

# Volunteer Recruitment

## Friendly Visitor

Providing companionship (no personal care required) in a senior's home.  
A one hour visit once per week. Visits need to be done Mon-Fri between 8:30am and 4:30pm.  
The senior is screened prior to visits and a staff will accompany you on your first visit.  
Police clearance is required

## Telephone Assurance Caller

Providing a friendly phone call to homebound seniors to ensure safety and general well-being.  
Calls vary from once a week to 3 times a week.  
Calls must be made Mon – Fri. between 8:30am and 4:30pm  
This may be done from your home

## Craft Instructor

We have a room full of art supplies that just need your creative touch!  
Cheerful disposition, Reliable, Excellent Customer Service  
Capable of teaching small groups with varying degrees of skill  
Crafts include but not limited to: Beading, Painting, Wreaths, Embroidery, Reclaimed wood, Jewellery & more.

## Bingo

Greeting patrons and clearing tables at the bingo hall  
Paradise Gaming Hall, Dougall Ave Windsor  
Assist once a month for two hours during an assigned bingo

For more information contact our Volunteer Coordinator Mary at 519-254-1108 x 132

Wishing everyone a safe and happy holiday season  
from the Board & Staff of Life After Fifty.



**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](http://www.lifeafterfifty.ca)

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

Be <sup>fit.</sup> well.  
social!

November/December 2019 Active Living Guide  
For program descriptions & schedule visit: [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

# Life After Fifty



**Tickets \$20 or 3 for \$50**  
For Tickets Call: 519-254-1108

# LOTTERY

Registered Charity #  
BN 10745 0116 R0001  
Licence M832408

**GRAND PRIZE**  
**\$10,000 CASH**

Draw Date: Friday, February 28, 2020

**SECOND PRIZE**  
**\$2500 CASH**

Draw Date: Friday, February 21, 2020

**THIRD PRIZE**  
**\$1000 CASH**

Draw Date: Friday, February 14, 2020

**FOURTH PRIZE**  
**\$500** Gift Certificate to Shoppers Drug Mart  
Draw Date: Friday, February 7, 2020

**EXTRA DRAWS** Every Friday in February:  
**Two \$200** Gift Certificates to Just Jeff's Gourmet Express

**Only 2000 Tickets to be Sold!**

Tickets on sale until: 3:00 pm, February 5, 2020. Draws held every Friday in February at 12pm,  
Life After Fifty, 635 McEwan Ave., Windsor, On. Visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for full rules.

THANK YOU TO OUR LOTTERY SPONSORS!

GRAND PRIZE SPONSOR



# Community Wellness Services

All services are available to LAF members & non-members.

## Community Wellness Services Offered:

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

Call Shannon at 519-254-1108 x 205 for more information on community wellness services.

SERVICE PROVIDER OF THE MONTH

**SANDRA RENNIE**

Are you or do you know someone who is in need of a in-home haircut?

When mobility or illness issues happen, it can be hard to take care of your grooming needs. Let Sandra help make you feel fresh and tidy with her mobile hair cutting services. Specializing in homebound or hospitalized older adults, Sandra is ready to come to you in the comfort of your own space. There is an application to be filled out before getting a referral for this service.

To access this referral or to get more information about our Home Maintenance Referral Program, please contact:  
Shannon 519-254-1108 ext 205  
sarmstrong@lifeafterfifty.ca

**LAF** Life After Fifty Living Well Has No Boundaries Presents *Feet Facts*

Did you know?

If you are a diabetic, shoes should be worn at ALL times to avoid injury. Even the slightest scrape can be cause for alarm among people with diabetes, where healing can be difficult and may lead to limb amputation.

*Life After Fifty Foot Care Services*  
519-254-1108 | www.lifeafterfifty.ca

Routine Foot Care offered at both LAF locations - 635 McEwan Ave & the WFCU Centre

Fees: \$20 for members \$30 for non-members  
Initial assessment is an extra \$5

# Outreach

## Our West End Outreach

**Our West End 2019**  
Get involved volunteer, spread cheer or sponsor any event shown here:

**OCTOBER**

Oct. 31: A Sandwich Towne Halloween for the Family  
Location: In the Park next to Mackenzie Hall (3277 Sandwich St.)

