

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in



Fitness Sessions

A new session for our fitness offerings has begun this week, so if you are planning on attending classes, please ensure that you come into reception and register. Most classes are 8 weeks ending mid-June, except Line Dancing which ends May 30th.

Wood Carving

Our next 6 week session of wood carving with Diane will begin on **May 9th** not May 2nd as earlier advertised. Join us on Tuesday mornings at 9:30 to explore your creativity in wood. Tools are not required.

Cost:\$30

Annual Home and Garden Tour

We have eight amazing properties in Napanee, Yarker, and Lonsdale to share with you on our June 3rd self guided tour.

Passports will be available beginning May 1st from L&A Seniors Outreach Services reception or Gray's IDA Drugstore, 18 Dundas St., West. The price of the passports will be \$25.

Reflexology

Wendy Lavigueur is now offering reflexology appointments on-site at SOS on Mondays. Appointments are filling quickly so don't delay, if you wish to try this alternative health & wellness therapy.

Cost is \$25 for members of SOS and \$40 for non-members.

55 Plus Activities Schedule May 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	9:15
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	12:30- 3
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	9-12
Drop in Painting	12:30 - 3
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
Social Bridge	1-4
Bridge Advanced	1-4

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

Refresher Bridge is on hold but Social Bridge will be available for those that wish to play. Advanced Bridge with Alice will be May 4th & 18th.

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

YIMBY: Yes, In My Backyard.

Learn about the delicious, nutritious, non-labor intensive and free wild edibles in your yard: weeds, perennials, flowers, and little known edible parts of vegetables.

Barbara Roch is a generational forager, having learned from her mother, aunts, cousins, who learned from theirs. She followed her nature artist grandfather around and is now joyfully passing along the passion to her own children and grandkids. Cooking with wild greens and mushrooms, especially following a tour, is a tasty and communal way to benefit from a foraging experience. Barbara also teaches in the area, and gives landholder tours. One series presentation features 'Forest Foraging', another is in the works for 'Fields, Hedges and Streams'.

Join us on May 17th at 1:30pm as Barbara leads you through her garden presentation and shares recipes and tips so that you might be enticed to become a “back yard” forager.

Please register at Reception if interested in attending. This workshop is free to members.

New Board Members Wanted!

Are you interested in volunteering with Seniors Outreach Services? We are looking for new people to join our Board of Directors and serve a 2 year term. Board meetings are held on the first Wednesday of each month at 4:30pm and are open to the public.

An application can be obtained from either the May 3rd meeting, or online at www.lasos.ca

A Board member must:

- be 18 years of age or over;
- A Member of Seniors Outreach Services
- Be present at the Board meeting when elected or appointed and agree to act as Director;

Board Members are elected at the Annual General Meeting being held on June 7th at 4pm. All members are invited to join us for this important meeting; light refreshments will be served.

Chicken with Sugar Snap Peas & Spring Herbs

Ingredients:

1 cup reduced-sodium chicken broth
1 teaspoon Dijon mustard
½ teaspoon salt
Freshly ground pepper to taste
2 teaspoons plus 1 tablespoon flour, divided
1 pound thin-sliced chicken breast cutlets
1 tablespoon extra-virgin olive oil
8 ounces sugar snap peas, cut in half (2 cups)
1 14-ounce can quartered artichoke hearts, rinsed
¼ cup sprouted beans, optional
3 tablespoons minced fresh herbs, such as chives, tarragon or dill



Directions:

Whisk broth, mustard, salt, pepper and 2 teaspoons flour in a small bowl until smooth. Sprinkle both sides of the chicken with the remaining 1 tablespoon flour. Heat oil in a large non-stick skillet over medium-high heat. Cook the chicken in two batches, adjusting heat as necessary to prevent burning, until golden, about 2 minutes per side. Transfer the chicken to a plate; tent with foil to keep warm.

Stir the broth mixture and add to the pan along with snap peas, artichoke hearts and sprouted beans. Bring to a simmer, stirring constantly. Reduce heat to maintain a gentle simmer and cook until the snap peas are tender-crisp, 3 to 5 minutes.

Return the chicken to the pan, nestling it into the vegetables, and simmer until heated through, 1 to 2 minutes. Remove from heat; stir in herbs and vinegar.

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.



FITNESS CLUB

140 Industrial Blvd
613-484-6652

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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