

# YOUR ULTIMATE ENTERTAINMENT EXPERIENCE



**AMERICA**  
MARCH 5



**FRANKI VALLIE & THE FOUR SEASONS**  
MARCH 20



**ICE CUBE**  
MARCH 26



**PITBULL**  
MARCH 29



**REO SPEEDWAGON**  
APRIL 3



**JASON DERULO**  
APRIL 10



**BILL BURR**  
APRIL 29



**LOVERBOY + GEORGE THOROGOOD & THE DESTROYERS**  
APRIL 30

For a complete list of entertainment visit [CaesarsWindsor.com](http://CaesarsWindsor.com)

Tickets available at the Box Office, [CaesarsWindsor.com](http://CaesarsWindsor.com), or [ticketmaster.ca](http://ticketmaster.ca)

THE COLOSSEUM | **CAESARS** WINDSOR

CAESARS WINDSOR IS A PROUD SUPPORTER OF LIFE AFTER FIFTY



PlaySmart 1.866.531.2600 Ontario Problem Gambling HelpLine. Must be 19 years of age or older to attend performance or enter the casino. Caesars Windsor reserves the right to cancel or alter/change a performance without prior notice. Those who have been trespassing from Caesars Windsor and/or self-excluded from any CIG or Caesars property are not eligible to attend Caesars Windsor or related outlets, participate in promotions or redeem offers. The Caesars brand and related trademarks are owned by Caesars License Company, LLC and its affiliated companies. Used with permission.

March/April 2020 Active Living Guide

For program descriptions & schedule visit: [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

## Life After Fifty

LIFEAFTERFIFTY.CA

OUR VOLUNTEERS DESERVE A ROUND OF APPLAUSE!

## VOLUNTEER APPRECIATION

APRIL 23, 2020 | 1 PM  
635 McEwan Ave. Windsor, ON

ALL LIFE AFTER FIFTY VOLUNTEERS ARE INVITED TO ENJOY DELICIOUS APPETIZERS, REFRESHMENTS AND LIVE ENTERTAINMENT, AS OUR WAY TO SAY THANK YOU FOR ALL YOUR HELP THIS PAST YEAR!

RSVP to Mary by April 1, 2020  
519-254-1108 x 132  
[mhoevenaars@lifeafterfifty.ca](mailto:mhoevenaars@lifeafterfifty.ca)



Proudly Sponsored By: **Connect Hearing**



BE Fit.



BE Well.



BE Social!



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

**Contact Us:**  
p: (519) 254-1108  
e: [info@lifeafterfifty.ca](mailto:info@lifeafterfifty.ca)  
[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

**West Side Centre**  
(Wyandotte & Campbell)  
635 McEwan Ave.  
Windsor, ON N9B 2E9

Be fit. well. social!





Did you Know?

**The Statue of Liberty has a Morton's toe.**

Morton's toe is the name given to the condition where the second toe is longer than the big toe.

In some people, Morton's toe may increase the chances of calluses forming on the sole of your foot and some other foot pains

Avoid painful calluses!

Book Your Foot Care Appt Today!



**Life After Fifty  
Foot Care Services**

**519-254-1108 | [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)**

Routine Foot Care offered at both LAF locations



**WEST SIDE CENTRE**  
635 MCEWAN  
WINDSOR, ON  
N9B 2E9

**EAST SIDE CENTRE**  
8787 MCHUGH  
WINDSOR, ON  
N8S 0A1



@LAFWindsor

**MEDICAL  
FOOT CARE  
SERVICES**

..... at Life After Fifty



**New Pricing**  
Effective April 1st, 2020

*Initial Appointment & Assessment Fee:*

Life After Fifty Member: \$35.00

Non-member: \$45.00

*Routine Appointment Fee:*

Life After Fifty Member: \$25.00

Non-member: \$35.00

TO LEARN MORE:  
PHONE: 519-254-1108  
EMAIL: [INFO@LIFEAFTERFIFTY.CA](mailto:info@lifeafterfifty.ca)  
WEB: [LIFEAFTERFIFTY.CA](http://LIFEAFTERFIFTY.CA)

Follow us on Facebook & Twitter  
@LAFWindsor



**Community Wellness Services  
Offered at LAF:**

- Foot Care
- Home Maintenance
- Friendly Visiting
- Telephone Assurance

**Contact Community Wellness  
Coordinator, Shannon at**

**519-254-1108 x 205**

**Need help with Spring Cleaning? Downsizing?  
Disposal of Goods?**

Let our Service Provider Cheryl put her skills to work! Cheryl is reliable, trustworthy, and offers affordable senior pricing!

