



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



Ministry of Tourism, Culture and Sport



What's Happening In July!



Programs Schedule

Please review the programs schedule as there will be many changes over the summer as instructors take time off or we prepare for our move to the new Facility in early August. The website will always have an updated programs schedule should you want to reference it at [www.lasos.ca/55Plus Activity Centre/](http://www.lasos.ca/55PlusActivityCentre/)

We will probably need a week before the move and a week after the move to get packed and unpacked and therefore all activities will cease. We will make sure that everyone is informed as to the exact dates of closure once we have the move scheduled.

Nordic Pole Walking

The pole walking group has been getting together twice weekly since early May and they have braved some less than ideal weather but other than the pouring rain they have endured. Speaking of rain, the group will still meet at the Centre despite foul weather conditions. In the place of walking, a light exercise and stretch class will be held in the Activity Room. So no bad weather excuses!

Line Dancing

We are so pleased that Adele Chatterton has agreed to lead the line dancing group for the month of July. Sessions will begin on Tuesday, July 7th at 10am. This is a change of time for this group but please come on out and welcome Adele to the Centre. Doris Dube will return in September.

55 Plus Program Schedule

Monday	
Fitness	
Strength and Cardio	7:50
Stability Ball	9:00
Nordic Pole Walking	9:30 –11:00
Beginner Strength	10:00
Zumba Gold	On Hold
Arts/Crafts/Social/Education	
Quilting	On hold
Euchre	1-3

Tuesday	
Fitness	
Step and Pump	9:00
Tone & Sculpt	On Hold
Line Dancing	10:00
Yoga	11-12:30
Beginner Strength	12:30
Arts/Crafts/Social/Education	
Creative Writing	10-12
Beginner Painting	On Hold
Intermediate Painting	On Hold
Knitting	On Hold

Wednesday	
Fitness	
Strength and Cardio	7:50
Pilates	9:00
Mindful Movement	10:00
Chair Yoga	11:00
Arts/Crafts/Social/Education	
Family History	On Hold
Drop in Painting	1-3:30
Off Site/Trinity United Church	
Tai Chi Beginner	On Hold
Tai Chi Intermediate	On Hold

Thursday	
Fitness	
Step and Pump	9:00
Nordic Pole Walking	9:30-11:00
Tone & Sculpt	On Hold
Yoga	11:00-12:30
Arts/Crafts/Social/Education	
Bridge Refresher	On Hold

Friday	
Fitness	
Circuit	9:00
Classical Strength	10:00
Strong Start	11:00

New! Line Dancing Tuesday @10am with Adele for July

Spicy Slaw

Ingredients:

½ head purple cabbage, shredded
1 bunch cilantro, finely chopped
1 carrot, grated
1 jalapeño pepper, seeded and minced
1 tsp minced ginger
2 limes, juiced
2 tablespoons olive oil
7 drops stevia
½ teaspoon celtic sea salt



Directions:

Place the cabbage, cilantro, carrot, jalapeño and ginger in a large bowl
Toss veggies with lime, olive oil and stevia, then sprinkle with salt
Serve

July's Sponsor



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.

L & A District Women's Institute Branches:

Maple Ridge WI
Hay Bay WI
Reidville-Camden East WI
Victoria II WI



Women. . .

Interested
Involved
Informed

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 : 310 Bridge St. W. Suite D-01,
Napanee, Ontario K7R 0A4
Email : info@lasos.ca
Phone: 613-354-6668
Fax : 613-354-6770
Web site: <http://www.lasos.ca/>

