



**CENTENNIAL
LIVING**

FULFIL YOUR RETIREMENT

Oct-Nov 2020

Living The Life
NEWSLETTER

Welcome

Spring is here, the sun will be warming everything up, blossom on the ornamental pear trees is in full bloom, there's new sprouting growth on the deciduous trees, it's such a pretty cycle.

It's time to be outside more, potter in the garden, go for a long walk, chat to the neighbours or just sit in the sun and have a cuppa or meal outdoors. With the warmer weather coming people are motivated to get on with life and appreciate this lovely world we live in.

It's been a long wait dealing with Victoria's Covid19 restrictions and while everyone has been quietly tucked away in their homes as much as possible, we're now going to see the restrictions lifting late this month and we hope to see you out and about enjoying the sunshine!

Living in a village offers the support and infrastructure that really does make a difference in how secure and safe we feel in these current circumstances, which is why interest is picking up. If you see our Sales Managers touring their clients in the village, we'd love you to say hello!



On The Cover - Spring blossom on the pear trees at Taylors Hill Village

Everybody loves Spring and we love to see the village gardens and streets transform from Winter to Spring, with a display of growth and beauty that really invites interest and activity. Here's a few images from last October of the village gardens, pathways and streets.

Enjoy the Spring, see you outside soon making the most of village life in the sunshine!





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It might be time to start eating a few more salads and lightly cooked fresh meals with the warmer weather coming. During the cold months we do eat plenty of cooked winter food, but when it's warmer we naturally gravitate to lighter foods, so here's some ideas to inspire us to go raw and fresh!

Raw veggies contain heaps of enzymes, they're great for our digestive health and their nutrients are the highest when they're not cooked, so enjoy as much raw veg as you can and boost your immunity and vitality!

Resident Recipes

Salads and Quick Fresh Food

Curried Rice Salad

By June Cooper

INGREDIENTS

- 2 cups cooked rice
- 1 finely chopped green pepper
- 1 diced apple, skin on
- 2 tbsp chopped raisins
- Shallots
- Salt and pepper to taste

Dressing

- 1/2 cup oil
- 1/3 cup white vinegar
- 1 clove garlic crushed
- 1 dessertspoon curry powder
- 1tablespoon sugar

METHOD

1. Mix all salad ingredients in a bowl
2. Make the dressing: whisk all ingredients until sugar dissolves
3. Blend dressing into salad just before serving and enjoy



Pasta Salad With Herb Dressing

By Village Resident

INGREDIENTS

- 375g penne pasta
- 100g green beans, trimmed
- 1 large red capsicum
- 2 tblsp pine nuts, roasted
- 2 green onions, finely chopped
- 1 Lebanese cucumber, halved, sliced
- 250 g cherry tomatoes, halved

Dressing

- 1/3 cup chopped herbs, basil, parsley, chives
- 1/4 cup extra virgin olive oil
- 2 tbsps white vinegar
- 2 tsp wholegrain mustard

METHOD

1. Cook pasta in saucepan of boiling salted water
2. Add beans to the boiling water last 3 minutes of cooking
3. Drain, transfer to cool
4. Make the dressing: Add herbs, oil, vinegar, mustard, cream into a screw top jar. Secure lid and shake to combine.
5. Add Capsicum, pine nuts, onion, cucumber, tomato and dressing to the pasta mixture.
6. Toss and combine
7. Add salt & pepper to taste.



Heather's Creamy Curried Coleslaw

By Heather Sparks

INGREDIENTS

- 1 cup of shredded coconut
- 1/4 cabbage, shredded finely
- 1 large cabbage, grated
- 1 cup roasted unsalted cashews
- 1/2 cup sultanas

Dressing

- 1/3 cup sour cream
- 1/3 cup oil
- 2 tbsp white vinegar
- 1 tsp curry powder
- 1 clove garlic crushed

METHOD

1. **Toast coconut on oven tray in moderate temp over 5 minutes and then cool.**
2. **Combine cabbage, carrot, cashews, sultanas and coconut in a bowl.**
3. **Combine all the dressing ingredients and blend until smooth and creamy.**
4. **Add to other ingredients, toss and combine**