Call Shannon, LAF's Community Wellness Coordinator for more info!

519-254-1108 ext 205  
[sarmstrong@lifeafterfifty.ca](mailto:sarmstrong@lifeafterfifty.ca)



@LAFWindsor



**CALLING ALL  
FRIENDLY PEOPLE**

Can you spare an hour a week to visit a Senior in their home?

Share in activities like Scrabble, Puzzles or just a little chit chat.

**Volunteer for Life After Fifty,  
Make a Difference.**

**Join the Friendly Visitors Program**

Call 519-254-1108 x 132 for more details.



**LOTTERY  
TICKET SELLERS**

**MANY THANKS  
TO YOU!**



We couldn't run the lottery without  
your hard work and support.

Thank you!



**WE ARE RECRUITING:**  
SERVICE PROVIDERS, HANDY  
PERSONS, AND STUDENTS

**FOR OUR HOME MAINTENANCE REFERRAL PROGRAM**



**Jobs include:**

lawn mowing, yard work, power washing, raking leaves, moving items, etc.

[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) | 635 McEwan Ave  
519-254-1108 x205 | [sarmstrong@lifeafterfifty.ca](mailto:sarmstrong@lifeafterfifty.ca)



## MARK YOUR CALENDARS!

# Wise Women of Life After Fifty

TO COINCIDE WITH INTERNATIONAL WOMEN'S DAY WE WILL BE RUNNING A SOCIAL MEDIA CAMPAIGN DURING THE MONTH OF MARCH FEATURING QUESTIONS, PROVIDED BY THE YOUTH IN OUR AREA, TO BE ANSWERED BY OUR WISE WOMEN OF LIFE AFTER FIFTY.

Follow us on Facebook & Twitter for daily wise women questions.   @LAFWindsor

This project is supported by the pilot fund for gender equality, a collaboration between community foundations of Canada and the equality fund, with support from the Government of Canada



COMMUNITY FOUNDATIONS OF CANADA  
FONDATIONS COMMUNAUTAIRES DU CANADA



## Save The Date

### Charity Bingo Night

Breakaway Gaming Centre

**Tuesday, March 10, 2020**

**Dinner 6:30pm**

**Bingo 8:00pm**



## 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 Friday 8:30am—4:30pm**

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

**LAF Ready Made Meals to Go:** Available from the freezer

**Monday—Friday**

### Program Changes

**Monday, Mar. 2—Friday, Mar. 6:** No Auditorium access: Circuit Fitness, Fitness for Breath, Centre Singers, Pickleball, Shuffleboard, Tai-Chi, Mile-At-A-Time, Concert Band, LAF Fitness, Ping-pong, Round Dance, Line Dance, Yoga, Zumba **CANCELLED ALL WEEK.**

**Friday Mar. 6 - WSC CLOSED; Euchre at ESC**

**Monday Mar. 9-13 — CANCELLATIONS MAY OCCUR—please confirm week of.**

**Friday, Apr. 10—Both Centres are CLOSED.**

**Monday, Apr. 13—Both Centres are CLOSED.**

**Thursday, Apr. 23- LAF Fitness, Tai Chi, LaBlast, Pepper CANCELLED. Pickleball 9:00am-11:00am.**

**Tuesday, Apr. 28—PickleBall CANCELLED.**

**East Side Centre — 8787 McHugh Ave. (WFCU Centre)**

### Hours of Operation:

**Monday to Friday 8:30am—4:00pm**

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

### Program Changes

**Beg. Acrylic Painting** will return in April.

**Wednesday Mar. 4 - LAF Fitness & Pickleball CANCELLED.** Gym not available.

**Tuesday Mar. 17 - Mile at a Time, all Qigong classes & Essentrics CANCELLED (Special Event)**

**Tuesday Mar. 17 & Thurs. Mar. 19 - all Line Dancing classes CANCELLED.**

**Tuesday Apr. 7 -Line Dancing classes CANCELLED.**

**Friday Apr. 10 - both Centres are CLOSED.**

**Monday Apr. 13 - both Centres are CLOSED.**

**Wednesday April 29 - LAF Fitness & Pickleball CANCELLED.** Gym is not available.

**Pickleball Players: please pick up your copy of the NEW pickleball format, in effect now.**

**Available at ESC reception.**

## MEMBER REPRESENTATIVES Board of Directors

Life After Fifty will be looking for two Member Representatives to sit on our Board of Directors.

Nomination Forms and additional information will be available around the centres mid - March.

