

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in September!

Annual General Meeting

Our AGM is scheduled to be held at our offices located at 12 Richmond Park Drive on Wednesday, September 6th at 4pm. The AGM will be followed by a Board Meeting during which our newly elected Board Members will be inaugurated. In order to participate in the AGM you must be a member in good standing of Seniors Outreach Services.

Memberships

Thank you for your continued support of Seniors Outreach Services 55Plus programs and activities by keeping your membership current. If you do not wish to continue your membership, please let us know so that we do not continue to contact you with reminders.

Registration for Fitness Activities

A new 8 week Fitness Session will begin September 5th until October 27th. Pre-registration and pre-payment is necessary to participate in our fitness activities. This is required to ensure that we are able to cover our costs and that our space is allocated as necessary. The Activity Card is no longer an option for exercise classes. Anyone having difficulty with this decision should contact Kimberley at 613-354-6668 ext 110 to discuss their situation. Another change of note is that your medical information will now be requested upon registration for a session. The new registration form is included in this document so you can complete it at home to save time.

55 Plus Activities Schedule September

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
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
Dynamic Stretch	10:00
Yoga (KL Fitness)	10:00
Beginner Strength	12:30
Line Dancing (KL Fitness)	2-3:30 (Sept 19)
Arts/Crafts/Social/Education	
Wood Carving	9:30-12:30 (Sept 12)
Drop in Painting	12:30- 3
Knitting	1-3

Wednesday	
Fitness	
Tai Chi Beginner (Trinity United)	9:30 (Sept 20)
Chair Yoga	10:00
Tai Chi Intermediate (Trinity United)	10:30 (Sept 20)
Arts/Crafts/Social/Education	
Family History	9-11:30
Drop in Painting	12:30 - 3

Thursday	
Fitness	
Strength & Cardio	8:00
Dynamic Stretch	9:00
Yoga	10:00–11:30
Zumba Gold	11:00
Men's Fitness (Zeal)	11:10-11:50
Arts/Crafts/Social/Education	
Bridge Refresher	1-4

Friday	
Fitness	
Muscle Mix	9:00
Beginner Strength	10:00

Activities are held at SOS, 12 Richmond Park Drive unless otherwise specified

Zeal Health & Fitness Studio, 23 Dundas St., East

KL Fitness Club is located at 140 Industrial Blvd

Trinity United Church is located at 25 Bridge St., East

Bridge

Refresher Bridge with Fran Koch will resume on September 7th at 1pm, so if you are familiar with this game of strategy but may be a little rusty, this is the group that will put you back in the game. The cost is \$5 each week.

Advanced Bridge will resume with Alice Koopmann on October 12th at 1pm. Alice will be available for advanced instruction on alternate Thursdays for a total of 6 classes. Cost is \$30 for the session ending December 21st.

Dynamic Stretch

This class is inspired by the *Essentrics/Classical Stretch* program developed by Miranda Esmonde White, following many of the exercises in her books, *Aging Backwards* and *Forever Painless*. She describes the exercises as a way to "Lasting Relief Through Gentle Movement." This is particularly true to alleviate hip, knee and back pain.

The exercises are very similar to those done in yoga, Tai Chi, ballet, and physiotherapy. They are all very gentle, and done slowly. Comfortable, somewhat loose fitting clothes should be worn and the exercises are done in bare feet or socked feet on a mat. We use chairs, therapy bands, and the "yoga Eggs" as props. During the class all of your muscles will be gently stretched, and strengthened. This program can be done by everyone regardless of age, fitness level, or ability. Please join us **Tuesdays at 10 and Thursdays at 9.**

Wood Carving

A new 6 week session of our Wood Carving workshop will commence on Tuesday, September 12th at 9:30-11:30. Diane Irwin returns with new ideas. Please bring a pair of work gloves and if you do not own tools, Diane can provide loaners for you to use.

Drawing Workshop

John Boxtel will be returning to lead our Drawing Workshop commencing Thursday, October 5th at 9:30-11:30. This is not an introductory group. Please bring a sketchbook and pencils but **no** eraser and explore your talent.

Joan van de Bogart

We would like to thank Joan for leading the Line Dancing group throughout the summer months. Her patience with location changes and teaching new steps to the group are much appreciated.



Members' Activity Registration Form

Sept 5th through Oct 27th

Name: _____ Date: _____ Phone# _____

Membership Status: Current Due for Renewal New

Fitness Classes

Strength & Cardio	Mon (4) Thu (4) (Sept)	# _____
	Mon (3) Wed (4) Fri (4)(Oct)	# _____
Beginner Strength	Mon (6) Tue (8) Fri (8)	# _____
Zumba Gold	Mon (6) Thu (8)	# _____
Step & Pump	Tue (8)	# _____
Yoga	Tue (8) Thu (8)	# _____
Tone & Sculpt	Tue (4) Fri (4) (Oct)	# _____
Line Dancing	Tue (6) (Sept 19)	# _____
Tai Chi	Wed (6) (Sept 20)	# _____
Strength & Core	Wed (4) (Oct)	# _____
Chair Yoga	Wed (8)	# _____
Dynamic Stretch	Tues (8) Thu (8)	# _____
Men's Fitness	Thu (8)	# _____
Muscle Madness	Fri (8)	# _____

Total # classes _____

#classes _____ x 3.00 = _____

Wood Carving (Sept 12) \$30

Paid by Cash Cheque Debit/Credit Activity Card

Receipt # _____ Receptionist _____

CONSENT AND INFORMATION FORM

PLEASE PRINT

1st Emergency contact: _____ Telephone _____

Relationship: _____

2nd Emergency contact: _____ Telephone _____

Relationship: _____

Are you affected by any of the following medical / health problems?

Diabetes: Yes__ No__ Osteoporosis: Yes__ No__

Arthritis: Yes__ No__ Chest Pain: Yes__ No__

Heart condition: Yes__ No__ Dizziness Yes__ No__

High blood pressure: Yes__ No__ Joint Problems Yes__ No__

Asthma Yes__ No__ Medications Yes__ No__

Other: _____

If yes for Medication, for what? : _____

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness instructor and ask whether you should change your physical activity plan.

“If the exercise hurts please use your judgment and refrain from the exercise. In the case of an emergency 911 will be called and information from this form will be provided to emergency workers.”

Roasted Beet and Citrus Salad with Mustard Vinaigrette

Ingredients:

3 small red beets, peeled and sliced into 6 wedges each	2-3 tablespoons pistachios, coarsely chopped
3 small golden beets, peeled	Optional: 2-3 tablespoons micro-greens
4-5 cups mixed greens	1 tablespoon dijon or honey mustard
1 blood orange, peel removed and sliced into rounds	1 tablespoon apple cider vinegar
2 valencia oranges, peel removed and thinly sliced into rounds	¼ cup olive oil plus more for coating the beets
1 ruby red grapefruit, peel removed and thinly sliced into rounds	1 teaspoon salt
1 fennel bulb, shaved	½ teaspoon freshly ground black pepper



Directions:

Preheat the oven to 400°F.

Toss the beets in a couple of tablespoons of olive oil. Place the beets on a foil-lined baking sheet and roast for about 45 minutes, or until tender when pierced with a fork. Let cool.

Layer together the mixed greens, beets, orange and grapefruit slices, and shaved fennel.

Whisk together the mustard, vinegar, olive oil, salt, and pepper. Drizzle over the vegetables.

Sprinkle with pistachios and microgreens, and serve.

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.



F I T N E S S ~~CLUB~~ CLUB

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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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