







LIFE AFTER FIFTY: JULY - AUGUST 2025

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

West Side Centre (WSC) Schedule - 635 McEwan Ave

Monday	Tuesday	Wednesday	Thursday	Friday
Closed August 4	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)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) appointments available 10:00-11:30*	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-11:00)	Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-10:00)	Pickleball For Fun (9:00-12:00)
Cribbage (9:30-11:30)	Scrabble <i>returns in Sept.</i>	Coffee Social (9:00-10:30)	Advanced Sewing* (9:30-3:30)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	WHY KNOT Knit/Crochet (9:00-11:30)	Essentrics* (9:30-10:30) Cost: \$16/8wks mem. \$56/8wks non-mem. <i>cancelled Aug. 27</i>	Coffee Social (9:00-11:00)	Scrabble (9:30-12:30)
FUNctional Circuit* (9:45-10:30) 7 weeks	Functional PILATES*  (10:00-10:50) Cost: \$16/8wks mem. \$56/8wks non-mem.	Craft Drop-in Social (10:00-12:00)	Functional PILATES*  (10:00-10:50) Cost: \$16/8wks mem. \$56/8wks non-mem. <i>starts July 10</i>	Sharing Dance (9:30-10:15) 
Colouring Social (10:00-12:00)	Mahjong (10:00-12:00 / 1:00-3:30)	LAF Fitness* (10:45-11:45) 9 weeks	LAF Sing-a-long (10:00-11:00)	Self-Care Check-in* (10:30-11:30) 4 weeks
Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	Mahjong (10:00-12:00/12:30-3:30)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 7 weeks	Lapidary & Jewelry Arts* (10:00-3:00)	Mexican Train Dominoes (12:30-3:30)	Lapidary & Jewelry Arts* (10:00-3:00)	Table Shuffleboard (1:30-2:30)
Table Tennis (12:00-1:30)	FUNctional Circuit* (11:15-12:00) 8 weeks	Chair Yoga - <i>returns in Sept.</i>	FUNctional Circuit* (11:15-12:00) 9 weeks	LAF Book Club* returns in Sept.
Group Meditation* (12:30-1:00)	Yoga - <i>returns in Sept.</i>	Line Dancing - Drop-in (1:30-3:00)	Euchre (1:00-3:30)	Table Tennis (12:30-2:30)
Shuffleboard (12:30-3:30)	Conversational French* (1:00-2:00)	Chess Club* (1:30-3:30)	Tai-Chi Practice (1:00-1:50)	Friday @ the Movies (1:00pm) July 25 & Aug. 22 
Advanced Sewing* (1:00-3:30)-no instructor	Pickleball For Fun (12:30-4:00)	Craft Workshops* See flyer for details.	Indoor Lawn Bowling  (2:00-3:30)	Did you know... LAF has various games (cards, board games, Wii) you can play anytime space is available! Help yourself or ask staff for assistance!
Crokinole  (2:00-3:00)		BBQ Lunch (11:30-1:00) \$1 BINGO (1:00-2:00) July 16		
Tai Chi Practice (2:00-3:00)		FLOOR CURLING DEMO (1:00pm) July 23 & Aug. TBA		
15 min Massage Therapy* (1:00pm-3:30) July 28 & Aug 18 By appointment only*	Therapeutic Touch** returns Sept. 9	Summer Party & BBQ August 13 See flyer for details.		
	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 - AUGUST 2025

