



# 2018

## **Artful Relaxation - Zentangle**

**Manon Hughes: Certified Zentangle Teacher**

**9:45am & 11:00am**

Enjoy this all-encompassing presentation to Getting Back on Your Bike! Learn about bike safety, maintenance and where to ride safely in our community!

## **Chair/Floor Yoga**

**Zachara Beemer: Life After Fifty**

**9:45am**

Learn proper breathing and gentle stretching techniques designed for older adults to aid with daily movements.

## **Getting Back on Your Bike**

**Bike Windsor Essex**

**9:45am**

Enjoy this all-encompassing program to Getting Back on Your Bike!... It's just like riding a bike – even after all these years!

## **Therapy Dogs of Southwestern Ontario**

**Debbie & friends: Therapy Dogs of Southwestern Ontario**

**9:45am**

Learn about therapy dogs in your community and how they work together with their owners to improve the lives of other people! You will be able to meet and interact with some of these special pets.

## **Tourism Innovation – Windsor/Essex**

**Justin Lafontaine: Ontario Tourism Innovation Lab**

**9:45am**

Do you have a new tourism idea for Windsor & Essex County? Come to this workshop to learn about the Ontario Tourism Innovation Lab, and how you can apply to the "Spark" mentorship and grant program.

## **Digital Media Library**

**Julie Catenacci: Windsor Public Library**

**9:45am & 11:00am**

Learn about Apps for eBooks, eAudiobooks, Newspapers (including Windsor Star), Magazines, Music, TV & Movies available exclusively to library customers. Any resident of Windsor and Essex County is eligible for a free Windsor Public Library card.

### **Lawn Bowling (Short Mat)**

**Gary Osley: Windsor Lawn Bowling Club**

**9:45am & 11:00am**

You can be active and social at the same time through Lawn Bowling. Learn a new sport and do it in an air conditioned indoor facility. Short Mat is a shorter version of the outdoor game.

All you need to bring is a smile and a willingness to have fun!

### **Computer Security**

**Saverio Rinaldi: Life After Fifty**

**11:00am**

Help protect yourself against cybercriminals. An interactive game will be played to learn about weak and strong passwords, password management, detecting fraudulent emails & text messages.

### **Make Up After Fifty**

**Marisol Rocha: Clinique**

**11:00am**

Learn healthy tips to minimize fine lines, make your eyes pop and maintain healthy skin!

### **Travel Destinations**

**Ashley Beyer: CAA**

**11:00am**

Enjoy this presentation about Holland America Tour Company and how to get the most out of your CAA Membership!

### **Glass Etching**

**Colin James: Life After Fifty**

**11:00am & 1:15pm**

Learn this simple technique to make any plain glass uniquely yours! You will be using etching cream to make your own custom wine glass!

### **Qigong**

**Renate Bodri: Finding the Balance**

**11:00pm & 1:15pm**

Participate in this practice that creates positive and lasting change in your health and wellness on all levels; physically, mentally and emotionally. "Play" Qigong to support the release of "stuck" energy in the body.

### **Therapeutic Touch**

**Therapeutic Touch Network Ontario**

**11:00am & 1:15pm**

Experience and learn about this holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

### **Essentrics**

**Tina Bayne: Life After Fifty**

**1:15pm**

Participate in this unique & dynamic program that fuses strength and flexibility exercises, all in one workout! Ability to get down on the floor is required.

### **LaBlast & Zumba Gold**

**JoAnne Ediger: Rock With Joanne**

**1:15pm**

Zumba includes simple dance steps for fitness! LaBlast is a dance fitness program based on all the fun dances you see on 'Dancing with the Stars'. Both dances are done as an individual, with no partner and use a wide variety of music. Beginners are welcome!

### **SmartPhone Cameras**

**Saverio Rinaldi: Life After Fifty**

**1:15pm**

Do you want to make better use of your smartphone or tablet camera? Learn and practice the basic camera features and how to manage the photos on your own device.

### **Sound Meditation & the Power of Music**

**Chris Gurniak**

**1:15pm & 2:30pm**

Learn how sound can be used as a tool for relaxation. Engage in the soothing sounds of the American style wood flute.

### **Pilates**

**Tina Bayne: Life After Fifty**

**2:30pm**

Participate in this system of exercises that feature core strengthening and incorporates the use of exercise mats. Ability to get down on the floor is required.

### **City Aquatics & Parks**

**Greg Rusk: City of Windsor**

**2:30pm**

Learn about your local Aquatics and Community Centre Programs in Windsor. Discover other areas of recreation you can visit, such as parks & museums that are in your own back yard!

### **Fresh Fruit Tarte/Flan**

**Sous Chef Michael Delmore: Amica**

**2:30pm**

Discover new techniques, as you watch and learn how to make a “Fresh Fruit Tarte”!

### **Latin Flair Dancing**

**Marika Enjesman: Life After Fifty**

**2:30pm**

Introduce yourself to a series of Latin Dances! Discover your personal groove with a variety of fun rhythms.

### **Painting with Alcohol Inks**

**Denise Franzoi: Life After Fifty**

**2:30pm**

Use alcohol inks for a fun way to explore colors and create a beautiful ceramic tile coaster. Learn how to mix colors to create vibrant pictures and designs.