



Lennox & Addington Seniors Outreach Services Referral Form

Tel: 613-354-6668
Fax: 613-354-6770

Referred by: _____
Phone: _____ Date: _____

Client Information Surname: _____ Given Name: _____ Address: _____ _____ Phone #: _____ Date of Birth: _____ Aware of Referral: <input type="radio"/> yes <input type="radio"/> no	Referral from: <input type="checkbox"/> Seniors Mental Health <input type="checkbox"/> Hospital, Dr, Clinics <input type="checkbox"/> Home & Community Care <input type="checkbox"/> SMILE <input type="checkbox"/> Regional Care Coordinators Why: _____ _____ _____ _____ _____ L&A SOS is determined to address and meet the needs of seniors. Its mission is to improve the quality of life for seniors by providing fitness, Health and Wellness programs as well as textile arts, education & social activities. Please feel free to review these services with seniors and make a referral to SOS on their behalf.
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FEE FOR SERVICE		<u>Referral</u>
FITNESS PROGRAMS Men's Fitness Monday & Wednesday am Cardio Monday & Thursday am Zumba Tuesday & Thursday am Strength & Core Monday & Wednesday & Friday am Aging Backwards Monday & Friday am Tone & Sculpt Tuesday & Friday am Yoga Wednesday (off site) am Tai Chi Monday & Wednesday (off-Site) am Qi Gong Tuesday & Thursday am Nordic Pole Walking Monday am SOCIAL PROGRAMS Quilting Monday am Knitting Tuesday pm Family History (Ancestry) Wednesday am Social Bridge Thursday pm Euchre Monday pm Conversational French Tuesday pm		
NO FEE FOR SERVICE		
<input type="radio"/> Napanee Senior Bus - Free Bus service every Tuesday and Friday offered by SOS <input type="radio"/> Dental Support - Interest free loans for seniors to help with dental work <input type="radio"/> Philips Lifeline - Emergency Response Service (set fee)		ON HOLD
<input type="radio"/> L&A SOS Seniors' Centre Without Walls (SCWW) is a free interactive telephone-based program that connects seniors 55+ living in Lennox and Addington and the surrounding area. Providing Recreational, Social, Fitness & Educational programs <ul style="list-style-type: none"> • Programs are multi-person phone conversations (or conference calls). • No special equipment needed – any phone will do. • Participants can call themselves into the program through a dedicated line • Each phone session averages 8-10 people on the call • Membership & Registration is required 		