



MAY & JUNE 2023

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed May 22	ALL Programs cancelled June 20			
Billiards (9:00-3:30)	Billiards (9:00-3:30)	Billiards (9:00-3:30)	Billiards (9:00-3:30)	Billiards (9:00-3:30)
Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)
Morning Indoor Walk (9:00-9:45)	Sharing Dance*  (10:00-11:00) May 2-30	Morning Indoor Walk (9:00-9:45)	Morning Indoor Walk (9:00-9:45)	Mile at a Time (9:30-10:30)
Artist Circle (9:30-3:30)	Silver Ambassador Band (9:30-11:30)* June	Coffee Social (9:00-10:30)	Lapidary/SilverSmithing* (9:00-3:00)	Table Tennis (9:30-12:00)
LAF Fitness* (9:45-10:45) 8 weeks	Lapidary/SilverSmithing (9:00-3:00)	LAF Fitness* (9:45-10:45) 9 weeks	Advanced Sewing* (9:30-3:30)	Scrabble (9:30-11:30)
Colouring Social (10:00-2:00)	WHY KNOT Knit/Crochet (9:30-11:30)	Craft Drop-in (10:00-1:00)	Coffee Social (10:00-11:30)	LAF Sing-a-long (10:00-11:30)
Chair/Floor Yoga* (11:00-12:00) Cost: \$16/8wks mem. \$56/8wks Non-mem.	Table Tennis (9:00-11:00)	Chair Yoga* -Hybrid (11:00-12:00) Cost: \$18/9wks mem. \$63/9wks non-mem.	Pickleball For Fun (10:00-11:00) 2 courts (11:30-1:00) 1 court	Table Shuffleboard (12:00-2:00)
Shuffleboard (1:00-3:30)	Colouring Social (10:00-2:00)	Mexican Train Dominoes (1:00-3:30)	FUNctional Circuit Training* (11:30-12:15) 9 weeks	Pepper (12:30-3:30)
Tai Chi Beginner* (1:00-2:00) Cost: \$16/8wks mem. \$56/8wks Non-mem.	FUNctional Circuit Training* (11:30-12:15) 8 weeks	Line Dancing Beginner* (1:00-2:00) 9 weeks	Colouring Social (11:30-2:00)	LAF Fitness*- via Zoom (1:30-2:30) 7 weeks No class May 26/June 9
Tai Chi Advance* (2:00-3:00) Cost: \$16/8wks mem. \$56/8wks Non-mem.	"What's Your Tech Problem?"* (12:30-1:30) No classes in May	Line Dancing Advance* (2:00-3:00) 9 weeks	Tai-Chi Practice (1:15-2:15)	Beading Workshop* (9:30-12:00) May 12 Cost: \$15
	Table Shuffleboard (1:00-3:00)	Craft Workshop* May 3 (10:00-12:00) Cost: \$10/members	Sharing Dance* - Hybrid (2:30 - 3:30) 8 weeks May 4 - June 22 	
Did you know... LAF has a variety of games (cards, board games, Wii) you can play at anytime! Help yourself or ask a staff member!	Pickleball For Fun (1:00-4:00)	Craft Workshop* May 31 (1:00-3:00) Cost: \$10/members	Mahjong (1:00-3:00)	
	Mahjong (1:00-3:00)		Euchre (1:00-3:00)	
	Brunch & Learn (11:30-1:00) May 30 Cost: \$8			
	BINGO!* (1:00-2:00) May 2 & June 6 Cost: \$1/card			
	Better Living Day!* June 20 -see flyer for details			
May 9th: Celebrate Therapeutic Touch Awareness week with us! ➡	Therapeutic Touch** By Appointment only	Chair Massage** By Appointment only		
	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.


Please see newsletter for Special Events & Workshops.

