

# LIFE AFTER FIFTY: MARCH 4 - MAY 3, 2024

Life After Fifty - West Side Centre (635 McEwan Ave)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed April 1</b>				<b>Closed March 29</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)	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 (9:00-11:00)	Morning Indoor Walk (9:00-9:30)	Table Tennis/ 4 Square Pickleball (9:00-10:15)	Pickleball For Fun (9:00-12:00) <b>Ends at 11:30 Mar. 15 only</b>
Cribbage (9:00-11:30)	Lapidary/SilverSmithing* (9:00-3:30)	Coffee Social (9:00-10:30)	Lapidary/SilverSmithing* (9:00-3:30)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	Concert Band* (9:30 -11:30)	Essentrics* (9:30-10:30) <b>Cost: \$18/9wks mem. \$63/9wks non-mem.</b>	Advanced Sewing* (9:30-3:30)	Beading Workshop* (9:30-11:00) Mar. 22 & Apr. 12 <b>See flyer for details</b>
FUNctional Circuit* (9:45-10:30) 8 weeks	WHY KNOT Knit/Crochet (9:30-11:30)	Craft Drop-in Social (10:00-12:00)	LAF Sing-a-long (10:00-11:00)	Scrabble (9:30-12:00)
Colouring Social (10:00-12:00)	Scrabble (9:00-12:30)	LAF Fitness* (10:45-11:45) 8 weeks	Coffee Social (10:00-11:30)	Seated: Mobility & Strength*** (10:00-10:45)
Open Wii Bowling (10:00- 12:00)	Colouring Social (10:00-12:00)	Open Wii Bowling (10:00- 12:00)	Mahjong (10:00-12:00 & 12:30-3:30)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 8 weeks	FUNctional Circuit* (11:15-12:00) 8 weeks	Mexican Train Dominoes (12:30-3:30)	FUNctional Circuit* (10:30-11:15) 9 weeks	Members' Book Club (1:00) Mar. 22 & Apr. 26
Corn Hole & Table Tennis (12:00-1:45)	Chair Yoga* (12:15-1:15) <b>Cost: \$18/9wks mem. \$63/9wks non-mem.</b>	Line Dancing Beginner* (1:00-2:00) 9 weeks <b>cancelled April 17</b>	Chair Yoga* (11:30-12:30) <b>Cost: \$18/9wks mem. \$63/9wks non-mem.</b>	Table Shuffleboard (1:00-3:00)
Group Meditation* (12:15-12:45)	What's Your Tech Problem? (12:30-1:30)* <b>cancelled Mar. 19 &amp; 26</b>	Line Dancing Advance* (2:00-3:00) 9 weeks <b>cancelled April 17</b>	FUNctional Circuit* (1:00-1:45) 9 weeks	<b>St. Patrick's Day Celebration! 12:00-3:30</b> <b>Cost \$10 mem/\$12 non</b>
Shuffleboard (1:00-3:30)	Mahjong (10:00-12:00 & 1:00-3:30)	<b>Craft Workshops*</b> <b>March 6, 20, Apr 10, 24</b> <b>See flyer for details.</b>	Euchre (1:00-3:30)	<b>Urban Pole Walking Workshop* (1:00) April 5</b>
Mexican Train Dominoes (1:00-4:00)	Pickleball For Fun (1:30-4:00)	<b>Volunteer Appreciation Day - April 17</b> <b>See flyer for details.</b>	Tai-Chi Practice (2:00-3:00)	
Advanced Sewing* (1:00-3:30)-no instructor	Grief Support Group* (2:00-3:00) Mar.19-May 7			<b>Did you know...</b> LAF has various games (cards, board games, Wii) you can play anytime! Help yourself or ask a staff!
Tai Chi* (2:00-3:00) <b>Cost: \$16/8wks mem. \$56/8wks non-mem.</b>	<b>Cooking Classes*</b> (2:00pm-3:30) <b>\$12/class</b> <b>Mar. 5, 12, 19 &amp; 26</b>			
<b>Hot Topic Mondays: (1:00-2:00pm)</b> Conversations with a Cop Mar. 4, 18 Bank Fraud Prevention Mar.11 Managing Diabetes Apr. 15	Conversational French* (1:00-2:00)	<b>Chair Massage**</b> <b>By Appointment only</b>		
	<b>Therapeutic Touch**</b> <b>By Appointment only.</b>	<b>Foot-care**</b> <b>By Appointment only</b>		<b>Foot-care**</b> <b>By Appointment only</b>
	Floor Yoga* (5:00-6:00) Starts Mar. 12 <b>Cost: \$16/8wks mem. \$56/8wks non-mem.</b>	Total Body Fitness* (5:00-6:00) <b>Cost: \$18/9wks mem. \$63/9wks non-mem.</b>	Ballroom Dance* (5:00-6:00) No class Mar.14 <b>Cost: \$16/8wks mem. \$56/8wks non-mem.</b>	

