

Vintage View

December 2022

Hi everyone!

It's a wrap, what a great year it has been!

If you have not completed your tasks for the year, carry them over for next year and move on.

Looking forward to have a look at Fed Square and the Myer Christmas Windows.

Have a very Merry Christmas and enjoy the festivities. Look forward to a well, deserved break, take time to enjoy the outdoors, welcome to Summer and day light savings, making the most of the extra day light to walk and exercise

Have a fabulous fitness day.

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How To Look After Your Skin As We Age

As we know it gets harder to look after your skin as we age, although we all age differently

Your skin gets drier, healing time slows down, becomes thinner and gets irritated more easily. We get wrinkly and develop age spots.

There are affordable, every day solutions to healthier skin.

Protect your skin from the sun to reduce risk of skin cancer. Use a moisturiser and a sunscreen with a moisturiser. Also consider using a neutral body wash that contains a moisturiser. These small changes will make a difference.

Keep up your fluids, our skin is an organ made up of cells, the cells contain water and will not work properly without water. Also, you skin will wrinkle more if it is dehydrated.

And finally eat well and exercise staying hydrated and maintaining a healthy balanced diet, we are looking after our bodies their entirety. Exercise is not just great for our hearts, bones and muscles. Resistance training also helps to make our skin strong, firm and flexible. Exercise will also increase circulation and oxygen levels, keeping our organs healthy. Exercise will also help you sleep well, look fresh and reduce the bags under your eyes.

HOLIDAY HOURS

Ascot Vale Leisure Centre

Sat 24/12 - 6am - 6pm
Sun 25/12 - CLOSED
Mon 26/12 - 8am - 8pm
Tue 27/12 - 8am - 8pm
Wed 28/12 - 5am - 11pm
Thu 29/12 - 5am - 10pm
Fri 30/12 - 5am - 10pm
Sat 31/12 - 6am - 6pm
Sun 1/1/23 - 8am - 8pm
Mon 2/1/23 - 8am - 8pm

Keilor East Leisure Centre

Sat 24/12 Venue: 6am - 6pm 50m: 8am - 6pm	Thu 29/12 Venue: 5:30am - 10pm 50m: 6am - 7pm
SUN 25/12 - CLOSED	Fri 30/12 Venue: 5:30am - 10pm 50m: 6am - 7pm
Mon 26/12 Venue: 8am - 8pm 50m: 8am - 7pm	Sat 31/12 Venue: 6am - 6pm 50m: 6am - 6pm
Tue 27/12 Venue: 8am - 8pm 50m: 8am - 7pm	Sun 1/1/23 Venue: 8am - 7pm 50m: 8am - 7pm
Wed 28/12 Venue: 5:30am - 10pm 50m: 6am - 7pm	Mon 2/1/23 Venue: 8am - 8pm 50m: 8am - 7pm

Activity Reviews

November Lunch



What a great turn out we had at the Lincolnshire Hotel in Essendon, it was lovely to see more members from Keilor East Leisure Centre.

We felt like we had the whole place to ourselves, and we enjoyed a good laugh and a chat.

Looking forward to our end of year celebrations at The Moonee Valley Racecourse seeing you all dressed up with your dancing shoes on.



Activity Reviews

Christmas Lunch

What a fantastic day we had at the Moonee Valley Racecourse Xmas Lunch with Abba Waterloo Entertainment.

This has been the biggest crowd to date with 160 people attending. The dance floor kicked off at 10.30am and did not stop until the band stopped.

We enjoyed a good catchup with lots of laughs and photos, we all looked fabulous and had the best day.



Keep The Munchies Away!



Cinnamon-spiced baked apples

Core a crisp apple (such as Granny Smith or Fuji) and put the wedges in a microwave-safe bowl. Sprinkle with a teaspoon of brown sugar and a pinch of cinnamon and nutmeg, then toss to cover. Cover the bowl with a microwave-safe plate and cook for 3 to 4 minutes on high. Carbonell will sometimes add raisins or a dollop of nut butter after the apples cook. The apple is less than 90 calories and provides 3 grams of filling fiber; raisins also add more iron, vitamin C, and fiber.



Bagel with Ricotta and Strawberries

Spread half of a small toasted whole grain "flat" bagel with 2 tablespoons fresh ricotta, then top with 1/3 cup sliced strawberries and drizzle with 1 teaspoon honey or agave nectar.



Fruit Tacos

Fold whole corn tortillas with organic strawberries, edamame, ripe avocado, cilantro, and a drizzle of balsamic vinegar.



Goat Cheese Bruschetta

Top 5 halved cherry tomatoes with 2 tablespoons fresh goat cheese, then sprinkle with chopped herbs (chives, basil, or parsley) that you can grow right in your home garden.



Banana Oatmeal Walnut Cookies

Try these three-ingredient cookies that are a great source of heart-healthy whole grains, good fats, and potassium. Combine 2 medium ripe bananas, mashed, 1 cup uncooked quick oats in a bowl, then fold in 1/4 cup crushed walnuts. Place tablespoon-sized scoops on a baking sheet and bake for 15 minutes in a 175-degree oven.



Chia Pudding

Chia seeds are a great source of Omega-3s and fibre! Place 2 and 1/2 cups unsweetened almond or coconut milk, 1/2 cup chia seeds, 1 teaspoon vanilla extract, and 1 teaspoon ground cinnamon in a bowl. Cover and refrigerate for at least 4 hours or overnight, stirring occasionally, until it has a pudding-like consistency.



Sweetish Nuts

Preheat the oven to 160 degrees celsius. Mix 1 1/2 teaspoons ground cinnamon, 1 teaspoon ground ginger, 1 1/2 teaspoons vanilla extract, and 1 1/2 teaspoons extra-virgin olive in a large bowl. Add 1/2 cup shelled raw walnut halves, 1/2 shelled raw pecan halves, and 1/2 raw cashews. Massage in the spices well, then place on baking sheet and bake for 10-12 minutes. Store in an airtight container once cooled.

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

NEXT MONTH

ACTIVE ADULTS JANUARY LUNCH

Wednesday
25th January

12pm Lunch
Union Hotel

252 Union Road
Ascot Vale

RSVP by 23/01
at Reception



MOVE

 City of
Moonee Valley