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**JANUARY/ FEBRUARY Mini—Active Living Guide**  
(For program descriptions & schedule visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca))

*Life After Fifty*  
*Living Well Has No Boundaries*



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**LAF** *all the way to the* **BANK**

**LAF**  
*Life After Fifty*  
Proceeds support  
programs & services at  
Life After Fifty

GRAND PRIZE	SECOND PRIZE	THIRD PRIZE	FOURTH PRIZE
<b>\$10,000 CASH</b> Friday, Feb 24, 2017	<b>\$5000</b> Gift Certificate to Tepperman's Friday, Feb 17, 2017	<b>\$2000</b> Gift Certificate to Just Jeff's Gourmet Express Friday, Feb 10, 2017	<b>\$500</b> Gift Certificate to Shopper's Drug Mart Friday, Feb 03, 2017

Tickets **\$20/each** or **3 for \$50** [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) **519- 254-1108**

GRAND PRIZE SPONSOR: **WINDSOR HONDA** MEDIA SPONSOR: **AM800** cklw—the information station

**Be a LAF Lottery Ticket Seller and you could win EVEN MORE great prizes! Ask at Reception!**

Proud Funded Partners: Corporate Partners: Gold Sponsor: **CAESARS** WINDSOR

**East Side Centre** (WFCU Centre) 8787 McHugh St. Windsor, ON N8S 0A1 **West Side Centre** (Wyandotte & Campbell) 635 McEwan Ave. Windsor, ON N9B 2E9 **Contact Us:** p: (519) 254-1108 e: [info@lifeafterfifty.ca](mailto:info@lifeafterfifty.ca) [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)



# THE COLOSSEUM PRESENTS



OPEN TO ALL AGES

## DANCING WITH THE STARS LIVE!

FRIDAY, JANUARY 27

3PM & 8PM

TICKETS STARTING AT \$35



## MICHAEL BOLTON

SATURDAY, MARCH 4  
TICKETS STARTING AT \$30



## IRISH ROVERS

FRIDAY, MARCH 17

3PM & 8PM

TICKETS STARTING AT \$10



## TONY ORLANDO

RESCHEDULED:  
THURSDAY, AUGUST 10  
3PM & 8PM

TICKETS STARTING AT \$15

New for Jan/Feb 2017

## West Side Centre

### WEDNESDAYS:

Pickleball is NOW 9:00am-10:00am

LAF Fitness is NOW at 10:30am-11:30am

Fit for Life is NOW at 12:15pm-1:45

Round Dancing is NOW at 2:00pm-3:00pm; 3:00pm-4:00pm

### THURSDAYS:

Genealogy Class 10:00am-12:00pm (please register at reception)

Yoga and Chair Yoga will begin Feb 2 (please register at reception)

Indian Vegetarian Cooking: Feb 2- 23 (please register at reception)

### SATURDAYS:

Total Body Fitness NOW at 10:00am-11:00am

Regular programming begin January 14th.

## East Side Centre

### MONDAYS:

Painting with Water Colours Drop-in

### TUESDAYS:

Zumba Gold 10:00am-10:30am (pre-registration is required)

### WEDNESDAYS:


Core & Balance has moved! Is NOW at 1:00pm-2:00pm

### THURSDAYS:

Fit for Life is CANCELLED until further notice

Investors Discussion Group 10:30am-12:30pm (pre-registration is required)

Tickets available at the Box Office, [CaesarsWindsor.com](http://CaesarsWindsor.com),  
[ticketmaster.ca](http://ticketmaster.ca) or charge by phone 1-888-345-5885.

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## THE COLOSSEUM

**CAESARS**  
WINDSOR



**NEW!**  
**LAF Cafe... TO GO**  
 Ready-made meals



**\$5 meals \$3 soups**

**SAFE @ HOME** \*LAF Member Discounts\*  
*Solutions For Confident Living* SafeAtHomeWindsor.ca  
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 CITY CENTRE BRANCH 189 City Hall Sq. 519-252-0123

**Currently Recruiting Volunteers for...**

**Safety & Security Programs!**

LAF matches volunteers with isolated older adults living at home.



Funded by: Ontario Local Health Integration Network

Friendly Visitors go to a client's home on a regular basis and provide meaningful social interaction which helps to reduce isolation and increase a sense of community.

Telephone Assurance Volunteers commit to making a phone call to a client on a regular basis (daily/ weekly).

These programs are designed to keep people living safely and independently at home for as long as possible.