Please see newsletter & flyers for ALL Special Events & Workshops

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

# LIFE AFTER FIFTY: MARCH 4 - MAY 3, 2024

Life After Fifty - East Side Centre (8787 McHugh Ave)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed April 1</b>				<b>Closed March 29</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)
Canasta (10:00-12:00)	Craft Social (9:30-3:30)	Seated Exercise w/ Resistance Bands*** (10:00-10:45)	Craft Social (9:30-3:30)	Seated - Lower Body Mobility & Strength*** (10:00-10:45)
LAF Sing-Along (10:15-11:45)	Sit Tall or Stand Strong*** (10:00-10:45)	Cribbage (10:00-12:00)	Computer 1on1* (10:00-11:00) (11:00-12:00)	Qigong Practice* (11:00-12:00)
Computer 1 on 1* (10:30-11:30) By Appointment Only	Mahjong (10:00-12:00)	Pickleball-Rec. Play* (11:15-1:15) <b>Mar. \$16/4wks mem.*</b> <b>Apr. \$20/5wks mem. *</b>	Sharing Dance*** (10:30-11:25 ) 9 wks	Pickleball-Rec. Play* (11:15-1:15) <b>Mar. \$12/3wks mem.*</b> <b>Apr. \$20/5wks mem. *</b>
Pickleball-Rec. Play* (11:15-1:15) <b>Mar. \$16/4wks mem.*</b> <b>Apr. \$16/4wks mem.*</b>	Zumba Gold* (11:30-12) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Mahjong (12:15-3:45)	Pickleball-Beg. Lvl Play* (no lessons) (11:15-1:15) <b>Mar. \$16/4wks mem.*</b> <b>Apr. \$20/5wks mem.*</b>	Mind Body Mood*** (1:00-1:45)
Watercolour Painting Club (no instructor) (12:30-3:00)	Mexican Train Dominos (12:15-4:00)	Computer 1on1 (Digital Basics)* (1:00-2:00)	Beg. Line Dancing* (11:45-1:15) <b>Cost: \$18/9wks mem.</b>	Euchre (1:00-3:30)
Pepper (12:30-4:00)	Essentrics* (1:00-2:00) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 9 weeks	Scrabble (1:00-4:00)	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 8 weeks
LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 8 weeks	Seated Exercise*** (2:00-2:45)	Yoga (Floor)* (2:30-3:30) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Tai Chi Advance* (1:00-2:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b> <b>No class March 14</b>	Yoga (Chair)* (2:30-3:30) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>
Conversations with a Cop (11:00-12:00) <b>Mar. 11</b> <b>see flyer for details and</b> <b>future dates</b>	Urban Pole Walking Workshop* April TBA	LAF Book Club* (2:45-3:45) Mar. 20 & Apr. 17	Tai Chi (Beg.)* (2:00-3:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b> <b>No class March 14</b>	Craft Workshops* April 12 (10:00-12:00) <b>See flyer for details.</b>
		Volunteer Appreciation Day - April 17 <b>See flyer for details.</b>	Craft Workshops* March 28 (1:00-3:00) <b>See flyer for details.</b>	
	Foot-care** By Appointment only	Chair Massage** By Appointment only	Foot-care** By Appointment only	

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

**\* Session for registered programs runs March 4-May 3, 2024. Registration begins Tuesday February 27, 2024 at 9:00am**

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

**\*\*\*Live Virtual Programming offered in real time through Baycrest @ Home.**

- 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 Monday-Thursday, 11:30am-1:00pm. No Café on Fridays.
- All programs, rules, hours are subject to change without notice.
- Please see newsletter & flyers for ALL Special Events & Workshops.

