


LIFE AFTER FIFTY: November - December

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

West Side Centre (WSC) Schedule - 635 McEwan Ave

Updated: 10/31/25

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Dec. 29	Closed Nov. 11 & Dec. 30	Closed Dec. 24 & Dec.31	Closed Dec. 25 & Jan. 1	Closed Dec. 26 & Jan. 2
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) Assistance available 9:30-12:30	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) Assistance available 10:00-11:30 Nov.20-Dec.4 -10:00-11	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Indoor Lawn Bowling (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)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	WHY KNOT Knit/Crochet (9:00-11:30)	Essentrics* (9:30-10:30) Cost: \$14/7wks mem.	Functional PILATES* (9:15-10:00) Cost: \$14/7wks mem.	Beading Workshop* (9:30-11:30) Nov. 14 & Dec. 12 See flyer for details
FUNctional Circuit* (9:45-10:30) 8 weeks	Wii Bowling League* (9:30- 11:30 / 12:30-2:30)	Craft Drop-in Social (10:00-12:00)	Functional PILATES* (10:10-10:55) Cost: \$14/7wks mem.	Scrabble (9:30-12:00/1:00-3:30)
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)	Sharing Dance- Seated (9:30-10:15)
Wii Bowling League* (9:30- 11:30)	Lapidary & Jewelry Arts* (10:00-3:00)	Wii Bowling League* (9:30- 11:30)	Mahjong (10:00-12:00/12:30-	Self-Care Check-in * (10:30-11:30)
LAF Fitness* (10:45-11:45) 8 weeks	FUNctional Circuit* (11:15-12:00) 9 weeks	Mexican Train Dominoes (12:30-3:30)	Lapidary & Jewelry Arts* (10:00-3:00)	Pepper (12:30-3:30)
Group Meditation* (12:30-1:00)	Chair/Floor Yoga* (12:15-1:15) Cost: \$14/7wks mem.	Chair Yoga* (12:15-1:15) Cost: \$12/6wks mem. Cancelled Dec. 3	FUNctional Circuit* (11:15-12:00) 7 weeks	Table Shuffleboard (12:30-2:30)
Shuffleboard (12:30-3:30)	Conversational French* (1:00-2:00)	Line Dancing - Drop-in (1:30-3:30) Cancelled Dec. 3	Wii Bowling League* (12:30- 2:30)	LAF Book Club* (12:30-1:30) Nov. 28
Belly Dancing* (1:00-1:45) Nov. 3-Dec. 8 Cost: \$12/6wks mem.	Pickleball For Fun (1:30-4:00)	Craft Workshops* Nov. 26 & Dec. 10 See flyers for details.	Euchre (1:00-3:30)	Table Tennis (12:30-2:30)
Mexican Train Dominoes (1:00-4:00)	1\$ Bingo Nov. 4 & Dec. 16 (1:00-2:00)	Cooking Class* Nov. 19, Dec. 17 See flyer for details.	Tai-Chi Practice (1:00-2:00)	Mexican Train Dominoes (12:30-3:30)
Advanced Sewing* (1:00-3:30)-no instructor		Ministry of Transportation "Driving Safely" (1:00pm) Nov. 5	Sharing Dance- Standing (2:00-2:45) 	Friday @ the Movies (1:00pm) Nov. 21 & Dec. 19
Tai Chi Practice (2:00-3:00)				Pottery Class* Dec. 12 See flyer for details.
Devonshire Mall - Annual Craft Sale Nov. 16- 23	Therapeutic Touch** By Appointment only.			WeCHC Falls Prevention Screening* Nov. 7 See flyer for details.
Holiday Closures: Dec 24 - Jan 2. Welcoming you back Monday Jan. 5!	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	LAF has various games & puzzles to play anytime.

