



Thursday, June 16, 2016
9 am-3: 30 pm

Conference Agenda

- 9:00 am Registration—
morning refreshments
- 9:30 am Welcome Address
- 9:45 am Workshop #1
- 11:00 am Workshop #2
- 12:00 pm Lunch
- 1:15 pm Workshop #3
- 2:30 pm Workshop #4
- 3:30 pm Closing Remarks

Please fill in & return your evaluation to staff before leaving to receive your gift package

Workshop Descriptions

A Piece of Nature 2:30pm

Beth Edgar: Life After Fifty

Bring a piece of nature into your house. Using pebbles, stones and other materials, unleash your imagination & create a one-of-a-kind masterpiece with endless possibilities. There will be samples to follow or you can create your own design.

A Stronger You 2:30pm

Marika Ejnesman: Life After Fifty

Get ready to experience a full body workout and stretch. This workshop will incorporate strength, cardio and balance training to help make a stronger you. A mixture of chair and standing exercises will be demonstrated, as well as the use of weights, bands and body weight. Comfortable clothing and running shoes is recommended.

Creative Card Making 9:45am

Collin James: Life After Fifty

Join us and learn how to make greeting cards using different cutting and embossing systems. The possibilities are endless.

Financially Fit 9:45am

Becky Langlois: Motor City Credit Union

Learn how to become a wise steward of your money. In this workshop you will examine your relationship with money. With a better understanding you will gain valuable insight which will lead you to making more conscious financial and investment choices.

Workshop Descriptions

Suncare- What You Need to Know 11:00am

Lisa Palazzolo: Shoppers Drug Mart

A Shoppers beauty professional will educate and demonstrate the importance of Sun Care using two of our Prestige lines, La Roche Pose and Vichy.

The Story of Museum Windsor 11:00am

Madelyn DellaValle: City of Windsor

This presentation will cover the development of the newly expanded Museum Windsor, and will include a curator-led orientation to the new Chimczuk Museum. This illustrated talk will uncover key elements of the new exhibitions.

Walk N' Learn 1:15pm

Lee- Ann Dueck: Ginger Snaps

Want to learn how to take that perfect picture or what setting you should be using? Lee-Ann from Ginger Snaps will be here to lead you in an introduction to photography. This is a walk and learns class and will take place outside. Please bring your camera, since you will be taking photos during this workshop

Yoga for the Body & Mind 9:45am

Sandie Collins: Life After Fifty

Learn proper breathing and stretching techniques designed to aid with daily moment. Most stretches are done on the chair, with an option for the mat. Comfortable clothing is recommended.

Your Local Parks 9:45am

Mike Clements: City of Windsor

Learn what is going on in your city. Review of the Parks & Recreation master plan that will guide the development of the park system for the next 20 years.



Life After Fifty
One Week FREE Pass

Cut out this coupon and present it at one of our centres to receive a one week free pass

For a complete list of programs & activities, please visit www.lifeafterfifty.ca

East Side Centre
(WFCU Centre)
8787 McHugh St.
Windsor, ON

Contact Us:
p: (519) 254 -1108
e: info@lifeafterfifty.ca
www.lifeafterfifty.ca

West Side Centre
(Wyandotte & Campbell)
635 McEwan Ave.
Windsor, ON



BETTER Living

BODY & MIND

Take an opportunity to try something new!

Thursday
June 16
2016

9:00 am-3:30 pm
West Side Centre

*Pre-registration Required

well.
Be fit.
social!



Proud Funded Partners



LAF Corporate Sponsors



Registration

\$15 member / \$20 non member Pre-registration *No refunds

Name _____

Phone (____) _____

Address _____

Postal Code _____ Email _____

Emergency Contact Name _____

Phone (____) _____ Dietary Restrictions: _____

Paid By _____ Staff Initials _____

Mark your first, second & third choices in each time slot with your first choice (1), second choice (2) & third choice (3).

Please submit to Life After Fifty Reception.