# Life After Fifty - Program Descriptions March/April 2024

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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 sandals, 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)

**Ballroom Dance:** No partner needed! This session we will introduce the Argentine Tango learning the foundational movements of this dance in both solo and partner dancing. We change partners throughout the class so that everyone experiences partner work and enjoys the social aspect of this dance. Recommended shoes: ballet flats (no wedges or platforms); dress shoes, Vans, or Converse (running shoes not recommended). \*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)

**Chair Massage-with Hot Rocks:** Book your appointment for a 10-minute hot rocks Chair Massage. Fee applies. *By appointment only.* (WSC/ESC)

**Coffee Social:** Come for a morning coffee (or tea or water) and enjoy the conversations of 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)

**Computer/Digital Device 1 on 1:** Make an appointment for a computer 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)

**Concert Band:** The Silver Ambassadors Concert Band meet 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 Training:** 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 intensities. \***Space is limited - Pre-Registration is required.** (WSC)

**Grief Support:** Find ways and tools to navigate your grief journey through this 8 week session. ***Pre-registration is recommended.*** (WSC)

**LAF Book Club:** Time to meet and discuss the latest book on our list! Interested in participating in the next meeting? *Contact us, as pre-registration is required.* (ESC/WSC)

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

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

**Line Dancing:** Join in a fun & fit way to learn some of the most popular line dances. Beginner and Advance classes. *Pre-Registration is required.* (WSC/ESC)

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

**Lapidary & Silversmithing:** Create jewellery out of semi-precious stone and/or silver and other metals. We have the equipment & tools; supplies need to be brought in or purchased. *Learning opportunities are available, acquire within. Additional annual fee applies.* (WSC)

**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 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 as you walk the perimeter of the auditorium. (WSC)

**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)

**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 fun way to enhance cardio, endurance & balance. No formal games or scoring will take place, however ***basic Pickleball rules apply.*** (WSC)
- **4-Square Pickleball:** This is not your ordinary pickleball! With the combination of pickleball and the schoolyard game of 4-Square, you have a fast pace, light hitting (aka, dinking), strategic game, for all abilities to play. (WSC)

**Qigong Practice (pronounced Chee Gong):** 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 at this time, participant led (ESC).

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

**Seniors' Centre Without Walls (SCWW)–** Did you know we offer more programs on SCWW? No obligation or preregistration required, can call as often as you like. Need to stay home, but don't want to miss out on the fun? ***Check out our SCWW calendar!***

**Total Body Fitness:** Your instructor will have your heart rate up as you go through a series of exercises to challenge your mind & body. You will alternate between high/low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work to gain strength & endurance. Floor work included. \*Pre-Registration & Additional fees apply. (WSC)

**Advance Sewing:** 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 60-minute class developed by the National Ballet School fosters creative self-expression and fun! Can be done standing or seated. (ESC)

**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)

**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, WSC)

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

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

**Watercolour Painting:** This self-led program allows you to express your imagination by painting with watercolours in the company of others. Please bring your own supplies. *Pre-Registration required.* (ESC)

**“What is your tech problem?”:** You will be able to ask questions and listen in with others in this small group setting, as we tackle your digital problems. Bringing your own device is recommended, or you may use one of ours. (WSC)

**Wii Bowling:** It's easy and fun! The Wii game console hooks up to a TV and uses a remote control to allow you to participate in bowling while in a climate controlled safe environment. (ESC/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)

## **Yoga**

- **Yoga Chair** – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done while seated, however participants may choose to do movements on the floor. *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 defining muscles and improving cardiovascular health. *Registration & additional fees apply.* (ESC)

**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: LAF Fitness; Silver Ambassador Concert Band; Line Dancing; Tai-Chi Practice; Pickleball; LAF Book Club; Mahjong & Pepper Lessons; Sewing; Lapidary/Silversmithing; Zoom programs.
- The following programs must be registered and paid for in advance: Pilates, Total Body, Ballroom Dance, Tai-Chi- Beginner & Advance; Zumba Gold; Yoga; Essentrics; Craft Workshops (day pass + class fee applies).  
The following programs can **only** be observed until the game knowledge is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.



