

# PASTA WEDNESDAYS

AT THE RIVERSIDE SPORTSMEN CLUB  
10835 RIVERSIDE DR E



PROCEEDS  
BENEFIT  
LIFE AFTER FIFTY

LIFE AFTER FIFTY LOTTERY TICKETS WILL BE AVAILABLE FOR SALE \$20 EACH OR 3 FOR \$50

WEDNESDAYS IN JANUARY  
JANUARY 8, 15, 22, 29 2020



5PM - 8PM

\$8 PER PERSON  
ALL YOU CAN EAT PASTA

WWW.LIFEAFTERFIFTY.CA | 519-254-1108



# LOTTERY

Tickets \$20 or 3 for \$50  
For Tickets Call: 519-254-1108

**GRAND PRIZE**  
**\$10,000 CASH**

Draw Date: Friday, February 28, 2020

**SECOND PRIZE**  
**\$2500 CASH**

Draw Date: Friday, February 21, 2020

**THIRD PRIZE**  
**\$1000 CASH**

Draw Date: Friday, February 14, 2020

**FOURTH PRIZE**  
**\$500** Gift Certificate to Shoppers Drug Mart  
Draw Date: Friday, February 7, 2020

**EXTRA DRAWS** Every Friday in February:  
**Two \$200** Gift Certificates to Just Jeff's Gourmet Express

Purchase your tickets at:

- Both Life After Fifty Locations
- Devonshire Mall January 27, 2020 — February 2, 2020
- Riverside Sportsmen Club every Wednesday pasta night in January 2020

Registered Charity #  
BN 107450116RR0001  
Licence M832408

Tickets on sale until: 3:00 pm, February 5, 2020. Draws held every Friday in February at 12pm, Life After Fifty, 635 McEwan Ave., Windsor, On. Visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for full rules.

THANK YOU TO OUR LOTTERY SPONSORS!

GRAND PRIZE SPONSOR



In-kind Sponsors



WIN \$10,000!! BUY YOUR LOTTERY TICKETS TODAY! SALES END FEBRUARY 5TH, 2020

## Volunteer Recruitment

### Friendly Visitor

Providing companionship (no personal care required) in a senior's home.

A one hour visit once per week. Visits need to be done Mon-Fri between 8:30am and 4:30pm.

The senior is screened prior to visits and a staff will accompany you on your first visit.

Police clearance is required

### Telephone Assurance Caller

Providing a friendly phone call to homebound seniors to ensure safety and general well-being.

Calls vary from once a week to 3 times a week.

Calls must be made Mon – Fri. between 8:30am and 4:30pm

This may be done from your home

### Fitness Spotter

Supporting the fitness instructor to ensure participants are performing the exercises safely

Must have fitness experience

One class a week at the east side centre. Monday & Friday 12:00pm-1:15pm

For more information contact our Volunteer Coordinator Mary at 519-254-1108 x 132

January/February 2020 Active Living Guide  
For program descriptions & schedule visit: [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

# Life After Fifty



It's a new decade!  
2020

## FEATURE FRIDAY

**ARM-CHAIR TRAVEL**  
JANUARY 17  
10 AM - 11:30 AM

**POLE WALKING**  
JANUARY 24  
1 PM - 2 PM

**MEDICAL CANNABIS  
EDUCATION SESSION**  
JANUARY 31  
10 AM - 11:30 AM

**VALENTINE'S DAY DANCE**  
\$2 MEMBER / \$7 NON-MEMBER  
FEBRUARY 14  
1 PM - 3:30 PM

**CONVERSATION & CANVAS**  
\$6 MEMBER / \$11 NON-MEMBER  
FEBRUARY 7  
10 AM - 11:30 AM

FEBRUARY 21  
10 AM - 11:30 AM

FREE FOR MEMBERS OR \$5 FOR NON-MEMBER UNLESS OTHERWISE NOTED.

SPACE IS LIMITED  
REGISTRATION IS REQUIRED AT RECEPTION

LOCATION: WEST SIDE CENTRE

**New!**

**FEATURE  
FRIDAYS**

Try something new this  
year and sign up for a fun  
workshop!



