

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 Spotters

Supporting the fitness instructor to ensure participants are performing the exercises safely and correctly
Must have some fitness experience
One class a week at the East Side Centre, Monday 12:15pm-1:15pm

Beginner Sewing Instructor

Providing beginner sewing instructions to our members
Must have sewing experience
One class a week at the East Side Centre on Wed. from 10am-12pm OR Fri. from 10am-12pm or 1pm-3pm

Bingo

Greeting patrons and clearing tables at the bingo hall
Paradise Gaming Hall, Dougall Ave Windsor
Assist once a month for two hours during an assigned bingo

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

LAF SUMMER STUDENTS RETURN FOR JULY & AUGUST!

WELCOME BACK
SHAHIR & HANNAH!

July/August 2019 Active Living Guide
For program descriptions & schedule visit: www.lifeafterfifty.ca

Life After Fifty
Living Well Has No Boundaries

BE fit.

BE well.

BE social!



LIFE AFTER FIFTY STRATEGIC PLAN

Vision: Leading the way to vibrant and healthy lives.

Mission: Enriching the lives of older adults by providing opportunities to be fit, well and social.

Values: Inclusivity, Responsibility, Self-determination, Collaboration

COMMUNITY ENGAGEMENT

1. Older adults are engaged and socially connected.
2. Responsive to current needs and issues in the community.
3. Collaboration with community partners.

PROGRAMS AND SERVICES

1. Inclusive, welcoming and safe environment.
2. Person-focused and driven services.
3. Innovative and enjoyable ways to maintain and restore mental, physical and social wellness.

FISCAL RESPONSIBILITY

1. Ensure effective use of resources.
2. Secure and sustainable funding sources.
3. Explore alternative funding models.

Proud Funded Partners



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

Contact Us:
p: (519) 254 -1108
e: info@lifeafterfifty.ca
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.

Outreach



Our West End Outreach

LAF presents **Feet Facts**

Did you know?

The average person walks 110,000 miles in their lifetime.

Routine Foot Care is offered at both Life After Fifty locations.

LIFE AFTER FIFTY FOOT CARE SERVICES
519-254-1108 | www.lifeafterfifty.ca

Nurses with advanced foot care certifications
Fees: members \$20, non-members \$30
Initial assessment is an additional \$5

Service Provider of the Month

Linda Northwood

Are you looking for some gardening help? Linda is helping Riverside seniors with all their gardening needs! Whether it is gardening, planting, or outside clean up, Linda can help make your garden look beautiful. All prices are geared towards keeping seniors safe and comfortable living at home. There is an application to be filled out before getting a referral for this service.

Want more information about our Home Maintenance Referral Program? Need your yard maintained and are looking for a referral?

Please contact Megan at 519-254-1108 x112 or mdodson@lifeafterfifty.ca

Friendly Visiting & Telephone Assurance Programs

CURRENTLY RECRUITING VOLUNTEERS!

LAF's *Friendly Visiting Program* is a home visit from a volunteer to provide meaningful social interaction to isolated older adults. We aim to reduce isolation and increase a sense of connection within the community.

Visits will be individually tailored to suit the client and volunteer's best interests.

The *Telephone Assurance Program* offers daily phone calls to provide social contact and assurance. Our goal is to help you feel more comfortable & secure living at home.



South Merritt Community Garden

SOUTH MERRITT PARK

Our Community Garden is available for all residents. Come by for a visit and tend to the garden, eat some fresh fruits and veggies, or just enjoy the beautiful park!

Save the date: West Mesh at Open Streets
Sunday, September 22, 2019 — more details to follow!

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, **Michelle & Tahira** with any questions. 519 254-1108 x 118 / x 116

Ontario is consulting on a new seniors strategy, visit the link below to fill out the electronic survey.
<https://www.ontario.ca/page/consultation-survey-ontarios-seniors-strategy>

MARK YOUR CALENDARS!



Ontario Securities Commission (OSC) staff will be speaking about fraud prevention and making informed investment decisions.

Learn about:

- Common frauds and scams
- Red flags of investment fraud
- What questions to ask before you invest
- Where to find unbiased financial information



The OSC is an independent Crown corporation that is responsible for regulating the capital markets in Ontario.



