

**2 YEAR
RENT
FREEZE!**

Discover Leamington's newest
Retirement Residence

OPENING SEPTEMBER
Discover Leamington's newest
Retirement Residence



A community with heart. Supported with care.



Call to view our model suites today!

30 Seacliff Drive East, Leamington
seacliffmanor.ca | 519.326.2624

Proudly owned by Piroli Group Developments and managed by Sifon Properties Limited.

NOVEMBER/DECEMBER 2017 Active Living Guide
For program descriptions & schedule visit: www.lifeafterfifty.ca

Life After Fifty
Living Well Has No Boundaries

**HOLIDAY
Bazaar**

**Devonshire Mall
November 6 to 12**

*Near LensCrafters
Visit our LAF booth during mall hours*

Sunset Lapidary Presents:
**Rock & Gem & Jewelry
Show**

The Market Square (Ottawa St)

Weekend of November 17-19

Jewelry, beading, fossils, stones, demos and more!



**LAF Seniors Information
& Active Living Health Fair**



**November 24
9am-2pm**

**Free Admission!
Augustus Ballroom
at Caesars Windsor**

SGT. WILSON'S AIR FORCE SHOW

40s & 50s Music!

**Friday, December 8
West Side Centre**

Doors Open at 5:30.
Dinner at 6:00.
Show at 7:00.



Life After Fifty has something for everyone this holiday season to enjoy!

Go shopping at our **Holiday Bazaar** or the **Rock and Gem Show**! Come to our **Active Living Fair**. Be entertained at the **Sergeant Wilson's Show**. Let us wrap your gifts at Tecumseh Mall. Enjoy a holiday lunch. And, why not buy a **lottery ticket** for yourself or someone special!

Proud Funded Partners



Corporate 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

well.
Be fit.
social!

SAFE @ HOME

Solutions For Confident Living

Stair Lifts • Tub Cuts • Access Ramps

LAF Member Discounts

*SafeAtHomeWindsor.ca
Call Peter 519-800-3340*



Ask about the optional door.

ACORN
STAIRLIFTS

*New and pre-owned stairlifts
with warranty from \$1275.00*

Live a better life with a Chronic Condition?

IT'S POSSIBLE!

Do you live with **Chronic Pain** or **Diabetes**
or know of someone who does?

JOIN US...and learn to take control of your health.

Master Your Health
Take Charge. Live Well.

CHRONIC PAIN WORKSHOP

Free 6 Week Workshop Series

Tuesdays, Oct 24—Nov 28, 2017
9:30am—12:00pm

- * Techniques to deal with stress, depression, fatigue etc.
- * Pain medications & treatments
- * Exercises for improving strength, flexibility and endurance

- * Do you have diabetes?
- * Focuses on the prevention of diabetic foot related problems
- * Education on when to see your healthcare provider



FOOTCARE EDUCATION

Free Workshop

Thursday November 30, 2017
1:00pm—3:30pm

Life After Fifty

635 McEwan Avenue, Windsor ON

TO REGISTER, PLEASE CONTACT:

1-855-259-3605 or ESCSelfManagement@wehc.org



Supported by: The Chronic Disease Self-Management Initiative



Looking Ahead

and in the Community:

Jingle Bell Friends, December 5

Sgt. Wilson Air Force Show Returns!

December 8, West Side Centre

Gift Wrapping at Tecumseh Mall

December 15,16,17,22,23

LAF Lottery

Tickets on Sale Until January 31, 2018

Draws Every Friday in February

Ethnic Food Days

Valentine's Party

East Side and West Side Locations

LAF Cafe...TO GO
Ready-made meals

No time to cook?

Don't like to cook?

Buy our LAF "Meals-To-Go".

Available frozen.

Just heat and eat!

Buy at Reception.

\$5 meals



Happy Holidays!

Centre Information and Program Changes

West Side Centre — 635 McEwan Ave.

Hours of Operation:

Monday to 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 the freezer Monday—Saturday

Program Changes

November

Saturday Nov 4 – LAF Fitness Cancelled

Thursday Nov 9 – Pepper 1pm start

Friday Nov 10 & Saturday Nov 11 – CLOSED

Tuesday November 14 – Ping Pong 9-11; Tai Chi Cancelled

Thursday November 16 – Yoga Cancelled
- Pepper 1pm

Friday November 17 – Ping Pong Cancelled; Euchre 1pm

November 28 – Ping Pong 9am-11pm; Tai Chi TBA

December

Tuesday Dec 5 – Ping Pong Cancelled;
- PickleBall 2pm-4pm

Friday Dec 8- Total Body Condition Cancelled
- Euchre-location TBA

Wed Dec 20 – Centre closing @ 3pm;
- Round Dancing **Cancelled**

Friday Dec 22- Centre closing @ 4pm
-Line Dancing **Cancelled**

East Side Centre — 8787 McHugh Ave.

