







# LIFE AFTER FIFTY: January- February 2026

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

## West Side Centre (WSC) Schedule - 635 McEwan Ave

Updated:1/5/26

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Feb. 16</b>				
Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)
Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) <b>Assistance available 9:30-12:30</b>	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) <b>Assistance available 10:00-11:30</b>	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Table Tennis (9:30-10:45) 	Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-10:00)	Pickleball For Fun (9:00-12:00)
Cribbage (9:30-11:30)	Concert Band* (9:30 -11:30)	Coffee Social (9:00-10:30)	Advanced Sewing* (9:30-3:30)	Sharing Dance- Seated (9:30-10:15)
Artist Circle (9:30-3:30)	WHY KNOT Knit/Crochet (9:00-11:30)	Essentrics* (9:30-10:30) <b>Cost: \$16/8wks mem.</b>	Functional PILATES* (9:15-10:00) <b>Cost: \$14/7wks mem.</b> <b>Cancelled Feb. 19</b>	Scrabble (9:30-12:00)
FUNctional Circuit & Games* (9:30-10:30) 7 weeks 	Wii Bowling League* (9:30- 1:30)	Craft Drop-in Social (10:00-12:00)	Functional PILATES* (10:10-10:55) <b>Cost: \$14/7wks mem.</b> <b>Cancelled Feb. 19</b>	Beading Workshop* (9:30-11:30) Jan. 9 & Feb. 13 <b>See flyer for details</b>
Colouring Social (10:00-12:00)	Mahjong (10:00-12:00 / 1:00-3:30)	LAF Fitness* (10:45-11:45) 7 weeks	LAF Sing-a-long (10:00-11:00)	Wellness Check-in* (10:30-11:30) Cancelled Jan. 16
Wii Bowling League* (9:30- 1:30)	Lapidary & Jewelry Arts* (10:00-3:00)	Wii Bowling League* (9:30- 12:30)	Mahjong (10:00-12/12:30-3:30)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 7 weeks	FUNctional Circuit* (11:15-12:00) 8 weeks	Mexican Train Dominoes (12:30-3:30)	Lapidary & Jewelry Arts* (10:00-3:00)	Table Shuffleboard (12:30-2:30)
Group Meditation* (12:30-1:00)	Chair/Floor Yoga* (12:15-1:15) <b>Cost: \$16/8wks mem.</b>	Chair Yoga* (12:15-1:15) <b>Cost: \$16/8wks mem.</b>	FUNctional Circuit* (11:15-12:00) 8 weeks	Mexican Train Dominoes (12:30-3:30)
Shuffleboard (12:30-3:30)	Conversational French* (1:00-2:00)	Line Dancing - Drop-in (1:30-3:00)	Euchre (1:00-3:30)	LAF Book Club* (12:30-1:30) Jan. 23 & Feb. 27
Belly Dancing* (1:00-1:45) <b>Cost: \$12/6wks mem.</b> <b>Cancelled Jan. 19</b>	Pickleball For Fun (1:30-4:00)	Craft Workshops* Jan. 7, Jan. 28 & Feb. 4 <b>See flyers for details.</b>	Tai-Chi Practice (1:00-2:00)	Line Dancing Lessons - Absolute Beg.- Level 1* (1:00-2:30)  <b>Cost: \$9/6wks</b> <b>Cancelled Feb. 13 &amp; 20</b>
Mexican Train Dominoes (1:00-4:00)		Community Legal Aid: Wills & POA <b>Dates and time TBA</b>	Be Well BINGO! (1:00-2:00) <b>Cost: \$1</b>  Jan. 15 & Feb. 12	Pottery Class* Feb. 27 <b>See flyer for details.</b>
Advanced Sewing* (1:00-3:30)-no instructor		Presentation: Sandwich Generation (1:00pm) Jan. 21	Service Canada: Pension Clinic** Feb. 5 <b>By appointments only</b>	
Tai Chi Practice (2:00-3:00)			My Life in Pages*  Time TBA ; Starts Jan. 15	LAF has various games & puzzles to play at Help yourself or ask a staff!
Ask The Instructor  (11:45-12:00) Jan 26, Feb 23				
15min Massage Therapy Feb. 2, By appointment.**				
Winter Olympics Spirit Day Feb 9	Therapeutic Touch** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	