**East Side Centre**  
(WFCU Centre)  
8787 McHugh St.  
Windsor, ON N8S 0A1

**Contact Us:**  
p: (519) 254-1108  
e: [info@lifeafterfifty.ca](mailto:info@lifeafterfifty.ca)  
[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

**West Side Centre**  
(Wyandotte & Campbell)  
635 McEwan Ave.  
Windsor, ON N9B 2E9

**Be** fit.  
well.  
social!

# Community Wellness Services

All services are available to LAF members & non-members.



Presents *Feet Facts*

Did you know? 

Your feet may be the most ticklish part of your body!  
**Because we have 8000 nerves in our feet!**  
 Ticklish feet are a good sign, as reduced sensitivity could be a symptom of neuropathy, a medical condition that is often linked to diabetes.

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 *Life After Fifty*  
*Foot Care Services*

**519-254-1108 | [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)**

Routine Foot Care offered at both LAF locations.

**Fees: \$20 for members | \$30 for non-members**  
**Initial assessment is an extra \$5**

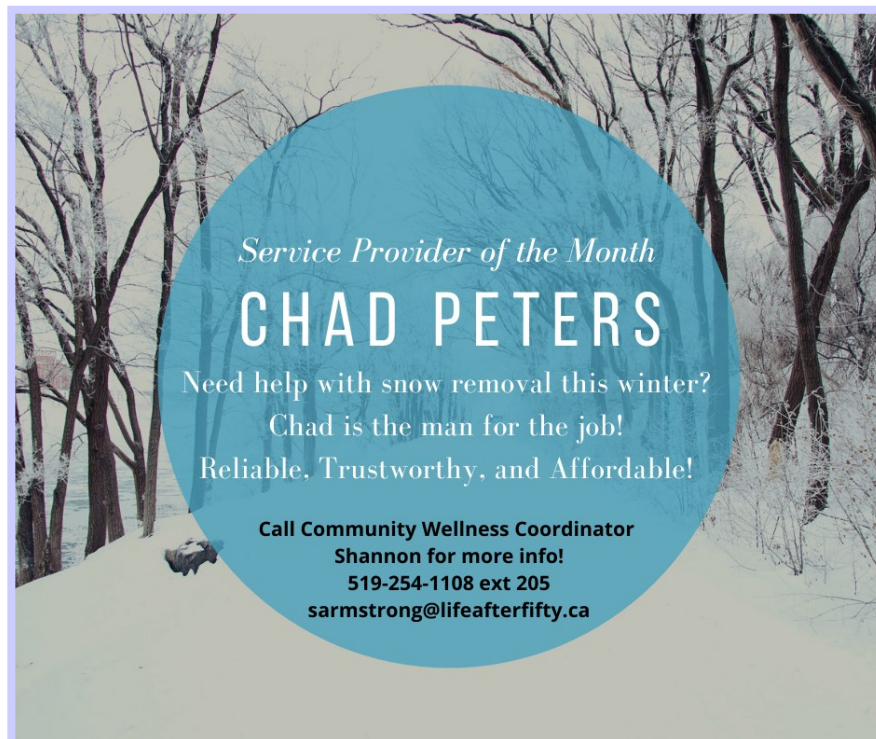


No time to cook?  
 Don't like to cook?  
**Buy our LAF-2-Go Ready Meals!**  
 Delicious Frozen Meals \$5.00  
 Just heat and eat!  
 Buy at Reception.



Thank you to our In-kind lottery sponsor  
**Amy's Helping Hands** for your continued support.

**www.amyshelpinghands.ca**



*Service Provider of the Month*  
**CHAD PETERS**

Need help with snow removal this winter?  
 Chad is the man for the job!  
 Reliable. Trustworthy. and Affordable!

Call Community Wellness Coordinator  
 Shannon for more info!  
 519-254-1108 ext 205  
[sarmstrong@lifeafterfifty.ca](mailto:sarmstrong@lifeafterfifty.ca)

**Community Wellness Services Offered:**

- Foot Care
- Home Maintenance
- Friendly Visiting
- Telephone Assurance

Call our Community Wellness Coordinator, Shannon at  
 519-254-1108 x 205

# Outreach

## Our West End Outreach



**BEST**  
**of the**  
**WEST**  
**#BuyWestYQG**

### Our West End Outreach Team

Veronica 519-254-1108 x 139

Heather 519-254-1108 x 134

*Jingle Bell Friends*

A big thank you to all of our Members, Volunteers, and Sponsors for helping with JBF.



