

# SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

## NEW VITALITY

(613) 354-6668 EXT. 110

# *July* *What's Happening* *August* *in July & August!*

### Summer Schedule

We are very pleased to welcome back Angela Kimmett to our Cardio & Strength exercise class. Please note that there have been changes to the schedule for this activity. It is now offered on Mondays and Thursdays at 8am. A great way to get your day started and guaranteed to make you SMILE!

As many of our volunteers like to enjoy the summer months, there are a number of activities on hold until September. Please check the schedule to ensure that you are not disappointed.

Beginner Strength is only being offered on Monday and Tuesdays during July but should be available again on Fridays in August.

Keep in mind that Monday, August 1st is the Civic Holiday and the centre will be closed.

### Memberships

Just a friendly reminder that it is important that membership are renewed on a timely basis to ensure our ongoing programming. Reminders are provided through phone calls or emails. We accept cash, cheque, debit or credit. A 1 year single membership is only \$35.

# **L&A Seniors Outreach Services Summer 2016 Social Dinners**

**Thursday — 12 noon to 1:30 pm**



**“Where old and new friends enjoy a hot nutritious lunch,  
great conversation and lively musical entertainment”**

## **July 28th**

South Fred Hall  
2478 County Road 8  
Reserve by July 25th  
Cost: \$10 per person

## **August 11th**

Christmas in August Diner  
Napane Lions Hall  
57 County Road 8  
Reserve by August 4th  
Cost: \$15 per person



**Christmas in August features a  
Hot Turkey Dinner  
Santa and Mrs. Clause  
Great Door Prizes!**

**Limited Seating .... Reserve early to avoid disappointment  
Call SOS at 613-354-6668, ext. 0**

Transportation provided upon request • Wheelchair Accessible

# 55 Plus Activities Schedule July & August 2016

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	8:30 - 10:00
Pilates	On Hold
Beginner Strength	10:30
Zumba Gold	On Hold
Arts/Crafts/Social/Education	
Quilting	On Hold
Euchre	1-3

Tuesday	
Fitness	
Step and Pump	9:00
Yoga (KL Fitness)	10:00
Beginner Strength	12:30
Line Dancing (KL Fitness)	On Hold
Arts/Crafts/Social/Education	
Intermediate Painting	On Hold
Knitting	On Hold

Wednesday	
Fitness	
Strength and Cardio	Moved to Thurs
Chair Yoga	10:30
Arts/Crafts/Social/Education	
Family History	9-11
Drop in Painting	1-3:30

Thursday	
Fitness	
Strength & Cardio	8:00
Nordic Pole Walking	8:30-9:30
Dynamic Stretch	9:30
Yoga	10:30-12
Men's Fitness (Zeal)	11:10-11:50
Arts/Crafts/Social/Education	
Social Bridge	1-4

Friday	
Fitness	
Strength Training	9:00
Beginner Strength	11:00**

On Hold in July, back in August

**Family History will be July 13 & 27 and August 10 & 24**

**Strength and Cardio will be Mon & Thurs at 8am with Angela**

**Bridge is social only for the summer.**

**Men's Fitness is held at Zeal Health & Fitness Studio, 23 Dundas St., East**

**KL Fitness Club is located at 140 Industrial Blvd**

## Pineapple Cake

### Ingredients:

1 19 oz. can crushed pineapple with juice  
2 eggs  
1 tsp Vanilla

### Add:

2 cups flour (or President's Choice gluten free flour)  
2 cups sugar  
2 tsp baking soda  
1 cup chopped pecans



Stir all together. Pour into buttered 9X13 pan and bake 30-35 minutes at 325 degrees F until toothpick comes out fairly clean.

### FROSTING

8 oz. cream cheese  
1/3 cup butter  
1 tsp vanilla  
1 1/2 cups icing sugar

Mix together and frost cake when cool. ENJOY!



FITNESS CLUB

140 Industrial Blvd  
613-484-6652



[www.lasos.ca](http://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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