>>>Please see newsletter & flyers for ALL Special Events & Workshops<<<



>>> See reverse side for legend and more information. <<<

# LIFE AFTER FIFTY: January- February 2026

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)


## East Side Centre (ESC) Schedule - 8787 McHugh Ave

Updated:1/5/26

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Feb. 16</b>				
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)
Mahjong (9:30-12:00)	Craft Social (9:30-3:30)	FUNctional Circuit* (10:10-10:55) 8 weeks	Craft Social (9:30-3:30)	FUNctional Circuit* (10:10-10:55) 8 weeks
Wii Bowling (10:30-12:00)	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Sharing Dance (10:15-11:15)	Qigong Practice (11:00-12:00)
Pickleball-Rec. Play* (10:00-11:55) <b>Jan: \$16/4wks mem.</b> <b>Feb: \$12/3wks mem.</b>	Zumba Gold* (11:30-12) <b>Cost: \$12/6wks mem.</b> <b>Cancelled Feb. 3 &amp; 10</b>	Line Dancing - Absolute Beg. - Level 1* (10:00-11:15) <b>Cost: \$12/8wks mem.</b>	Computer 1on1 (Digital Basics)* (11:30-12:30)	Chess Club (9:30-12:00)
Kurling (Indoor) & Cornhole (12:00-12:55)	Essentrics* (1:00-2:00) <b>Cost: \$16/8wks mem.</b>	Pickleball-Rec. Play* (11:00-12:55) <b>Jan: \$16/4wks mem.</b> <b>Feb: \$16/4wks mem.</b>	Line Dancing-Levels 2-3* (11:45-1:30) <b>Cost: \$24/8wks mem.</b>	Pickleball-Rec. Play* (11:00-12:55) <b>Jan: \$16/4wks mem.</b> <b>Feb: \$16/4wks mem.</b>
Painting Drop-In (no instructor) (1:00-3:00)	Mexican Train Dominos (12:15-3:45)	Mahjong (12:15-3:45)	Pickleball Beg.+ Play* (no lessons)(12:00-2:00) <b>Jan: \$16/4wks mem.</b> <b>Feb: \$16/4wks mem.</b>	Euchre (12:30-3:00)
Pepper (12:30-3:30)	Chess Club (1:15-3:45)	LAF Fitness* - <b>Hybrid</b> (1:05-2:00) 8 weeks	Scrabble (1:00-3:30)	LAF Fitness* - <b>Hybrid</b> (1:05-2:00) 8 weeks
LAF Fitness* - <b>Hybrid</b> (1:05-2:00) 7 weeks	Table Tennis (2:15-3:45) 8 weeks	Yoga (Floor)* (2:30-3:30) <b>Cost: \$16/8wks</b>	Tai Chi Advance* (1:00-2:00) <b>Cost: \$16/8wks mem.</b>	Yoga (Chair)* (2:30-3:30) <b>Cost: \$16/8wks mem.</b>
<b>Monday @ the Movies</b> (2:00pm) Feb. 23	<b>1\$ Bingo</b> (1:00-2:00) Jan. 27, Feb. 17	LAF Book Club* (2:15-3:15) Jan. 14	Tai Chi - Beg.* (2:00-3:00) <b>Cost: \$16/8wks mem.</b>	<b>Mahjong Learn to Play*</b> (10:00-12:00) 3wks Jan. 15, 16, 22, 23, 29,30
Hearing Screening* (10:00-12:00) Jan. 26	My Life in Pages*  Time TBA Starts Jan. 13	Pepper Learn to Play* (10:00-12:00) 3wks Jan. 21, 28, Feb. 4	Craft Workshop* (1:00-2:30) TBD <b>See flyer for details.</b>	Pottery Class* (10:00-12:00) Jan. 23 <b>See flyer for details.</b>
LAF has various games & puzzles to play at anytime. Help yourself or ask a staff!	Service Canada: Pension Clinic** Feb. 10  <b>By appointments only</b> <b>Foot-care**</b> By Appointment only	<b>Foot-care**</b> By Appointment only	<b>Foot-care**</b> By Appointment only	