One of the greatest gifts you can give is your time

## Seniors Outreach



Life After Fifty's Outreach Team promotes Senior's Independence in 20 locations throughout Windsor and Essex County. They help seniors with their safety and learning needs through interactive workshops and presentations. Please contact our Outreach Coordinators, **Tahira & Alicia** with any questions. 519 254-1108 x 118 / x 115

# MARK YOUR CALENDARS!

Join us for an...

## Introductory Needle Lace Workshop

Come learn how to create a needle lace pattern and use two stitches to create your own pendant in this free 3-week workshop!

**Where:** Life After Fifty, East Side Centre

**Dates:** Tuesday January 7, 14, 21 2020

**Time:** 10:00am-12:30pm

**Cost:** \$0 members/ \$5 per class non

**Instructor:** Julie Nicholls

Please sign up at ESC Reception.



## FEATURE FRIDAY

You're invited.



## ARM-CHAIR TRAVEL

FRIDAY, JAN. 17  
10 AM - 11:30 AM

JOIN CAA FOR THIS  
FREE INFORMATION SESSION ON TRAVEL  
DESTINATIONS + TRAVEL INSURANCE.  
SPACE IS LIMITED  
REGISTRATION IS REQUIRED AT RECEPTION.  
COST: \$0 MEMBER/ \$5 NON-MEMBER  
LOCATION: WEST SIDE CENTRE

# Centre Information and Program Changes

Adults age 50+ may become members of Life After Fifty.

As a member, you may participate in any of our exciting programs and events that take place at both our West Side Centre and at our East Side Centre. Additional fees may be applied for specific programs/workshops. Some programs/workshops may require pre-registration.

**Annual Membership Fee: \$150**

**Payment Options:** Pre-Authorized Debit (PAD) \$12.50/ month or Payment in Full

West Side Centre — 635 McEwan Ave.

### Hours of Operation:

Monday to Friday 8:30am—4:30pm

Lunch is served: Monday—Friday 11:30am—12:30pm

LAF Ready Made Meals to Go: Available from the freezer

Monday—Friday

### Program Changes

Wednesday Jan. 1—Both Centres are CLOSED

Thursday, Jan. 2—Sewing, Tai Chi CANCELLED

Friday, Jan. 3 — Line Dance CANCELLED

Tuesdays, Jan. 7, 14 —Qigong CANCELLED

Wednesday Jan. 29—LAF Fitness, Round Dancing, Pickleball, Shuffleboard CANCELLED

Thursday, Jan. 30 — Yoga, LAF Fitness, Tai Chi, LaBlast, Pickleball CANCELLED

Friday, Jan. 31—Line Dance, Ping Pong, Mile at a Time CANCELLED

Thursday, February 6—LaBlast CANCELLED

East Side Centre — 8787 McHugh Ave. (WFCU Centre)

### Hours of Operation:

Monday to Friday 8:30am—4:00pm

LAF Ready Made Meals to Go: Available from the freezer Monday—Friday

### Program Changes

Wednesday January 1 - both Centres CLOSED Happy New Year!

Friday January 3 - LAF Fitness CANCELLED.

Monday January 6 - LAF Fitness CANCELLED.

Beg. Acrylic Painting will return in April.

Tuesday January 7 - Line Dancing resumes.

Tuesday January 7 & 14 - Beg. Qigong & Qigong Meditation CANCELLED.

Friday January 31 - Yoga class CANCELLED.

Tues. February 4 & 11-Zumba Gold CANCELLED.

Friday February 7 - LaBlast CANCELLED.

Monday February 17- Both Centres CLOSED for Family Day.

