

# What's On in May and June?

## Support LAF While You Shop!



Take Walker Road South, past Hwy 3 to South Talbot. Turn left onto South Talbot and

*Hours of Operation*  
Mon to Fri:

**Sold Out!**

Watch for the Fall Mum Sale!

**Purchase**

**Bucks at Life After Fifty Reception to spend at the Bloomin' Gardener. For every \$20**

Open Ceramics for Beginners at the West Side on May 31, 1-3:30. See reception to sign up.

**June is Seniors' Month:**  
"Living Your Best Life"

*Happy Mother's Day*



*Sunday, May 14*

May 5  
Celebrate Cinco de Mayo

*Sunday, June 18*  
*Happy Father's Day*

National  
Aboriginal Day  
June 21

(AGM) Annual General Meeting

Save the Date:  
June 20, 6:00 pm

**Better Living Day - June 22**

A wonderful day of workshops to engage, learn, and feel refreshed. Watch for in-house flyers with details.

**Seniors 50+ Show**

**June 24 and 25**



FREE TICKETS! As part of your Life After Fifty membership, we have complimentary tickets for you. Starting May 8, please see reception for tickets. (You may have up to two complimentary tickets per member).

### The Great Canadian Giving Challenge Returns in June Please Donate to LAF

The Giving Challenge is an exciting month-long contest that gives charities the chance to win a \$10,000 donation. Charities are automatically given 1 entry for every \$1 they receive in June via [CanadaHelps.org](http://CanadaHelps.org).

## MAY/JUNE 2017 Active Living Guide

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



## Life After Fifty

*Living Well Has No Boundaries*



## LAF Wellness Services

### Home Maintenance Service



Do you need help with mowing the lawn, house repairs or odd jobs but you are not sure who to call? Life After Fifty can refer you to a pre-screened service provider. **Cost:** Referral is free. Service charges vary.

LAF is also looking for maintenance providers. Do you know a housekeeper, gardener or handyperson who can help? Or maybe a student who would like an opportunity to make some money doing yard work this summer? Please have them contact our Wellness Services to apply.

### Foot Care Services

By Nurses with Advanced Foot Care Certification

**First Foot Care Appointment:**  
LAF Members: \$25 / Non-Members: \$35

**Regular Foot Care Costs:**  
LAF Members: \$20 / Non-Members: \$30

#### When is Medical Foot Care Required?

- Individuals with Diabetes
- If mobility/ balance is an issue
- If you have issues with circulation.
- Individuals with fungal/ingrown toenails. (Prevention/ maintenance)



### Safety & Security Programs!

Enjoy regular phone calls or visits from caring volunteers. This program is designed to provide regular "check-ins" or visits providing friendly conversation and connections.

**Interested? Contact our Wellness Services 519 254 1108**

#### Proud Funded Partners



#### Corporate Partners



**LAF 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

well.  
**Be fit. social!**

# THE COLOSSEUM

# CAESARS WINDSOR

YOUR ULTIMATE ENTERTAINMENT DESTINATION



**DANCE TO THE MOVIES**  
STARRING DANCING WITH THE STARS PROS, SO YOU THINK YOU CAN DANCE AND AMERICAN IDOL FINALISTS!  
OPEN TO ALL AGES

FRIDAY, MAY 12  
TICKETS STARTING AT \$20



**TREVOR NOAH**  
FRIDAY, MAY 19  
TICKETS STARTING AT \$35



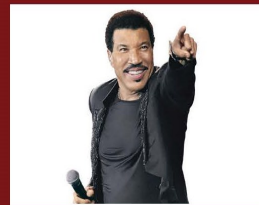
**AUSTRALIA'S THUNDER FROM DOWN UNDER**  
FRIDAY, MAY 26  
TICKETS STARTING AT \$15



