot of nutrition.

There could be a number of reasons why the older adult in your life isn't getting enough of the right nutrition. It could be because shopping and cooking are much more demanding tasks than they used to be. Here is a quick and easy recipe

Lunch

Quinoa salad

Sauté chopped stir-fry vegetables like onions, red pepper, mushrooms. Combine with pine nuts or pecans and cooked quinoa. Toss with Italian salad dressing. Serve fresh, warm or cold—it keeps well refrigerated. It is recommended to steam or sauté vegetables in olive oil instead of boiling, which drains the nutrients.

Eggs & red potatoes

Melt a knob of butter in a frying pan, chop up potatoes and add to the pan over a medium heat. Cover for 2 minutes. Then, pour scrambled eggs over potatoes, add pepper and toss until eggs are hot. Rather than season with salt, which can lead to water retention and high blood pressure, use fresh herbs and spices.

Cottage fries

Slice parboiled red potatoes. Heat extra virgin olive oil in a frying pan and cook the potatoes at a medium heat. Top with leftover vegetables and grated mature cheddar cheese. Cover, let steam and serve.

Southwest omelette

Beat 2 eggs. Put 1 tbs. of olive oil in a frying pan. Pour in the egg mixture, add chunks of pepper jack cheese and salsa or chilli sauce. When eggs are firm, fold and serve with sliced avocado. Our tip: Chilli and spices help boost diminished taste buds.

Salmon wrap

Place tinned boneless and skinless salmon on a whole grain wrap. Add chopped avocado, tomatoes, greens and plain yoghurt. Wrap tightly, cut in half and serve.

Dinner

Baked or grilled salmon steak

Top each steak with tomatoes, sweet onion, dried or fresh basil, chopped garlic and 1 tbs. of extra virgin olive oil. Wrap each piece of fish tightly in aluminium foil and place in the oven on a low heat. If the fish is thawed, cook for about 15 minutes. Dinner is ready when the fish is flaky, but still moist.

Lamb & potatoes

If you can keep some parboiled red potatoes on hand, you can prepare fast and easy meals. Form minced lamb into small meatballs. Tear fresh basil into slivers or use a pinch of dried basil. Slice pre-cooked red potatoes into small pieces. Slice a clove of garlic. Warm extra virgin olive oil in a frying pan. Sauté the garlic and basil on a medium heat for 5 minutes. Add lamb, brown. Add potatoes, cover for 10 minutes. Toss ingredients, add a dash of ground pepper. Cook for an additional 5 minutes.

Prawns & pasta

Heat a knob of butter and 1 tbs. of olive oil in a saucepan. Add chopped fresh herbs, garlic and a handful of prawns. Toss and cook until prawns are done. Place on a bed of cooked pasta and top with chopped fresh tomatoes.

Beans & rice

Heat up a can of black, pinto or white beans. Serve with brown rice, oats or barley. You can warm the meal in a slow cooker and serve later.

Prawns & fresh greens

Sauté fresh vegetables in a saucepan with olive oil—again, you can buy pre-cut veggies. Add cocktail prawns, which can be bought peeled, cooked and chilled. Serve with a berry vinaigrette salad dressing and lime slices.

Source:

<https://www.care.com/c/en-au/author/careau/>

**NEXT
MONTH**

**ACTIVE ADULTS
DECEMBER EVENT**

**Wednesday
7th December**

**10am
Morning tea, Lunch
& Abba Show
entertainment**

**\$25
RSVP & pay
by 11/11
at Reception**



**Legends Room
Moonee Valley Race Course
Cnr Thomas & Wilson Street, Moonee Ponds**

MOVE

 **City of
Moonee Valley**