**NOVEMBER**

Nov 2: South Merritt Community Garden Harvest & Clean-Up

Nov 28: Sandwich Towne Tree Decorating  
Location: In the Park next to Mackenzie Hall (3277 Sandwich St.)

**DECEMBER**

Dec 10: Jingle Bell Friends @ Life After Fifty

Facebook.com/OurWestEnd @OurWestEnd @OurWestEnd  
519-254-1108 635 McEwan Ave. Windsor ON

Jingle Bell Friends is back!  
December 10, 2019  
West Side Centre  
10am-12pm  
Interested in being apart of the day?  
See Mary H to sign up!

## Seniors Outreach



Life After Fifty's Outreach Team promotes Senior's Independence in 20 locations throughout Windsor and Essex County. They help seniors with their safety and learning needs through interactive workshops and presentations. Please contact our Outreach Coordinators, **Michelle & Alicia** with any questions. 519 254-1108 x 118 / x 115

Supported by: Ontario Safe & Clear Health Emergency Network

**LIFE AFTER FIFTY**

**LOOKING FOR PEOPLE INTERESTED IN DOING SNOW REMOVAL FOR SENIORS**

LAF MATCHES OLDER ADULTS LIVING AT HOME WITH OUR PRE-SCREENED SERVICE PROVIDERS—ALL FOR REASONABLE RATES.

If interested, please call:  
519-254-1108

www.lifeafterfifty.ca

An application and police clearance are required \*

# MARK YOUR CALENDARS!

# Centre Information and Program Changes

 Presents...

## HOLIDAY Bazaar

100% of proceeds support Programs & Services for seniors in Windsor/ Essex

**Devonshire Mall**  
November 4 through November 10, 2019  
Visit our booth during mall hours



**Handmade crafts, knitted wear, baby items, afghans, hand-sewn accessories, ceramics, household items, jewelry, and more!**

## Christmas Around LAF

Enjoy great food, activities, games, & lots of holiday fun!

**West Side Centre**  
Wednesday, December 4th



**East Side Centre**  
Thursday, December 12th

*Please Bring: non-perishable food item to support our annual can food drive!*



*Their Name Liveth For Evermore:*

### REMEMBRANCE DAY SERVICE

Friday, November 8th, 2019  
10:45am

**East Side Centre, 8787 McHugh St.**

Join us as we pay tribute to those who have risked so much for our freedom and for those still currently doing so.

Both Centres will be CLOSED Monday, November 11th in recognition of this day.

 **12th Annual Seniors Active Living Fair**

Thursday, November 21, 2019  
10am—2pm

Collavino Hall—WFCU Centre, 8787 McHugh St. Windsor

**FREE**

- ADMISSION & PARKING
- HEALTHY SNACKS
- HEALTH SCREENINGS
- INTERACTIVE WORKSHOPS
- INFORMATION ABOUT HEALTH SERVICES & PROGRAMS IN OUR COMMUNITY
- DOOR PRIZES



**Ontario**  **OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

Life After Fifty's Seniors Active Living Health Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario (OACAO) and funded by the Ministry for Seniors and Accessibility.

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, November 11 - Both Centres CLOSED.
- Thursday, November 14—Pickleball CANCELLED.
- Thursday, November 21—LaBlast and LAF Fitness CANCELLED.
- Tuesday, December 10— Ping Pong and Mile at a Time CANCELLED.
- Monday, December 23— Circuit Fitness, Centre Singers, Sewing, Ceramics, Fitness For Breath, Shuffleboard and Tai Chi CANCELLED



No time to cook?  
Don't like to cook?  
**Buy our LAF-2-Go Ready Meals!**

Frozen Meals \$5.00  
Just heat and eat!

