

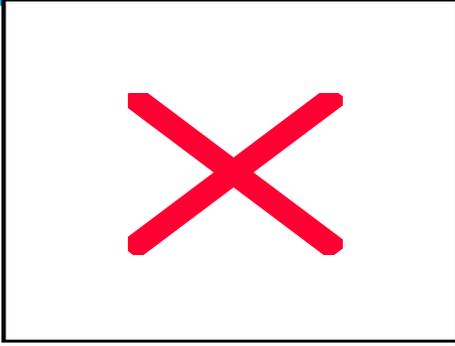


NEW VITALITY
STEP INTO VITALITY WITH THE 55
PLUS ACTIVITY CENTRE
(613) 354-6668 EXT. 111



The John M. and Bernice Parrott Foundation Inc.

What's Happening In January!



THE YEAR OF THE GOAT (Sheep) 2015
The Sheep (Goat) is a Yin energy, a symbol of Peace, Harmonious co-existence and Tranquility. That is the primary and fundamental mood for this year. The Sheep is the symbol of the Arts. It relates to passive and nurturing times. It will help the healing process with regard to past events. It will be a year of banding together in faith and in belief that good will prevail and win out over the forces that refuse to comply to a peaceful way of life. For those who trust in goodness, happiness and success will follow. We have programs in Fitness, Education, Social and the Arts & Crafts for you to seek out in this New Year.

Line Dancing

Join Doris on Tuesdays afternoons at 2pm for our new sessions of line dancing. Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows all facing either each other or in the same direction, and executing the steps at the same time. Unlike in circle dancing, line dancers are not in physical contact with each other so no partners required.

Pilot Project - Activity Cards

We now have gift cards available to our members in any denomination for use with all of the SOS program/55Plus programs and services. At 55Plus we are looking to replace our current Activity Card with this new Gift Card on a trial basis beginning in January. You will be able to complete your current Activity Card and we then hope that you will purchase a gift card in a denomination of your choosing. Several programs are at different fee structures and the addition of the gift card will allow us to better manage the fee schedules.

Educational Sessions

Wednesday, January 14th, 2015 at 1:30pm —Jeremy Bertrand
Tax Advisory Specialist, Ministry of Finance

Join us to learn how you can ensure that you optimize your tax experience. In a 2013 Globe and Mail newspaper article, a doctor stated that he “prescribed” filing tax returns to improve the health of his clients, noting the link to better health that generally accompanies increased income

Wednesday, January 21st at 1:30pm Tricia Cammaart
Zeal Health & Fitness

Exercise For Women Over 50 - Things change after 50. Are you doing all you can to adjust to those changes? Your exercise program needs to accommodate your changing body. Learn how to adjust your exercise so that you are doing all you can: to help prevent cardiovascular disease, improve muscular imbalances, enhance sleep, increase bone health, improve fuzzy thinking, and decrease pain.

Tricia Cammaart will also be offering a 6 week weight management program for those looking to improve their overall health. The 1st week, will consist of a discussion of the highlights of the plan, weigh-in and measurements, and a before picture. Meetings will be held weekly to review food logs/journals, and educational component, and a weigh-in. At the conclusion of the program, final measurements and photo will be taken to compare with that taken at the beginning of your journey. Sessions will begin Wednesday, January 28th at 1:30pm. This is a pre-registration program. Cost \$60.

Creative Writing

The next six-week session for "The Sharing Pen" creative writing class starts on Tuesday, Jan 20, 10 am until noon. There will be writing prompts and exercises, and discussion about the elements of writing to bring out your "inner writer." The cost is \$45 for the session, payable in advance, or \$8 for individual classes.

Questions can be directed to instructor Christine Peets, 613-767-5848, or

Christine@CaptionsCommunications.ca

Scott Woods Concert

We are very excited to announce that Scott Woods will be performing a concert to benefit the L&A SOS on April 19th, 7pm at Trinity United Church. Tickets will be going on sale soon for \$25 per person.