# DANCE! STEP TO THE BEAT, FOUR WAYS A WEEK

## West Side 635 McEwan Ave

### MONDAYS

@ 1-1:30PM

ZUMBA GOLD  
FITNESS + DANCE  
\*Pre-Registration required

### WEDNESDAYS

@ 1-2 PM

BEGINNER'S ROUND  
DANCING  
INTERMEDIATE: 2-3PM

### THURSDAYS

@ 1-1:45PM

LABLAST  
LEARN BALLROOM  
WITHOUT A PARTNER  
\*Pre-Registration required

### FRIDAYS

@ 9:30-10:30AM

LINE DANCING  
INTERMEDIATE:  
10:30-11:30AM

## East Side 8787 McHugh St.

### TUESDAYS

@ 10-10:30AM

ZUMBA GOLD  
FITNESS + DANCE  
\*Pre-Registration required

@ 12-12:30PM

LINE DANCING  
INTERMEDIATE: 1-2:30PM  
\*Pre-Registration required

### THURSDAYS

@ NOON-1PM

LINE DANCING  
INTERMEDIATE: 1-2:30PM  
\*Pre-Registration required

### FRIDAYS

@ 12:30-1:15PM

LABLAST  
LEARN BALLROOM  
WITHOUT A PARTNER  
\*Pre-Registration required

## New Member Orientation Days

Calling all NEW LAF members!

Join us for coffee & tea while enjoying games and a presentation about LAF and all it has to offer! For more information call Michelle at 519-254-1108 x 118

Dates: January 29 & February 26, 2020 Time: 10am –11am

# January Special Events and Workshops

1	<b>Both Centres CLOSED. HAPPY NEW YEAR!</b>
8	<b>Workshop - Smartphone and Tablet Basics:</b> This 6 week workshop will help you learn to navigate and get accustomed to your Android or Apple device. This is mostly a hands-on workshop, thus please bring your fully charged device for the best learning experience. Please register at reception. <b>Date:</b> Wednesday, Jan. 8-Feb. 12 <b>Time:</b> 1:00pm-3:30pm <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member/ \$30non
8	<b>Pasta Dinner:</b> Enjoy a night out with your family & friends and join us for ALL YOU CAN EAT PASTA in support of LAF. <b>Date:</b> Wednesday, Jan. 8 <b>Time:</b> 5:00pm-8:00pm <b>Location:</b> Riverside Sportsman Club <b>Cost:</b> \$8 per person
9	<b>Afternoon with Timeless Classics:</b> Enjoy an afternoon with friends while watching a golden classic movie. Please see the flyer for the movie selection. <b>Date:</b> Thursday, Jan. 9 <b>Time:</b> 12:45pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
15	<b>Beading workshop with Ruby:</b> This month, we will be creating a beautiful bracelet made with metal squares decorated with Swarovski crystals and other beads. Material cost applies and varies with each project. Intermediate-level project. Beginners will be given an easier project to complete but please call ahead and register. Please register at reception. <b>Date:</b> Wednesday, Jan. 15 <b>Time:</b> 12:30pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$25 members/\$ 30non
15	<b>Pasta Dinner:</b> Enjoy a night out with your family & friends and join us for ALL YOU CAN EAT PASTA in support of LAF. <b>Date:</b> Wednesday, Jan. 15 <b>Time:</b> 5:00pm-8:00pm <b>Location:</b> Riverside Sportsman Club <b>Cost:</b>
17	<b>Arm-Chair Travel:</b> You're invited to join CAA for this free information session on travel destinations and travel insurance. Space is limited. Registration is required at reception. <b>Date:</b> Friday, Jan. 17 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
20	<b>Diabetes One on One Counseling:</b> Meet with a registered dietician from the weCHC Diabetes Wellness team. Registration at reception is required. <b>Date:</b> Monday, Jan. 20 <b>Time:</b> 9:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member
22	<b>Pasta Dinner:</b> Enjoy a night out with your family & friends and join us for ALL YOU CAN EAT PASTA in support of LAF. <b>Date:</b> Wednesday, Jan. 22 <b>Time:</b> 5:00pm-8:00pm <b>Location:</b> Riverside Sportsman Club <b>Cost:</b>
22	<b>Chinese New Year:</b> Join your friends at LAF as we celebrate the Chinese New Year with food & activities. <b>Date:</b> Wednesday, Jan. 22 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> see flyer for details
24	<b>Pole Walking:</b> Come join us INSIDE for a hands-on Urban Pole Walking class. You will learn the proper pole walking techniques to maximize the excellent benefits of pole walking! Limited space, registration at reception is required. <b>Date:</b> Friday, Jan. 24 <b>Time:</b> 1:00pm-2:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
29	<b>New Member Orientation:</b> Calling all NEW LAF members. Join us for coffee & tea while enjoying games and a presentation about the Centre and all it has to offer. <b>Date:</b> Wednesday, Jan. 29 <b>Time:</b> 10:00am-11:00am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 members only
29	<b>Pasta Dinner:</b> Enjoy a night out with your family & friends and join us for ALL YOU CAN EAT PASTA in support of LAF. <b>Date:</b> Wednesday, Jan. 29 <b>Time:</b> 5:00pm-8:00pm <b>Location:</b> Riverside Sportsman Club <b>Cost:</b>
30	<b>Afternoon at the Movies:</b> Enjoy an afternoon with friends while watching a new release movie. Please see the flyer for the movie. Cost includes popcorn. Please sign up at reception. <b>Date:</b> Thursday, Jan. 30 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$6 non-member
31	<b>Medical Cannabis Education Session:</b> Join Brittany Pitre, RPN from Natural Health Services as she provides an educational session on Medical Cannabis: What is it? Is it right for you? How to access it? Space is limited. Registration is required at reception by January 17. <b>Date:</b> Friday, Jan. 31 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member

