



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



Ministry of Tourism, Culture and Sport

Celebrate May Day



## **What's Happening In May!**

Celebrate May Day



### **Major Changes to Fitness Program Schedule**

Please check out the schedule on the following page to ensure that you come to the class that you want! We have a couple of new offerings and have removed some classes that did not have sufficient attendance.

**Changes in our schedule will begin May 4th!**

#### **Monday Changes**

Dynamic Stretch class is removed from schedule

**New!** Nordic Pole Walking 9:30—11:00

Beginner Strength moves to 10am

Zumba Gold moves to 11am

#### **Wednesday Changes**

Pilates moves to 9am

**New!** Mindful Movement @10am

Classical Strength moves to Friday @10am

Zumba Gold is removed from schedule

#### **Thursday Changes**

**New!** Nordic Pole Walking 9:30—11:00

**New!** Tone & Sculpt @10am

#### **Friday Changes**

**New!** Classical Strength 10am

Tone & Sculpt is moved to Thursday @10am

Classes are \$3 per session and your membership must be current to participate

## 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	11-11:45
Arts/Crafts/Social/Education	
Quilting	10:30-12:30
Euchre	1-3

Tuesday	
Fitness	
Step and Pump	9:00
Tone & Sculpt	10:00
Yoga	11-12:30
Beginner Strength	12:30
Line Dancing	2-3:30
Arts/Crafts/Social/Education	
Beginner Painting	10:30-12:30
Intermediate Painting	1:3-3:30
Knitting	1-3

Wednesday	
Fitness	
Strength and Cardio	7:50
Pilates	9:00
Mindful Movement	10:00
Chair Yoga	11:00
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	9:00
Nordic Pole Walking	9:30-11:00
Tone & Sculpt	10:00
Yoga	11:00-12:30
Arts/Crafts/Social/Education	
Beginner Bridge	10-12:30
Bridge Refresher	1-4

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

**Family History first Wednesday of each month; May 6, 2015**

**New!**

**Nordic Pole Walking - Monday & Thursday @9:30 –11:00 am**

**Mindful Movement—Wednesday @10:00**

**Change!**

**Pilates—Wednesday @9:00**

**Tone & Sculpt—Thursday @10:00**

**Classical Strength—Fridays @10:00**

## Educational Sessions

These are our last educational sessions until the fall. Please come and welcome these busy professionals who are taking time out of their business day to enlighten us on these two important health topics.

May 6th @1:30pm

Christine Hagar Gravel, Pharmacist

Gray's IDA

Christine will be speaking to the importance of Omega and Calcium in our diets.

May 13th @1:30pm

Jonathan Daniels, Physiotherapist

Pelvic Floor Issues

The "pelvic floor" is a group of muscles that form a kind of hammock across your pelvic opening. Normally, these muscles and the tissues surrounding them keep the pelvic organs in place. These organs include your bladder, uterus, vagina, small bowel, and rectum. Sometimes, these muscles and tissue develop problems. Some women develop pelvic floor disorders following childbirth. And as women age, pelvic organ prolapse and other pelvic floor disorders become more common.

## Nordic Pole Walking

Class will consist of a brief warm-up, a walk and upon completion of the walk, a stretch and cool-down. Please meet at Reception to sign into class.

If you still need to purchase your Nordic Poles please send email to [kim@lasos.ca](mailto:kim@lasos.ca) to place an order prior by Thursday @4:30pm. Poles will then be available for Monday's class.

3 part Traveller's poles are \$79.95 and 2 part Walker poles are \$69.95. (plus tax)

## Mindful Movement

We are introducing this new class by Mary Van Baal on Wednesday's @10am. Mary will lead participants through a series of exercises for cardio, strength, and flexibility. Please join Mary for a **free introductory session** to determine if this class is right for you!

# Jalapeño Sweet Potato Puffs

## Ingredients:

- 1 1/2 cups cooked, mashed sweet potato (about 2 medium sweet potatoes)
- 2 large eggs
- 3/4 cup cheddar cheese (or pepperjack cheese)
- 3 tablespoons 2% plain Greek yogurt
- 3 strips of cooked bacon, chopped
- 1-2 jalapeño peppers, minced



## Directions:

Preheat oven to 400 degrees F.

While the oven is preheating, peel the sweet potatoes. Add the potatoes to a pot of boiling water and cook for 15-20 minutes or until tender; drain. Mash the sweet potatoes using a fork or spatula. Then, combine the mashed sweet potatoes with all remaining ingredients in a bowl. Mix until well incorporated.

Grease the wells in a mini muffin tin. Scoop mixture into greased mini muffin tins. This recipe should make about 18 mini puffs.

Bake at 400 degrees for 20-25 minutes. Allow puffs to cool.

## March's Sponsor



[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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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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