

LIFE AFTER FIFTY: July-Aug 2026 (July 2- Sept. 4)

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

West Side Centre (WSC) Schedule - 635 McEwan Ave

Updated:6/30/26

Monday	Tuesday	Wednesday	Thursday	Friday
Closed August 3		Closed July 1		
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 not avail. Aug. 18	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) Assistance available 10:00-11:30	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Morning Indoor Walk (9:00-9:30) 	Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-10:00)	Pickleball For Fun (9:00-12:00)
Wii Bowling - Drop in (9:30- 12:00)	WHY KNOT Knit/Crochet (9:00-11:30)	Coffee Social (9:00-10:30)	Advanced Sewing* (9:30-3:30)	Sharing Dance- Seated (9:30-10:15)
FUNctional Circuit & Games* (9:30-10:30) 8 weeks	Wii Bowling - Drop in (9:30- 12:00)	Essentrics* (9:30-10:30) Cost: \$16/8wks mem. <i>No class Aug. 26</i>	Functional PILATES* (9:15-10:00) Cost: \$20/10wks mem.	Wellness Check-in* (10:30-11:30) *Field trip to Ojibway July 3
Art Drop-in Social (10:00-12:00)	Table Tennis (9:30-11:00)	Craft Drop-in Social (10:00-12:00)	Functional PILATES* (10:10-10:55) Cost: \$20/10wks mem.	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 8 weeks	Corn Hole Game (9:30 -11:00) 	LAF Fitness* (10:45-11:45) 9 weeks <i>By video July 29</i>	LAF Sing-a-long (10:00-11:00)	Table Shuffleboard (12:30-2:30)
Shuffleboard (12:30-3:30)	Mahjong (10:00-12:00 / 1:00-3:30)	Wii Bowling -Drop In (9:30- 3:30)	Mahjong (10:00-12/12:30-3:30)	Mexican Train Dominoes (12:30-3:30)
Group Meditation* (12:30-1:00)	FUNctional Circuit* (11:15-12:00) 9 weeks	Chair Yoga* (12:15-1:15)  Cost: \$18/9wks mem.	Lapidary & Jewelry Arts* (9:30-2:30) Thursdays only for July/Aug <i>Closed July 27- Aug. 7</i>	Line Dancing Lessons - Absolute Beg.- Level 1* (1:00-2:45)  July 30-Sept. 4 Cost: \$7.50/5wks
Mexican Train Dominoes (1:00-4:00)	Conversational French* (1:00-2:00)	Group Meditation* (10:00-10:30)	FUNctional Circuit* (11:15-12:00) 10 weeks	LAF Book Club* (12:30-1:30) <i>returns in Sept.</i>
Advanced Sewing* (1:00-3:30)-no instructor	Pickleball For Fun (1:00-4:00)	Mexican Train Dominoes (12:30-4:00)	Euchre (1:00-3:30)	
Tai Chi Practice (2:00-3:00)	Bus trip to Point Pelee* Aug. 11 & 18 <i>See flyer for details .</i>	Line Dancing - Drop-in (1:30-3:00)	Tai-Chi Practice (1:00-2:00)	
Learn My Active Centre (12:00-1:00) Aug. 10		Craft Workshops* July 22 & Aug. 19 <i>See flyers for details.</i>	\$1 BINGO! (1:00) July 16	
15min Massage Therapy July 13 & Aug. 10 By appointment.**	Therapeutic Touch** <i>returns Sept. 8</i>	Summer Party Aug. 12 <i>See flyer for details.</i>		LAF has various games & puzzles to play at anytime. Help yourself or ask staff!
	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	

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

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

LIFE AFTER FIFTY: July-Aug 2026 (July 2- Sept. 4)