Join us for a Christmas in July... Drop-In Craft

Come and help us make items to be sold for our Centres.



We are looking for your talent and skills.



West Side Centre, 635 McEwan (WSC)

Date	Craft	Instructors	Time
Wednesday July 10th	Snowman Top Hats	Suzanne & Emily	1:00—3:00pm



New! Learn To Waltz

COME JOIN US IN JULY FOR A SPECIAL DANCE CLASS!

Class Dates: Wednesday July 3, 10, 17, 24, 31
Time: 1:30pm-3:30pm
West Side Centre, 635 McEwan Ave.
Instructor: Jean Clark



THE POTTED MUM SALE IS BACK!

DELIVERY FIRST WEEK OF SEPTEMBER — MORE DETAILS TO FOLLOW!

\$5.00 per person
Contact the West Side Centre for more details!

SUMMER BBQ'S AT LAF!
July 24 — Aug 7 — Aug 28

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 Thursday 8:30am—4:30pm; Friday 8:30am—4:00pm July & August

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

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

Program Changes

Tuesday July 9—Pickleball CANCELLED

Monday July 15—Tai Chi CANCELLED

Wednesday July 24—LAF Fitness—Going for a Walk

Tuesday August 13 & August 20—Qigong CANCELLED

Programs on Summer Hiatus: Concert Band, Line Dancing, Round Dancing, LaBlast and Zumba will return in September.

PLEASE NOTE:

THE WEST SIDE CENTRE WILL BE CLOSING AT **4:00PM ON FRIDAYS** FOR JULY AND AUGUST.

[East Side Centre — 8787 McHugh Ave. \(WFCU Centre\)](#)

Hours of Operation:

Monday—Friday 8:30am—4:00pm

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

Program Changes

Friday July 5 & July 26-Floor Yoga CANCELLED.

Tuesday July 16 - Mile at a Time & Qigong CANCELLED.

Monday August 5 - Both Centres CLOSED.

Tuesdays August 13 & 20—Qigong for Beg. & Qigong Meditation CANCELLED

Line Dancing classes CANCELLED July 30-Aug. 8.

Programs on Summer Hiatus: Walkabouts, Acrylic Painting (Beginners), Pickleball (Thursdays), LAF Fitness Fridays (Cancelled for August only)

July: Special Events and Workshops

1	Both Centres CLOSED for Canada Day!
3	Learn to Waltz: Come and learn something new or hone in on some old skills! You will be learning with a partner, however individuals are welcome! Every Wednesday in July. Date: Wednesdays July 3, 10, 17, 24, 31 Time: 1:30pm-3:30pm Location: West Side Centre Cost: \$0member/\$5 non
9	Afternoon with Timeless Classics: Enjoy an afternoon with friends while watching one of the golden movie classics. Please see the flyer for the movie. Please sign up at reception. Date: Tuesday July 9, 2019 Time: 1:15pm-3:15pm Location: East Side Centre Cost: \$0 member/ \$5 non-member
9	Fraud Prevention Workshop: Enjoy our special guests, Ontario Securities Commission (OSC) as the educate on fraud prevention and making informed investment decisions. Public is welcomed. Date: Tuesday, July 9 Time: 10:00am-12:00pm Location: West Side Centre Cost: \$0
10	Drop-in Craft: Join us in the Craft-room and show off your skills as we make Christmas in July themed craft to sell for the Centre. See flyer for details. <i>Cost to purchase the craft TBD.</i> Date: Wednesday, July 10 Time: 1:00pm-3:00pm Location: West Side Centre Cost: \$0member/\$5 non-member
16	Christmas in July: Why wait till December if you can celebrate Christmas in July! Join us for this fun event featuring a turkey meal with all the trimmings, great entertainment and door prizes! Purchase by Thursday July 11. Date: Tuesday, July 16 Time: 1:00pm-3:00pm Location: East Side Centre Cost: \$14member/ \$16 non-member
18	Computer Seminar: Getting to Know Windows 10: If you want to know the Windows 10 operating system better and all its main features, then this workshop is just for you! Please bring a notepad/pen with you as this workshop is not a hands-on one, you will need to take notes. Asking questions is highly encouraged. Please sign up at reception. Date: Thursday July 18 Time: 10:30am-12:30pm Location: East Side Centre Cost: \$0 member/ \$5 non-member
24	Summer Bash! Enjoy a summer day filled with fun at the West Side Centre! Come and enjoy a Carnival themed morning with unique activities. Enjoy a BBQ lunch for \$5 @ 12:00pm. Date: Wednesday, July 24 Time: 10:00am-1:00pm Location: West Side Centre Cost: \$0 member/ \$5 non-member
25	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 sign up at reception. Date: Thursday, July 25 Time: 1:00pm-3:00pm Location: West Side Centre Cost: \$1 member/ \$5 non-member