**\*Pre-registration is mandatory for indicated program; capacity is limited.**

**\*\*Additional fees apply & appointments mandatory.**

- LAF Membership (mem.) is required to participate in all above programs. See program descriptions for details.
- Non-member (non-mem.) \$5 day pass available for select programs, see Program Descriptions for details.
- **Hybrid** - Class is live and available on Zoom.
- WSC Café is open for lunch Monday-Thursday, 11:30am-1:00pm. No lunch on Fridays.
- ESC Café is open for a soup lunch last Thursday of the month, 12:00am-12:30pm. 
- All program enrollment is final, no refunds. If LAF cancels a program/class, credits will be issued for future programs.
- All programs, rules, hours are subject to change without notice.
- **Please see descriptions, newsletter & flyers for ALL Special Events & Workshops.**

**ESC FITNESS PROGRAMS FUELED BY:  Desjardins**

## Life After Fifty - Program Descriptions Jan- Feb 2026

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

➤ **Pre-registration & additional fees are required for some programs, see schedule for details.**

➤ **Proper athletic footwear is required for all physical activity, no boots, slip-ons or open-toe shoes.**

**Artist Circle:** Enjoy the open space and company of other artists in this self-led program. You must bring in your own supplies. (WSC)

**Belly Dancing:** Enjoy this gentle, low-impact workout that focuses on improving flexibility, balance, and core strength. This class features slow, fluid movements that are easy on the joints, making it perfect for all fitness levels. **\*Pre-Registration & Additional fees apply.** (WSC)

**Billiards:** Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Participants with experience is encouraged, as lessons are not provided. (WSC)

**Chess Club:** Play casual chess with your LAF friends in this open level fun environment. Game knowledge is necessary. Chess-sets are provided. (WSC/ESC)

**Coffee Social:** Come for a morning coffee (or tea or water) and enjoy conversations with friends - old and new! Coffee and a snack are available for an extra \$. (WSC)

**Computer Lab:** Come and use the Centre's desktop computers with internet access. (WSC - assistance available on *Thursdays*, please inquire within.) (ESC)

**Computer/Digital Device 1 on 1:** Make an appointment for a tech volunteer to assist you with basic questions, bring your own device or use ours! *By appointment only.* (ESC)

**Colouring Social:** Enjoy colouring in a fun social atmosphere. Books & pencils are available. (WSC)

**Conversational French:** Bonjour! Join us in this fun and informal setting, where you'll speak French in a relaxed atmosphere. This program is for those who want to brush-up on or use their French more frequently. This is a group-led program where resources are available, no formal instructions. (WSC)

**Concert Band:** The Silver Ambassadors Concert Band meets weekly to practice. A major component of this group is to entertain throughout the community. (WSC)

**Craft Social:** Come work on your own craft projects or create new ones for the Centre in a great social atmosphere. Crafters are encouraged to bring their own materials from home. (ESC/WSC)

**Cribbage:** This traditional card game played with two to four players, involves playing and grouping cards in combinations which gains points. (ESC/WSC)

**Essentrics (Classical Stretch):** This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! The ability to get down on the floor is required. **\*Pre-Registration & Additional fees apply.** (ESC/WSC)

**Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. *\$2 fee applies day of.* (ESC/WSC)

**Foot-care:** Medical foot care is performed by trained & qualified foot-care nurses. They can assess and treat skin, nail and foot conditions (calluses, corns, ingrown toenails, yellow nails, etc.) and can advise you on preventative treatment. **By Appointment only. Additional Fees apply.** (ESC/WSC)

**FUNctional Circuit:** Take a fun approach to improving daily functional abilities. Participants will go through a series (circuit) of aerobic, strength, balance, and flexibility exercises and can be modified for all levels. **\*Space is limited - Pre-Registration is required.** (ESC/WSC) **FUNctional Circuit & Games:** Start class with a condensed circuit and finish off with organized group focus games. (WSC)

**Functional Pilates:** This full body Pilates class, will help to improve your body awareness, core strength, balance, and flexibility. Exercises are low-impact and will be performed seated and standing. **\*Space is limited – Pre-Registration & Additional fees apply.** (WSC)

**Kurling (Indoor):** A fun, social, and easy-to-learn game inspired by curling—no ice required! Played indoors with rolling stones and target mats, great for all abilities and perfect for friendly competition. Push bars are available. Drop-ins welcomed! (ESC)

**LAF Book Club:** Time to meet and discuss the latest book on our list! **\*Space is limited - Pre-Registration is required.** (ESC/WSC)

