

Vintage View

March 2023

Hi everyone!

Welcome to March, the season of Autumn, where we see cooler weather with average temperatures ranging from 10.9 to 20.3 degrees.

Here are a few practical tips to stay safe during this change of season. Seniors are of great risk of influenza during Autumn. So before Winter sets in, consult your physician and get the regular Flu shots.

Keep yourself warm, you may need layers around this time of year. Make sure your heating systems are in great shape by scheduling regular maintenance.

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BENEFITS OF DECLUTTERING YOUR LIFE

Here are just some of the benefits you could realise when you declutter your life...

- Creates a cleaner environment and a calmer mind
- Reduces stress
- Makes your life more organised & streamlined
- Frees you up to focus on what matters to you and brings you joy (as well as helping you to realise what matters and brings you joy)
- Boosts your mental health
- Saves you time (whether that's looking for something, tidying up, or time spent making decisions)
- Saves you money (you know what you have and what you have space for)
- Helps the environment – when you know what you have you're more likely to use it and less likely to make unnecessary duplicate purchases generating less waste (I'm ashamed to say I found 4 boxes of laundry powder in my cupboard when I honestly thought I had none. I also owned enough cake candles to decorate the birthday cakes of 100-year-old twins.)
- Increases self-esteem
- Cathartic process – encourages you to reflect and let go.

Recipe of the Month

Healthy Breakfast Muffins

56 min · 3536 calories 12 serves

This, tastes fabulous, is full of healthy stuff and is perfect for breakfast on the go.

Ingredients:

75 g wholemeal flour
50 g hazelnuts or other nuts chopped up small.
50 g other dried fruit such as cranberries, or fresh blueberries
125 g plain flour
75 g brown sugar
2 large eggs, separated
Substitute 50g of the rolled oats for 50g dessiccated coconut.
200 g rolled oats
Add 50g currents to the mixture for a fruity muffin.

Other ideas:

2 bananas, mashed
Add 50g chocolate chips of your choice for a naughty but nice breakfast muffin.
1 tsp salt
1 tsp cinnamon
3 tsp baking powder
3 tbsp sunflower oil
125 g blueberries
250 ml milk

Instructions:

In a large mixing bowl, combine the plain flour, wholemeal flour, oats (or oats and coconut if using), brown sugar, baking powder, cinnamon and salt.

Create a well in the centre of the dry ingredients and add the mashed bananas, egg yolks, milk and sunflower oil. Mix together gently with a wooden spoon until a wet batter forms but do not overmix.

In a separate bowl whisk the egg whites until soft peaks form. Gently fold the egg whites into the muffin batter along with the blueberries and any other additions you wish to include until everything is mixed through evenly.

Divide the muffin mixture between 12 individual muffin cases and place in a preheated oven at 200C/fan 180C/gas mark 6 for 25 minutes until well risen and golden brown on top.

The muffins will keep for up to 4-5 days in a sealed tin or plastic container but preferably eaten on the day or day after baking for a fresher muffin. The muffins can also be frozen in a zipped plastic bag, thaw for 1 hour or until defrosted then pop in the oven for 10 minutes to reheat.

Source: <https://eatwithureyes.com>

Activity Review

Shrine Visit

What a perfect day we had at the Shrine with a guided tour, some of the ladies printed off war certificates of their relatives. The view from the balcony is beautiful, no wonder Victoria is the Garden State. We enjoyed it so much, some of us want to go back. We had the place to ourselves with an easy walk around the gardens.



COMING UP

ACTIVE ADULTS MARCH EVENT

Wednesday
22nd March

12pm

Cross Keys Hotel
350 Pascoe Vale
Road, Essendon

RSVP by 17/03
at Reception



MOVE

 City of
Moonee Valley

NEXT MONTH

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

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Moonee Valley