

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110



What's Happening in



December!



Registration for Fitness January– February Session

We will be holding a one day registration for the Winter Session, January 2nd thru Feb 23rd, on **Monday, Dec 18th**. It would be helpful if you arrived with both sides of the registration form completed. Forms may be picked up at Reception or are included with this newsletter.

Please note that any missed class credits (Zumba and Men's Fitness) that are due to the instructor's absence have been applied to the new session.

Nordic Pole Walking will resume on Monday, Jan 8th and Dynamic Stretch will not re-start until the week of Jan 15th.

Schedule Changes for December

Zumba Gold and the Men's Fitness Classes will be cancelled the week of December 18th; class credit will be applied to Jan/Feb session.

Knitting Group

We would like to thank our Knitting group for providing a wonderful table of hand crafted goods for sale at the Centre throughout October. With your help, we were able to raise \$700 These monies will be used to purchase equipment and supplies for the 55Plus Activity Centre.

The Knitting group has also provided knitted items for the Salvation Army, Community Living, OPP Winter Warmth, the Rotary Club, several schools and our Adult Day Program.

We are so appreciative of all of the efforts and good will of this group of ladies.

Update on the November 8th Blood Donor Clinic

Thank you to all that participated in our first sponsored blood donor clinic. The clinic collected 93 units from a target of 115 units, which was 22 units short; 14 new donors were successful in donating blood, 67 no-shows (made an apt but did not attend) which is higher than normal at this clinic, 29 cancellations and 35 walk ins which is higher than past clinics.

Based on this year's trends in this particular clinic indicates that it was up around 5% overall.

Fall Raffle

Tickets are available at reception until Wednesday, Dec 6th, The draw will take place on Wednesday, Dec 7th at the Social Diners Christmas Lunch. Winners will be contacted to pick up their prizes.

100 Women Who Care

For any of our members that also participate in the wonderful charitable efforts of The 100 Women Who Care, we are soliciting nominations for the 55Plus Activity Centre. We currently have one nomination but as you know, the more times that you are nominated the better the chance to have your charity drawn. We are looking to purchase a computer system that will simplify our check-in process and keep much needed statistics on the activities that we offer. The 55Plus Activity Centre differs from L&A Seniors Outreach Services in that we currently do not receive any government funding. The fees that we charge go toward paying for the activities offered.



A BIT OF NOSTALGIA

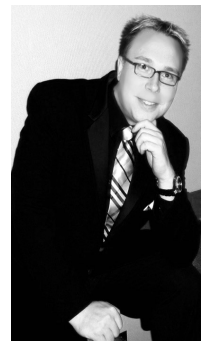
SUNDAY, FEBRUARY 18TH, 2018

Napanee Lions Hall, 57 Centre St

2:00 - 4:00 pm

A Fabulous Christmas Gift Idea!

Tickets: Adults \$20; Children under 12 years: \$10



Folks attending this amazing show back in February 2017 have convinced L&A SOS to bring this popular local band back again. Come join us for an entertaining afternoon of 40's, 50's, 60's and 70's music featuring John Malcolm and Reagan Smith. John is known as "Frankie" and "Old Blue Eyes" because of his stellar Sinatra renditions. Reagan is an amazing artist with a portfolio of his own. He has an incredible range that can be seen with the highs in Sherry, right down to the really lows in some of his Johnny Cash tracks.

Advance tickets available at: L&A Seniors Outreach Services, 12 Richmond Park

For more information call 613-354-6668



Members' Activity Registration Form Jan 2nd - Feb 23rd

Please complete both sides

Name: _____ Date: _____ Phone# _____

Membership Status: Current Due for Renewal New

Fitness Classes

Strength & Cardio	Mon (7) Wed (8) Fri (8)	# _____
Beginner Strength	Mon (7) Tue (8) Fri (8)	# _____
Zumba Gold	Mon (6) Thu (7)	# _____
Step & Pump	Tue (8)	# _____
Yoga	Tue (8) Thu (8)	# _____
Tone & Sculpt	Tue (8) Fri (8)	# _____
Line Dancing	Tue (8)	# _____
Tai Chi	Wed (8)	# _____
Strength & Core	Wed (8)	# _____
Chair Yoga	Wed (8)	# _____
Dynamic Stretch	Tues (6) Thu (6)	# _____
Men's Fitness	Wed (7)	# _____
Muscle Madness	Fri (8)	# _____

Total # classes _____

#classes _____ x 3.00 = _____

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.”

55 Plus Activities Schedule December

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 (Jan 16)
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 (Jan 18)
Yoga	10:00-11:30
Zumba Gold	11:00
Arts/Crafts/Social/Education	
Bridge Refresher	1-4
Advanced Bridge (lessons Dec 7 & 21)	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

French Toast Casserole

Ingredients:

Great breakfast idea for overnight guests; Prepare ahead

5 cups bread cubes
4 eggs
1 1/2 cups milk or cream
1 teaspoon vanilla extract
Orange zest (optional)
1 tablespoon margarine, softened
1 teaspoon ground cinnamon



Directions:

- Preheat oven to 350 degrees F (175 degrees C).
- Lightly butter an 8x8 inch baking pan.
- Line bottom of pan with bread cubes.
- In a large bowl, beat together eggs, milk, vanilla and orange zest.
- Pour egg mixture over bread.
- Dot with margarine
- Sprinkle 1 teaspoon cinnamon over the top.
- Bake in preheated oven about 45 to 50 minutes, until top is golden.

Tip

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Mixture can be made ahead and stored in the fridge until ready to cook.

www.lasos.ca



FITNESS CLUB

140 Industrial Blvd
613-484-6652

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

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.



Mail : 12 Richmond Park Drive
Napane, Ontario K7R2Z5
Email : info@lasos.ca
Phone: 613-354-6668
Fax : 613-354-6770
Web site: <http://www.lasos.ca/>