Hours of Operation:

Monday—Friday 8:30am—4:00pm

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

Program Changes:

Friday November 10 - Both Centres CLOSED for Remembrance Day

Friday November 17 - Yoga class CANCELLED

Friday November 24 - Pickleball CANCELLED (no gym access)

Tuesday December 19 - Mile at a Time, Zumba Gold and Qigong CANCELLED (due to special event).

Holiday Closure: Both locations will be closed for the Holidays between December 23 to January 1st.
We will re-open on Tuesday, Jan. 2nd.

4% FIVE YEAR TARGETED ANNUAL DIVIDEND RATE

DIVIDENDS ARE NOT GUARANTEED | CLASS A INVESTMENT SHARES - 2018 SERIES

Visit www.mccu.com/ShareOffering to learn more!

*Terms and conditions apply.

Currently Recruiting Volunteers for...

Safety & Security Programs!

LAF matches volunteers with isolated older adults living at home.



Friendly Visitors go to a client's home on a regular basis and provide meaningful social interaction which helps to reduce isolation and increase a sense of community.

Telephone Assurance Volunteers commit to making a phone call to a client on a weekly basis.

These programs are designed to keep people living safely and independently at home for as long as possible.

Interested? Contact Mary our Volunteer Coordinator. (519) 254-1108 x132

The Life After Fifty Lottery is Here!

Can you help to sell LAF Lottery Tickets? Sales start November 1, and on sale until January 31, 2018. You too could win great prizes for selling! Sign up at Reception.

Volunteers Needed:

Can you help with Coats for Kids this November? Want to be part of Jingle Bell Friends? Would you like to gift wrap or sell crafts at Tecumseh Mall this December? Interested? Contact Mary our Volunteer Coordinator. (519) 254-1108 X132

Does everyone mumble?

If so, it's time to get your hearing checked.

Windsor Tecumseh
3737 Tecumseh Rd. E.
Windsor Walker Centre
Unit E1-4450 Walker Rd.

1.888.850.9979
connecthearing.ca

Book a **FREE** hearing test* today!



#1 PHYSICIAN[†] REFERRED

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VAC, WSIB, ADP & ODSP accepted. *Free hearing tests only applicable for clients over 50 years of age and no fees or purchase are necessary. See clinic for details. †Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors. **Certain conditions apply to the Price Match Guarantee. See clinic for details. *CAA, CAA logo and CAA Rewards trademarks owned by, and use is authorized by, the Canadian Automobile Association.



LIFE WELL CELEBRATED®

Anderson Funeral Home and Creation Centre

Walter D. Kelly Life Celebration Centre

Dignity Memorial and Life After Fifty have teamed up to offer members a 10% discount on pre-arranged or at-need funerals at Dignity Memorial locations.



WINDSOR HONDA

7180 Tecumseh Road East, Windsor

1-(888)-927-8711

www.windsorhonda.com

LAF Wellness Services Offered

Looking for assistance with snow removal, deep-cleaning or odd jobs **but you're not sure who to call?**

Life After Fifty can refer you to a **trusted service provider** through the...

Home Maintenance Referral Program

LAF will refer you to our pre-screened service providers. In addition to snow removal and yard maintenance, we are now able to help you find assistance with home repairs, odd jobs, deep cleaning and other services (dependent upon available providers.)

Program Goal: Keep older adults living safe and independently at home for as long as possible.

Cost: Referral is free. Service charges vary.

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 can't reach your toes)
- 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 a regular "check-ins" or visits
 - Alleviate boredom
- Provide friendly conversation

Interested? Contact our Wellness Services department!

