



NEW VITALITY
STEP INTO VITALITY WITH
THE 55 PLUS ACTIVITY CENTRE
(613) 354-6668 EXT. 111



Ministry of Tourism, Culture and Sport

What's Happening in September!

Move to the The Westdale Complex

Many of you have been anxiously awaiting news of our move to the new site, The Westdale Complex, located at 12 Richmond Park Drive, and unfortunately, we have not yet relocated though we are expecting to move in October. For those that participate in Fitness Programs, these will remain at our current location until further notice.

Programs Schedule

Please review carefully the attached Programs Schedule for September as we have made significant changes to times and programs. While most programs will resume in September, others will not begin until October. Our website www.lasos.ca will also provide an up-to-date schedule of all programs for your reference.

Zumba Gold

We are very pleased to welcome Tricia Cammart back to lead our Zumba Gold on Mondays @ 11:30 beginning Sept 14th. We need at least 10 participants for this program to be successful. So come on out and have fun with dance!

Male Members

Are you interested in attending a male only fitness class? Are you completing cardiac rehab and wish to continue exercising in a safe environment? We are currently looking into adding this programming to our schedule for late September or October based upon demand. If so, please reply to Kim@lasos.ca indicating your interest.

55 Plus Program Schedule

Monday		
Fitness		
Strength and Cardio	8:30	Aug 31
Boot Camp	9:30	Aug 31
Nordic Pole Walking	9:30 –11:00	Aug 31
Beginner Strength	10:30	Aug 31
Zumba Gold	11:30—12:15	Sept 14
Arts/Crafts/Social/Education		
Euchre	1-3	Sept 14
Board Games/Cards	1-3	Sept 21

Tuesday		
Fitness		
Step and Pump	8:30	Sept 1
Yoga	10:30 -12	Sept 1
Beginner Strength	12:30	Sept 1
Line Dancing	2 -3:30	Sept 22
Arts/Crafts/Social/Education		
Card Making	9-10:30	Sept 22
Intermediate Painting	1 –3:30	Sept 15
Knitting	1 - 3	Sept 8

Wednesday		
Fitness		
Strength and Cardio	8:30	Sept 2
Mindful Movement	10:30	Sept 2
Chair Yoga	11:30	Sept 2
Arts/Crafts/Social/Education		
Family History	9 –11	Sept 9
Drop in Painting	1-3:30	Sept 9
Off Site/Trinity United Church		
Tai Chi Beginner	9:30	Sept 9
Tai Chi Intermediate	10:30	Sept 9

Thursday		
Fitness		
Step and Pump	8:30	Sept 3
Nordic Pole Walking	9:30-11:00	Sept 3
Yoga	10:30 –12	Sept 3
Arts/Crafts/Social/Education		

Friday		
Fitness		
Boot Camp	9:00	Sept 4
Classical Strength	10:00	Sept 4
Beginner Strength	11:00	Sept 4

Monday, Sept 7 is Labour Day—Centre will be closed!

Please note the change in class start times.

New! Additional Beginner Strength class on Fridays @11am

Boot Camp Mondays and Fridays

Beginner & Refresher Bridge will resume in October

Tone & Sculpt will resume in October

Creative Writing will resume in October

Beginner Painting with Acrylics will resume in October

Create and Share Wild Meals

Barbara Roch is very interested in our natural surroundings and the sustainability of our environment. To introduce others, Barbara is offering nature tours in order to forage for what is edible; weeds, flowers and mushrooms, and then create a meal to share.

Partial proceeds will be donated to the 55Plus Activity Centre.

Phone 613-354-7503 to book an appointment.

Computer Assistance

We have volunteers that are happy to assist you with your computer problems. Please contact the Centre , 613-354-6668 ext 110 to request help. Computers, e-readers and tablets.

Card Making with Juanita

Juanita is once again offering a 4 week innovative and creative card making class. Pre-registration is required.

Cost is \$24 with all materials provided

Tuesdays 9-10:30am

Sept 22, 29, Nov 3, 10

Lost and Found

There are several items in our lost and found to be claimed; included are several water bottles, stainless coffee mugs, running shoes, hats, single black glove and a black mitten. There is also a change of clothes and a Sucrets container with hearing aids in a separate bag. If any of these items are your belongings, please claim them or they will be disposed of in the garbage.

Zucchini Tots

Ingredients:

- cooking spray
- 1 packed cup grated zucchini
- 1 large egg
- 1/4 medium onion, minced
- 1/4 cup grated reduced fat sharp cheddar cheese
- 1/4 cup seasoned breadcrumbs
- 1/4 tsp kosher salt and pepper to taste



Directions:

Preheat oven to 400°F. **Spray** a baking sheet with cooking spray.

Grate the zucchini into a clean dish towel until you have 1 packed cup. **Wring** all of the excess water out of the zucchini, there will be a lot of water. In a medium bowl, **combine** all of the ingredients and **season** with salt and pepper to taste. Spoon 1 tablespoon of mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16 to 18 minutes, turning halfway through cooking until golden



www.lasos.ca

Don't forget to check us out on Facebook— L&A Seniors Outreach Services, for healthy living tips, news, announcements and a little humour as well. Our new website has all of our program schedules and descriptions of classes as well as a new event calendar for quick reference.

The information presented and opinions expressed herein are for public interest and information only. Choosing to implement any of the suggestions is at the sole discretion and responsibility of the reader.



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