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

East Side Centre (ESC) Schedule - 8787 McHugh Ave

Updated:8/04/26

Monday	Tuesday	Wednesday	Thursday	Friday
Closed August 3		Closed July 1		
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00) cancelled Aug. 19	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* (10:10-10:55) 9 weeks	Craft Social (9:30-3:30)	FUNctional Circuit* (10:10-10:55) 10 weeks
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) July: \$16/4wks mem. Aug: \$16/4wks mem.	Zumba Gold* (11:30-12) Cost: \$10/5wks mem. July 14 - Aug. 18 <i>No class on July 21</i>	Line Dancing - Absolute Beg. - Practice* (10:00-11:15) July 8-22 Cost: \$4.50/3wks mem.	Computer 1on1 (Digital Basics)* (11:30-12:30)	Chess Club (9:30-12:00)
Kurling (Indoor) & Games (12:05-12:55)	Essentrics* (1:00-2:00) Cost: \$16/8wks mem. <i>No class on Aug. 25</i>	Pickleball-Rec. Play* (11:00-12:55) July: \$16/4wks mem. Aug: \$20/5wks mem.	Line Dancing-Levels 2-3* (11:45-1:30) July 2-23 Cost: \$12/4wks mem.	Pickleball-Rec. Play* (11:00-12:55) July: \$20/5wks mem. Aug: \$20/5wks mem.
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) July: \$20/5wks mem. Aug: \$20/5wks mem.	Euchre (12:30-3:00)
Pepper (12:30-3:30)	Chess Club (1:15-3:45)	LAF Fitness* - Hybrid* (1:05-2:00) 9 weeks	Scrabble (1:00-3:30)	LAF Fitness* - Hybrid* (1:05-2:00) 10 weeks
LAF Fitness* - Hybrid* (1:05-2:00) 8 weeks	Table Tennis (2:15-3:45) Cancelled on July 21	Yoga (Floor)* (2:30-3:30) Cost: \$14/7wks <i>No class July 22 & Aug.26</i>	Tai Chi Advance* (1:00-2:00) Cost: \$16/8wks mem. <i>No class July 23 & 30</i>	Yoga (Chair)* (2:30-3:30) Cost: \$16/8wks mem. <i>No class on Aug. 21 & 28</i>
Bus trip to Point Pelee* Tues. Aug. 11 & 18 See flyer for details.	\$1 Bingo (1:00-2:00) July 14 & Aug. 11	LAF Book Club* (2:15-3:15) July 15 & Aug. 19	Tai Chi - Beg.* (2:00-3:00) Cost: \$16/8wks mem. <i>No class July 23 & 30</i>	Learn Basics of Sign Language* (10:00-12:00)  Cost: \$10/10wks July 3-Sept. 4
Eating Healthy on a Budget* (10:30-11:00) Aug. 17	"Art at the Park" Workshop (10:00-2:00) July 7*	Pepper Learn to Play* (10:00-12:00) Aug. 12-26 (3 classes)		
Hearing Screening* (10:00-12:00) Aug. 31	Christmas in July* July 21 See flyer for details.	Artful Talk* (9:30-12:30) Aug. 19	LAF has various games & puzzles to play at anytime. Help yourself or ask staff!	Learn My Active Centre (11:00-12 or 2:00-3:00) July 17
Therapeutic Touch** <i>returns Sept.14</i>	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. This session runs July 2 - Sept. 4, 2026.**

****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. Closed: Aug. 24-26
- ESC Café is open for lunch Monday-Thursday, 11:30am-1:00pm. No lunch on Fridays. Closed: July 21.
- 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.

ESC FITNESS PROGRAMS FUELED BY:  **Desjardins**

Life After Fifty - Program Descriptions July-August 2026

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.**

Art Drop-in Social: 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) *Returns Sept. 2026.*

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)

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) *Returns Sept. 2026.*

Corn Hole: Bringing this fun & popular backyard – bean(corn)bag - game indoors! (ESC/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. Please bring a yoga mat or ask to borrow one at reception. ***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: 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 Circuit & Games:** Start class with a condensed circuit and finish off with organized group focus games. (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. Drop-ins welcomed! (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)

Line Dancing: Join in for a fun & fit way to learn some of the most popular line dances.

