

SENIORS OUTREACH SERVICES

OPENING DOORS TO WELLNESS AND INDEPENDENCE

NEW VITALITY

(613) 354-6668 EXT. 110

What's Happening in January & February!

Fitness Update

We are pleased to be able to provide a Gentle Stretch class once again on Tuesdays @10am. Mary van Baal has offered to assist with this class until Christine returns from her trip. We will be utilizing dvd's in this class to provide guidance so please be patient.

Starting this Thursday @9am we will be offering a new program called Qi Gong with Tammy Miller-Toledo. Tammy is new to 55Plus and we hope that you will come out and try this new form of stretching and breathing. More information on this holistic form of exercise is available on page 3.

Bridge

We are now offering Social Bridge on Thursday afternoon at 1-4pm, open to all with an interest in just playing.

Refresher Bridge with Fran on Wednesday afternoons 1-4pm for those that have some knowledge on the game but wish to build on their skill and

Introduction to Bridge on Thursday mornings 10-12am with Bob and Sue Mclsaac for those that have never played previously. Starts Thursday, February 7 for 8 weeks.

Social Bridge \$3

Refresher Bridge \$5

Intro to Bridge \$50 includes book

55 Plus Activities Schedule January—February

Monday	
Fitness	
Strength & Core	9:00
Nordic Pole Walking	9:00
Tai Chi (Practice)	10:00
Beginner Strength	11:00
Arts/Crafts/Social/Education	
Quilting	9:30 - 12:30
Euchre	1:00 - 3:00

Tuesday	
Fitness	
Strength & Cardio	7:45
Step & Pump	9:00
Yoga (Legion)	10:00 - 11:30
Gentle Stretch	10:00
Beginner Strength	12:30
Line Dancing (Legion)	2:00-3:30
Arts/Crafts/Social/Education	
French Conversation	1:00
Knitting	1:00 - 3:00

Wednesday	
Fitness	
Strength & Core	9:00
Chair Yoga	10:00
Tai Chi Beginner Trinity United Church	9:30
Tai Chi Intermediate Trinity United Church	10:30
Men's Fitness (Zeal)	11:30
Arts/Crafts/Social/Education	
Family History	9 - 11:30
Drop- In Painting	12:30 - 3:00
Refresher Bridge	1:00 - 4:00

Thursday	
Fitness	
Qi Gong	9:00
Yoga	10:00 - 11:30
Zumba Gold (Legion)	11:00
Arts/Crafts/Social/Education	
Intro to Bridge	10:00 - 12:00
Social Bridge	1:00 - 4:00

Friday	
Fitness	
Strength & Cardio	7:45
Strength & Core	9:00
Beginner Strength	11:00

Men's Fitness will be held at Zeal Health & Fitness Studio, 23 Dundas St., East

The Legion is located at 26 Mill St., Perrin Hall (upstairs)

Trinity United Church is located at 25 Bridge St., East

All activities, unless otherwise specified, are held at the SOS building located at 12 Richmond Park Drive

Qi Gong

Tammy is a certified practitioner in Qi Gong as well as Hatha Yoga, and Mindfulness.

Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises.

It is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi (chi), translated as "life energy"

Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. Qigong is now practiced throughout China and worldwide for recreation, exercise and relaxation, preventive medicine and self-healing, alternative medicine, meditation and self-cultivation, and training for martial arts

What is the difference between tai chi and qi gong? "Qi gong can be thought of as a movement you do for a certain situation, as opposed to tai chi form, which is a series of movements that work on the entire body in a flowing sequence

Here are some potential benefits of a qigong practice:

Improved Function of the Internal Organs. ...

Muscular and Joint Health. ...

Prevents and Heals Injuries. ...

Improved Vascular Function. ...

Suitable for the Seriously Ill, Elderly, and the Physically Hindered. ...

Stress Relief. ...

Improved Sleep. ...

Makes You Fit.

Magnesium

Magnesium helps promote energy, sleep, and blood sugar and hormone balance.

When you think of magnesium, what probably springs to mind are eye twitches and muscle cramps, or perhaps a high school science experiment. But this mineral is actually vital for many processes in the body.

Foods which contain magnesium:

- Green leafy vegetables (e.g. spinach and kale)
- Fruit (figs, avocado, banana and raspberries)
- Nuts and seeds
- Legumes (black beans, chickpeas and kidney beans)
- Vegetables (peas, broccoli, cabbage, green beans, artichokes, asparagus, brussels sprouts)
- Seafood (salmon, mackerel, tuna)
- Whole grains (brown rice and oats)
- Raw cacao
- Dark Chocolate
- Tofu



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 website has all of our program schedules and descriptions of classes as well as an event calendar for quick reference.

www.lasos.ca

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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