**ZZ TOP**  
FRIDAY, JUNE 2  
TICKETS STARTING AT \$40



**JOURNEY**  
THURSDAY, JUNE 22  
TICKETS STARTING AT \$55



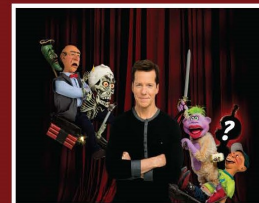
**LIONEL RICHIE**  
ALL THE HITS ALL NIGHT LONG  
SATURDAY, JUNE 24  
TICKETS STARTING AT \$65



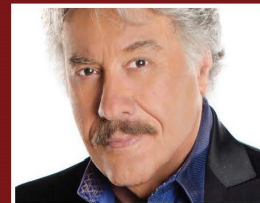
**ALESSIA CARA**  
OPEN TO ALL AGES  
SUNDAY, JULY 2  
TICKETS STARTING AT \$25



**MEGADETH**  
WITH SPECIAL GUEST MESHUGGAH  
WEDNESDAY, JULY 5  
TICKETS STARTING AT \$25



**JEFF DUNHAM**  
PERFECTLY UNBALANCED BRAND NEW TOUR!  
SATURDAY, AUGUST 5  
TICKETS STARTING AT \$45



**TONY ORLANDO**  
THURSDAY, AUGUST 10  
3PM & 8PM  
TICKETS STARTING AT \$15



**JETHRO TULL**  
BY IAN ANDERSON  
SUNDAY, AUGUST 20  
TICKETS STARTING AT \$40



Tickets available at the Box Office, [CaesarsWindsor.com](http://CaesarsWindsor.com), [ticketmaster.ca](http://ticketmaster.ca) or charge by phone 1-888-345-5885.



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# Information and Announcements

## West Side Centre — 635 McEwan Ave.

### Hours of Operation:

Monday—Friday 8:30am—4:30pm and Saturday 9:00am—1:00pm

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

LAF Ready Made Meals to Go: Available from fridge/freezer Monday—Saturday

### Closures (See “Week at a Glance” for program changes):

Saturday May 20 and Monday May 22 —CLOSED (Victoria Day)

Tuesday June 6—Pickleball cancelled

Thursday June 22— All Regular Programs CANCELLED (for Better Living Day)

Friday June 30—CLOSED (Canada Day)

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

### Hours of Operation:

Monday—Friday 8:30am—4:00pm

### Closures:

Monday May 15 to Monday May 29— Some programs are cancelled due to the MasterCard Memorial Cup. Please see “Week at a Glance” for program changes.

Monday May 22—CLOSED (Victoria Day)

Friday June 30—CLOSED (Canada Day)



Beginners Tai-Chi at the East Side takes a rest in the summer and returns in the Fall.

Our instructor, Bill Champagne, is seen here with LAF members and students Lorelei and Mimi after a recent Tai-Chi session. Some say Bill is a “master”, others call him “Chief Instructor” or “sitsu”. Regardless of name, Bill leads LAF members in low-impact exercise to help the mind, body and spirit.



414 Rocky Road Leamington, ON  
(T) 519-326-8600 • (F) 519-326-8609  
[www.southpointford.ca](http://www.southpointford.ca)

**Jerry Meloche**  
Sales & Leasing Specialist  
[jerry@southpointford.ca](mailto:jerry@southpointford.ca)



“I’m a senior helping seniors with their next vehicle purchase. See me, Jerry Meloche, your senior connection in the car business. I’ll even bring the vehicle to your doorstep.”

**ENJOY**  
**LAF Cafe... TO GO**  
 Ready-made meals



**\$5 meals to heat 'n eat**

LaSalle Strawberry Festival June 8-11

The **WINDSOR-ESSEX'S** **WindsorEssex Community Foundation**

**2017 Vital Signs Survey is Here!**

**Let's hear your VOICE.**  
 Tell us what YOU think of Windsor-Essex.

Take the survey today at [wecf.ca](http://wecf.ca) for a chance to win \$100!

"Inspiring philanthropy to benefit our community today and forever."