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

MAY & JUNE 2023

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed May 22				
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)
Mahjong (10:00-12:00)	Craft Social (9:30-3:30)	Cribbage (10:00-12:00)	Craft Social (9:30-3:30)	Mahjong (10:00-12:00)
Computer 1 on 1* (10:30-11:30)	Mahjong (10:00-12:00)	Pickleball-Intermediate Lvl Play* (10:30-12:30) May \$15/5wks mem.* June \$12/4wks mem.*	Computer 1on1* (10:00-11:00) (11:00-12:00)	Chair Massage** By Appointment only
Pickleball-Intermediate Lvl Play* (11:00-1:00) May \$12/4wks mem.* June \$12/4wks mem.*	Zumba Gold & Toning* (11:30-12:00) Cost: \$16/8wks mem. \$56/8wks non-mem. No class on June 27	Mahjong (12:15-3:45)	Sharing Dance*  (11:00-12:00) 8wks no class on May 11	Qigong Fundamentals* (10:30-12:00) 9 weeks
Watercolour Painting Club (no instructor) (12:30-3:30)	Mexican Train Dominos (12:15-4:00)	Computer 1on1 (Digital Basics)* (1:00-2:00)	Pickleball-Beginner Lvl Play* (11:00-1:00) May \$12/4wks mem.* June \$15/5wks mem.*	Euchre (1:30-4:00)
Pepper (12:30-4:00)	Essentrics* (1:00-2:00) Cost: \$16/8wks mem. \$56/8wks non-mem. <i>No class June 20</i>	LAF Fitness* - Hybrid (1:30-2:30) 8 weeks no class on May 24	Tai Chi Beginner* (1:00-2:00) Cost: \$16/8wks mem. \$56/8wks non-mem. No class on May 11	LAF Fitness* - Hybrid (1:30-2:30) 8 weeks no class on May 26
LAF Fitness* - Hybrid (1:30-2:30) 8 weeks	Table Tennis (2:00-3:30)	Yoga (Floor)* (2:30-3:30) Cost: \$18/9wks mem. \$63/9wks non-mem.	Scrabble (1:00-3:30)	Yoga (Chair)* (2:30-3:30) Cost: \$18/9wks mem. \$63/9wks non-mem.
	Hearing Screening* (10:00-12:00) June 13	LAF Book Club* (2:45-3:45) next meeting May 17	Tai Chi (Advance)* (2:00-3:00) Cost: \$16/8wks mem. \$56/8wks non-mem. No class on May 11	Lunch & Learn* (11:30-1:00) May 26 Cost: \$8
	Craft Workshop* (1:00-3:00) May 2 Cost: \$10/members see flyer for details	Chronic Pain Workshop* (10:30-1:00) April 19-May 24	Mother's Day Afternoon Tea* (1:00-3:00) May 11 Cost: \$15/members see flyer for details	
Foot-care** By Appointment only			Foot-care** By Appointment only	

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

- 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.
- * Session for registered programs runs May 1 - June 30, 2023. Registration begins Tuesday April 25.
- **Additional fees apply & appointments mandatory.
- **Hybrid** - Class is live and available on Zoom.
- Senior's Centre Without Walls (SCWW) Telephone based program available. See separate SCWW calendar for details.
- All programs, rules, hours are subject to change without notice.
- WSC Café is open Monday-Wednesday, 11:30am-1:00pm. Sandwiches available Thursday-Friday 11:30-12:00.
- Please see newsletter for Special Events & Workshops.

Life After Fifty - Program Descriptions May/June 2023

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 foot-wear 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)

Billiards: Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Experienced players only. (WSC)

Chair Massage-with Hot Rocks: Book your appointment for a 10 minute hot rocks Chair Massage. Cost: \$10/10 minutes. *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 at 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)

Computer/Digital Device Lessons "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)

Colouring Social: Enjoy colouring in a fun social atmosphere. Books & pencils are available. (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 is a card game traditionally for two players, but commonly played with three or four. It 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! Ability to get down on the floor is required. **Pre-Registration & Additional fees apply.* (ESC)

