

# SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

## NEW VITALITY

(613) 354-6668 EXT. 110

# *What's Happening in*



### New Offerings

Essentrics Strengthen and Stretch with Essentrics Apprentice Instructor Christine Peets will be a **Free** offering throughout the month of May. Class will be held at the SOS fitness room on Wednesdays @1pm.

This class offers a more advanced series of exercises similar to those done in the Dynamic Stretch class. Each class will be comprised of a mix of standing and floor (mat) exercises that will simultaneously strengthen and stretch all 650 muscles. Essentrics improves posture, balance, flexibility, and body awareness. The exercises also help with pain relief and weight loss. All exercises are done in bare or socked feet. Those with chronic pain issues are better suited to Dynamic Stretch.

The Introductory Free Foam Roller class with Angela will be held on Thursday, May 17th @6pm. This activity will be offered once per month if there is sufficient interest.

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.

### Fitness Session

Just a reminder that this week we have begun a new 8 week fitness session. Please ensure that you are registered for your chosen activities in order to continue participating.

# 55 Plus Activities Schedule May 2018

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
Strength & Core	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
Essentrics	1:00
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 (May 10 & 24)	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**

## Ontario Creating 40 New Seniors Active Living Centres

### Province Helping Seniors Stay Active and Socially Connected

Ontario is helping seniors stay active and connected to their communities by investing in up to 40 new Seniors Active Living Centres across the province. L&A Seniors Outreach Services 55Plus Activities has been selected to become a Seniors Active Living Centre and will benefit from base funding which will allow our programs and activities to continue and potentially expand. We are very excited with the prospects ahead and expect to include you in our future planning. There is no intention to make any changes to our activities at this time.

### Book Donations

Thank you to all of you that have donated or purchased books for our bookshelf. Please keep in mind that we accept soft cover books only as we have no display space for hard cover books. Also, we ask that you donate only books that are in very good condition, recently published and the most popular books are mysteries. We would prefer not to receive any romance novels as they are difficult to sell. My apologies if this sounds like we are being picky but if the books are not saleable, we have to dispose of them which costs us money and effort and defeats the purpose of the bookshelf.

### June is Seniors' Month

Save the date: Wednesday, June 13, we will be holding an Open House at our location, 12 Richmond Park Drive. Stay tuned for more information.



### ***"It Was a Very Good Year"***

#### ***Sinatra, the Man, his Fans, his Music!***

A stylized, handwritten signature of the name "Sinatra" in black ink.

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***

## **Broccoli, Cheddar, and Brown Rice Cakes**

### **Ingredients:**

- Cooking spray
- 1 tablespoon unsalted butter
- 3/4 cup chopped yellow onion
- 4 garlic cloves, chopped
- 3/4 cup unsalted vegetable stock
- 12 ounces fresh broccoli florets, cut into 1/2-in. pieces
- 1 (8.8-oz.) pkg. precooked brown rice
- 1/4 cup whole-wheat panko (Japanese breadcrumbs)
- 1 tablespoon grainy mustard
- 1/2 teaspoon black pepper
- 3/8 teaspoon kosher salt
- 3 ounces pre shredded reduced-fat sharp cheddar cheese, divided (about 3/4 cup)
- 2 large eggs, lightly beaten



### **Directions:**

- Preheat oven to 450°F. Coat a baking sheet with cooking spray
- Melt butter in a large skillet over medium-high. Add onion and garlic; sauté 4 minutes. Add stock and broccoli. Bring to a boil; cook 3 minutes.
- Heat rice according to package directions.
- Combine broccoli mixture, rice, panko, mustard, pepper, salt, and 1/2 cup cheese in a large bowl. Stir in eggs.
- Divide and shape broccoli mixture into 8 (2 1/2-inch) patties. Arrange patties on prepared pan; coat patties with cooking spray.
- Bake at 450°F for 15 minutes. Top with remaining 1/4 cup cheese, and bake at 450°F for 4 more minutes or until cheese melts. Garnish with green onions, if desired.

[www.lasos.ca](http://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.



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