Thai Style Beef Salad

By Village Resident

INGREDIENTS

- 400g stir fry beef strips
- 1 punnet grape or cherry tomatoes
- 2 leb cucumbers
- 2 shallots thinly sliced
- 1/2 bunch mint leaves
- 1/2 bunch coriander leaves
- 2 red chillies

Dressing

- 1/2 cup sweet chilli sauce
- Grated rind and juice of 2 limes
- 1 tbsp rice wine vinegar
- 1 tbsp fish sauce
- 2 tsps palm or brown sugar

METHOD

1. Preheat wok or frypan on high heat
2. Spray beef strips with oil and cook in 3 separate batches for 3-4 minutes until well browned, put aside.
3. Cover meat with foil and rest
4. Combine tomatoes, cucumber, shallots, herbs and chilli in a bowl then set aside.
5. Make Dressing: Whisk ingredients together in a jug until sugar has dissolved.
6. Mix through salad and beef strips and serve.



Quinoa & Mango Salad

By Kate Deagan

INGREDIENTS

- 1/2 cup quinoa dry
- 1 cup water to cook quinoa
- 1 large mango chopped in small pieces
- 1/4 small red onion chopped
- 1/2 red bell pepper chopped
- 3/4 cup shredded coconut unsweetened
- 3/4 cup almond slices or slivers, toasted if preferred
- 1 cup raisins
- 1 cup edamame shelled, thawed if frozen, Or broad beans
- 1/4 cup coriander chopped, or parsley if you don't like coriander

DRESSING

- 4 tbsp lime juice (2 limes)
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 1tbsp olive oil
- Salt to taste

METHOD

- Cook the quinoa according to package instructions. Let cool.
- Whisk all the dressing ingredients together in a small bowl.
- In a large bowl toss all the salad ingredients together including the cooled quinoa and add the dressing. Toss it well and serve cold



From One Marigold to Another

A garden of friendship and hope at Taylors Hill

What a fantastic initiative and a lovely gesture from Michael Laird, Village Manager at Taylors Hill Village.

He and his wife and daughter planted marigold seeds for each and every resident household at Taylors Hill, a truly thoughtful project using their own time. Marigolds are indeed amazing for keeping pests away and attracting the bees to pollinate your veggie plants. Thank you Mike, Nicci and Emily!

Marigolds protect a wide variety of plants from pests and weeds. If you plant a marigold beside most any garden vegetable, that plant will grow big, strong and healthy; protected and encouraged by its marigold.

A garden isn't the only place you will find marigolds - encouraging, supporting and nurturing others.

Thank you, for being a
marigold.



A small gift from us to brighten your day,
Mike, Nicci & Emily



Like a marigold seed; we will all grow, thrive and emerge from this - healthy and bright!
- and enjoy the wonderful spring sunshine!

Planting your Marigold



Fill the biodegradable pot with 3/4 of the soil. Compress the soil gently with your fingers.



Place the seeds in the pot and cover with the remaining soil. Compress the soil gently.
(Wash your hands after touching the soil)



Place something under the pot to catch excess water (plastic lid or plate) Water the seeds. Keep the soil moist.



Place the pot somewhere where it will get lots of wonderful morning sun—but not somewhere where it will get too hot.



Enjoy watching your little seedling grow. Your marigold will thrive with water and sunlight and should emerge in around 10 days.



When your marigold has emerged and looks strong and healthy, transplant it into your garden. No need to take it out of the pot, the pot is biodegradable and will dissolve in your garden.

HAVE FUN!





KEILOR VILLAGE PARTNERS WITH TAYLORS LAKES LIONS CLUB

*Share The Dignity 2020 'It's In The Bag'
For homeless and at risk women*

Over the past 6 months or so the Keilor Retirement Village has teamed up with our local Taylors Lakes Lions Club during the COVID19 pandemic and lockdown.

The Taylors Lakes Lion Club have been great in providing our residents with their ISO Survival Kit newsletters filled with lots of games, crossword puzzles, recipes, trivia questions, handy tips and stories in helping to keep our residents entertained.

In one of their recent editions the Lions asked for help in supporting their project to Share the Dignity in November, by getting together handbags and stocking them with health and hygiene products, as part of the "It's in the Bag" Christmas

campaign supporting homeless and at risk women.