- **Absolute Beginner (level 1)** Learn the foundations of line dancing with simple steps and upbeat music. No experience needed, and levels of beginners welcome. ***Registration & additional fees apply.** (ESC, WSC)
- **Beginner (level 2):** 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 Absolute Beginner (level 1) class prior to attending.* **Improver (level 3) Line Dancing** The last half hour of class will be the improver level instruction for students with experience of advanced steps and more complex routines. ***Registration & additional fees apply.** (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.** (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)

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/ESC)

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 fun 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 – all levels ; 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; Lapidary & Jewelry Art.

MEMBER REGISTRATION PROCESS FOR *INDICATED PROGRAMS:

TELEPHONE REGISTRATION BEGINS June 18 at 6:30pm FOR PRE-REGISTERED* PROGRAMS for the July-Aug 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.

June 25: IN PERSON & NON-MEMBER REGISTRATION BEGINS (if program availability allows).

July 2: ALL PROGRAMS FOR THE JULY-AUG SESSION BEGIN or as indicated.

Please visit MyActiveCenter.com to review what programs you are registered for.

- 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- July & August 2026

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

Christmas in July: Join us to celebrate this festive holiday in July if you cannot wait till December! You will enjoy a nice meal, music and dance with the catchy tunes of The Common Ground Duo band. **ESC July 21 Cost: \$20 members; \$25 non-members. Tickets must be purchased in advance. See flyer for more details. (ESC)**

Summer Party: Join us for a fun day filled with activities and good food! **WSC August 12! Lunch 11:30-1:00 cost: \$8. Activities 12:30-2:30, Dance 2:30-3:30.**

Bus Trip to Point Pelee: We will enjoy a day exploring the beautiful park of Point Pelee, includes transportation and a picnic lunch. Must register as limited Spaces Available! Option to drive yourself, however, you still need to register. **Tues. Aug. 11 – ESC Pick up; Aug. 18 – WSC Pick-up.**

SPECIALTY PROGRAMS – July & August 2026

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

\$1 Bingo: see calendar for dates – small prizes to be won! (ESC/WSC)

***Wellness Check-In:** Commit to your well-being with this unique group series led by 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) On July 3, 10:30-1:30pm – we will be taking a nature field trip to Ojibway Nature Park – you must register for this trip. Transportation and lunch included.

***15min Massage Therapy** - Book an appointment with the massage therapy students from Trios college, to get a 15 minute free massage. *Contact reception to book appointment. (WSC)*

***Learn Basics of Sign Language:** Always wanted to learn sign language? Then this course is just for you. At the end of the 10-week course, you will learn the signs for the alphabet, numbers (counting to 100), colours, family, clothing and food items, etc. ***Pre-registration required.**

ESC: July 3-Sept. 4 (10:00am-12:00pm) Cost: \$10

***Learn to Play: Pepper:** Want to learn the game of Pepper? Enroll & commit to this 3-class program and you'll be playing with LAF friends in no time! ***Pre-registration required.**

ESC: July 15-29 or Aug. 12-26 (10:00am-12:00pm)

***How to use My Active Centre:** Learn how to use My Active Centre – the website to check your registered programs. **ESC: July 17 (11-12:00 pm and 2-3:00pm); WSC: Aug 10 (12-1:00pm)**

***Artful Talk:** Join us for this art presentation by Chartwell Oak Park Terrace. Discover, explore and be inspired by art themed around the Canadian Wilderness. If you are an art lover, lifelong learner, or simply curious, this session has something for everyone! **ESC: Aug. 19 (9:30am-12:30pm)**

***Eating Healthy on a Budget:** We welcome WeCHC dietician as she presents ways to make the most of your grocery budget. **ESC: Aug. 17 (10:30am)**

***Hearing Screening:** Make an appointment today for a fast, simple hearing check! **ESC: Aug. 31 (10:00am-12:00pm)**

CRAFT & ART WORKSHOPS:

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

Pre-registration required for all workshops.

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

*** Art at the Park** – July 7, 10:00am – 2:00pm ESC; Cost: \$10

- walk to park, scrape painting & lunch

*** Paint a Bud Vase** – July 22, 1:00pm WSC; Cost: \$10

*** Paint Pour on a plate** – Aug.19, 1:00pm WSC; Cost: \$10

***See our flyers & e-newsletter each month for more fun activities and events!
And check us out on our website lifeafterfifty.ca**