

Life After Fifty – 2020 NOVEMBER SCHEDULE

- **Pre-registration required for all programs. Only members may register for:**
WSC- West Side Centre, 635 McEwan Ave. **ESC-** East Side Centre, 8787 McHugh St.
Zoom*- At-home, computer-based, live programming
- **No Registration required and open to all members and non-members:**
SCWW- At-home Senior Centre Without Walls phone-based programming
- **Program registrations open 1 week before the start of the session.**
- To register go to: myactivecenter.com or call 519-254-1108
- *All programs and hours are subject to change without notice as we are following all guidelines from Windsor-Essex County Health Unit.*

West Side Programs

Day/Location	Program	Time	Dates	Fee	Capacity
MONDAYS					
WSC	Gentle Fitness	9:30-10:30	Nov. 2- Nov. 30	\$10/5 weeks	15
WSC	Computer Lab a.m.	10:00-11:30	Nov. 2- Nov. 30	\$10/5 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Nov. 2- Nov. 30	\$10/5 weeks	1/computer
WSC	One on One Billiards	10:00-11:30	Nov. 2- Nov. 30	\$10/5 weeks	2
WSC	One on One Billiards	2:00-3:30	Nov. 2- Nov. 30	\$10/5 weeks	1/table
WSC	Wii Bowling a.m.	10:00-11:00	Nov. 2- Nov. 30	\$10/5 weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Nov. 2- Nov. 30	\$10/5 weeks	2
WSC	Tai-Chi	1:30-2:30	Nov. 2- Nov. 30	\$10/5 weeks	12
TUESDAYS					
WSC	Computer Lab a.m.	10:00-11:30	Nov. 3- Nov. 24	\$8/4weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Nov. 3- Nov. 24	\$8/4weeks	1/computer
WSC	One on One Billiards	10:00-11:30	Nov. 3- Nov. 24	\$8/4weeks	2
WSC	Individual Billiards	2:00-3:30	Nov. 3- Nov. 24	\$8/4weeks	1/table
WSC	Wii Bowling a.m.	10:00-11:00	Nov. 3- Nov. 24	\$8/4weeks	2
WSC	Social Time – crafting, colouring & activities	1:30-3:00	Nov. 3- Nov. 24	\$8/4weeks	20
WEDNESDAYS					
No Programs offered on November 11. Both locations closed for Remembrance Day.					
WSC	Gentle Fitness	9:30-10:30	Nov. 4- Nov. 25	\$6/3 weeks	15
WSC	Zumba Gold – Seated	11:30 -12:00	Nov. 4- Nov. 25	\$6/3 weeks	15
WSC	Computer Lab a.m.	10:00-11:30	Nov. 4- Nov. 25	\$6/3 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Nov. 4- Nov. 25	\$6/3 weeks	1/computer
WSC	One on One Billiards	10:00-11:30	Nov. 4- Nov. 25	\$6/3 weeks	2
WSC	One on One Billiards	2:00-3:30	Nov. 4- Nov. 25	\$6/3 weeks	1/table
WSC	Wii Bowling a.m.	10:00-11:00	Nov. 4- Nov. 25	\$6/3 weeks	2
WSC	Tai-Chi	1:30-2:30	Nov. 4- Nov. 25	\$6/3 weeks	12

THURSDAYS					
WSC	Gentle Fitness	9:30-10:30	Nov. 5- Nov. 26	\$8/4weeks	15
WSC	Computer Lab a.m.	10:00-11:30	Nov. 5- Nov. 26	\$8/4weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Nov. 5- Nov. 26	\$8/4weeks	1/computer
WSC	One on One Billiards	10:00-11:30	Nov. 5- Nov. 26	\$8/4weeks	2
WSC	Individual Billiards	2:00-3:30	Nov. 5- Nov. 26	\$8/4weeks	1/table
WSC	Wii Bowling a.m.	10:00-11:00	Nov. 5- Nov. 26	\$8/4weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Nov. 5- Nov. 26	\$8/4weeks	2
WSC	Yoga (Chair) – ZOOM	1:00-2:00	Nov. 5- Nov. 26	\$8/4weeks	n/a
FRIDAYS					
West Side location closed on Fridays until New Year. No programs offered.					

