






January & February 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 Jan. 2 & Feb. 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)	Silver Ambassador Band* (9:30-11:30)	Morning Indoor Walk (9:00-9:45)	Morning Indoor Walk (9:00-9:45)	Mile at a Time (9:00-12:00)
Artist Circle (9:30-3:30) 	WHY KNOT Knit/Crochet (9:30-11:30)	Coffee Social (9:00-10:30)	MetalSmithing* (9:00-3:00)	Table Tennis (9:30-12:00)
LAF Fitness* (9:45-10:45) 7 weeks starts Jan. 9	Table Tennis (10:00-12:00)	LAF Fitness* (9:45-10:45) 8 weeks starts Jan. 11	Pickleball For Fun (10:00-11:00) 2 courts (11:30-1:00) 1 court	Scrabble (9:30-11:30)
Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	Sewing* (9:30-3:30)	LAF Sing-a-long (10:00-11:30)
Colouring Social (10:00-2:00)	Colouring Social (10:00-2:00)		Coffee Social (10:00-11:30)	Table Shuffleboard  (12:00-2:00) starts Jan. 13
Chair/Floor Yoga* (11:00-12:00) starts Jan. 9 Cost: \$14/7wks mem. \$49/7wks Non-mem.	FUNctional Circuit  Training* starts Jan. 10 (11:30-12:15) 8 weeks	Chair Yoga* -Hybrid (11:00-12:00) starts Jan. 11 Cost: \$16/8wks mem. \$56/8wks non-mem.	FUNctional Circuit  Training* starts Jan. 12 (11:30-12:15) 8 weeks	Pepper (12:30-3:30)
Shuffleboard (1:00-3:30)	"What's Your Tech Problem?"* (12:30-1:30) returns Jan. 24	Mexican Train Dominoes (1:00-3:00)	Colouring Social (11:30-2:00)	LAF Fitness*- via Zoom (1:30-2:30) 8 weeks starts Jan. 13
Tai Chi Beginner* (1:00-2:00) starts Jan. 9 Cost: \$14 /7wks mem. \$49/7wks non-mem.	Table Shuffleboard (1:00-3:00)  starts Jan. 10	Line Dancing Beginner* (1:00-2:00) 8 weeks starts Jan. 11	Tai-Chi Practice (2:00-3:00) cancelled Jan. 26	
Tai Chi Advance* (2:00-3:00) starts Jan. 9 Cost: \$14 /7 wks mem. \$49/7wks non-mem.	Pickleball For Fun (1:00-4:00)	Line Dancing Advance* (2:00-3:00) 8 weeks starts Jan. 11	Mahjong (1:00-3:00)	
Learn to Sew* (1:00-3:00) January 9-30 Cost: \$8/ 4weeks	Mahjong (1:00-3:00)		Euchre (1:00-3:00)	
Hearing Screening* Jan. 25 By appointment only	Brunch (11:00-12:00) Jan. 17 Cost: \$8		Powerful Tools for Caregivers* (10:00- 11:30) Jan. 19- Feb. 23	
Income Tax Presentation** (11:00am) Feb. 13	BINGO!* (1:00-2:00) Jan. 17 Cost: \$1/card		Fall Prevention Screening* (1:30- 4:00) Jan. 26 By appointment only	
	Craft Workshops* Jan. 30 & Feb. 28 Cost & Time: TBD		Silversmithing Workshop* (9:30-2:30) Jan.12 or 26 Cost: \$30	
	Therapeutic Touch** By Appointment only	Chair Massage** By Appointment only	Lapidary/Silversmithing Open House: Feb. 23 (9:30-12:30)	
	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only