55 Plus Program Schedule

Monday	
Fitness	
Strength and Cardio	8-9
Stability Ball	9-10
Dynamic Stretch	10-11
Beginner Strength	11-12
Zumba Gold	12-12:45
Arts/Crafts/Social/Education	
Quilting	10:30-12:00
Euchre	1-3

Tuesday	
Fitness	
Step and Pump	9-10
Tone & Sculpt	10-11
Yoga	11-12:30
Beginner Strength	12:30-1:30
Line Dancing	2-3:30
Arts/Crafts/Social/Education	
Creative Writing	10-12
Beginner Painting	10:30-12:30
Intermediate Painting	1:3-3:30
Knitting	1-3

Wednesday	
Fitness	
Strength and Cardio	8-9
Classic Strength	9-10
Pilates	10-11
Chair Yoga	11-12
Zumba Gold	12-12:45
Arts/Crafts/Social/Education	
Family History	9-11
Drop in Painting	1-3:30
Off Site/Trinity United Church	
Tai Chi Beginner	9:30-10:30
Tai Chi Intermediate	10:30-11:30

Thursday	
Fitness	
Step and Pump	9-10
Zumba Gold	10-10:45
Yoga	11:00-12:30
Arts/Crafts/Social/Education	
Learn to Draw	9-10:30
Singing	1-2
Bridge Refresher	1-4

Friday	
Fitness	
Circuit	9-10
Tone & Sculpt	10-11
Strong Start	11-12

Family History first Wednesday of each month; Jan 7th, 2015

Line Dancing with Doris—Tuesdays
@2pm

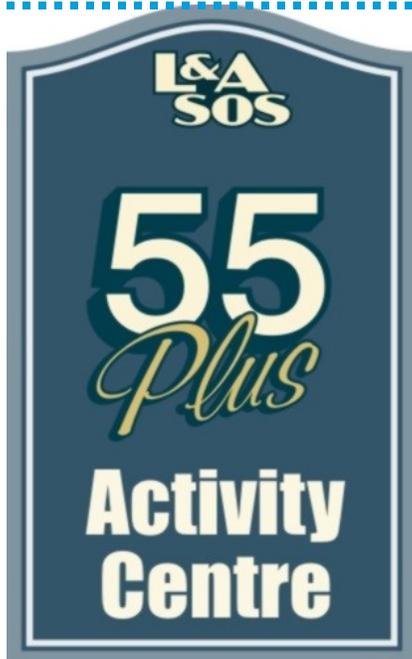
Pesto Lentil Sweet Potato Casserole

Ingredients:

- 2 lb sweet potatoes or yams, diced into 1/2 inch (1 cm) cubes
- 2 garlic cloves, peeled and chopped
- ¼ cup coconut milk
- 1/2cup dairy- and nut-free pesto, store bought,
- 1/4tsp grey sea salt or pink rock salt or potassium salt substitute.
- 1 –15oz(425 g) can of lentils w/onion & bay leaf

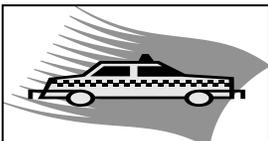
Directions:

1. Put the sweet potatoes and garlic in a large saucepan and add cold water to just cover.
2. Bring to a boil over high heat. Reduce heat to medium-low. Simmer, covered, for 20 to 25 minutes, until potatoes are tender. Drain off the cooking water (storing it in a glass jar for sweet vegetable broth later).
3. Add the pesto, coconut milk and salt substitute. Mash roughly with potato masher.
4. Place 2 tbsp of heated lentils in the bottom of each of the 8 individual ramekins or baking dishes.
5. Top with Pesto Yam Mash and broil in oven for 10 mins on the low broil setting to create a crispy browned topping



January's Sponsor

Napanee Cab
613-354-6688
FAST, COURTEOUS SERVICE
5am-1am Sunday thru Thursday
24hrs Friday and Saturday
Owned and Operated by
Ted & Sharon Yeomans



Don't forget to check us out on Facebook— L&A Seniors Outreach Services, for healthy living tips, news, announcements and an a little humour as well.

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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