In response we put out the call to our residents and we were overwhelmed with donations in helping this great cause.

Residents were asked to have their donations on their front porches ready on Friday 2nd October and a small group of our social club volunteers went around to collect the items.

When the Lions Club came last week to collect the donations we filled four of their cars "jammed packed" with items ready to distribute. Share The Dignity provide charitable donations to women in need.

**David Moore, Village Manager,
Keilor Village**



#itsinthebag 

The effort made to help others, particularly during these times of uncertainty is such a wonderful sign of community spirit and so great to see. Thank you to everyone involved.



Above: Residents of Keilor Village ready with support for women in need for the Share The Dignity 2020 'It's In The Bag' drive.

Share The Dignity 'In The Bag'

At Share the Dignity, they aim to give to those women experiencing hardship and poverty. Twice a year in March and August, they ask the public to donate personal sanitary products to the Dignity Drives across the country.

In 2019, they were able to donate a record 134,010 #ItsInTheBag donations to those in need, bringing their three year total to 517,918 bag donations.

The bags were made up with so much love and care from all who donated, filled with the basic essentials plus so many more special gifts for people doing it tough during Christmas time.

Digni Tea

DigniTea is a sell out event that raises vital funds to continue the work they do, such as funding Pinkbox Dignity Vending

Machines and supplying products to those experiencing homelessness, victims of domestic violence or those in crisis. [The event occurs in every state across Australia on World Menstrual Hygiene Day.](#)

Move4Dignity

This virtual exercise challenge allows everyone to get involved from anywhere. By simply setting your own challenge it also means that all physical abilities can get involved to support vulnerable Australians. [You can take part by going for a run, rolling out your yoga mat, or doing the sport you love — the choice is up to you.](#)

Once registered you'll have your own page where you can upload your photos, track your km's travelled or hours spent doing physical activity.

For more information go to their website: <https://www.sharethedignity.org.au/>





The Taylors Lakes Lions Club

Mission

Through a highly visible approach, Taylors Lakes Lions Club works to achieve common goals supporting community based projects and raising funds for our community (and beyond), with an attitude of fun, enjoyment and camaraderie. We seek partnerships with others to enable and enhance our work and to give our work further strength and purpose.

Lions are people who get involved in humanitarian efforts locally, nationally, and internationally. Projects locally include the Brimbank Bicycle Education Centre and have contributed \$11,000 towards a new skill track. Annual community grants are offered to worthy groups up to \$1000 each and they support multiple health and disability causes. Their environment work includes 'Adopt A Park' and Clean Up Australia Day and they are contributing to so much more.

Find community service and volunteer opportunities in Lions through:
Mentoring, Leadership Development, Active Participation, Environment and Sustainability, Medical Research Fundraising and Disaster Relief.

For more information or to join, visit the website and you'll find all the contact information you need:

<https://taylorslakes.vic.lions.org.au/>



Projects At Home

Make Your Own Garden Stepping Stones

Home made stepping stones are a unique addition to your garden.

Make your own little feature pavers from concrete and decorative additions

1. Make sure you have some safety gear; apron, or old shirt, rubber gloves and a mask.
2. Find a mold. Your paver can be made in any shape or size. You can either create a mold yourself or use something from around the house like a tin pan or deep baking tray. Make sure the mold is at least 2cm thick.
3. Make your concrete mix by combining a ready-made mix, such as mortar or sand mix, and water. Stir in enough water to create a consistency that is similar to a mud pie. Concrete colourants are available at Bunnings and suppliers of concrete and paving products. Talk to the supplier professionals first about what you want to achieve to get specific direction.
4. To make sure the pavers easily release from the mold, spray your mold with non-stick cooking spray
5. Pour the concrete mixture into the mold. Start by pouring in the middle and move the mold around for even distribution. Make sure there are no bubbles
6. Remove any excess water with a paper towel or rag
7. **Place decorations on the top. This is an opportunity to showcase your personality so be as creative as you like. Some suggestions: sea glass, nice shaped stones, small tiles and pieces of tiles, glass gemstones marbles, hand prints, initials**
8. Remove the paver from the mold after it has dried for 48 hours. You should be able to turn it over and tap it out.
9. Moisten and cover the paver. Allow it to set for an additional two weeks

Left: A beautiful spiral of little stones has a very lovely effect with this coloured concrete





Above: Multiple examples of using tiles and pieces of glass are bright and colourful

Left: Simple shapes pushed into the concrete, make a simple and effective design.