November: Special Events and Workshops

6-12	LAF Holiday Bazaar: Invite family, friends and come shopping at our annual bazaar located at Devonshire Mall. Located near LensCrafter (enter by Chapters). Dates: Monday Nov. 6 through to Sunday Nov. 12 Time: Mall Hours Location: Devonshire Mall Cost: \$0
8	United Way Day: Help LAF celebrate our annual United Way day by wearing your Red and White! All proceeds from Bingo & coffee sales will go to the United Way, which helps fund programs & services here at LAF! Date: Thursday, November 8 Time: 11:00-1:00 Location: West Side Centre Cost: \$0
8	ACT Windsor: Act Windsor will be in the café to recruit for acting or to tell your story. Date: Thursday, November 8 Time: 11:00-1:00 Location: West Side Centre Cost: \$0
9	Falls Prevention Awareness Day: November is Falls Prevention month. Participate in a FREE YOGA CLASS, to understand the importance of exercise & balance to prevent falls. Then take part for a 20-30 minute falls prevention screening. Please register for the Quick-screen at Reception. Date: Thursday, November 9 Time: 9:30-12:30 Location: West Side Centre Cost: \$0
9	Remembrance Day Service: Please join us to honour and remember those who served. Date: Thursday November 9 Time: 10:45am Location: East Side Centre Cost: \$0
10	BOTH Centres are CLOSED Friday November 10th for Remembrance Day.
11	West Side Centre is CLOSED Saturday November 11th for Remembrance Day.
13 & 27	Diabetes One on One Dietitian Consultation: FREE education and support for adults with diabetes or pre-diabetes. No doctor referral needed. Provided by WECHC. Please register at Reception. Date: Mondays Nov 13 & 27 Time: 1:00-3:00 Location: West Side Centre Cost: \$0 members/\$0 non-members
15	Beading with Ruby: Join Ruby for some creative beading. The project will be a surprise this month. Material fee \$25 applies. Non-members must purchase a \$5.00 day pass to attend. Must pre-register. Date: Wednesday, November 15 Time: 12:30-3:00 Location: East Side Centre Cost: TBA
16	Falls Prevention Quick Screen: Be assessed on what may be putting you at risk of falling and be educated you on how to reduce that risk. Screening takes 20-30 minutes. Sign up at Reception. Date: Thursday, November 16 Time: 12:30-3:00 Location: East Side Centre Cost: \$0
17-19	Rock & Gem & Jewelry Show: The Sunset Lapidary Club has their first annual show and sale. Rocks, fossils, handcrafted items, beading and more. Bring the family! Date: November 17-19 Time: See flyers Location: The Market Square Cost: FREE-Open to the public
23	Brunch: Enjoy your breakfast favourites prepared by our skilled cooks. Brunch will be served 11am—12pm, and soup & sandwiches will then be available from 12pm—12:30pm. Date: Thursday, November 23 Time: 11:00—12:00 Location: West Side Centre Cost: \$5
23	Computer Presentation—Safety and Security: Learn how to protect yourself and your finances. Date: Thursday, November 23 Time: 1:00-3:00 Location: West Side Centre Cost: \$0 members/\$5 non-members
24	10th Annual Health Fair: FREE admission for workshops, screenings, exhibits, health information and door prizes. Held in the Augustus Ballroom, from 9:00am to 2:00pm. Date: Friday, November 24 Time: 9:00-2:00 Location: Caesars Windsor Cost: FREE—Open to the Public

December: Special Events and Workshops

1	Free Foot-care Assessment Clinic: Please sign up at reception for your 20 minute free foot-care assessment by one of our registered foot-care nurses. Date: Friday, December 1 Time: 9:00-4:00 Location: West Side Centre Cost: \$0
5	Jingle Bell Friends: Let's welcome the grade 3 children from West Gate public school to our annual intergenerational program, Jingle Bell Friends! To volunteer, please sign up at reception. Date: Tuesday, December 5 Time: 10:30-12:30 Location: West Side Centre Cost: \$0
5	Afternoon with Timeless Classics: Join us for an enjoyable afternoon spent watching one of the timeless classics on a big screen. Popcorn is available to purchase before the movie. Date: Tuesday, December 5 Time: 12:30-3:00 Location: East Side Centre Cost: \$0 members/\$5 non-members
8	Sgt. Wilson Air Force Show—West Side Centre: Come out for a dinner and a show. Enjoy original sounds of the 40's & 50's with this one of a kind show straight from the Netherlands! Buy tickets at Reception. Date: Friday, December 8 Time: 5:30—8:30 Location: West Side Centre Cost: \$20 members/ \$22 non-members
11	Diabetes Wellness - Managing your Diabetes during the Holidays: FREE education and support for adults with diabetes or pre-diabetes. Provided by WECHC. Please register at Reception. Date: Monday, December 11 Time: 12:30-3:30 Location: West Side Centre Cost: \$0 members/\$5 non-members
13	Christmas At LAF: Join us for a day of great fun, food and friends! Buffet style lunch in the café is \$8 Date: Wednesday, December 13 Time: 10:00-2:00 Location: West Side Centre Cost/day: \$0 members/\$5 non-members
19	Christmas Luncheon: 'Tis the season to be jolly! Let's celebrate this festive season by joining us for a delicious meal and fun bingo with prizes. Tickets must be purchased by December 7. Date: Tuesday, December 19 Time: 12:30 Location: East Side Centre Cost: \$8 members/\$9 non-members
20	Both Centres will close at 3pm this day.
Dec 25 –Jan 2	Both Centres are CLOSED Monday December 25th through to January 2nd.

Buy Life After Fifty LOTTERY TICKETS to win \$10,000!

GRAND PRIZE
\$10,000 CASH
 Friday, Feb 23, 2018

SECOND PRIZE
\$2,500 CASH
 Friday, Feb 16, 2018

THIRD PRIZE
\$1,000 CASH
 Friday, Feb 9, 2018

FOURTH PRIZE
\$500 Gift Certificate
 to Shoppers Drug Mart
 Friday, Feb 2, 2018

Every Friday in February
 EXTRA DRAWS
 Two \$200 Gift Certificates to
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For Tickets Call:
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Tickets \$20
 or 3 for \$50
 Licence # M801280

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Holiday Greetings

Your Life After Fifty Board of Directors would like to take this opportunity to wish all members and their families Happy Holidays and a Healthy New Year.

It is our pleasure to serve on your behalf and we look forward to another exciting year in 2018.