**LAF Sing-Along:** Have fun singing your favorite tunes in a group setting. (WSC)

**LAF Fitness:** This class is a total body workout for *any fitness level* through cardio, strength & balance training. Class is modified to fit all intensities and be done seated or standing. Weights, balls, resistance bands are used. **\*Space is limited - Pre-Registration is required.** (ESC, WSC, ZOOM)

**Lapidary & Jewelry Arts:** Discover the art of transforming raw gemstones and metals into jewelry and unique pieces of art in this hands-on experience. Whether you're a beginner or an experienced artisan, this program offers the tools and guidance needed to bring your creative visions to life. Supplies will need to be brought in or purchased. **\*Additional registration and fee applies.** (WSC) *\*Beginners will need to enroll in a “learn to program” before participating. Please call/see reception for details.\** (WSC)

**Lawn Bowling (Indoor):** Enjoy a low-impact, social activity that promotes coordination, focus, and gentle movement. Played indoors on a short mat/ “bowl carpet”, this fun and accessible game is great for improving balance and precision in a relaxed environment. No experience needed—perfect for all levels and abilities. (WSC)

**Line Dancing:** Join in for a fun & fit way to learn some of the most popular line dances.

- **Absolute Beginner (level 1)** Learn the foundations of line dancing with simple steps and upbeat music. No experience needed, and levels of beginners welcome. **\*Registration & additional fees apply.** (ESC, WSC)
- **Beginner (level 2):** Beginner level classes require students to have some knowledge of basic line dance steps (e.g. vine, rocking chair, weave, jazz box). *If new to line dancing, must complete the Absolute Beginner (level 1) class prior to attending.* **Improver (level 3) Line Dancing** The last half hour of class will be the improver level instruction for students with experience of advanced steps and more complex routines. **\*Registration & additional fees apply.** (ESC)
- **Drop-in Line Dancing:** Swing on by and dance to beginner to intermediate line dancing videos. No formal lessons. (WSC)

**Mahjong:** An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. (ESC, WSC) Watch and learn opportunities available at WSC, workshops available at ESC.

**Meditation:** Join us as you are guided through meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health. \* (WSC)

**Mexican Train Dominoes:** The object of the game is for a player to play all the tiles from his or her hand onto one or more trains, emanating from a central "station". (ESC/WSC)

**Mile at a Time:** Work towards your 10,000 steps a day with this video-led aerobic walking program. Walk from 1-5 miles while working out your body from head to toe. (ESC)

**Morning Indoor Walk:** Socialize with friends as you increase your overall fitness while walking the perimeter of the auditorium. (WSC)

**Painting Drop-in:** This self-led program allows you to express your imagination by painting within the company of others. Please bring your own supplies. (ESC)

**Pepper:** If you like Euchre, you'll enjoy Pepper! This game is quick to learn and offers opportunities for strategy, the bidding and the playing portion of the game. Fees apply day of. (ESC/WSC)

**Qigong Practice:** Experience this ancient Chinese mind-body practice that supports the overall health of the body by integrating simple movements, gentle breathing and focused intention. **No instructor, participant led.** (WSC/ESC)

**Pickleball:** *Athletic shoes required for all levels. Members only.*

- **Pickleball- Beginner+ Lvl Play:** For new players to the sport who have some experience/have taken lessons and want to improve their game. No lessons offered - some assistance provided. **Pre-Registration & Additional fees apply.** (ESC)
- **Pickleball- Recreational (Rec.) Play:** For knowledgeable players of all levels seeking a friendly game of pickleball. **Pre-Registration & Additional fees apply.** (ESC)
- **Pickleball For Fun:** Drop-in for a casual, social & fun-focused version of traditional Pickleball. All standard rules apply. However, keeping score is optional. (WSC)

**Scrabble:** Enjoy this classic word game in a friendly social setting. (ESC/WSC)

**Seniors' Centre Without Walls (SCWW):** A free telephone-based activity offering a world of fun, engaging conversations, and exciting learning opportunities—all from the comfort of your home. All are welcome, no membership required. **Check out our SCWW calendar!**

**Sewing - Advanced:** Sew your own projects or create ones for the Centre, under the guidance of our volunteer leader. Experienced participants will enjoy sewing in this social setting, using their own materials. Sewing machines are provided. **\*Pre-registration required.** (WSC)

**Sharing Dance:** Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 40+-minute class developed by the National Ballet School fosters creative self-expression and fun! Can be done standing or seated. (ESC/WSC)