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, ect.) and can advise you on preventative treatment. *By Appointment only. Additional Fees apply.* (ESC)

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)

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)

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)

LAF Sing-a-long: Have fun singing your favorite in a group setting. No experience necessary. (WSC)

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)

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)

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/WSC)

Morning Indoor Walk: Socialize with friends as you increase your overall fitness as you walk the perimeter of the auditorium. This is a great warm-up for the fitness classes that follow. (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 and want to improve their game. Some assistance provided. *Pre-Registration & Additional fees apply.* (ESC)
- **Pickleball- Intermediate Lvl Play:** For experienced 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. **Basic Pickleball rules apply.** (WSC)

Qigong (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. Qigong promotes better circulation, improves balance and coordination, increases flexibility in the spine and helps restore energy (Qi) and vitality. *On Hiatus.* (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!**

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 - On Your Feet: Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 60-minute class developed in collaboration between Baycrest and National Ballet School fosters creative self-expression and fun! Can be done seated. (ESC/WSC)

ShuffleBoard: Looking for something to improve your hand –eye coordination? Try Shuffleboard! This activity mixes fun, strategies and sportsmanship 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. 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)*

- [Join us Tuesday May 9th to find out more about Therapeutic Touch.](#)

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. *Space is limited - Pre-Registration required. (ESC)*

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 crafting in this social setting. Make your own projects or create ones for the Centre. *Pre-registration required. (WSC)*

Yoga

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

Zumba Gold & Toning

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 Band; Line Dancing: Beginner & Advance; Tai-Chi Practice; Pickleball: Beginners & Intermediate Play; LAF Book Club; Mahjong & Pepper Lessons; Sewing; Metalsmithing; Zoom programs.
- The following programs must be registered and paid for in advance: Tai-Chi- Beginner & Advance; Zumba Gold; Yoga (all classes); Essentrics; Craft Workshops (day pass + class fee applies).
Unless the guest has previous experience, the following programs can only be observed until the skill is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.

WORKSHOPS & SPECIAL ACTIVITIES

Better Living Day! We'll be back on June 20th! A day full of fun & educational workshops. Cost \$20 for members and \$25 for non-members. See flyer for details. *Please note: The West Side Centre will be closed this day to none Better Living Day participants; all regular programs cancelled.*

Brunch & Learn Series: *see flyers for more details.*

- **Lunch (BBQ) & Learn:** Friday May 26, at 11:30am. Cost \$8. **Registration is required.** (ESC)
Start Hearing Better Today presented by Hear Canada.
Join Hear Canada's audiologists to learn about the types of hearing loss, risk factors related to hearing loss, the relationship between hearing loss and dementia, what tinnitus is (ringing or noises in the ears) and what you can do to prevent and treat hearing loss.
- **Brunch & Learn:** Tuesday May 30, at 11:30am. Cost \$8. (WSC)
Preparing for Retirement Living presented by Seasons Retirement Communities.
Have you ever thought to yourself, "When is the right time to make the move to retirement living?" Join us as Seasons Retirement Communities discuss the signs of readiness, how to have the conversation with a loved one, and the many options and benefits retirement living provides.

Bingo! – Under the B....Be Social & have fun playing for small prizes. 1x per month \$1/card. (WSC)

Craft Workshops:

- **Beading Workshop** – Create your own "seed bead summer time" necklace; Cost \$15: includes instructions & supplies. See flyer for details & design. *Pre-Registration required. May 12. (WSC)*
- **Spring Wreath;** Cost \$10: includes instructions & supplies. *See flyer for details. Pre-Registration required. May 31 (WSC)*

Hearing Screening June 13—15-minute hearing screening session with Canadian Hearing Services. *Pre-registration required. (ESC)*

Mother's Day Afternoon Tea Party: Dust off your party hats/fascinators and join us for this special occasion English-style tea party followed by games and Bingo. **Please purchase tickets in advance. Cost \$15/members, \$20/non-members. See flyer for further details.**

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