

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in



Charity BBQ

Kawartha Credit Union, located at 445 Centre St., North, will be hosting a charity Barbeque in support of L&A Seniors Outreach on Friday, September 30th from 11am to 2pm.
Come out and join us!

Volunteers Needed

We are in need of volunteers to assist in selling tickets for our Annual Fall Raffle which is a major fundraiser for us. Please contact Ruth Graham at 613-354-6668 ext 104 if you are available for a 2 hour shift at local retail outlets.

Locations and dates:

Metro - Oct 7, Oct 28, Nov 11

Country Traditions – Oct 7, Nov 4, Nov 18

Schell's Market - Oct 21, Nov 11

Giant Tiger - Oct 28, Nov 18, Nov 25

No Frills - Nov 25

Strathcona Paper Centre - Nov 19

Foodland, Amherstview - Nov 4th

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.

Free Interactive Workshops

Penny Robertson, will be offering workshops to members that will aid them in dealing with problems that we all encounter in our daily lives. Penny has a master's degree in Counseling Psychology from McGill University with over 20 years of experience as a psychotherapist with both groups and individuals. Penny recently retired from L&A Mental Health Services in Napanee and decided to volunteer with SOS. Penny has provided educational sessions for us previously which were well attended and featured great discussions with the groups involved. While the sessions are designed to be interactive, Penny's philosophy is that while you are encouraged to participate, you are not required to speak, listeners are most welcome.

Getting a Better Night's Sleep, Tuesday, October 25, @2pm.

Please pre-register at Reception

Driver Refresher

Join us on October 4th @9am for another 55Alive Driver Workshop. This program is geared to mature drivers over the age of 55 who are in need of a refresher on the rules of the road and changes to the traffic laws. Tim Smith, our new mentor is a retired OPP officer. This is excellent preparation for those that will be undertaking the mandatory testing through MTO. Please register at Reception.

Cost is \$25 or \$30 with lunch

Tone & Sculpt Returns!

We are very pleased to offer our Tone and Sculpt program led by Bonnie McTaggart on Tuesdays and Fridays at 11am beginning October 4th and 7th. This class is designed to improve strength, flexibility, posture, coordination and will energize you utilizing exercises based upon pilates, yoga and strength training. Mat work is a component of this class.

The session will run for 5 weeks and must be prepaid.

Please register at Reception.

Introduction to Drawing

On Oct 5, renowned sculptor and architect, John Boxel will be sharing his drawing skills. This workshop will run on Wednesdays for 8 weeks, 9:30 - 11:30 and will focus on the basics of drawing. Please bring pencils and a sketchbook.

Cost is \$40 prepaid

Please register with Reception

55 Plus Activities Schedule October 2016

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
Core & Balance	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
Core & Balance	9:00
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-11
Intro to Drawing	9:30-11:30
Drop in Painting	1-3:30
OffSite	Trinity United
Tai Chi Beginner	9:30
Tai Chi Intermediate	10:30

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

**Lennox and Addington
Seniors Outreach Services**
opening doors to wellness & independence



**Tickets available
October 7th
L&A SOS Reception
12 Richmond Park Drive
Napanee**

**Draw: DECEMBER 8, 2016
at
SOS Christmas Diner**

Cost: \$2.00 each or 3 Tickets for \$5.00

**Proceeds will fund
Seniors Outreach Services Programs**

**Handmade Quilt (Queen) — \$850
by: SOS 55 Plus Quilting Group**

**\$1,300 CASH DRAWS \$\$
Continental Conveyor
Don Hart Construction
Edith Steele
Financial Solutions Napanee
GT Machining & Fabricating
Jacob Nathan Home Furnishings
L&A Financial Centre Inc
L&A Mutual Insurance Co.
Mutch's Auto Glass
Pringles Service Ltd
The Co-operators
Zeal Health & Fitness Studio**

**Apple iPad (32G) — \$500
by: Gordon & Karen Schermerhorn, Agoren**

**Bass Pro Shop—\$200 Gift Card
by: Bottom Line Accounting**

**N. Rockwell “Light Campaign” Plates—\$200
by: Viola and Ted Friel**

**Complete Car Care —\$155 Gift Card
by: Centre Street Auto Sales**

Touch of Wellness Aveda Spa—\$100 Gift Card

**Spring Clean-up Yard Services—\$125 Gift Card
by: Weese Landscaping**

Woolen Afghan, by Rose Clark— \$100

Royal Coachman Restaurant—\$100 Gift Card

Wood Carving, by Diane Irwin—\$75

divine Hair Studio & Wax Bar—\$50 Gift Basket

Mayhew's Jewellery—\$50 Gift Card

Wendalyn's Fashions —\$25 Gift Card

The Royal Bank is excited to be partnering with Seniors Outreach Services to provide advice to our community. Not an RBC client? That's okay as we provide general advice relevant for everyone. What's important to you? Please participate in our survey which is available here, electronically or a hard copy at SOS Reception. Please complete your survey so that we can build our calendar based upon your feedback. Indicate the areas in which you would be interested to hear more.

Tina Hinch
Branch Manager
Napanee & Odessa



- Estate Planning
- Buying / Selling your home
- Debt Consolidation
- Retirement Planning
- Investment Advice
- Starting your small business
- Building your small business
- Business succession planning
- Fraud
- Everyday Banking Advice
- Cash Flow Options

Let RBC help you reach your “Someday”

Pear & Gorgonzola Crostini

Ingredients:

- 1 baguette, cut into slices ¼" thick
- 3 ripe pears, sliced thin
- 2 T. butter, unsalted
- ½ c. crumbled Gorgonzola

Directions:

1. Preheat oven to 400°F. Line baguette slices on a baking sheet and toast for 10 minutes, or until bread is lightly golden brown.
2. Meanwhile, in a saute pan over medium-low heat melt the butter and add the pear slices. Stir the pears very gently with a wooden spoon for about 6-8 minutes, or until pears get softened but not too mushy. Remove from heat.
3. Place a pear slice on each toasted baguette slice and sprinkle with a generous pinch of Gorgonzola. Repeat until all toasts are covered. Return to the oven for 2-3 minutes, or until the cheese is slightly melted and a little brown on top. Serve.

Recipe Serving ideas

Sometimes I drizzle a touch of honey over the pear and cheese. It provides a nice sweet contrast to the tangy cheese. These can be made an hour or two ahead of time before you want to eat.



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The information presented and opinions expressed herein are for public interest and



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