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

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

LIFE AFTER FIFTY: November - December

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

East Side Centre (ESC) Schedule - 8787 McHugh Ave

Updated: 10/31/25

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Dec. 29	Closed Nov. 11 & Dec. 30	Closed Dec. 24 & Dec.31	Closed Dec. 25 & Jan. 1	Closed Dec. 26 & Jan. 2
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00) <i>Cancl'd Dec. 2</i>	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* (10:05-10:50) 9 weeks	Craft Social (9:30-3:30)	FUNctional Circuit* (10:05-10:50) 6 weeks Cancelled Nov. 28
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) Nov: \$16/4wks mem. Dec: \$16/4wks mem.	Zumba Gold* (11:30-12) Cost: \$12/6wks mem. Cancelled Dec. 2	Line Dancing - Absolute Beg. - Level 1* (10:15-11:30) 7 wks	Computer 1on1 (Digital Basics)* (11:30-12:30)	Chess Club (9:15-12:45)
Kurling (Indoor) & Cornhole (12:00-12:55)	Essentrics* (1:00-2:00) Cost: \$14/7wks mem.	Pickleball-Rec. Play* (11:00-12:55) Nov: \$16/4wks mem. Dec: \$12/3wks mem.	Line Dancing-Levels 2-3* (11:45-1:30) Cost: \$21/7wks mem.	Pickleball-Rec. Play* (11:00-12:55) Nov: \$12/3wks mem. Dec: \$12/3wks mem. Cancelled Nov. 28
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) Nov: \$16/4wks mem. Dec : \$12/3wks mem.	Euchre (12:30-3:00)
Pepper (12:30-3:30)	Table Tennis (2:15-3:45) 7 weeks	LAF Fitness* - Hybrid (1:05-2:00) 7 weeks	Scrabble (1:00-3:30)	LAF Fitness* - Hybrid (1:05-2:00) 6 weeks Cancelled Nov. 28
LAF Fitness* - Hybrid (1:05-2:00) 8 weeks	Chess Club (1:15-3:45)	Yoga (Floor)* (2:30-3:30) Cost: \$14/7wks	Tai Chi Advance* (1:00-2:00) Cost: \$12/6wks mem.	Yoga (Chair)* (2:30-3:30) Cost: \$14/7wks mem.
Monday @ the Movies (2:00pm) Nov. 24 & Dec.15	1\$ Bingo (1:00-2:00) Nov. 25	LAF Book Club* (2:15-3:15) Nov. 5 & Dec. 10	Tai Chi - Beg.* (2:00-3:00) Cost: \$12/6wks mem.	Mahjong Learn to Play* (10:00-12:00) Nov. 13, 14, 20,21,27,28.
Devonshire Mall - Annual Craft Sale Nov. 16- 23	ESC Christmas Party* Dec. 2 See flyer for details.	Pepper Learn to Play* (10:00-12:00) 3 weeks Nov. 12-26	Craft Workshop* (1:00-2:30) Dec. 4 See flyer for details.	Pottery Class* (10:00-12:00) Nov. 28 See flyer for details.
LAF has various games & puzzles to play at anytime. Help yourself or ask a staff!		Diabetes, Healthy Feet & You Workshop* (10:30-12:00) Nov. 19 MTO "Driving Safely" (10:30am) Nov. 5		Holiday Closures: Dec 24 - Jan 2. Welcoming you back Monday Jan. 5!
	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** 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.
- 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 Nov - Dec 2025

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 Workout: 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 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. ***Space is limited – Pre-registration is required.** (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.

- **Beginner (level 2) to Improver (level 3) Line Dancing:** 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 **Introduction (level 1)** class prior to attending.* The last half hour of class will be the improver level instruction for students with experience of advanced steps and more complex routines. ***Pre-Registration is required.** (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 and Qigong.

MEMBER REGISTRATION PROCESS FOR *INDICATED PROGRAMS:

TELEPHONE REGISTRATION BEGINS October 21 at 6:30pm FOR PRE-REGISTERED* PROGRAMS for the November-December 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.