**Shuffleboard:** This activity mixes fun & strategic play all into one program. Ideal for any activity level.

- **Floor Shuffleboard:** Using a cue, players push weighted discs, sending them down the court, aiming to have them come to rest within a marked scoring area. (WSC)
- **Table Shuffleboard:** Players take turns sliding weighted pucks down a long, smooth table made of wood. The end of the table is marked with specific areas for scoring. (WSC)

**Table Tennis:** This game provides exercise and improves hand-eye coordination. (ESC/WSC)

**Therapeutic Touch:** Make an appointment for a session with a trained practitioner for this holistic therapy. **\*Appointment required. Additional fees apply.** (WSC)

**Tai Chi:** Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. Open, Beginner & Advanced level instructor led program available.

**\*Pre-Registration & Additional fees apply.** (ESC)

**Tai Chi Practice:** No instructor, participant led. (WSC)

**WHY KNOT: Knitting/Crochet:** Experienced participants will enjoy dropping in and crafting in this social setting. Make your own projects or create ones for the Centre. (WSC)

**Wii Bowling:** A virtual bowling experience that's entertaining and easy to play. Perfect for all skill levels, this game combines the excitement of bowling with the fun of video gaming. (ESC/WSC)

**Wii Bowling League:** Our Wii bowling league runs from Oct-May. To join, please register at reception. (WSC)

**Yoga Chair –** Learn proper breathing & gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. **\*Registration & additional fees apply.** (ESC, WSC)

**Yoga Floor -** This class is for those comfortable with getting up and down off the floor. If you suffer from decreased flexibility or just enjoy stretching, this is a perfect class for you. Participants can bring their own yoga mat and blocks. **\*Registration & additional fees apply.** (ESC, WSC)

**Zumba Gold:** Join us for a high-intensity workout that incorporates innovative dance moves while focusing on improving cardiovascular health. **\* Registration & additional fees apply.** (ESC)

## **PROGRAM REGISTRATION INFORMATION**

**Day Pass:** \$5/day for non-members. Must be used on the day of purchase.

- The following programs are for members only and are **not** included in the day pass:  
All FULL programs for the session, Silver Ambassador Concert Band; Line Dancing Level 1-3; Pickleball\*; LAF Book Club; Mahjong & Pepper Learn to Play; Sewing; Lapidary & Jewelry Art; Zoom.
- All programs indicated with \* on schedule must be registered and paid for in advance.
- The following programs can **only** be observed until the game/program knowledge is learned: Cribbage; Euchre; Mahjong; Pepper.

### **MEMBER REGISTRATION PROCESS FOR \*INDICATED PROGRAMS:**

**TELEPHONE REGISTRATION BEGINS December 16 at 6:30pm FOR PRE-REGISTERED\* PROGRAMS for the January-February SCHEDULE. To register call: 519-254-1108, press extension 6 for East side programs and 7 for West side programs. Press either 6 or 7 for multiple site registration. Your voicemail must include: Your name; phone #, Program name, location (east or west centre), day and time of program. Repeat for each program you want to register. - You can register up to 1 other person per call.**

**December 22: IN PERSON REGISTRATION BEGINS (IF PROGRAM AVAILABILITY ALLOWS).**

**January 5: ALL PROGRAMS FOR THE JANUARY/FEBRUARY SESSION BEGIN or as indicated. They will end December 23.**

- All programs are non-transferable. If the agency must cancel a program, then credit will be given towards a future program or towards membership fees. If after the first class the member chooses to withdrawal from a program, they will receive a pro-rated credit from the date of notification towards future programming. After the second day the program is offered if the member chooses to withdrawal from the program no refund or credit will be provided. The agency reserves the right to withhold credit and or refunds if cancellation is due to a violation of the Code of Conduct.

## **SPECIAL EVENTS & ACTIVITIES Jan. & Feb. 2026**

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

**\$1 Bingo:** \$1 Bingo at 1pm. **Tues. Jan. 27, Feb. 17 (ESC)**

**Be Well Bingo:** Themed \$1 Bingo at 1pm. **Thurs. Jan. 15, Feb. 12 (WSC)**

**@ the Movies!** Enjoy a featured movie with friends. *Snacks available for purchase. See flyer for details.* **Monday Feb. 23 at 2:00pm (ESC)**

**Ask the Instructor:** Join the instructor after LAF Fitness on the last Monday of the Month. Gain insightful tips on many topics from Falls Prevention to modifying exercises, nutritional recipes and much more! **(WSC)**

**Winter Olympics: Spirit Day:** Come in your favourite countries' colours, enjoy themed activities as we get into the Olympic Spirit! **Monday Feb. 9 (WSC/ESC)**

**\*LAF Hockey Nights with Windsor Spitfires:** Cheer on our local Spits against various rivals while supporting LAF programming! Join fellow fans for fun-filled game days. See flyer for game dates and times as well as the promo codes to ensure LAF gets \$5 back on every ticket purchase. Go Spits!