**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

- Friday, November 8—Qigong CANCELLED.
- Monday, November 11 - Both Centres CLOSED.
- Thursday, November 21— Investment Planning group meeting moved to West Side location, same time.
- Thursday, December 12— Investment Planning group meeting moved to West Side location, same time. Mile at a Time is CANCELLED.
- Monday, December 23— LAF Fitness & Tai Chi CANCELLED

## LAF Lottery Launch & Charity Pasta Night!

Wednesday, November 6, 2019 at the Caboto Club 4pm-7pm

## November: Special Events and Workshops

4	<p><b>Fitness for Breath Launch</b>—Fitness for Breath is an innovative exercise maintenance program for people living with chronic lung disease or other health conditions. All fitness levels welcomed!</p> <p><b>Dates:</b> Mondays <b>Time:</b> 11:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member; \$5 non-member/class</p>
4-10	<p><b>LAF Holiday Bazaar:</b> Invite family, friends and come shopping at our annual bazaar located at Devonshire Mall, near the Indigo's entrance. Explore the creations and talents of our members.</p> <p><b>Dates:</b> Monday, Nov. 4 through to Sunday Nov. 10 <b>Time:</b> Mall Hours <b>Location:</b> Devonshire Mall</p>
6	<p><b>Lottery! Lottery! Lottery!</b> Join us at the Caboto Club for charity pasta night and the 2019/2020 LAF Lottery launch!</p> <p><b>Dates:</b> Wednesday, Nov. 6 <b>Time:</b> 4:00pm-7:00pm <b>Location:</b> Caboto CLub</p>
8	<p><b>Remembrance Day Service:</b> Please join us to honour and remember those who served.</p> <p><b>Date:</b> Friday, Nov. 8 <b>Time:</b> 10:45am <b>Location:</b> East Side Centre <b>Cost:</b> \$0</p>
8	<p><b>Pattern Alteration Workshop:</b> This 6-week workshop is ideal for those who want to learn how to alter sewing patterns to better suit their silhouette. Free for members. Must register at ESC reception, limited space.</p> <p><b>Date:</b> Friday, Nov. 8–Dec. 13 <b>Time:</b> 10:00am-11:30am <b>Location:</b> East Side Centre <b>Cost:</b> \$0 member ;\$30 non-member</p>
8	<p><b>Sewing Basics Workshop (Part 1):</b> Register for this 6-week workshop to gain some basic sewing skills; learn about your sewing machine and complete a simple project of a sewing caddy. Limited space, so register early (at ESC reception). Encouraged to bring your own sewing machine, as there is a limited number available at the centre.</p> <p><b>Date:</b> Friday, Nov. 8–Dec. 13 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> ESC <b>Cost:</b> \$0 member; \$30 non-member</p>
11	<p><b>Both Centres CLOSED for Remembrance Day.</b></p>
13	<p><b>BINGO:</b> Please join us for a fun afternoon of \$1 BINGO!</p> <p><b>Date:</b> Wednesday, Nov. 13 <b>Time:</b> 1:00pm-2:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member</p>
18	<p><b>Healthy Hints for Holiday Eating:</b> Participate in this interactive presentation from a registered dietician from the weCHC Diabetes Wellness team. All are welcome! Registration at reception is required.</p> <p><b>Date:</b> Monday, Nov 18 <b>Time:</b> 10:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member</p>
18	<p><b>Let's Build! With Legos and K'Nex:</b> Join Colin James for an afternoon of creative construction. Have fun with your LAF friends as you explore the possibilities with Legos &amp; K'Nex!</p> <p><b>Date:</b> Monday, Nov. 18 <b>Time:</b> 1:00pm-2:30pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member</p>
20	<p><b>Beading workshop with Ruby:</b> This project is for intermediate level beading; another simpler project will be provided to beginners. Non-members are required to purchase a day pass plus the material fee. Registration is required.</p> <p><b>Date:</b> Wednesday, Nov. 20 <b>Time:</b> 12:30pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> \$TBD member; \$TBD non</p>
20	<p><b>Diamond Painting:</b> Join us for this easy, relaxing, fun new craft that has grown quickly in popularity. Create beautiful designs by sticking "diamond" like dots on their matching fabric or paper square using the stylus pen. Registration is required.</p> <p><b>Date:</b> Wednesday, Nov. 20 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$TBD member; \$TBD non</p>
20	<p><b>Let's Build! With Legos and K'Nex:</b> Join Colin James for an afternoon of creative construction. Have fun with your LAF friends as you explore the possibilities with Legos &amp; K'Nex!</p> <p><b>Date:</b> Wednesday, Nov. 20 <b>Time:</b> 1:00pm-2:30pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$5 non-member</p>