October 28: IN PERSON REGISTRATION BEGINS (IF PROGRAM AVAILABILITY ALLOWS).

November 3: ALL PROGRAMS FOR THE NOVEMBER/DECEMBER 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 NOV. & DEC. 2025

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

\$1 Bingo: \$1 Bingo at 1pm. **WSC:** Tues. Nov. 4 & Dec. 16; **ESC:** Tues. Nov. 25

Annual Craft Sale: Visit our booth (inside Devonshire Mall located by the Indigo Bookstore entrance) **Nov. 16- 23.** 100% of proceeds support Programs & Services for seniors in Windsor/Essex!

@ the Movies! Enjoy a featured movie with friends. *Snacks available for purchase. See flyer for details.* **WSC:** Friday Nov. 21 & Dec. 19 at 1:00pm; **ESC:** Monday Nov. 24 & Dec. 15 at 2:00pm

***LAF Hockey Nights with Windsor Spitfires:** Cheer on our local Spits against various rivals while supporting LAF Fitness 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. *Makes the perfect gift for family & friends!*

***Holiday Parties at LAF:** Save the dates for our annual holiday get-togethers! Look for flyers and details to follow.

Tuesday, December 2 @ TBA – ESC, Cost \$20 members, \$25 non-members

Wednesday, December 3 @ 12:30 – WSC, Cost: \$20 members, \$25 non-members

Tickets to be purchased in advance.

Closures: *Wednesday, December 24 – Friday, January 2. Re-opening Monday, January 5.*

COOKING CLASSES WITH CHERYL:

Join us for group cooking classes with LAF's chef, Cheryl. One Wednesday a month at 2:00pm.

Cost \$15/class. *Non-members welcome with additional \$5 day pass.*

Sign up at reception. Limited # of participants. (WSC)

- * **Nov. 19 – Fall into Soups** - Join us as we explore the art of soup-making — from rich, creamy soups to light, flavorful broths!
- * **Dec. 17 – No-Bake Treats** – Discover easy, no-bake sweets perfect for sharing or gifting this holiday season!

CRAFT & ART WORKSHOPS:

Pre-registration required for all workshops.

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

- * **Christmas Ornament Marble Dipping** – Nov. 26, 1:00pm – WSC; Cost: \$10, Dec. 4, 1:00pm - ESC
- * **Pottery Class** – Nov. 28, 10:00am – ESC, Dec. 12, 10:00am - WSC; Cost \$5
- * **Winter Wreath** – Dec. 10, 1:00pm – WSC; Cost \$10
- * **Beading Classes** – Nov. 14 & Dec. 12, 9:30-11:30 Cost: \$15, 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)

MTO: Driving Safely in Your Senior Years: Join the Ministry of Transportation for this presentation reviewing: Trends and statistics for older drivers; The Over 70 At-Fault Collision Program and Over 80 Licence Renewal process; Common risk factors that may affect driving; Safe driving tips; and Review of the rules of the road. **Wednesday Nov. 5 - 10:30am (ESC); 1:00pm (WSC)**

***WECHC Falls Prevention Screening:** WECHC falls assessment team will be on-site to check your fall risk. **Nov. 7 (12:30pm – 3:00pm) — sign up at reception or call 519-962-2284 ext. 341 (WSC)**

***Diabetes Healthy Feet & You Workshop:** Join us for the informative workshop led by WECHC team members on best care practices for diabetic feet. **Nov. 19 (10:30am-12:00pm); (ESC)**

***Learn to Play: Pepper:** New to Pepper? Enroll in this 3-week program and you'll be playing with LAF friends in no time! **Nov. 12, Nov. 19 & 26 (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! **Nov. 13,14, 20,21,27,28 (10:00am-12:00pm) *Pre-registration required. (ESC)**

***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)**

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

And check us out on our website lifeafterfifty.ca