

# Vintage View

## September 2022

### WELCOME TO SPRING!

*Hi everyone!*

*Welcome to Spring (at last!). Looking forward to the weather getting warmer, the sun starting to shine more, and flowers starting to emerge from their winter hibernation.*

*Spring is the perfect time to thaw the body out after winter, and get back into moving. I'm also looking forward to the AFL Grand final - perfect opportunity to cheer, celebrate, catch up with friends and celebrate.*

*Don't forget we have consecutive Public Holidays on Thursday 22nd and Friday 23rd September.*

*Have a fabulous fitness day.*

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### Exercising After Some Time Off

Here's how to start exercising again

- Start with something easy
- Remember how good exercise makes you feel
- Schedule it
- Prepare the night before
- Commit to a one-month challenge
- Find an exercise buddy
- Think outside the gym

Sometimes life happens and we can get a little off track - family commitments come up, we can get sick, or tied up with work commitments. Suddenly your exercise goes from regular to non-existent. The important thing to remember is that it happens to all of us at some point.

Try to remind yourself how good it feels to exercise - focus on the effort, rather than the outcome. Schedule a time that you won't get easily distracted. There is no perfect time to exercise - you need to make it work for you and your daily schedule, but once you find the time, stick to it and make it habitual.

Find an exercise buddy to boost your motivation and hold each other accountable to your workout routine - this will also bring a social and fun aspect into your life and your workout.

### Have you joined our walking groups?

Keilor East Leisure Centre:

Monday's @ 9:30am (weekly)

Ascot Vale Leisure Centre

Wednesday's @ 7:00am (fortnightly)

Wed 21 September

Wed 5 October

Wed 19 October





# Activity Reviews

## August Lunch

A great day was thoroughly enjoyed by members and friends at the Hardimans Hotel in Kensington. As they describe themselves, 'a newly-renovated pub in Melbourne, we're for lovers of good food, beer and wine'.

One of Melbourne's most iconic and historic venues, originally built in the 1870's, we had a wonderful time enjoying a delicious lunch surrounded by great company and conversation.

We were also excited to welcome a new member to the Active Adults team, who is thoroughly enjoying the new friendships.



## Watermelon and Mint Salad

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

PREP: 15 mins

TOTAL: 10 mins

SERVINGS: 6

### INGREDIENTS

- 1/4 small watermelon, peeled and chopped into 2cm cubes
- 1/2 whole rockmelon, peeled, deseeded and chopped into 2cm cubes
- 2 medium oranges, peeled and sliced into segments
- 2 medium avocado, seeded, fleshed and chopped into 1-2cm cubes
- 2 large Lebanese cucumbers, chopped into half moons
- 1 handful of mint leaves, torn
- Juice of 1 lemon (approx. 3 Tbsp)
- 1 medium green chilli, sliced
- 50g ricotta cheese
- 120g (approx 2 cups) rocket leaves

### INSTRUCTIONS

- (1) Assemble fruit and vegetables onto a serving dish and lightly toss.
- (2) Top the salad with ricotta, green chilli and mint leaves
- (3) Drizzle lemon juice over the top of the salad.

### NUTRITION

Energy: 875kj Total fat: 13g Sat Fat: 3g Total Carb 16g Protein: 4g Fibre: 6g Sodium 48mg

Recipe & image sourced from  
<https://diabetesnsw.com.au/recipe/watermelon-and-mint-salad/>  
<https://diabetesnsw.com.au/recipe/no-bake-date-and-seed-bar/>

## Recipe of the Month

### No-Bake Date and Seed Bar

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

PREP: 15 mins

TOTAL: 10 mins

SERVINGS: 6

### INGREDIENTS

- 2.5 cups (425g) deseeded dried dates
- 1-2 tablespoons (20-40ml) boiling water
- 1.5 cups (135g) rolled oats
- 1 cup of seed of your choice (e.g. pumpkin, sunflower, sesame seeds)
- Additional seeds for topping (optional)

### INSTRUCTIONS

- (1) Place dates and boiling water in food processor and blend until dates become a sticky paste
- (2) Mix in dry ingredients with the date mix (pulse in the food processor)
- (3) Press the mix into a small baking tin
- (4) Add extra seeds as topping by sprinkling on top or press in with a spatula
- (5) Refrigerate overnight before slicing into small squares or bars.

### NUTRITION

Energy: 565kj Total fat: 2.6g Sat Fat: 0.5g Total Carb 23.2g Protein: 2.4g Fibre: 3.9g Sodium 5mg





**NEXT  
MONTH**

**ACTIVE ADULTS  
OCTOBER EVENT**

**Wednesday  
5th October**

**10am  
Cooks' Cottage & Fitzroy  
Gardens**

**12pm Lunch @  
Imperial Hotel  
2-8 Bourke St.**

**RSVP & pay  
by 22/09  
at Reception**



**MOVE**

 **City of  
Moonee Valley**