9:45 am

Getting a Good Night's Rest	
Financially Fit	
Creative Card Making	
Your Local Parks	
Yoga	

11:00 am

Let's Get Movin'	
Injury Prevention with Fitness	
Intro to Poetry	
Funky Jewellery	
The Story of Museum Windsor	
Sun Care—What You Need to Know	

Lunch: 12:00-1:00 pm

1:15 pm

Pilates	
Healthy Living to 100	
Making a YouTube Video	
Paddle boarding, Biking & More	
Walk n' Learn	
Gardening	

2:30 pm

A Stronger You	
Making a Tropical Treat	
Learning Skype	
A Piece of Nature	
First Aid 101	
Intro to Photography	

Workshop Descriptions

First Aid 101 **2:30pm**

Nicole Bondy: Life After Fifty

Ever find yourself asking what you would do in case of an emergency? Learn basic first aid & CPR tips during this hour.

*Not a certification course

Funky Jewellery **11:00am**

Beth Edgar: Life After Fifty

Add some colour to your wrist, with this unique eye-catching bracelet. Using ordinary safety pins and some colourful beads, you can make a beautiful decorative piece for your wrist.

Getting a Good Night's Rest **9:45am**

The Wellness Champions

Having trouble sleeping at night? This workshop will discuss what you can try to ensure you get a full night's rest and wake up refreshed.

Healthy Living to 100 **1:15pm**

The Wellness Champions

There are many factors that affect our bodies & the aging process. Learn what you can control/change in order to live a longer, healthier life.

Gardening **1:15pm**

Greater Windsor Horticultural Society

Join the G.W.H.S as they discuss the benefits of incorporating different plants into your gardens. Learn what plants are great for certain areas of your yard or balcony. You are welcome to come with any gardening questions. This workshop takes place outdoors.

Injury Prevention with Fitness **11:00am**

Jamie Betrand: Train Station Fitness

Aches, pains and injuries are the worst. Learn how to prevent injuries in your daily life and while participating in fitness.

Introduction to Photography **2:30pm**

Ted Kloske: Henry's

Cameras are always changing. Learn the latest on camera technology and the best way to record your memories. This workshop will also touch on how to save your photos and photo editing on your computer or tablet.

Introduction to Poetry **11:00am**

Laurie

This brief session is designed to introduce emerging adult writers of contemporary poetry to my 'playshop' experience. Topics include: the basics of inspiration, originality, voice, sound, tone, imagery, etc. as well as self-editing, publishing overview and public presentation.

Workshop Descriptions

Learning Skype **2:30pm**

Stella Alkhouri: Life After Fifty

Learn how to video chat with loved ones and friends from around the world for free. In this workshop you will become acquainted with Skype, including download and installation, creating an account, customizing your profile, adding contacts, using the instant messaging feature and Skype-to-Skype voice/video calls. Participants must already have an email address created.

Let's Get Movin' **11:00am**

Jo-Anne Ediger

This class is all about the music, moving and having fun. During this hour you will experience Zumba and LaBlast – both high energy fitness classes that will challenge your balance and allow you to loosen up your body. Please wear comfortable shoes for this workshop, no slip-ons.

Making a Tropical Treat **2:30pm**

Chef Mark: Amica at Windsor

Learn to make a Tropical Banana Crème Brulee. This very creamy and aromatic style pudding with caramelized bananas topped with coconut and cracked topping, is sure to be a hit at the summer party.

Making a YouTube Video **1:15pm**

Mark Campbell: Digital Media

Unleash your inner actor/ director and film your very own YouTube video! This workshop will include a review of YouTube - the popular video sharing site, and an overview of the aspects that go into film development. Mark Campbell from Digital Media (LAF's Corporate Sponsor) will answer your questions such as: "What devices can you use to record video?", "How do you transfer a video to your computer and upload to YouTube?" and "What is a 'viral video'?"

Paddle boarding, Biking & More **1:15pm**

Wayne Bate: Windsor Adventure

Tired of being inside all Winter/Spring? Get ready to get outside and get active! Learn about new popular outdoor activities such as paddle boarding, kayaking, pole walking, eco adventures and more. These activities are great for all ages and are conveniently located in Windsor.

Pilates **1:15pm**

Ruth McGuire: Life After Fifty

This class features core strengthening exercises and incorporates the use of exercise mats. Class takes place on the floor on mats. Comfortable clothing is recommended.