## November: Continued

21	<p><b>Seniors Information &amp; Active Living Health Fair:</b> FREE admission for workshops, screenings, exhibits, health information and door prizes. Held in the Collavino Hall @ WFCU Centre from 10:00am to 2:00pm.</p> <p><b>Date:</b> Thursday, Nov. 21 <b>Time:</b> 10:00am-2:00pm <b>Location:</b> Collavino Hall –WFCU <b>Cost:</b> FREE—Open to the Public</p>
27	<p><b>New Member Orientation:</b> Calling all NEW LAF members. Join us for coffee &amp; tea while enjoying games and a presentation about the Centre and all it has to offer.</p> <p><b>Date:</b> Wednesday, Nov. 27 <b>Time:</b> 10:00am-11:00am <b>Location:</b> West Side Centre <b>Cost:</b> \$0 members only</p>
28	<p><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.</p> <p><b>Date:</b> Thursday, Nov. 28 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$6 non-member</p>

## December: Special Events and Workshops

4	<p><b>Christmas @ LAF:</b> Join us for a day of great fun, food and friends! Activities throughout the Centre. Buffet style lunch in the café is \$10/meal.</p> <p><b>Date:</b> Wednesday, Dec. 4 <b>Time:</b> 10:00am-2:00pm <b>Location:</b> West Side Centre <b>Cost/day:</b> \$0 member/\$5 non; \$10/meal</p>
9	<p><b>Diabetes One on One Counseling:</b> Meet with a registered dietician from the weCHC Diabetes Wellness team. Registration at reception is required.</p> <p><b>Date:</b> Monday, Dec. 9 <b>Time:</b> 9:00am-12:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0 member/ \$0 non-member</p>
10	<p><b>Jingle Bell Friends:</b> Let us 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!</p> <p><b>Date:</b> Tuesday, Dec. 10 <b>Time:</b> 10:30am-12:30pm <b>Location:</b> West Side Centre <b>Cost:</b> \$0</p>
12	<p><b>ESC Christmas Celebration:</b> Spend the day with us in a festive atmosphere and friendly company. For more details please refer to event flyer.</p> <p><b>Date:</b> Thursday, Dec. 12 <b>Time:</b> 12:30pm-3:00pm <b>Location:</b> East Side Centre <b>Cost:</b> TBD</p>
19	<p><b>Afternoon at the Movies:</b> Enjoy an afternoon watching a Christmas themed movie with friends. Please see the flyer for the movie. Cost includes popcorn. Please sign up at reception.</p> <p><b>Date:</b> Thursday, Dec. 19 <b>Time:</b> 1:00pm-3:00pm <b>Location:</b> West Side Centre <b>Cost:</b> \$1 member/ \$5 non-member</p>
24-	<p><b>Both Centres CLOSED for the Christmas Holidays!</b></p>
30-	<p><b>East Side Centre—8787 McHugh St. <u>CLOSED</u> both days.</b></p>
31	<p><b>West Side Centre—635 McEwan <u>OPEN</u> 8:30-4:30 both days.</b></p>
Jan. 1	<p><b>Both Centres CLOSED. Happy New Year!</b></p>