**\*LAF Night with the Detroit Pistons:** Support LAF programming by cheering on the Detroit Pistons on Friday March 13, 7:30pm! Go to [www.Pistons.com/LAF](http://www.Pistons.com/LAF) to purchase your tickets and ensure LAF gets \$5 back on every ticket purchased! Go Pistons!

### **CRAFT & ART WORKSHOPS:**

**\*Pre-registration required for all workshops.\***

***All workshops include instructions & supplies. See flyers for details, costs & pictures.***

**\* Felt Flowers**— Jan. 7, 1:00pm – WSC; Cost: \$10

**\* Pottery Class** – Jan. 23, 10:00am – ESC, Feb. 27, 10:00am - WSC; Cost \$5

**\* Make and Take Valentines** – Jan. 28, 1:00pm – WSC; Only pay for what you keep, other items will be donated to the Centre. Cost TBD.

**\* Heart Frame - Painting** – Feb. 4, 1:00pm – WSC; Cost: \$10

**\* Beading Classes** – Jan. 9 & Feb. 11; 9:30-11:30 Cost & Projects: TBA

# **SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS**

WSC = West Side Centre, 635 McEwan Ave.    ESC = East Side Centre, 8787 McHugh Ave.

**\*Self-care Check-In:** Commit to your well-being with this unique group series led by two certified counselors. Each week offers practical tools and supportive discussions to help build emotional resilience, manage stress, and enhance your well-being in a safe, confidential space.

**Fridays 10:30-11:30. *Registration required.* (WSC)**

**\*Learn to Play: Pepper:** New to Pepper? Enroll in this 3-week program and you'll be playing with LAF friends in no time! **Jan. 21, 28, Feb. 4 (10:00am-12:00pm) \*Pre-registration required.** (ESC)

**\*Learn to Play: Mahjong:** Want to learn the game of Mahjong? Enroll & commit to this 6 day program and you'll be playing with LAF friends in no time! **Jan.15,16, 33,23,29,30 (10:00am-12:00pm) \*Pre-registration required.** (ESC)

**Sandwich Generation:** In this presentation we will discuss what it means to be a caregiver, how to avoid caregiver burnout and how to communicate with family members. **WSC:** Jan. 21 1:00pm, **ESC:** TBA

**\*Hearing Screening:** Sign up for your free hearing screening. ***Appointment Required. Monday Jan. 26*** (ESC)

**\*Service Canada Pension Clinic:** These clinics will be tailored to support seniors who may face challenges navigating benefit applications or accessing services. Service Canada staff will be available to answer questions and assist clients with completing or following up on pension-related applications. ***Appointment Required.*** **WSC:** Feb. 5 **ESC:** Feb.10.

**\*15min Massage Therapy** - Book an appointment with the massage therapy students from Trios college, to get a 15 minute free massage. **Monday Feb. 2 – WSC**  
*Contact reception to book appointment.*

**\*Your Story, Your Legacy:** Create a meaningful keepsake for yourself or your loved ones. This one-on-one storytelling project pairs social work students with participants to reflect on and capture important life experiences. You can choose to focus on a single milestone moment or take part in a multi-week journey to record your personal story—a lasting written gift to share with family and future generations. ***See reception to put your name on the interest list today.*** (WSC/ESC)

**\*My Life in Pages:** Helps you turn your memories into beautiful scrapbook pages while sharing stories and creating keepsakes to cherish. ***Dates and times TBA*** (WSC/ESC)

**Wills & Power of Attorney:** Join the team from Community Legal Aid on these 2 part presentations. ***Dates, times & locations TBA***

**\*See our flyers & e-newsletter each month for more fun activities and events!  
And check us out on our website [lifeafterfifty.ca](http://lifeafterfifty.ca)**

LAF Program Descriptions Jan/Feb 2026 Updated: 12/10/25

