

# SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

## NEW VITALITY

(613) 354-6668 EXT. 110

# *What's Happening in* **NOVEMBER**



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

We are now accepting registrations for our next 55Plus activities session (Nov & Dec) at our Reception. The new registration sheet is included with this newsletter and highlights the number of weeks for each fitness class; these vary due to instructor's availability. There are some changes to the schedule so please be aware. The Wednesday afternoon Painting Drop-in will be on hold until after the Christmas break and Wood Carving will be taking this time slot for 6 weeks. Wood Carving will be held on Tuesday morning or Wednesday afternoon. On Wednesday mornings at 9am a new fitness class, Staying Fit for Golf will be offered and we are still working to find a replacement for Katy for the Core & Stability class.

### **Footwear**

The weather is changing and as we move into the cooler temperatures with snow and rain we would ask that you please do not wear your outside shoes in the fitness activity room.

Be sure to bring clean footwear to fitness classes so that we can keep the floor clean. Some classes are in socks or bare feet and they would appreciate a clean and dry floor.

### **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.

### **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. 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.

**Dealing with Difficult People, Nov 29th @2pm.**

Please pre-register at Reception

### **New Fitness Activity!**

#### **Stay Fit for Golf**

For all those avid golfers that have had to put away their clubs as the season ends we are offering a fitness class that will maintain, or perhaps improve, your stamina, flexibility, and core strength. By participating in this class, you will be better able to pick up your clubs and enjoy your golf game without all of the initial aches and pains. Higher fitness levels also reduce recovery time, thereby letting golfers enjoy more frequent rounds of golf. The repetitive nature of the golf swing predisposes golfers to injury and a conditioning program can alleviate this problem. This 6 week session is open to both men and women and it is not necessary that you play golf.

Wednesdays at 9am starting Nov 9th – Dec 14

### **Social Diners**

We will now be hosting a Social Diners' luncheon in Moscow beginning November 24th at Moscow Friends Meeting House, 20 Huffman Street.

Cost \$10, reserve by Nov 21st.

### **Fall Raffle Tickets**

We are still looking for volunteers to help in the selling of our annual Fall raffle tickets. Great prizes are available and the tickets are very reasonably priced; 3 tickets for \$5 or \$2 for one.

Please buy tickets to support our programming at Seniors Outreach Services

# 55 Plus Activities Schedule November 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
<b>Stay Fit for Golf</b>	<b>9:00</b>
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-11
Intro to Drawing	9:30-11:30
<b>Wood Carving</b>	<b>1-3:30</b>
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	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**



# Members' Activity Registration Form

## *Seniors Outreach Services*

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

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

### **Fitness Classes**

Strength & Cardio	Mon	Wed	Fri (7 weeks)	# _____
Stay in Shape for Golf		Wed	(6 weeks)	# _____
Beginner Strength	Mon	Tue	Fri (6 weeks)	# _____
Zumba Gold	Mon (6 weeks)	Thu	(7 weeks)	# _____
Step & Pump	Tue		(6 weeks)	# _____
Tone & Sculpt	Tue	Fri	(7 weeks)	# _____
Yoga	Tue (6 weeks)	Thu	(7 weeks)	# _____
Line Dancing	Tue		(7 weeks)	# _____
Chair Yoga	Wed		(7 weeks)	# _____
Tai Chi	Wed		(7 weeks)	# _____
Strength & Stretch	Thu		(6 weeks)	# _____
Men's Fitness	Thu		(5 weeks)	# _____
Muscle Madness	Fri		(6 weeks)	# _____

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

Wood Carving      Tues am      Wed pm      \$30

## Spicy Roasted Squash with Feta and Herbs

### Ingredients:

1 large acorn squash, seeded and cut into slices  
3 tablespoons coconut oil, melted  
3 tablespoons brown sugar  
1 teaspoons chili garlic paste  
1/4 teaspoon salt  
1/4 teaspoon pepper  
4 ounces feta cheese, crumbled  
1 tablespoon freshly chopped basil  
1 tablespoon freshly chopped cilantro  
1 tablespoon freshly chopped oregano

### Directions:

Preheat the oven to 375 degrees F. In a small bowl, whisk together the coconut oil, brown sugar and chili garlic paste.

Place the sliced squash in a baking dish and pour the mixture over top. Season with salt and pepper then toss well to coat. Roast for 20 minutes, then toss a bit and roast for 20 minutes more. Remove the squash from the oven and immediately cover with the crumbled feta and herbs. Scoop out any extra sauce from the baking dish and place it on top. Serve!



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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