

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in



October!



Free Education Session

Wednesday, Oct 25th

@1:30pm



Canadian Blood Services

it's in you to give

Here's something you may not know: Lennox & Addington Seniors Outreach Services has partnered up with Canadian Blood Services and Adopted a Clinic in Napanee on Friday Nov.10th. We are committed to saving lives through blood donations.

We've got it in us to work together and reach a donation pledge of 115 units of blood during our Clinic Adoption at the Strathcona Paper Centre in Napanee on Friday, Nov 10th.

Please join us for a free educational seminar provided by the Canadian Blood Services in support of our efforts to ensure a successful Blood Donor Clinic.

You'll find out how you can donate, learn the blood system and the need for donors in Napanee.

Not sure if you are eligible? Join us and find out; the rules have changed.

It's in You to Give

French Language Discussion Group

We are so pleased that Gloria Labrecque, former French language teacher and principal has joined our family at SOS. Gloria has offered to mentor a French language discussion group on Tuesday afternoons at 1pm.

This is intended for those with some language skills but are rusty due to disuse. S'il vous plaît rejoignez-nous.

55 Plus Activities Schedule October

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
Tone & Sculpt	11:00
Beginner Strength	12:30
Line Dancing (KL Fitness)	2-3:30
Arts/Crafts/Social/Education	
Drop in Painting	12:30- 3
Knitting	1-3

Wednesday	
Fitness	
Strength & Cardio	8:00
Strength & Core	9:00
Tai Chi Beginner (Trinity United)	9:30
Chair Yoga	10:00
Tai Chi Intermediate (Trinity United)	10:30
Men's Fitness	11:30
Arts/Crafts/Social/Education	
Family History	9 -11:30
Drop in Painting	12:30 - 3

Thursday	
Fitness	
Dynamic Stretch	9:00
Yoga	10:00–11:30
Zumba Gold	11:00
Arts/Crafts/Social/Education	
Bridge Refresher	1-4
Advanced Bridge	1-4

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

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

Surveys

It is very important that we obtain information about the quality of our programs and how they are impacting your lives, so we will be reaching out to survey each of our members. Some members that frequent our facility may be asked to complete a paper survey and return it to Reception or Kimberley but others that we see less often will be approached by phone. We hope that you will be patient and understand how important your feedback is to us as an organization. Some of the information will be utilized in funding proposals or for the Improvement of our offerings. If you participate in other services/programs offered by SOS, you may be asked to complete multiple surveys at different times throughout the year.

Schedule Changes & Additions

In October, we do have some schedule changes and additions to our activities schedule. Janet Hayley is returning on Wednesdays @9am for Strength and Core; this has been renamed from the Stay Fit for Golf but remains inherently the same with a focus on core strength as well as weights.

Bonnie McTaggart is also returning with Tone and Sculpt on Tuesdays and Fridays @11am. Bonnie's program focuses on balance, strength and flexibility. The Men's Fitness class held with Jeff Cammarrt at Zeal Health and Fitness Studio is moving from Thursdays to Wednesdays @11:30am. There is room for a few more, so don't wait, sign up now.

Advanced Bridge was schedule to begin on Oct 12th but has been delayed until Oct 26th when Alice will once again instruct those that are looking to bring their game to the next level. Pre-registration and pre-payment of \$25 is required to ensure that we have sufficient players to run this activity.

Knitting Group Sale

Get a head start on your shopping for winter necessities and beautifully crafted and knitted items. Our knitting group has produced a plethora of items from which to choose. Our sale table will be found in the main corridor with all proceeds going to 55Plus activities.

Reflexology

We are pleased that Wendy continues to offer reflexology appointments to our membership at the very reasonable fee of only \$25. Call reception to book your Monday appointment soon and you too can benefit from this relaxing and stimulating alternative therapy.

Squash, Sweet Potato, Carrot, and White Bean Soup

Ingredients:

1. 1 tablespoon olive oil
 2. 1 onion
 3. 6 cups veggie broth
 4. 1/2 butternut squash, peeled, seeded, and cubed (about 2 1/2 cups)
 5. 1 sweet potato, peeled and diced (about 1 1/2 cups)
 6. 3 carrots, peeled and sliced
 7. 1 can cannellini beans
- 1/4 teaspoon salt

Nutrition Facts

Serving Size 1 Serving

Per Serving	% Daily Value*
Calories 272	
Calories from Fat 27	
Total Fat 3.0g	5%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 1216mg	51%
Potassium 1457mg	42%
Carbohydrates 47.5g	16%
Dietary Fiber 9.8g	38%
Sugars 6.7g	
Protein 14.3g	

Vitamin A 341% · Vitamin C 58%

Calcium 11% · Iron 18%



Directions:

Add all ingredients to the slow cooker, and secure the lid. Turn it on low, and leave for 6 hours (or on high for 3 hours). Use an immersion blender to make a smoother texture and enjoy!

This twist on the always-loved butternut squash soup recipe includes sweet potatoes and carrots for extra fiber and vitamin A, as well as white cannellini beans not only to boost protein but also to add creaminess without a drop of dairy.

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

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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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