

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in



April!



55Plus Memberships

We thank you all for maintaining your memberships with us each year. This revenue stream is very important in managing our ability to continue to offer programs and activities for you. To date, our memberships have been yearly based upon the date that you joined. As of April 1st, this will change. We will commence with an annual renewal based upon our fiscal year, April 1st to March 31st.

What does this mean to you? If your membership is current, there will be no change until it is time for you to renew again. Upon renewal, your membership fees will be calculated and adjusted to conform with the new renewal date of April 1st.

John Boxtel—Drawing Workshop

We apologize to those that signed up for this workshop that was scheduled to begin in March. Due to the instructor's unavailability, we have had to reschedule to May 3rd. Anyone that has already registered should contact Kimberley to inform of your decision to continue with the workshop or not. Thank you for your patience.

Social Bridge

Social Bridge will be available weekly on Thursday afternoons starting at 1 pm until 4 pm. Fee is \$3

Refresher Bridge is now finished until September. Advanced Bridge lessons continue bi-weekly with Alice
Fee is \$5

55 Plus Activities Schedule April 2018

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
Beginner Strength	10:00
Zumba Gold (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 (Zeal Health & 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 (KL Fitness)	11:00
Arts/Crafts/Social/Education	
Social Bridge	1-4
Advanced Bridge (Apr 5, 19)	1-4

Friday	
Fitness	
Strength & Cardio	8:00
Muscle Madness	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

New Offerings

Starting April 23rd we will be offering a Monday and Wednesday Strength & Core class at 9am with Kayla. Janet has decided to “retire” from teaching our classes and we would like to thank her for her dedication. No worries, Janet will still be attending classes as a participant.

Kayla will be taking appointments for fitness evaluations; if you had an evaluation done last year, this is a great opportunity to check your progress. If you are new to this opportunity, it is great to start a baseline.

Kimberley has recently become “Bone Fit” certified and will soon be incorporating this training into our fitness classes so stay tuned for changes in your classes that will benefit your bone health.

Angela is thinking of offering a “Foam Roller” exercise class.

Stretching thoroughly with a foam roller will encourage increased blood flow throughout the entire body, creating better muscle and joint mobility and range of motion, better elimination of toxins and waste, faster recovery time following strenuous exercise, and less chance of injury.

If you would be interested in this class, please respond by email.

SOCKS
warming hearts by warming toes
• Since 2014 •

Greater Napanee

We collect NEW socks for men, women and children.

Please donate and help this group ensure that everyone in our community has warm socks. Drop off box at L&A Seniors Outreach.



“It Was a Very Good Year”

Sinatra, the Man, his Fans, his Music!

Sinatra

Our story takes place in 1993, 5 years before Frank’s death, with the warm, humorous & poignant recollections of 5 of Sinatra’s devoted fans, who had personal interactions with him. Intertwined are Sinatra’s signature renditions, performed by an All-Star Band, with “A Bit of Nostalgia” starring Ryan as “Young Sinatra”, Reagan as “Old Blue Eyes” & John as the “Chairman of the Board”!

A wonderful gift for that special someone!

May 10, 11, 12, 2018, 7:30 pm & May 12, Matinee, 2:00 pm

Discounted Senior Prices – Now on Sale!

The Kingston Grand Theatre – 613-530-2050

Garden Fresh Asparagus Soup

Ingredients:

2 tablespoons butter	1 cup "lite" coconut milk
2 tablespoons extra-virgin olive oil	2 cups ½-inch pieces trimmed asparagus,
1 medium onion, finely chopped	¼ cup crème fraîche or reduced-fat sour cream
½ teaspoon salt	¼ cup finely chopped scallion greens, or fresh chives
½ teaspoon curry powder	
¼ teaspoon ground ginger	
2 cups diced peeled red potatoes	
3 cups vegetable broth, or reduced-sodium chicken broth	Freshly ground pepper to taste
	Zest and juice of 1 lemon



Directions:

Melt butter and oil in a large saucepan over medium heat. Add onion and ¼ teaspoon salt and cook, stirring often, until golden, about 5 minutes. Stir in curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally, for 5 minutes. Stir in broth, coconut milk and asparagus. Bring to a simmer over medium heat, partially cover and continue to cook until the potatoes are tender, about 15 minutes.

Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with the remaining ¼ teaspoon salt and pepper.

Whisk creme fraiche (or sour cream), lemon juice and scallion greens (or chives) in a small bowl and garnish with a swirl of it.

Gluten-Free

Low-Calorie

Low Carbohydrate

Vegetarian

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 a new event calendar for quick reference.

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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