

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

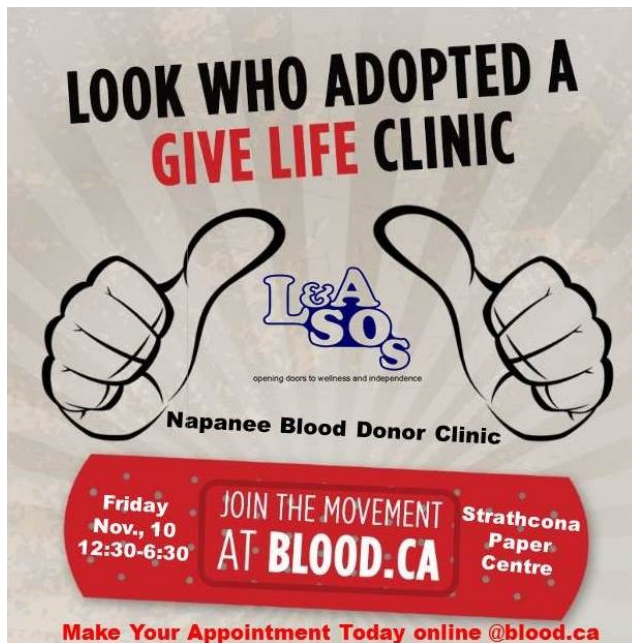
NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in



November!



Blood Donor Clinic

Here's something you may not know: Lennox & Addington Seniors Outreach Services has partnered 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 **Fri., Nov 10th**. We are committed to help contribute to Canada's blood supply. On Friday November 10th we have a group booking of 20 appointments that we need to fill; contact Reception at 613-354-6668 to sign up and donate as part of the team!

How can **YOU** help?

Recruit a family member, friend or acquaintance to make their appointment during the clinic adoption (Friday Nov 10 12:30pm-6:30 pm)
Raise awareness on your social media account advising your friends of the clinic adoption and encouraging them to make an appointment on **Friday Nov., 10th Napanee.**

Just think – together we can do something pretty incredible; we can save lives.

Join the Seniors Outreach Services Team!

We have 20 appointments to fill beginning at 12:30. Please contact Reception to join our Team!

New Fitness Session

A new 8 week session for fitness classes has begun as of today, Monday, October 30th and will end December 22nd. Please ensure that you have completed a registration form indicating the classes in which you wish to participate and on the reverse side include an updated medical.

Christmas Card Making Workshop



Add a personal touch to your Christmas cards. Juanita Everett is back to show you how! Join us on Wednesday morning, November 15th at 9:30-12:30. Pre-Registration is required to participate; minimum of 5 people.

Cost:\$5



Driver's Refresher

Monday, November 20, 2017

9:30am - 2:30pm

Join Tim Smith, retired OPP officer, for another 55Alive Driver Workshop. This program is geared to mature drivers over the age of 55 who are in need of a refresher on the rules of the road and changes to the traffic laws. This is **not** the mandatory MTO testing that is required after the age of 80 years.

Please register at Reception.

Cost is \$25 or \$30 with lunch

Contact Reception to register 613-354-6668

Knitting Group

Time is running out to purchase beautiful hand knit items from our Knitting Group. There are hats and scarves and mittens and afghans and much, much, more. The prices are very reasonable and all proceeds are to benefit the 55Plus Activities. We are very grateful for this fundraiser.

The ladies have or will provide knitted goods to the Rotary Club, Community Living, the Salvation Army, the OPP's winter coat program, several local schools and many other charitable organizations. Our community is so much the better for the wonderful efforts of this group.

55 Plus Activities Schedule November

| 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 | |
| French Conversation | 1-2 |
| 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 (lessons Nov 9 & 23) | 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

Pumpkin Chili

Ingredients:

- Small 1-pound sugar or pie pumpkin, or other hard winter squash
 - 2 tablespoons vegetable oil
 - 1 large onion, diced
 - 2 jalapeños, seeds and ribs removed and finely diced
 - 4 garlic cloves, minced
 - 2 tablespoons chili powder
 - 1 tablespoon cumin
 - 1 teaspoon ground black pepper
 - 3 teaspoons kosher salt, divided, plus more to taste
 - 1 pound ground pork
 - 2 (15.5-ounce) cans black beans, drained and rinsed
 - 1 (28-ounce) can diced tomatoes
 - 1 (12-ounce) bottle pumpkin beer (or amber ale or lager)
- Makes approx. 8 cups



Directions:

1 Prepare the pumpkin: Peel the skin from the pumpkin with a vegetable peeler. Cut it in half and scoop out the seeds. Cut away the stem, then cut the pumpkin into small bite-sized pieces.

2 Begin making the soup: Heat the oil in a stockpot over medium heat. Add the cut pumpkin, onion, jalapeños, garlic, chili powder, cumin, black pepper, and 1 teaspoon of salt. Cook until the vegetables start to soften, 5 to 7 minutes. (The pumpkin should be slightly soft around the edges, but probably won't be cooked through yet.)

Add the ground pork, breaking it up with a stiff spatula, and continue to cook until no longer raw, 3 to 5 minutes more. Add the black beans, diced tomatoes, beer, and 1 teaspoon of salt to the pot.

3 Simmer the soup: Bring the soup to a boil. Reduce to a simmer and cook uncovered, stirring occasionally, until the pumpkin has cooked through and the flavors have had time to mingle, about 30 minutes

Taste and add more salt or spices if needed. (If the chili tastes a little bland, add more spices; if the chili tastes a little bitter, add more salt.)

4 Serve: Divide among bowls and serve with your favorite chili toppings. Leftovers will keep in the fridge for about a week or in the freezer for up to 3 months.

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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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