August : Special Events and Workshops

1	Computer Seminar: Photo Editing: If you want to learn how to save and edit photos on your computer, then this workshop is just for you! Please bring a notepad/pen with you as this workshop is not a hands-on one and you will need to take notes. Asking questions is highly encouraged. Please sign up at reception. Date: Thursday August 1 Time: 10:30am-12:30pm Location: East Side Centre Cost: \$0 member/ \$5 non-member
5	Both Centres Closed for Civic Holiday!
7	Summer BBQ: Come out and enjoy a delicious summer BBQ on our patio! Your choice of a Sausage or Hamburger with two sides! Date: Wednesday, August 7 Time: 12:00pm Location: West Side Centre Cost: \$5member/\$5 non-member
7	Drop-in Craft: Join us in the Craft-room and show off your skills as we make crafts to sell for the Centre. <i>Cost to purchase the craft TBD. See flyer for details.</i> Date: Wednesday, August 7 Time: 1:00pm-3:00pm Location: West Side Centre Cost: \$0member/\$5 non-member
13	Afternoon with Timeless Classics: Enjoy an afternoon with friends while watching one of the golden movie classics. Please see the flyer for the movie. Please sign up at reception. Date: Tuesday, August 13 Time: 1:15pm-3:15pm Location: East Side Centre Cost: \$0 members/ \$5 non-member
15	Bring Your Grandchild to LAF day: Celebrate the daily fun you have at LAF with your grandchild or great grandchild. Children must be 3+. Date: Thursday, August 15 Time: 9:00am-4:00pm Location: West Side Centre Cost: \$0 member/\$5 non-member
19	Diabetes One on One Counselling: Meet with a registered dietician from the WeCHC Diabetes Wellness team. Registration at reception is required. Date: Monday, August 19 Time: 9:00am-10:00am Location: West Side Centre Cost: \$0
21	Beading Workshop with Ruby: Create a take home beaded jewelry piece during the workshop. August project will be announced at the end July—please check with ESC reception. Limited space, registration is required. For intermediate level beaders. Beginners are welcome however they will be given a simpler project to complete. Date: Wednesday, August 21 Time: 12:30pm-3:00pm Location: East Side Centre Cost: TBDmembers/non-member
27	Summer Potluck: Enjoy a variety of yummy dishes in friendly company. Everyone is asked to bring a dish that is enough to feed 4-6 people (if possible). Please sign up at reception. Date: Tuesday, Aug. 27 Time: 12:30pm-3:00pm Location: East Side Centre Cost: your dish is the admission \$\$
28	End of Summer BBQ & Afternoon at the Movies: Come out and enjoy a delicious summer BBQ on our patio! Your choice of a Sausage or Hamburger with two sides! And stay for a movie at 1:00pm. Movie TBA. Date: Wednesday, August 28 Time: 12:00pm Location: West Side Centre Cost: \$5members/\$5 non



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



To swipe-in & select your programs each time you come to the Centre!

Exciting Community Announcement!

We are thrilled to be one of the recipients of Green Shield Canada (GSC) and the Windsor Essex Community Foundation GSC Six 4 Six Community Granting Initiative. In total they have invested \$580,587 into Windsor-Essex County. This is very exciting news for LAF and our community! LAF received \$56,600 to launch a Social Prescription program. The purpose of the project is for Life After Fifty (LAF) to become the referral destination through Social Prescription, for primary care providers prescribing physical and social activity to socially isolated senior patients to improve their mental health. Thank you to both of these caring community leaders!