# February: Special Events and Workshops

7	<b>Conversation &amp; Canvass:</b> Always wanted to do a "paint night"? Follow step by step with Hazel and paint a beautiful acrylic painting that will be your own masterpiece! Space is limited. Registration required at reception. <b>Date:</b> Friday, Feb. 7 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> \$6 member/ \$11 non-member
7	<b>LAF LOTTERY DRAW:</b> Join us in the Café this Friday as we draw a lucky lottery winner. All are welcome. <b>Date:</b> Friday, Feb. 7 <b>Time:</b> 12:00 pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0
10	<b>Diabetes One on One Counseling:</b> Meet with a registered dietician from the weCHC Diabetes Wellness team. Registration at reception is required. <b>Date:</b> Monday, Feb. 10 <b>Time:</b> 9:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member
14	<b>LAF LOTTERY DRAW:</b> Join us in the Café this Friday as we draw a lucky lottery winner. All are welcome. <b>Date:</b> Friday, Feb. 14 <b>Time:</b> 12:00 pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0
14	<b>Valentine's Day Dance:</b> Come out for an afternoon of music and fun! <b>Date:</b> Friday, Feb. 14 <b>Time:</b> 1:00pm-3:30pm <b>Location:</b> West Side Centre <b>Cost:</b> \$2 member/ \$7 non-member
17	<b>Both Centres CLOSED for Family Day!</b>
19	<b>Beading workshop with Ruby:</b> Please check closer to the end of January for this month's project. Material cost applies and varies with each project. Please register at reception. Non-members pay \$5.00 extra for day pass. <b>Date:</b> Wednesday, Feb. 19 <b>Time:</b> 12:30pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$ TBD members/\$ TBD non
21	<b>LAF LOTTERY DRAW:</b> Join us in the Café this Friday as we draw a lucky lottery winner. All are welcome. <b>Date:</b> Friday, Feb. 21 <b>Time:</b> 12:00 pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0
21	<b>Conversation &amp; Canvass:</b> Always wanted to do a "paint night"? Follow step by step with Hazel and paint a beautiful acrylic painting that will be your own masterpiece! Space is limited. Registration required at reception. <b>Date:</b> Friday, Feb. 21 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> \$6 member/ \$11 non-member
26	<b>New Member Orientation:</b> Calling all NEW LAF members. Join us for coffee & tea while enjoying games and a presentation about the Centre and all it has to offer. <b>Date:</b> Wednesday, Feb. 26 <b>Time:</b> 10:00am-11:00am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 members only
27	<b>Afternoon at the Movies:</b> Enjoy an afternoon with friends while watching a new release movie. Please see the flyer for the movie. Cost includes popcorn. Please sign up at reception. <b>Date:</b> Thursday, Feb. 27 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$6 non-member
28	<b>LAF LOTTERY DRAW:</b> Join us in the Café this Friday as we draw a lucky lottery winner. All are welcome. <b>Date:</b> Friday, Feb. 28 <b>Time:</b> 12:00 pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0

## Lapidary Membership Changes

As of January 2020, the cost of a Lapidary Membership is \$30/year. This membership pays for equipment maintenance, repairs and usage. It also includes special discounts on some supplies. For more information please see Suzanne or Jill.