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

East Side Centre (ESC) Schedule - 8787 McHugh Ave

Monday	Tuesday	Wednesday	Thursday	Friday
Closed August 4	Closed July 1			
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00) <i>cancelled July 22</i>	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)
Sharing Dance (11:15-12:15)	Craft Social (9:30-3:30)	Pepper Lessons* (10:00-12:00) 3 weeks July 23-Aug. 6	Craft Social (9:30-3:30)	Power Up Circuit* (10:05-10:50) 9 weeks
Pickleball-Rec. Play* (11:00-12:55)  July: \$16/4wks Aug: \$12/3wks	Mahjong (10:00-12:00) <i>cancelled July 22</i>	Power Up Circuit* (10:05-10:50) 9 weeks	Computer 1on1 (Digital Basics)* (11:30-12:30) or (12:30-1:30)	Qigong Practice (no instructor) (11:00-12:00)
Painting Drop-In (no instructor) (1:00-3:00)	Zumba Gold* (11:30-12) Cost: \$12/6wks mem. \$42/6wks non-mem. <i>no class 22 & Aug. 5</i>	Cribbage (10:00-12:00)	Line Dancing - Levels 2-3* (11:45-1:30) Cost: \$15/5wks <i>no classes in August</i>	Pickleball-Rec. Play* (11:00-12:55) July: \$16/4wks Aug: \$20/5wks
Pepper (12:30-3:45)	Mexican Train Dominos (12:15-3:45)	Line Dancing - Absolute Beg. - Level 1* (10:15-11:15) 5wks <i>no classes in August</i>	Pickleball-Beg.+ Lvl Play* (no lessons) (12:00-2:00) July: \$20/5wks Aug: \$16/4wks	Euchre (12:30-3:30)
LAF Fitness* - Hybrid (1:05-2:00) 7 weeks	Essentrics* (1:00-2:00) Cost: \$14/7wks mem. \$49/7wks non-mem. <i>no class Aug. 26</i>	Pickleball-Rec. Play* (11:00-12:55) July: \$20/5wks Aug: \$16/4wks	Tai Chi Advance* (1:00-2:00) Cost: \$14/7wks mem. \$49/7wks non-mem. <i>no class Aug. 7 & 14</i>	LAF Fitness* - Hybrid (1:05-2:00) 9 weeks
Table Tennis  (2:00-3:30)	Chess Club*  (2:00-4:00) <i>cancelled July 22</i>	Mahjong (12:15-3:45)	Tai Chi - Beg.* (2:00-3:00) Cost: \$14/7wks mem. \$49/7wks non-mem. <i>no class Aug. 7 & 14</i>	Yoga (Chair)* (2:30-3:30) Cost: \$12/6wks mem. \$42/6wks non-mem. <i>no class Aug. 8, 22, 29</i>
	15 min Massage Therapy* (1:00pm-3:30) July 15	LAF Fitness* - Hybrid (1:05-2:00) 9 weeks	Scrabble (1:00-3:30)	Craft Workshop* July 11 (10:30-12:30) See flyer for details
Did you know... LAF has various games (cards, board games, table tennis , Wii) you can play anytime there's available space. Help yourself or ask staff for assistance!	Christmas in July* (1:00-3:00) July 22 *See Flyer for More Info	Yoga (Floor)* (2:30-3:30) Cost: \$16/8wks mem. \$56/8wks non-mem. <i>cancelled Aug. 27</i>	Craft Workshop* (1:00) Aug. 14 See flyer for details	
	1\$ Bingo August 12 (1:00-2:00)	LAF Book Club* (2:15-3:15) July 9 & Aug 6		
	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.

* Session for registered programs runs July 02 - August 29, 2025. Registration begins Tuesday June 17, 2025 at 6:30pm

**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 Monday-Thursday, 11:30am-1:00pm. No Café on Fridays. **CAFÉ CLOSED Aug 25-29.**
- 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.
- Please see newsletter & flyers for ALL Special Events & Workshops.

Life After Fifty - Program Descriptions JULY-AUGUST 2025

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.**

Artist Circle: 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)

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)

Chair Massage-with Hot Rocks: Book your appointment for a 10-minute hot rocks Chair Massage. ***Appointment required. Additional fees apply.** (WSC/ESC)

Chess Club: Play casual chess with your LAF friends in this open level fun environment. Game knowledge is necessary. Chess-sets are provided. (ESC/WSC)

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/ESC)



(WSC -assistance available on *Thursdays*, appointment required.)

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)

Colouring Social: Enjoy colouring in a fun social atmosphere. Books & pencils are available. (WSC)

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)

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)



Crokinole: Enjoy this fun Canadian iconic board game! Test your dexterity as you try to flick discs to score points and knock your opponent's disc off the board. It's an easy to learn, social game. (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. ***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 Workout: 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.** (WSC)



Functional Pilates: This full body exercise class will help to improve your ability to perform day to day tasks. We will combine a variety of standing, seated and dynamic movements. The focus will be to improve your posture, core engagement, strength, balance & body awareness. ***Registration & additional fees apply.** (WSC)

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" introductory course before participating. Please call/see reception for details. (WSC)