**Nomination Period:**

**Thursday April 2, 2020 to Thursday April 16, 2020**

**All Candidates Meeting:**

**April 27th WSC & April 29th East Side**

**General Election Both locations:**

**May 4th to 15th, 2020**



Welcoming all new & existing members to join Life After Fifty's fun monthly Bingo!  
This is a great opportunity to get to know members & win some awesome prizes!

Life After Fifty— 635 McEwan Ave  
LAF Café

Wednesday, March 4, 2020

1:00pm-2:00pm

Cost: \$1.00



# March: Special Events and Workshops

4	<b>Craft &amp; Game Day:</b> Come out and enjoy a day of board games, crafts and \$1 Bingo. See flyer for details. <b>Date:</b> Wednesday, March 4 <b>Time:</b> all day <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
4	<b>Pole Walking Demo:</b> Come join us INSIDE for a hands-on Urban Pole Walking class. You will learn the proper pole walking techniques to maximize the excellent benefits of pole walking! Limited space, registration at reception is required. <b>Date:</b> Wednesday March 4 <b>Time:</b> 1:00pm-2:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
6	<b>WSC Closed for construction. ESC open.</b>
11	<b>Craft Workshop:</b> Create a beautiful planter from a wine decanter. Please register at reception. <b>Date:</b> Wednesday, March 11 <b>Time:</b> 10:00am <b>Location:</b> West Side Centre <b>Cost:</b> \$TBD member/ \$TBD non-member
12	<b>Jeopardy Hour: Medical Foot-care vs. Pedicure:</b> Join 4th year Nursing Students from the University of Windsor, as they explain the benefits of Medical Foot-care through this interactive game. <b>Date:</b> Thursday, March 12 <b>Time:</b> 1:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
13	<b>Falls Prevention Workshop:</b> Join Caternia Odes, Registered Occupational Therapist from weCHC to learn falls are preventable and are not a “normal” part of aging. Learn ways to decrease your risk and increase your independence. Learn strategies and incorporate the recommendations to increase safety in your home and community. Registration is required. <b>Date:</b> Friday, March 13 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
17	<b>St. Patrick’s Day:</b> Enjoy a day of Irish themed games, a traditional lunch, & entertainment from The Emerald Isles Dancers at 2:30pm Don’t forget to wear your green! See flyer for further details. Lunch \$4. <b>Date:</b> Tuesday March 17 <b>Time:</b> 10:00am-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non
17	<b>St. Patrick’s Day Celebration:</b> Join us for traditional Irish meal and fun Bingo afterwards. Please purchase tickets by March 13. <b>Date:</b> Tuesday March 17 <b>Time:</b> 12:30pm-2:30pm <b>Location:</b> East Side Centre <b>Cost:</b> \$8 member/ \$10 non
18	<b>Beading workshop with Ruby:</b> This month, we will be creating a beautiful bracelet using Swarovski beads. Material cost applies and varies with each project. Intermediate-level project. Beginners will be given an easier project to complete but please call ahead and register. Please register at reception. <b>Date:</b> Wednesday, March 18 <b>Time:</b> 12:30pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$20members/\$25 non
19	<b>Cancer Screening:</b> Join 4th year Nursing Students from the University of Windsor, as they help you increase your knowledge of screening for different types of cancer. <b>Date:</b> Thursday, March 19 <b>Time:</b> 1:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
20	<b>Hidden Gems of West Windsor:</b> Join Heather from Our West End initiative as she explores various restaurants from the West end of Windsor. <b>Date:</b> Friday, March 20 <b>Time:</b> 10:00am-11:00am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
23	<b>Diabetes One on One Counseling:</b> Meet with a registered dietician from the weCHC Diabetes Wellness team. Registration at reception is required. <b>Date:</b> Monday, March 23 <b>Time:</b> 9:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member
25	<b>Presentation on Medical Cannabis:</b> Join Brittany Pitre, RPN from Natural Health Services as she provides an educational session on Medical Cannabis: What is it? Is it right for you? How to access it? Registration is required at reception by March 24. <b>Date:</b> Wednesday, March 25 <b>Time:</b> 2:00pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
25	<b>Trivia Hour: Healthy Eating Facts:</b> Play this interactive trivia game hosted by the 4th year Nursing Students from the University of Windsor to learn hints and tips to a well balanced diet! <b>Date:</b> Thursday, March 25 <b>Time:</b> 1:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
27	<b>GrandPals Day: Bring Your Grandchild to LAF:</b> Celebrate the daily fun you have at LAF with your grandchild or great grandchild on this PA Day. Members only. Children must be 3+. <b>Date:</b> Friday, March 27 <b>Time:</b> 9:30am-3:30pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member

