



Thursday, June 22, 2017
9 am-4:00pm

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 & Door-prize
draws

Workshop Descriptions

Staying Safe Online

Rob Ross: Safety Village **2:30pm**

Learn how to get the most from The Information Age while staying protected from threats to your privacy.

Sun Awareness and Mini Manicures

Theresa: Shoppers Drug Mart
9:45am, 11:00am, 1:15pm and 2:30pm

Shoppers beauty professionals will educate and demonstrate the importance of sun awareness and care. As well as providing mini manicures with summer colours.

Stones and Gems

Donovan Alp: Sunset Lapidary **1:15pm**

Come and explore the world of lapidary! Different gems and stones will be on display along with the demonstration of grinding and shaping them.

Cooking Healthy—Mediterranean Style

Chef Stanley Potvin: Kensington Court **2:30pm**

Learn to make tabouli, hummus and baba ganoush. Exploding with colours and flavours these dishes are sure to please!

Workshop Descriptions

Taking Care of My Finances

Becky Langlois: MCCCUC **1:15pm**

This workshop will give you advice and tips of how take charge of your finance for now and in the future. Learn about income sources in retirement, investment sense, and prevention activities you can do to protect your money.

Wellness Through Creativity

Elayna: Art InDeed **2:30pm**

Come out and explore your creative side, experience the joy of art making and creative process. Art-InDeed provides a holistic art-making experience to increase well-being.

Yoga – Chair


Sandi Collins: Life After Fifty **9:45am**

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

Your Retirement Living, Your Care, Your Choice

Ken Stewart **9:45am**

Get an introduction on exploring retirement living options. Find out what you should look for when looking for a retirement home. This will help you or a loved one achieve what many seniors want from independent to assisted living: to control your life, be safe and maintain your health in the residence of your choice.

This day is brought to you by: 



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 in 2017.

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



Take an opportunity to
try something new!



Thursday, June 22, 2017

9:00 am-4:00 pm
West Side Centre

635 McEwan Ave, Windsor, N9B 2E9



well.
Be fit.
social!

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Registration

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

Name _____

Phone (____) _____ Email _____

Address _____ Postal Code _____

Emergency Contact Name _____

Phone (____) _____ Dietary Restrictions: _____

In EACH time slot mark your first choice (1), second choice (2) & third choice (3).

Please submit to Life After Fifty Reception by June 16th!

9:45 am

Helping with Horses	
Painting with Alcohol Inks	
Yoga – Chair	
Your Retirement Living, Your Care, Your Choice	
Sun Awareness/Mini Manicures	
Learn to Play Billiards	

11:00 am

Belly Dancing	
Computer Tips, Tricks and Short-Cuts	
Creative Card Making	
CSI-Windsor	
Reflexology	
Sun Awareness/Mini Manicures	

Lunch: 12:00-1:00 pm

1:15 pm

A Kissproof Victory	
Creative Card Making	
LaBlast	
Reflexology	
Stones and Gems	
Taking Care of My Finances	
Sun Awareness/Mini Manicures	

2:30 pm

Cooking Healthy	
Gentle Mindful Yoga	
Plenty of Reasons to Explore Windsor Essex	
Staying Safe Online	
Wellness Through Creativity	
Sun Awareness and Mini Manicures	

For office use only:

Date Received: _____ Time Received: _____

\$15 or \$20 received. Pd by: _____ Staff Initials: _____

Workshop Descriptions

A Kissproof Victory: *Vogue* Magazine's Representations of Wartime Women in the United States, 1941-1945

Nicole Chittle: Chimchuk Museum 1:15pm

Learn about *Vogue's* popular representations of wartime women in the United States during the Second World War. Through its pages, the magazine represented various wartime women in an effort to enforce feminine ideals, women's effect on wartime morale, and wartime women's patriotic duties.

Belly Dancing

Barb Sharp: Bahija Belly Dancing 11:00am

Professional dancer Barb Sharp will provide instruction on technique, culture, and music of Middle Eastern dance. The moves are gentle on the body, yet provide a low-impact workout and lots of fun with fellow dancers!

Computer Workshop – Tips, Tricks and Short-Cuts

Gord McLaughlin: Life After Fifty 11:00am

Learn some tips that can help you manage your data interests, some tricks to manipulate data, and some shortcuts to make these tasks quicker and easier. This will allow you to work with search engines, documents and spreadsheet, etc. more effectively.

Creative Card Making

Colin James: Life After Fifty 11:00am and 1:15pm

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

CSI-Windsor

Dr. Pardeep Jasra: Forensic Sciences Faculty at University of Windsor 11:00am

This hands-on-experience will allow you to discover about two distinct fields of Forensic Sciences; Documents/Handwriting analysis and Fingerprint collection and development. Learn about crime scene investigation and the importance of protection of physical evidence at the crime scene.

Gentle Mindful Yoga

Sandi Collins: Life After Fifty 2:30pm

A restful practice designed to rejuvenate and restore your body. This class incorporates light movement and breathing. You must be able to get up and down off the floor.

Workshop Descriptions

Helping with Horses 9:45am

Christina Van Hardeveld: Windsor-Essex Therapeutic Riding Association

Introduce yourself to the world of horses; learning how developing a relationship with them can change your life. Get a snapshot of how therapy horses change the lives of riders with varying disabilities and diagnosis including mental, physical and emotional. Acquaint yourself with Canada's first and largest therapeutic riding association!

LaBlast

Joanne Ediger: Rock With Joanne 1:15pm

LaBlast is a dance fitness program based on all the fun dances you see on 'Dancing with the Stars'- its partner free and uses a wide variety of music. Anyone is welcome! Let's Dance!

Learn to Play Billiards 9:45am

Doug Lauzon and Jerry Martin: Life After Fifty

Learn the basic techniques for playing billiards/pool. Maybe you want to learn some new skills or try something brand new!

Painting with Alcohol Inks

Denise Franzoi: Life After Fifty 9:45am

Use alcohol inks for a fun way to explore colours to create a beautiful ceramic tile coaster. Learn how to mix colors to create a vibrant effect with endless possibilities.

Plenty of Reasons to Explore Windsor-Essex 2:30pm

Lionel Kernerman: Tourism Windsor Essex Pelee Island

Are you aware of the all the great places to visit in the Windsor, Essex & Pelee Island region? We will provide a breakdown of various points of interest, ranging from the urban cityscape to the rural countryside, with plenty of reasons to choose from – food & drink, arts & culture, waterfront & outdoors, entertainment, and more.

Reflexology 11:00am & 1:15pm

Kirsten Blok: Blok's Hands of Healing

Learn this non-invasive, natural therapy that includes the ancient arts of holistic treatment.