

# SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

## NEW VITALITY

(613) 354-6668 EXT. 110

# *What's Happening in*



### **Registration for 55Plus Activities**

We are now accepting registrations at our Reception desk for our next 8 week session of 55Plus activities running from January 2nd thru Feb 24th. The new registration sheet is included with this newsletter.

### **Christmas Fundraiser**

Once again, Sharon Neva, our local Avon representative, has a table of for sale items suitable for stocking stuffers available at SOS. A portion of the funds raised will be donated to us. The knitting group has been very busy as well and there are some beautiful handmade items for sale with all proceeds being donated to 55Plus. There is also a selection of nearly new hard cover books available for sale; these are recent editions by popular authors which would make great gifts.

### **Footwear**

Please remember to bring indoor shoes to change into as outdoor footwear is not welcome. We need to be wary of wet footwear that can cause slippery floors and are a potential for falls.

### **Memberships**

Just a friendly reminder that it is important that memberships 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.

# 55 Plus Activities Schedule December 2016

Monday	
Fitness	
Strength and Cardio	8:00
Core & Stability	9:00
Nordic Pole Walking	9:00
Beginner Strength	10:00
Zumba (KL Fitness)	11:15
Arts/Crafts/Social/Education	
Quilting	9:30-12:30
Euchre	1-3

Tuesday	
Fitness	
Step and Pump	9:00
Yoga (KL Fitness)	10:00
Tone & Sculpt	11:00
Beginner Strength	12:30
Line Dancing (KL Fitness)	2-3:30
Arts/Crafts/Social/Education	
Wood Carving	9:30-11:30
Painting	1-3:30
Knitting	1-3

Wednesday	
Fitness	
Strength and Cardio	8:00
Stay Fit for Golf	9:00
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-11
Wood Carving	1-3:30
OffSite	Trinity United
Tai Chi Beginner	9:30
Tai Chi Intermediate	10:30

Thursday	
Fitness	
Strength & Stretch	9:00
Yoga	10:00-11:30
Men's Fitness (Zeal)	11:10-11:50
Zumba (KL Fitness)	11:15
Arts/Crafts/Social/Education	
Bridge Refresher	1-4
Bridge Advanced Dec 1 & 15	1-4

Friday	
Fitness	
Strength & Cardio	8:00
Muscle Mix	9:00
Beginner Strength	10:00
Tone & Sculpt	11:00

**Zeal Health & Fitness Studio, 23 Dundas St., East**  
**KL Fitness Club is located at 140 Industrial Blvd**



# Members' Activity Registration Form

## Seniors Outreach Services

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Phone# \_\_\_\_\_

Membership Status:    Current    Due for Renewal  
(check listing to ensure status; complete Membership renewal form if required)

### Fitness Classes — Session Jan 2 thru Feb 24th

Strength & Cardio	Mon (7)	Wed (8)	Fri (8)	# _____
Stay in Shape for Golf		Wed (8)		# _____
Beginner Strength	Mon (7)	Tue (8)	Fri (8)	# _____
Zumba Gold	Mon (6)	Thu (8)		# _____
Step & Pump	Tue (8)			# _____
Tone & Sculpt	Tue (8)	Fri (8)		# _____
Yoga	Tue (8)	Thu (8)		# _____
Line Dancing	Tue (8)			# _____
Chair Yoga	Wed (8)			# _____
Tai Chi	Wed (8)			# _____
Strength & Stretch	Thu (8)			# _____
Men's Fitness	Thu (8)			# _____
Muscle Madness	Fri (8)			# _____

Total # classes \_\_\_\_\_

Wood Carving            Tue am                            (8) \$30

Drawing                    Thu am                            (8) \$30

#classes \_\_\_\_\_ x (<10 classes x \$3) \$2.75

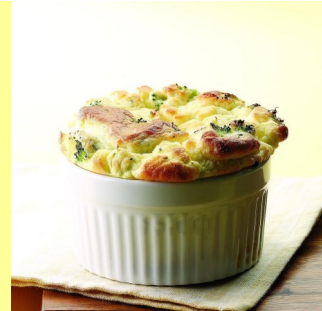
Paid by    Cash    Cheque    Debit/Credit    Activity Card

Receipt # \_\_\_\_\_ Receptionist \_\_\_\_\_

## Broccoli and Goat Cheese Souffle

### Ingredients:

1 teaspoon Dijon mustard	3 large eggs, separated
1/4 teaspoon dried rosemary	2 large egg whites
1/4 teaspoon salt	1/4 teaspoon cream of tartar
1/2 cup crumbled goat cheese	



### Directions:

- Preheat oven to 375°F. Coat four 10-ounce ramekins (or a 2- to 2 1/2-quart souffle dish) with cooking spray and place them on a baking sheet.
- Place broccoli in a medium, microwave-safe bowl. Cover and microwave until the broccoli is tender-crisp, 1 to 2 minutes. Set aside.
- Melt butter and oil in a large saucepan over medium-high heat. Whisk in flour and cook, whisking, for 1 minute. Adjust heat as needed to prevent the mixture from getting too dark; it should be the color of caramel. Add milk, mustard, rosemary and salt and cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and immediately whisk in goat cheese and 3 egg yolks until well combined. Transfer to a large bowl.
- Beat the 5 egg whites in a medium bowl with an electric mixer on high speed until soft peaks form. Add cream of tartar and continue beating until stiff peaks form. Using a rubber spatula, gently fold half of the whipped whites into the milk mixture. Gently fold in the remaining egg whites and the reserved broccoli just until no white streaks remain. Transfer to the prepared ramekins or souffle dish.

Bake until puffed, firm to the touch and an instant-read thermometer inserted into the center registers 160°F, about 20 minutes in ramekins or 30 minutes in a souffle dish. Serve immediately.



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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