In partnership with: **COMMUNITY FOUNDATIONS OF CANADA** and **WINDSOR STAR**

3200 Deziel Drive, Ste. 511 Windsor, ON N8W 5K8 Tel: 519-255-6572 Fax: 519-255-6936 [www.wecf.ca](http://www.wecf.ca)



**Outreach Promoting Seniors' Independence Program**

Life After Fifty's Outreach - Promoting Seniors Independence provides programs in 18 Windsor-Essex seniors' apartment buildings. The workshops help to develop, strengthen, and maintain the capacity of older adults to be active and to reduce social isolation. These workshops offer an array of fun and interesting educational, recreational, physical, and social activities.


This past year, our Outreach team proudly reported an increase in participation by reaching 3,056 participants, resulting in more program hours and residences visited. Important to our program success is the support of 339 volunteers, including students, building attendants, social club members and volunteers.

Educational programs have included a Falls Prevention Mobile Clinic, laughter yoga, adjusting to apartment living and nutrition. Some of our community partners are Family Services Windsor-Essex, Canadian Mental Health Association, Windsor Police, Windsor-Essex Health Unit and the Canadian Cancer Society who have shared their information with the residents through the Outreach Program.

Some of the 18 residences our Outreach Team visits include: Ash Grove Manor, Raymond Desmarais, IL Peretz House, Fontainbleau Towers, The Cedars Apartments in Leamington, Maplewood Apartments in Essex and 340/346 Victoria St South & Wesview in Amherstburg.

Our small, yet mighty, Outreach Team of Tahira and Meghan are here to reach out to help adults in our community to be fit, social and well, making Windsor Essex a great place to live and be part of.



PROUD FUNDED PARTNER OF  **United Way Centralide Windsor-Essex County**

The Outreach Program is fully funded through "United Way - Windsor Essex" as part of their focus area of Strong Communities - Neighbourhood Engagement strategy. [www.weareunited.com](http://www.weareunited.com)

**LAF Volunteers Are Superheroes**

On April 27, we had a great time at our LAF Volunteer Appreciation Event. Our theme this year was "LAF Volunteers are our Superheroes". Mary said it best when describing what a volunteer is: "Volunteering is doing more than you have to, because you want to, for a cause you consider good". During the afternoon we played some trivia, enjoyed a photo booth, and ate some fabulous power berries, dynamic sandwiches, and glowing punch. Caesars Windsor donated six pairs of tickets to see "Dance to the Movies".

Our LAF students and staff did a great job getting the event ready and our efforts come from the heart.



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☆☆ LAF has over 300 volunteers. ☆☆

☆☆ Thank you all for your time, ☆☆

☆☆ talents and compassion. ☆☆

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**Would you like to join the LAF volunteer network?**  
**Call 519 254 1108 and ask for Mary**

**We are in need of volunteers for the Friendly Visitors Program.**

- LAF matches volunteers with isolated older adults living at home.
- These programs are designed to keep people living safely and independently at home for as long as possible, and as a volunteer you could make a friend for life.
- Friendly Visitors go to a client's home on a regular basis to provide meaningful social interaction which helps to reduce isolation and increase a sense of community.
- Telephone Assurance Volunteers commit to making a phone call on a regular basis either daily or weekly.



**Would you like to volunteer for the short-term or know someone over the age 16 who can help?**

- LAF will be hosting the Strawberry and Ice Cream Venue at the LaSalle Strawberry Festival, June 8 -11.
- On June 7, we will start preparing berries, and then we will be proudly dishing it out with ice cream.
- We need about 75 volunteers to rotate on 3-4 hour shifts. A portion of proceeds go to Life After Fifty.

# May Special Events & Workshops

# June Special Events & Workshops

See the "Week at a Glance" flyer for ongoing West Side and East Side programs, such as LAF Fitness, Cards, Line Dancing, Mahjong and more!