Below: You can purchase glass fake gems and crystal decorations to create a very pretty design that will really and shimmer in the light.



Health & Fitness

Nordic Walking - Give It A Go?

What is Nordic Walking?

Nordic Walking is a full body workout which is perfect for older people.

The exercise was originally a summer training regime for cross-country skiers, as you use specially designed walking poles which help to enhance your natural walking experience.

These poles are used in a way that harnesses the power of the upper body to propel you forward as you walk.

Before you undertake a new exercise program, make sure you talk to your doctor.



How will Nordic Walking benefit your body?

Nordic Walking combines the simplicity of walking with core and upper body conditioning similar to Nordic skiing. This gives you a full body workout, which means that you can:

- Burn around 20% more calories compared to walking without poles.
- Release tension in your neck and shoulders.
- Improve your posture and gait.
- Strengthen your back and abdominal muscles.
- Reduce the impact on your joints.

Is Nordic Walking for you?

If you can walk and you often do for gentle exercise, you can Nordic Walk!

It really is for everyone. The poles mean that effort is shared between the upper and lower body so it actually feels easier than normal walking, particularly uphill.

Nordic Walking puts less strain on joints than other activities and can be very

effective for people with mobility issues or those recovering from illness or injury.

It's also great exercise for toning problem areas such as the upper arms and abdominal muscles.

It's an ideal activity if you love being outdoors and going for a walk rather than using a gym.

It is helpful if you have had an injury as the poles can support and guide you while you work to improve fitness as part of your rehabilitation.

It provides community groups with a sociable way to keep fit. So why not gather up the pals and start a Nordic Walking group?

And it's fantastic if you'd like to shed a few pounds.

Whatever your age, from 8 to 80+, you'll enjoy discovering the benefits of Nordic Walking that improve your quality of life.

<https://britishnordicwalking.org.uk/pages/about-nordic-walking>



Mentally Engaging Fun

GAMING is a way to stimulate and engage

Playing games provides great entertainment and can also be a way of socialising with friends and fellow gamers.

It's not just the social and fun aspect either. Playing video and digital games gives the brain a healthy challenge, much more than you would think. And it's fun, perfect for you and your best mate, why not try it, add some high tech fun to your day!



THE RISE OF THE SILVER GAMER?

One of the most interesting stories to have hit the news in recent years is the rise of the silver gamer. Yes, that's right, more people over the age of 55 are playing video games now than ever before.

A 2019 survey showed that as many as 42% of Brits aged 55-64 played video games regularly. What's more, more than 1 in 4 people over 65 said they had played a video game in the last five years. It's not just games consoles either. Everyone is getting more accustomed to tablets and online versions of classics such as Scrabble.

Another study suggested computer games can help prevent memory loss. Hand-eye co-ordination and reactions times can also be improved by playing computer games – attributes that may begin to weaken as people get older.

Top games for older players include:

Lexulous (Facebook Game) – This is an online word game based on the traditional board game, Scrabble. You can play against the computer or against other players from around the world.

Bejewelled – In this puzzle game, players are required to form a horizontal or vertical chain of three or more gems of the same colour. You do this by swapping gems around the screen.

Wii Sports – This game is available on the Nintendo Wii. Players play the game like they would the sport in real life. Sports include; Tennis, Boxing and Bowling.

Brain Training – These games are designed to challenge the mind and to get older people thinking. Players will answer questions and solve difficult equations and puzzles.

Age of Empires – This series is one of the biggest strategy game franchises in the world. Games focus on historical periods such as the Stone Age and Iron Age.

Super Mario – One of the most well-known and successful platform games. This game will provide hours of entertainment and plenty of puzzle-solving.

Sudoku – This well-known numbers game which often you'll find in puzzle books and the back of newspapers has now got its own app. Great for keeping the mind sharp!