**Responsibilities:**

- Provide excellent customer service
- Be the friendly face of LAF in LaSalle
- Maintain cleanliness of café
- Processing purchases
- Possibly light food prep

**Schedule & Commitment:**

- 4 hour shifts
- Monday—Friday
- 10:00am –2:00pm

**Skills and Experience:**

- Ability to work alone
- Experience with cash
- Excellent customer service
- Reliable, punctual and flexible



**Interested? Contact Mary our Volunteer Coordinator!**

**LAF Wellness Services Offered**

**Looking for assistance** with snow removal , deep-cleaning or odd jobs **but you're not sure who to call?**

Life After Fifty can refer you to a **trusted service provider** through the...

**Home Maintenance Referral Program**

LAF will refer you to our pre-screened service providers. In addition to snow removal and yard maintenance, we are now able to help you find assistance with home repairs, odd jobs, deep cleaning and other services (dependent upon available providers.)

**Program Goal:** Keep older adults living safe and independently at home for as long as possible.  
**Cost:** Referral is free. Service charges vary.

**Foot Care Services**

By Nurses with Advanced Foot Care Certification

**First Foot Care Appointment:**  
 LAF Members: \$25 / Non-Members: \$35

**Regular Foot Care Costs:**  
 LAF Members: \$20 / Non-Members: \$30

**When is Medical Foot Care Required?**

- Individuals with Diabetes
- If mobility/ balance is an issue (if you can't reach your toes)
- If you have issues with circulation.
- Individuals with fungal/ingrown toenails. (Prevention/ maintenance)

**Safety & Security Programs!**

Enjoy regular phone calls or visits from caring volunteers. This program is designed to:

- Provide a regular "check-ins" or visits
  - Alleviate boredom
- Provide friendly conversation

**Interested? Contact our Wellness Services department!**

*Last updated: Jan 12, 2017*



# Jan/Feb Special Events & Workshops

## January

**12** **Genealogy:** Genealogy is that part of history that traces family relationships overtime. If you are interested in how to find where your family has come from and who your ancestors were, then this class will interest you! *Participants must pre-register at reception.*  
**Date:** Thurs. Jan 12— Feb 2 **Time:** 10:00am—12:00am **Location:** West Side Centre **Cost:** \$0 members/ \$5 non-members

**13** **Beading Workshop:** Please call or see flyer for more details. Material fee applies. Must pre-register at reception.  
**Date:** Friday, Jan 13 & 20 **Time:** 9:30 am-11:30pm **Location:** West Side Centre **Cost:** See flyer for details.

**18** **Craft Workshop:** Learn how to take an ordinary coffee filter and make in into a beautiful Valentine's day wreath! The wreath's will then be available for purchase at the Centre. *Please register at reception*  
**Date:** Wednesday, Jan. 18 **Time:** 12:30pm-3:30pm **Location:** East Side Centre **Cost:** \$0 members/ \$5 non-members

**18** **Beading Workshop:** Project to be determined the first week of January. Please call Meg for more information. Material fee applies.  
**Date:** Wednesday, Jan. 18 **Time:** 12:30pm-3:30pm **Location:** East Side Centre **Cost:** TBA

**23** **Afternoon at the Movies:** Enjoy an afternoon with friends while watching a new release movie. Please see the flyer for the movie. Cost includes popcorn. *Please purchase tickets at reception.*  
**Date:** Thursday, Jan. 23 **Time:** 1:00pm-3:00pm **Location:** West Side Centre **Cost:** \$1 members/ \$5 non-members

**26** **Brunch:** Come and enjoy a delicious breakfast spread, prepared by our skilled cooks. This hot meal will include a variety of your breakfast favourites. Brunch will be served from 11:00am-12:00pm. Afterwards, lunch items such as soups and sandwiches will be sold from 12:00pm-12:30pm.  
**Date:** Thursday, Jan. 26 **Time:** 11:00am-12:00pm **Location:** West Side Centre **Cost:** \$5 members/ \$5 non-members

**27** **Diabetes Drop In:** Alternating Fridays at the **West Side Centre**. Visit with a Registered Dietician from the Windsor Essex Community Health Centre in the Foot Care Room!  
**Date:** Friday, Jan. 27 **Time:** 9:00am-12:00pm **Location:** West Side Centre **Cost:** \$0