May 4 To June 8	<p><b>Master Your Health Workshop-Living with Chronic Disease:</b> Join us for this FREE 6-week long workshop presented by WECHC to learn how to take control of your health. Classes are highly participative to build confidence for dealing with everyday challenges. <i>Sign up at reception or by calling 1-855-259-3605.</i></p> <p><b>Date:</b> Thurs. May 4- June 8 <b>Time:</b> 1:00-3:30 <b>Location:</b> East Side Centre <b>Cost:</b> \$0members/\$0 non-members</p>
4	<p><b>Jelly Bargello Quilting Information Session:</b> Come on out for this free session. Learn about the materials and costs to make the quilt. No commitment. Workshop will commence in Sept. <i>Sign up at reception.</i></p> <p><b>Date:</b> Thursday, May 4 <b>Time:</b> 10:00-11:00 <b>Location:</b> West Side Centre <b>Cost:</b> \$0 members/ \$5 non-members</p>
15	<p><b>Diabetes Drop-in Counseling:</b> FREE Diabetes Education and support for adults with diabetes or prediabetes. No doctor referral needed. Services include healthy eating and physical activity, managing diabetes, review and education about blood sugar monitoring.</p> <p><b>Date:</b> May 15, June 12, June 26 <b>Time:</b> 12:00-2:00 <b>Location:</b> West Side Centre <b>Cost:</b> \$0 members/non</p>
16	<p><b>Afternoon at the Movies:</b> Join us for the enjoyable afternoon spent watching a newer release movie on a big screen. Popcorn is available to purchase before the movie.</p> <p><b>Date:</b> Tuesday, May 16 <b>Time:</b> 1:00-3:00 <b>Location:</b> West Side Centre <b>Cost:</b> \$1 members/\$6 non-members</p>
17	<p><b>Beading with Ruby:</b> Join Ruby to create a pretty, colourful necklace. Material fee applies. Non-members must purchase a \$5.00 day pass to attend.</p> <p><b>Date:</b> Wednesday, May 17 <b>Time:</b> 12:30-3:00 <b>Location:</b> East Side Centre <b>Cost:</b> TBA</p>
20 & 22	Both ESC and WSC Centres are <u>Closed</u> on May 20 and 22 for Victoria Day Weekend.
25	<p><b>Brunch:</b> This hot meal will include a variety of your breakfast favourites. Brunch will be served from 11:00am-12:00pm. Afterwards, lunch items such as soups and sandwiches will be sold from 12 to 12:30.</p> <p><b>Date:</b> Thursday, May 25 <b>Time:</b> 11:00-noon <b>Location:</b> West Side Centre <b>Cost:</b> \$5 members/ \$5 non-members</p>
Special 25	<p><b>LaBlast @ LAF:</b> Calling all LaBlast participants of all ages. Come out for an <b>evening</b> of filming while toning and dancing the jive and the merengue with "Jo-Anne". All donations will go to support programs at Life After Fifty. Family and friends are welcome.</p> <p><b>Date:</b> Thursday, May 25 <b>Time:</b> 7:00- 8:30pm <b>Location:</b> West Side Centre <b>Cost:</b> Requesting Donation</p>
30	<p><b>Spring Fling Potluck:</b> Join us for a great meal and afternoon spent in friendly company. Please bring your favourite dish (enough to feed at least 4 people). Sign-up list is available at reception.</p> <p><b>Date:</b> Tuesday, May 30 <b>Time:</b> 12:00 <b>Location:</b> East Side Centre <b>Cost:</b> Your Dish</p>
Special 31	<p><b>Ceramics 101:</b> Bring out your inner artist. Learn the basic ceramic paint techniques. <i>Sign up at reception.</i></p> <p><b>Date:</b> Wednesday, May 31 <b>Time:</b> 1:00-3:30 <b>Location:</b> West Side Centre <b>Cost:</b> \$8 members/ \$13 non-members</p>