<https://www.lifeline24.co.uk/elderly-gaming/>

Garden Competition

Keilor, Taylors Hill and Burnside Villages

Entries closed 29/7/20

But due to lock down, we postponed the judging, so if you would still like to enter, see your Village Manager and grab an entry form.

This competition was launched for winter, but virtually immediately after we announced the initiative, we were faced with lock down restrictions. As it happens it wasn't really the best time to be photographing the gardens, particularly those with lots of roses that had been heavily pruned.

The good news is that the extra time over Spring has been an opportunity to bring out the best in the garden and timing couldn't be better. Roses are blooming,

green fresh growth is sprouting and those flower pots will be full of colour.

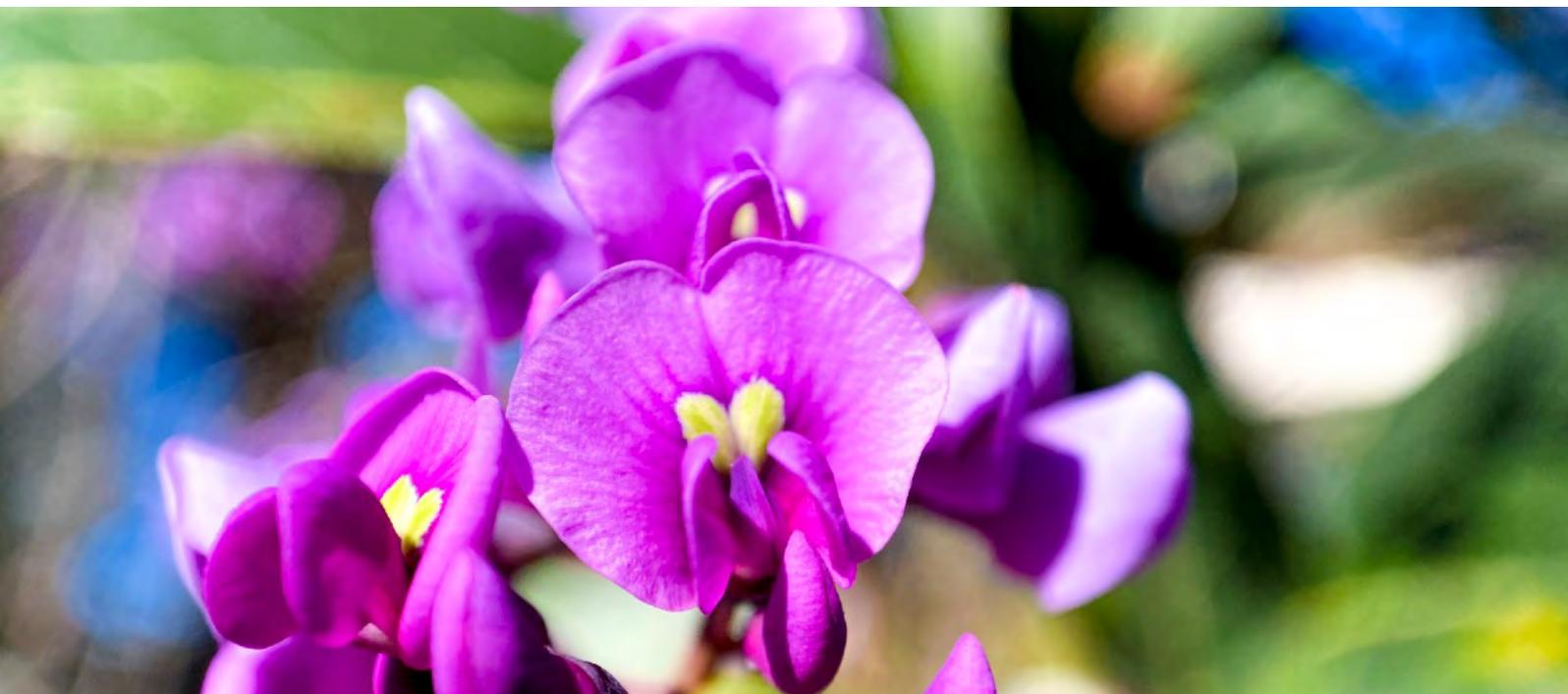
Judging was postponed until we were able to access the village and visit with each of the entrants to view their garden.