## **Live Virtual Programming**

The following are offered live via zoom at Life After Fifty from our friends at Baycrest @ Home:

- Mind Body Mood – the practice of mindfulness
- Seated Exercise – Lower Body Mobility & Strength
- Seated Exercise – with Resistance Bands
- Sit Tall or Stand Strong – strength & balance.

\*To access these programs & more at home, please call us to register. Must be a LAF member.

## **SPECIAL EVENTS & ACTIVITIES**

**St. Patrick's Day:** Enjoy some Irish Stew and the Emerald Isle Dancers. Cost. \$10 mem. \$12 non. Stay afterwards for a St. Paddy's day social dance. (WSC)

**Volunteer Appreciation Day:** Enjoy a fun afternoon of music, activities and food as we celebrate YOU our volunteer! You must RSVP by calling 519-254-1108 x 132 or emailing Heather at [hvandenham@lifeafterfifty.ca](mailto:hvandenham@lifeafterfifty.ca)

**Celebrate Holi:** Join us on March 20<sup>th</sup> to learn about this Hindu spring festival and participate in activities.

## **COOKING CLASSES WITH CHERYL:**

Join us for group cooking classes with LAF's cook, Cheryl. Sign up for 1 or as many classes as you choose. Every Tuesday in March at 2:00pm. Cost \$12/class mem; \$17/non. Sign up at reception. Limited # of participants. (WSC)

March 5: Kickstart your morning- healthy breakfast ideas

March 12: Cooking for 1 (lunches and other light meals)

March 19: Elevate Your Leftovers (make dinner using what you already have)

March 26: Pie Making 101 (learn the basics to make savory or sweet pies)

## **CRAFT & ART WORKSHOPS:**

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

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

**\*Pointillism** –March 6, 1:00pm – WSC; Cost: \$10

**\*Headbands/Barrettes** –March 20, 1:00pm -WSC Cost: no cost to attend, varies with purchase.

**\*Learn to Sketch Workshop**–April 10, 1:00pm – WSC; Cost: \$10

**\*Painted Rocks**–April 24, 1:00pm – WSC; Cost: no cost to attend, varies with purchase

**\*Welcome Spring Wood Signs** – March 28, 1:00pm – ESC, Cost \$15

**\*Balloon Dip Painting** – April 12, 10:00am – ESC, Cost \$10

**\*\*Beading Craft Workshops** – Mar. 26 & Apr.12 – WSC – see flyer for details.

## **SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS**

**Service Canada:** We welcome back Service Canada on Wednesday, March 6 at 10:00am to the West Side location to assist with attestation forms. (WSC)

**Conversations with a Cop:** Start off your week with an educational session with the Windsor Police, different topics will be presented each week. See schedule/flyers for dates and details. (ESC/WSC)

**Fraud Prevention:** Join us as we welcome staff from RBC to prepare us in the fight against scams and fraud. March 11 at 11:00am. (WSC)

**Retirement Refined with Godfrey Financial:** Stop in and say hi to Alynn Godfrey and get answers to your retirement planning questions from 9:00-12:00 (ESC: Mar 25; WSC: Mar 27)

**Managing your Diabetes:** Join us for this interactive and educational session lead by the dietician from WeCHC Diabetes Wellness program. April 15, 1:00pm (WSC)

**Families First:** We welcome Families First to the WSC: April 9 and ESC: April 22.

**\*See our flyers & e-newsletter each month for more upcoming fun activities and events!**