# April: Special Events and Workshops

1	<b>Hearing Screening:</b> Book an appointment (15-20 minutes in length) to have your hearing screened courtesy of Canadian Hearing Society representative. Limited space, registration at ESC reception is required. <b>Date:</b> Wednesday, April 1 <b>Time:</b> 1:30pm-3:30pm <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member/ \$0 non-member
1	<b>Welcome BINGO:</b> Welcoming all new & current LAF members to join in for an afternoon of Bingo. This is a great opportunity to get to know members & win prizes! Cost \$1 per card. <b>Date:</b> Wednesday, April 1 <b>Time:</b> 1:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
2	<b>Afternoon at the Movies:</b> Enjoy an afternoon with friends while watching a new release movie. Please see the flyer for the movie. Cost includes snacks. Please sign up at reception. <b>Date:</b> Thursday, April 2 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$6 non-member
2	<b>Afternoon with Timeless Classics:</b> Enjoy an afternoon with friends while watching a golden classic movie. Please see the flyer for the movie selection. <b>Date:</b> Thursday, April 2 <b>Time:</b> 12:45pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
3	<b>Playback Theatre:</b> Join an entertaining afternoon with the Dramatic Art students from the University of Windsor. They will perform an interactive form of improvisational theatre in which audience members tell stories from their lives and watch them enacted on the spot. <b>Date:</b> Friday, April 3 <b>Time:</b> 1:00pm-2:30pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member
9	<b>Easter Brunch:</b> Enjoy a delicious hot meal including a variety of your breakfast favourites. Brunch will be served from 11:00am-12:00pm. Soups and sandwiches will be available from 12:00pm-12:30pm. Easter themed activities will be available throughout the day around the Centre. <b>Date:</b> Thursday, April 9 <b>Time:</b> 11:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$5 member/non-member
10-13	<b>Both Centres CLOSED for Easter (Good Friday &amp; Easter Monday). Happy Easter!</b>
15	<b>Beading workshop with Ruby:</b> Please check closer to the end of March for this month’s project. Material cost applies and varies with each project. Please register at reception. Non-members pay \$5.00 extra for day pass. <b>Date:</b> Wednesday, April 15 <b>Time:</b> 12:30pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$ TBD members/\$ TBD non
17	<b>Hearing Screening:</b> Book an appointment (15-20 minutes in length) to have your hearing screened courtesy of Canadian Hearing Society representative. Limited space, registration at reception is required. <b>Date:</b> Friday, April 17 <b>Time:</b> 10:00am-11:30am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member
17	<b>Let’s Dance:</b> Put on your dancing shoes for an afternoon of music and fun! <b>Date:</b> Friday, Apr. 17 <b>Time:</b> 1:00am-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$6 non-member
20	<b>Diabetes One on One Counseling:</b> Meet with a registered dietician from the weCHC Diabetes Wellness team. Registration at reception is required. <b>Date:</b> Monday, April 20 <b>Time:</b> 9:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member
23	<b>Volunteer Appreciation:</b> It’s that time of year again when we at LAF celebrate YOU, our dedicated volunteers. If you’ve volunteered with LAF over the past year, please come join us in celebration of National Volunteer Week. See flyer/invitation for details. <b>Date:</b> Thursday, April 23 <b>Time:</b> 1:00 pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0
24	<b>Celebrate Earth Day:</b> LAF will be honouring 50 years of Earth Day (April 22nd) Celebrations . See flyer for details. <b>Date:</b> Friday, April 24 <b>Time:</b> TBD <b>Location:</b> West Side Centre <b>Cost:</b> TBD member/ non-member
30	<b>Spring Fling Potluck:</b> Enjoy an afternoon with friends while feasting on variety of dishes. Potluck sign-up list will be available at ESC reception so you can choose what type of dish to bring. Please sign up at reception. <b>Date:</b> Thursday, April 30 <b>Time:</b> 12:00pm-2:30pm <b>Location:</b> East Side Centre <b>Cost of Admission is your dish</b>
30	<b>Afternoon at the Movies:</b> 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. <b>Date:</b> Thursday, April 30 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$6 non-member
<b>Free Income Tax Clinic:</b> aFree Income tax returns are done for people who meet eligibility criteria based on income. Must be simple returns with no self-employed or rental incomes or investments. BY APPOINTMENT ONLY; NO WALK- INS. East Side Centre 8787 McHugh St. Wednesdays March 25 & April 8 <b>Time:</b> 12:30pm-3:30pm West Side Centre 635 McEwan Tuesdays March 31 & April 14 <b>Time:</b> 12:30pm-3:30pm Mondays March 16-April 27 <b>Time:</b> 2:30pm-3:30pm	