The residents with the 5 best courtyards will receive a \$200 shopping voucher, with their space photographed professionally and featured in our Visual Display Tool.

JUDGING & PHOTOGRAPHY - LATE OCTOBER TO MID NOVEMBER

Estimated timing for the judging will be late October to mid November, so you still have plenty of time to work on your space.

Right: Original copy of the flyer



CENTENNIAL LIVING
COURTYARD GARDEN COMPETITION

\$200 PRIZE
for 5 great garden/courtyards

5 lucky Winners' Garden/Courtyards will be professionally photographed and featured in 'COURTYARD INSPIRATIONS'

A visual display tool to help inspire incoming residents with your great ideas!

DO YOU HAVE A GREAT COURTYARD?

A herb garden? An ornamental native garden?

A fantastic low maintenance design?

A sunny space filled with colour that you love?

CHECK YOUR MAILBOX
FOR THE ENTRY FORM

.... complete the form and drop it into the office
(T&C's apply) Call 1300 098 000 for more information



Aussie Made Face Masks **FOR CHARITABLE GOOD CAUSES**

Melbourne not-for-profits are selling face masks that give back to the community!

Here are some organisations making them and where to purchase:

SisterWorks

Based in Melbourne, SisterWorks is a not-for-profit social enterprise which supports women from refugee, asylum seeker and migrant backgrounds through empowerment, providing opportunities and helping them to become financially independent. By buying from SisterWorks, 50 per cent of the profits from each mask goes directly to the refugee and migrant women who made it. There are a range of patterns and plain colours available, with new stock added daily to keep up with the demand. <https://sisterworks.org.au/product-category/reusable-face-masks/>

Second Stitch

Coburg-based not-for-profit Second Stitch is a social enterprise which employs refugees and asylum seekers. They specialise in alterations and handmade products, as well as hosting workshops and training to provide opportunities for skill development, though amidst the pandemic they've also turned to making and selling face masks. Made from 100 per cent tightly woven yet breathable cotton, these handmade masks also include a cotton lining for you to add an additional filter if you so choose. By buying from Second Stitch you will be helping to create employment opportunities for some of Melbourne's most disadvantaged community members. <https://www.secondstitch.org.au/shop?Collection=Face%20Masks>

Alperstein Designs

Using off-cut fabrics featuring stunning Aboriginal artworks, Alperstein Designs' range of face masks are vibrant, adjustable for a snug fit and feature a pocket for single-use filters to add an extra layer of protection. Royalties from all masks sold directly benefit the artists and their communities, too.

<https://www.alpersteindesigns.com.au/products/100-cotton-face-masks>



HANDMADE BODY CARE ,
REUSABLE FACE MASKS

**Activewear Sport
Mask - Silver**

Ideal for athletic activities:
running, cycling and
working out. Super light
and breathable, perfect
for warm weather.

\$16.00



HANDMADE BODY CARE ,
REUSABLE FACE MASKS

**DHHS Compliant
Reusable Cloth
Face Mask**

Reusable cloth face
mask that satisfies the
requirements issued by
the Department of
Human Services
(DHHS). 3 layers: 1
external layer of water-
resistant fabric, 1 middle
layer of poly-cotton and
1 internal 100% cotton
layer.

\$18.00



**2 Layer Reusable Face Mask -
Blue Floral**

AU\$18.00



**Face Mask Strap and Pouch
Combo**

AU\$15.00



Coming Up Next Edition

December/January



- **Better photography with your smartphone or tablet** - smart and easy lessons from a professional photographer. Tech tips, composition, lighting and more. Tools to help you grab some great photos of grandchildren, family and friends over Christmas and the school holiday Summer days.
- **Garden Competition Winners** and photos of their courtyard space featured for our visual display tool, plus we'll chat to the winners and find out what

their secrets are to creating their perfect private outside space.

- **Great Christmas Recipes.** What do you create at Christmas time, send us your best recipes for publishing! This is a time for cooking and eating together, so we want to share plenty of inspiration to get you fired up in the kitchen or at the BBQ. So let's hear from the guys too!

To share your ideas, recipes and stories, contact Kate Deagan via email on katedeagan@centennialliving.com.au or call 0491 700 537.