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

January & February 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 Jan. 2 & Feb. 20				Closed on January 6
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)	Mexican Train Dominos (9:30-12:30)
Qigong Fundamentals* (10:45-12:15)	Table Tennis (10:00-11:15)	Pickleball-Intermediate Lvl Play* (10:30-12:30) Cost: \$32/8wks mem. starts Jan. 11	Computer 1on1* (10:00-11:00) (11:00-12:00)	Wii Bowling (10:00-11:15) 
Pickleball-Intermediate Lvl Play* (11:00-1:00) Cost: \$28/7wks mem. starts Jan. 9	Mahjong (10:00-12:00)	Mahjong (12:15-3:45)	Qigong Fundamentals* (10:45-12:15)	Pickleball-Intermediate Lvl Play* (11:15-1:15) Cost: \$32/8wks mem. starts Jan. 13
Watercolour Painting Club (no instructor) (12:30-3:30)	Zumba Gold & Toning* (11:30-12:00) starts Jan. 10 Cost: \$12/6wks mem. \$42/6wks non-mem. no class Feb. 7 & 14	Computer 1on1 (Digital Basics)* (1:00-2:00)	Pickleball-Beginner Lvl Play* (11:00-1:00) Cost: \$32/8wks mem. starts Jan. 12	Euchre (12:30-3:30) 
Pepper (12:30-3:30)	Mexican Train Dominos (12:15-4:00)	LAF Fitness* - Hybrid (1:30-2:30) 7 weeks starts Jan. 11	Tai Chi Beginner* (1:00-2:00) starts Jan. 12 Cost: \$16/8 wks mem. \$49/8wks non-mem.	LAF Fitness* - Hybrid (1:30-2:30) 8 weeks starts Jan. 13
LAF Fitness* - Hybrid (1:30-2:30) 7 weeks starts Jan. 9	Essentrics* (1:00-2:00) Cost: \$16/8wks mem. \$56/8wks non-mem. starts Jan. 10	Yoga (Floor)* (2:30-3:30) Cost: \$16/8wks mem. \$56/8wks non-mem. starts Jan. 11	Tai Chi (Advance)* (2:00-3:00) Cost: \$16/8wks mem. \$56/8wks non-mem. starts Jan. 12	Chair/Floor Yoga* (2:30-3:30) Cost: \$16/8wks mem. \$56/8wks non-mem. starts Jan. 13
Chair Massage** (10:00-1:00) Jan. 9 & Feb. 13  By Appointment only	Table Tennis (1:00-3:00) Cancelled Feb. 14	LAF Book Club* (2:45-3:45) Jan. 4	Scrabble (12:30-3:30)	
Income Tax presentation** (11:00am) Feb. 13		Hearing Screening* Jan. 25 By appointment only		
	Foot-care** By Appointment only	Bobbin Lace Making* Feb. 22 -March 15 Cost: \$8/4 weeks	Foot-care** By Appointment only	

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

* Session for registered programs runs January 9, 2023- March 3, 2023. Non-registered programs resume Jan. 3, 2023

- **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.
- ESC Fridays will reopen on January 13, 2023.
- Please see newsletter for Special Events & Workshops.

Life After Fifty - Program Descriptions Jan/Feb 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 \$\$ (ESC, 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)

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. (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)

Metalsmithing

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. *Experienced participants only. Learning opportunities will be starting in 2023.* (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. (WSC)

Qigong (pronounced Chi Gong): Holistic system of coordinated body posture/movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong can help improve your circulation, balance, alignment and help restore your energy (chi). *Pre-Registration required.* (ESC).

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

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)

Table Tennis: This game provides exercise and improves hand-eye coordination. (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)

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)

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.* (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; Mahjong; Pepper and Qigong.
Please note that some programs are site-specific; please call for additional details.

WORKSHOPS & SPECIAL ACTIVITIES

Fall Prevention Screening – The falls prevention team lead by weCHC (Windsor Essex Community Health Centre) will provide a free falls risk assessment. Thursday Jan. 26 1:30-4:00. Pre-registration is required, call 519-997-2823 x 341. (WSC)

Powerful Tools for Caregivers – This 6 week educational workshop series will be offered at LAF by staff from weCHC (Windsor Essex Community Health Centre). Thursdays, January 19- February 23; 10:00am-11:30am. See flyer for more information and details on how to register. (WSC)

Income tax presentation – Join CRA (Canada Revenue Agency) as they present information valuable for this upcoming income tax filing. This will be on zoom and be presented at both centres or call for the link. February date and time to be determined.

Learn to sew – 4 weeks: Mondays, Jan 9-30, 1:00-3:00pm– Are you wanting to learn or get back into sewing? Join our volunteer instructor as they go over the basics of how to get started on machine sewing. Space is limited. Pre-registration is required. *Recommended to wear a mask.* (WSC)

Hearing Screening – Book a 15 minute hearing screening session.

Monday Jan.16 from 1-3pm (WSC) and Wednesday, Jan. 25 from 10am – 12pm (ESC)

Brunch – On Tuesday January 17, a brunch buffet will be served at 11:00am! Cost \$8. (WSC)

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

Craft Workshops:

- **Jan. 30** – Handmade valentine themed craft. Cost \$10: includes instructions & supplies. See flyer for picture of design. Pre-Registration required. (WSC)
- **Feb. 28** – Craft TBA. See flyer for details. (WSC)

Silversmithing Workshop: Learn the basic steps of silversmithing, as you make a custom fitted silver band (ring). Requires hand-eye coordination, however, no experience necessary. Jan. 12 or Jan. 26, 9:30– 2:30. Cost: \$30. Space is limited. Pre-registration is required. (WSC)

Lapidary/Silversmithing Open House: February 23, 9:30-12:30: Come and explore the exciting world of Silversmithing and Lapidary.

Intro to Bobbin Lace- 4 weeks: You will learn 3-4 stitches; how to wind bobbins and how to prepare a pattern. All supplies will be provided. Wednesdays Feb. 22- Mar. 15 Cost: \$8

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. This is a great opportunity to participate in programs not offered in person but keep the social connection; ex: Meditation, Trivia, Educational sessions & workshops. Need to stay home, but don't want to miss out on the fun? **Check out our SCWW calendar!** No preregistration required, can call as often as you like.

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