**31** **Investors Group Presentation:** "Estate and Financial Planning for Retirees" Getting the most out of your money in retirement. *Participants must pre-register at reception.*  
**Date:** Tuesday, Jan. 31 **Time:** 10:30pm-11:30am **Location:** East Side Centre **Cost:** \$0 members/ \$0 non-members  
**Date:** Tuesday, Jan. 31 **Time:** 1:00pm-2:00pm **Location:** West Side Centre **Cost:** \$0 members/ \$0 non-members

**31** **Craft Workshop:** Learn how to take an ordinary coffee filter and make in into a beautiful Valentine's day wreath! The wreath's will then be available for purchase at the Centre. *Please register at reception*  
**Date:** Tuesday, Jan. 18 **Time:** 10:00pm-12:00pm **Location:** East Side Centre **Cost:** \$0 members/ \$5 non-members

# Jan/Feb Special Events & Workshops

## February

**2** **Indian Vegetarian Cooking Workshop:** This Indian vegetarian cooking workshop is hands-on, informative and interactive. You will learn dishes that are rooted in India's age-old vegetarian culinary traditions. Entrees are wholesome, healthy and fresh. *Please sign up at reception by Jan 31 (Limit of 8 people only)*  
**Date:** Thursday, Feb 2-23 **Time:** 2:00 pm-3:30pm **Location:** West Side Centre **Cost:** \$20/4 weeks

**3** **LAF All the Way to the Bank:** Join us in the café for lunch every Friday in February as we draw our lucky lottery winners each week. All are welcome.  
**Date:** Friday, Feb 3 **Time:** 12:00 pm **Location:** West Side Centre **Cost:** \$0

**7** **IPad Course:** Do you want to learn how to use your iPad? This informative class will teach you how to do it. *Please register at reception. First time participants only. Limited space. 5 week class.*  
**Date:** Tuesday, Feb 7 - March 7 **Time:** 12:00 pm **Location:** West Side Centre **Cost:** \$0 members/ \$5 non-members /class

**10** **LAF All the Way to the Bank:** Join us in the café for lunch every Friday in February as we draw our lucky lottery winners each week. All are welcome.  
**Date:** Friday, Feb 10 **Time:** 12:00 pm **Location:** West Side Centre **Cost:** \$0

**14** **Happy Valentines Day:** Celebrate Valentine's Day with your LAF friends! Enjoy a morning of Bingo and fun! Cookie  
**Date:** Tuesday, Feb 14 **Location:** West Side Centre **Time:** 10:30-12:30 **Cost:** see flyer

**14** **Afternoon with Timeless Classics:** Join us for the enjoyable afternoon spent watching one of the timeless classics on a big screen. Popcorn is available to purchase before the movie. We will watch "Casablanca", a romantic drama from 1942 starring Humphrey Bogart and Lauren Bacall.  
**Date:** Tuesday, Feb 7 **Time:** 10:30 am-12:00pm **Location:** East Side Centre **Cost:** \$0 members/ \$5 non-member

**17** **LAF All the Way to the Bank:** Join us in the café for lunch every Friday in February as we draw our lucky lottery winners each week. All are welcome.  
**Date:** Friday, Feb 17 **Time:** 12:00 pm **Location:** West Side Centre **Cost:** \$0

**18 & 20** **BOTH CENTRES ARE CLOSED**  
**Date:** Saturday, Feb 18 & Monday, Feb 20 **Location:** East & West Side Centre

**22** **iClimb! for United Way:** Climb over 1,000 steps & raise funds in support of United Way. See [www.weareunited.com](http://www.weareunited.com) for details. **PICKLEBALL AND LAF FITNESS are cancelled.**  
**Date:** Wednesday, Feb 22 **Time:** 7:00am-3:00pm **Location:** WFCU Centre **Cost:** see flyer for details

**22** **Charity Bingo:** Enjoy a night out playing BINGO at Breakaway Gaming Centre and support Life After Fifty! Please sign-in  
**Date:** Wednesday, Feb 22 **Time:** 6:00pm **Location:** 655 Crawford Ave **Cost:** see flyer for details

**23** **Computer Seminar: Windows 10:** Join us to learn about features of the newest Microsoft operating system. This is not a hands-on workshop however you are welcome to ask questions throughout. Must pre-register.  
**Date:** Thursday, Feb 23 **Time:** 10:00am -12:00pm **Location:** East Side Centre **Cost:** \$0 members/ \$5 non-members

**24** **LAF All the Way to the Bank:** Join us in the café as we draw our **GRAND PRIZE of \$10,000!**  
**Date:** Friday, Feb 24 **Time:** 12:00 pm **Location:** West Side Centre **Cost:** \$0