6	<p><b>Afternoon with Timeless Classics:</b> Join us for the enjoyable afternoon spent watching one of the timeless classics on a big screen. Popcorn is available to purchase before the movie.</p> <p><b>Date:</b> Tuesday, June 6 <b>Time:</b> 12:30-3:00 <b>Location:</b> East Side Centre <b>Cost:</b> \$0 members/\$5 non-members</p>
7	<p><b>Craft Workshop-String Art:</b> Learn how to make "Pinterest" inspired string art using embroidery floss, wood, hammer and nails. It's a great way to express your creativity! <i>Please sign up at reception.</i></p> <p><b>Date:</b> Wednesday, June 7 <b>Time:</b> 1:00 to 3:00 <b>Location:</b> West Side Centre <b>Cost:</b> See reception</p>
June 9 To July 14	<p><b>Project LEAN: Type 2 Diabetes Prevention Program:</b> Join us for this FREE 6-week long workshop (presented by WECHC) to learn how to prevent Type 2 diabetes. The sessions will cover healthy eating, weight loss &amp; fitness. Refreshments and free prizes. Sign-up at reception or call 519-997-2823 ext. 315.</p> <p><b>Date:</b> Fridays, June 9-July 14 <b>Time:</b> 10:00-12:00 <b>Location:</b> East Side Centre <b>Cost:</b> \$0members/\$0non-members</p>
Special 13	<p><b>Brunch - Canada 150 Theme:</b> This hot meal will have your breakfast favourites. For this special brunch, come on out and wear red and white. Bingo and prizes to celebrate Canada turning 150!</p> <p><b>Date:</b> Tuesday, June 13 <b>Time:</b> 12:00-1:00 <b>Location:</b> East Side Centre <b>Cost:</b> \$6 members/\$7 non-members</p>
15	<p><b>Windows 10 Seminar:</b> Join us to learn the features of Windows 10, the newest operating system by Microsoft. This is not a hands-on session so please bring your notepad and pen to the seminar and list of questions you might have on the subject. Pre-registration is a must.</p> <p><b>Date:</b> Thursday, June 15 <b>Time:</b> 10:00-12:00 <b>Location:</b> East Side Centre <b>Cost:</b> \$0members/\$5non-members</p>
Special 20	<p><b>Annual General Meeting (AGM):</b> Please join our membership as we hear our Board and Executive Director brief the membership on our annual highlights. Coffee to be served.</p> <p><b>Date:</b> Tuesday, June 20 <b>Time:</b> 6:00pm -7:30pm <b>Location:</b> West Side Centre <b>MEMBERS ONLY</b></p>
21	<p><b>Beading with Ruby:</b> Project to be determined the last week of May. Please call Meg for details.</p> <p><b>Date:</b> Wednesday, June 21 <b>Time:</b> 12:30-3:00 <b>Location:</b> East Side Centre <b>Cost:</b> TBA</p>
Special 21	<p><b>LAF Spirit Day: Canada 150 Theme:</b> Come out to your regular LAF activities and show your Canadian spirit. Enjoy our BBQ with a mosaic theme at 11:30 to 12:30. Canadian theme movie at 1:00pm.</p> <p><b>Date:</b> Wednesday, June 21 <b>Time:</b> 8:30-4:00 <b>Location:</b> West Side Centre <b>Cost:</b> \$0members/\$5non-members</p>
Special 22	<p><b>Better Living Day:</b> Join the annual LAF wellness event including workshops, exhibits and lunch. Registration forms will be available at reception in June. (All regular LAF West Side programming is cancelled for the day.)</p> <p><b>Date:</b> Thursday, June 22 <b>Time:</b> 9:00— 4:00 <b>Location:</b> West Side Centre <b>Cost:</b> \$15 members/ \$20 non-member</p>
30	Both ESC and WSC Centres are <u>Closed</u> on June 30 & July 1 for Canada Day Weekend.

As of May 1, 2017, ALL programs require you to be a member or a \$5/day drop in fee.