Lawn Bowling: Enjoy the indoor *Short Mat*, a shorter version of the outdoor game. This is a low impact game that is accessible and great for all levels and abilities. (WSC)

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

- **Beginner (level 2) to Improver (level 3) Line Dancing:** 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.* The last half hour of class will be the improver level instruction for students with experience of advanced steps and more complex routines. ***Pre-Registration is required.** (ESC)
- **Absolute Beginner (Level 1) FOR JULY ONLY:** This five-week session will focus on review and practice only (i.e., no new instruction) and is best suited to students who have taken previous AB classes, or anyone who has danced before but requires a refresher before joining the Beginner (Level 2) class in the fall.
- **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)

Power-UP Circuit Workout: Start your morning off by powering up with this exciting workout! You will go through a series of aerobic, strength, balance, and flexibility exercises and can be modified for all levels. ***Space is limited - Pre-Registration is required.** (ESC)

Qigong Practice: 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)

Seniors' Centre Without Walls (SCWW): A free telephone-based activity offering a world of fun, engaging conversations, and exciting learning opportunities—all from the comfort of your home. All are welcome, no membership required. **Check out our SCWW calendar!**

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)

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)

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)

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)

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)

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 high-intensity 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: LAF Fitness; Functional & Power-up Circuit; Silver Ambassador Concert Band; Line Dancing; Tai-Chi Practice; Pickleball; LAF Book Club; Mahjong & Pepper Learn to Play; Sewing; Lapidary & Jewelry Art; Zoom programs.
- 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 and Qigong.

REGISTRATION PROCESS FOR *INDICATED PROGRAMS: TELEPHONE REGISTRATION BEGINS June 17 @ 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 24: IN PERSON REGISTRATION BEGINS (IF PROGRAM AVAILABILITY ALLOWS).

July 2: ALL PROGRAMS FOR THE JULY SESSION BEGIN.

- All programs are non-transferable. If the agency must cancel a program, then a 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 Code of Conduct violation.

SPECIAL EVENTS & ACTIVITIES JULY-AUGUST 2025

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

LAF BBQ: Join us **Wednesday July 16** at the West side location for a BBQ lunch. Cost \$8/lunch.

\$1 Bingo: \$1 Bingo at 1pm. **WSC: Wed. July 16; ESC: Tues. Aug. 12**

Floor Curling Demo: We welcome you to come try out this iceless version of curling. Pusher sticks are available to ensure participation of all abilities. **Wed. July 23 at 1:00pm.** (WSC)

August date/time/location TBA.

Christmas In July! Why wait till December when you can celebrate this holiday in July? Join us on **Tuesday July 22** at the East side location for a festive meal and be entertained by "Common Ground Duo". **Tickets must be purchased in advance. Cost \$15/members, \$20/non-members.** See flyer for further details. (ESC)

Friday @ the Movies! Join us **Friday July 25 & Aug. 22 at 1:00pm** to enjoy a featured movie with friends. *Snacks available for purchase. See flyer for details.* (WSC)

Summer BBQ & Party! Join us **Wednesday Aug. 13** at the West side location for a BBQ lunch and a day of fun themed activities. Cost \$8/lunch. *Additional costs for activities may apply, see flyer for details.* (WSC)

NOTICE: LAF CAFÉ: The café will be closed **AUGUST 25 -29**

CRAFT & ART WORKSHOPS:

Pre-registration required for all workshops.

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

- * Sand Meets Sea Painting** – July 11, 10:30am – ESC, Cost: \$10
- * Paper Mache Bowl** – July 23, 1:00pm – WSC, Cost: \$10
- * Boho Wreath** – July 30, 1:00pm – WSC, Cost \$10; Aug 14, 1:00pm – ESC, Cost \$10
- * Mystic Yogi Painting** – Aug. 27, 1:00pm – WSC, Cost: \$10

SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

Self-care Check-In: Commit to your well-being with this unique 4-week group series led by two 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 July 4-25, 4 weeks, 10:30-11:30. Registration required.** (WSC)

15min Massage Therapy* - Book an appointment with the massage therapy students from Trios college, to get a 15 minute massage. **Mondays July 28 & Aug 18 – WSC; Tuesday July 15 – ESC**
Contact reception to book appointment.

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

And check us out on our website lifeafterfifty.ca

LAF Program Descriptions July/Aug 2025 Updated: 6/10/25

