

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in



Registration for 55Plus Activities

Our next 8 week session of 55Plus activities will run from Feb 27th thru April 14th. Please register at Reception before the start of the new session. Credit will be given for any cancelled classes from previous session.

Wood Carving

Diane will be returning to our Wood Carving group, on Tuesday, March 21st
@9:30 –11:30

This will be a 6 week session, March 21st - April 25th at a cost of \$30 followed by another 6 week session. You may register for both sessions.

Introduction to Acrylic Painting



We are very pleased to be able to offer an Introduction to Acrylics painting session again. Joanne Lauton will be the instructor for this 8 week session beginning Thursday, March 23rd at 9:30-11:30. The first painting that the group will attempt is the wolf shown here.

You will need your own brushes, canvas and paints to participate in this activity. A painting supply list is available from reception.

Cost \$40 payable in advance, please register with Reception.

Beginner Bridge

Cathy Seymour is anxious to teach a new group about the wonderful card game of Bridge starting Wednesday mornings March 1st, 10-12 for 8 weeks.

Cost will be \$40 and the price of the book.

We need a minimum of 8 participants, Please contact Kimberley to register.

We currently have a Refresher Bridge Group and an Advanced Bridge Group that meet on Thursday afternoons for those that are interested in more advanced lessons.

Book Sale

We have been fortunate to receive many donations of hard cover books in excellent condition but unfortunately, we are running out of space.

All hard cover books will be on sale to the community for \$1 during the week of March 13th. Bring in a friend!

Euchre

For the entire month of March, Euchre will be free! Please bring a friend and introduce them to SOS and the group. No membership required for the month of March and no charge to play. Monday afternoons 1pm to 3pm.

Fitness Update

The new Yoga Flow class offered by Tricia Cammarrt was well attended during the free sessions so we will be accepting registrations for this class and hoping that those of you that participated will continue.

Class will be held at KL Fitness, Mondays @10am

Cost \$24

Driver Refresher

We are planning a Driver Refresher Workshop for Monday, April 3rd. In order to avoid disappointment, as class size is limited, please register at Reception.

We will contact you with confirmation and details for the workshop.

Cost: \$30 includes lunch and materials

55 Plus Activities Schedule March 2017

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
YogaFlow (KL Fitness)	10:00
Beginner Strength	10:00
Zumba (KL Fitness)	11:00
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 Yoga	9:00
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-11
Off Site Trinity United Church	
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)	11:00
Arts/Crafts/Social/Education	
Introduction to Acrylics	9:30-11:30
Bridge Refresher	1-4
Bridge Advanced (Mar 9 & 23)	1-4

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

Wood Carving begins March 21st
Introduction to Acrylics begins March 23rd

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

Colcannon



Ingredients:

2 1/2 pounds potatoes, peeled and cubed
4 slices bacon
1/2 small head cabbage, chopped
1 large onion, chopped
1/2 cup milk
salt and pepper to taste
1/4 cup butter, melted



Prep 20 m Cook 20 m Ready In 40 m

Directions:

Place potatoes in a saucepan with enough water to cover. Bring to a boil, and cook for 15 to 20 minutes, until tender.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside. In the reserved drippings, saute the cabbage and onion until soft and translucent. Putting a lid on the pan helps the vegetables cook faster.

Drain the cooked potatoes, mash with milk and season with salt and pepper. Fold in the bacon, cabbage, and onions, then transfer the mixture to a large serving bowl. Make a well in the center, and pour in the melted butter. Serve immediately.



FITNESS CLUB

140 Industrial Blvd
613-484-6652



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/

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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