

# SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

## NEW VITALITY

(613) 354-6668 EXT. 110

# *What's Happening in* *January*

### **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.

### **Beginner Bridge**

Cathy Seymour is anxious to teach a new group about the wonderful card game of Bridge starting Wednesday mornings in February for 8 weeks. We need a minimum of 8 participants, Please contact Kimberley to register. Cost will be \$40 and the price of the book.

We currently have a Refresher Bridge Group and an Advanced Bridge Group that meet on Thursday afternoons for those that are not new to the game.

### **Drawing**

Another session of drawing with John Boxtel will begin January 5th at 9:30 to 11:30. Session will be for 8 weeks and must be prepaid.

Cost: \$40

### **Wood Carving**

Diane will only be offering one wood carving class on Tuesday mornings starting in January. Please ensure that you register early as we have a limited enrollment. Session will be 8 weeks and the cost is \$40 and must be prepaid.

# 55 Plus Activities Schedule January 2017

Monday	
Fitness	
Strength and Cardio	8:00
Core & Stability	9:30
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
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	
Drawing	9:30-11:30
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)	# _____
Core and Balance	Mon (3) (2 make-ups)			# _____
Stay in Shape for Golf		Wed (8)		# _____
Beginner Strength	Mon (7)	Tue (8)	Fri (8)	# _____
Zumba Gold	Mon (5) (2 make-ups)		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 \_\_\_\_\_

## Sweet Potato Chilli

### Ingredients:

1 tablespoon plus 2 teaspoons extra-virgin olive oil  
1 medium-large sweet potato, peeled and diced  
1 large onion, diced  
4 cloves garlic, minced  
2 tablespoons chili powder  
4 teaspoons ground cumin  
½ teaspoon ground chipotle chile

2½ cups water  
2 15-ounce cans black beans, rinsed  
1 14-ounce can diced tomatoes  
4 teaspoons lime juice  
½ cup chopped fresh cilantro



### Directions:

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.



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.



[www.247fitnesssolutions.ca/](http://www.247fitnesssolutions.ca/)

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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