East Side Programs

DAY/Location	Program	Time	Dates	Fee	Capacity
MONDAYS					
ESC	Yoga – Chair/Floor	9:30-10:30	Nov. 2- Nov. 30	\$10/5 weeks	5
ESC	Computer Lab a.m.	10:00-11:30	Nov. 2- Nov. 30	\$10/5 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Nov. 2- Nov. 30	\$10/5 weeks	1/computer
ESC	Watercolour Painting Club	1:00 -3:30	Nov. 9- Nov. 30	\$8/4weeks	7
ESC	Gentle Fitness	1:30 - 2:30	Nov. 2- Nov. 30	\$10/5 weeks	15
ESC	Advanced Tai Chi	2:00 - 3:15	Nov. 2- Nov. 30	\$10/5 weeks	5
TUESDAYS					
ESC	Crafts	9:15 - 11:45	Nov. 3 – Nov. 24	\$8/4 weeks	7
ESC	Computer Lab a.m.	10:00-11:30	Nov. 3 – Nov. 24	\$8/4 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Nov. 3 – Nov. 24	\$8/4 weeks	1/computer
ESC	Crafts	1:00 – 3:30	Nov. 3 – Nov. 24	\$8/4 weeks	7
ESC	Essentrics	1:30-2:30	Nov. 3 – Nov. 24	\$8/4 weeks	12
WEDNESDAYS					
No Programs offered on November 11. Both locations closed for Remembrance Day.					
ESC	Advanced Tai Chi	10:00 - 11:15	Nov. 4 – Nov. 25	\$6/3 weeks	5
ESC	Computer Lab a.m.	10:00-11:30	Nov. 4 – Nov. 25	\$6/3 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Nov. 4 – Nov. 25	\$6/3 weeks	1/computer
ESC	Gentle Fitness	1:30 - 2:30	Nov. 4 – Nov. 25	\$6/3 weeks	15
THURSDAYS					
ESC	Crafts	9:15 - 11:45	Nov. 5 – Nov. 26	\$8/4 weeks	7
ESC	Zumba Gold - Seated	10:30-11:00	Nov. 5- Nov. 26	\$8/4 weeks	9
ESC	Computer Lab a.m.	10:00-11:30	Nov. 5- Nov. 26	\$8/4 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Nov. 5- Nov. 26	\$8/4 weeks	1/computer
ESC	Crafts	1:00 – 3:30	Nov. 5- Nov. 26	\$8/4 weeks	7
ESC	Floor Yoga	1:30 - 2:30	Nov. 5- Nov. 26	\$8/4 weeks	12
FRIDAYS					
East Side location closed on Fridays until New Year. No programs offered.					

Virtual - At Home Programs (SCWW & Zoom)

At-home Senior Centre Without Walls phone-based programming **Call 1-866-279-1594; 220607#**

***Zoom – please call or online to register**

Day/Type	Program	Time	Dates	Fee	Capacity
MONDAYS					
SCWW	Music Mondays	10:30-11:00	Nov 2 – Nov 30	FREE	50
TUESDAYS					
SCWW	Meditation/Stretch	10:30-11:00	Nov 3 – Nov 24	FREE	50
WEDNESDAYS					
No program on November 11. Both locations closed for Remembrance Day.					
SCWW	Word Play Wednesday	10:30-11:00	Nov 4 – Nov 25	FREE	50
ZOOM*	LAF Social	1:00-2:00	Nov 4 – Nov 25	FREE	50
THURSDAYS					
SCWW	Back in Time	10:30-11:00	Nov 5 – Nov 26	FREE	50
ZOOM*	Yoga - Chair	1:00-2:00	Nov 5 – Nov 26	FREE	50
FRIDAYS					
SCWW	Fun Fridays	10:30-11:00	Nov 6 – Nov 27	FREE	50

Virtual – At Home Workshops

At-home Senior Centre Without Walls phone-based programming **Call 1-866-279-1594; 220607#**

Falls Prevention Workshop: Wednesday, November 18th from 10:30-11:15am

Winter Safe Driving Workshop: Thursday, December 3 from 10:30-11:15am

