LIFE AFTER FIFTY: November-December 2026

519-254-1108; Monday-Friday 9:00-4:00; **www.lifeafterfifty.ca**

West Side Centre (WSC) Schedule - 635 McEwan Ave

Updated:11/04/26

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Dec. 28	**Closed Dec. 29**	**Closed Nov. 11 & Dec. 30**	**Closed Dec. 24 & 31**	**Closed Dec. 25 & Jan. 1**
	Foot-care** **By Appointment only**	**Foot-care**** **By Appointment only**	**Foot-care**** **By Appointment only**	**Foot-care**** **By Appointment only**
Billiards - ALL DAY	Billiards - ALL DAY	Billiards - ALL DAY	Billiards - ALL DAY	Billiards - ALL DAY
Computer Lab - ALL DAY	Computer Lab - ALL DAY	Computer Lab - ALL DAY	Computer Lab - ALL DAY	Computer Lab - ALL DAY
Morning Indoor Walk (9:00-9:30)	**Therapeutic Touch**** **By Appointment only** (9:00-12:00)	Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-10:00)	Pickleball For Fun (9:00-12:00)
Wii Bowling League* (9:30- 12:30)	Concert Band* (9:00 -12:00)	Coffee Social (9:00-10:30)	Advanced Sewing* (9:30-3:30)	Sharing Dance- Seated (9:30-10:15)
FUNctional Circuit & Games* (9:30-10:30) 8 weeks	Mile at a Time(9:05-10:00) & Table Tennis (10:00-11:00)	Craft Drop-in Social (9:00-12:00)	Functional PILATES* (9:15-10:00) **Cost: $14/7wks mem.**	Wellness Check-in* (10:30-11:30) *Cancelled Dec. 18*
LAF Fitness* (10:45-11:45) 8 weeks	Wii Bowling League* (9:30- 1:30)	Essentrics* (9:30-10:30) **Cost: $14/7wks mem.**	Functional PILATES* (10:10-10:55) **Cost: $14/7wks mem.**	Pepper (12:30-3:30)
Group Meditation* (12:30-1:00)	Digital Basics 1 on 1** (9:30-12:30)	Wii Bowling League* (9:30- 1:30)	Digital Basics 1 on 1** (10:00-11:30)	Mexican Train Dominoes (12:30-3:30)
Shuffleboard (12:30-3:30)	Lapidary & Jewelry Arts* (10:00-3:00)	LAF Fitness* (10:45-11:45) 7 weeks	Lapidary & Jewelry Arts* (10:00-3:00)	LAF Book Club* (12:30-1:30) Nov. 27
Belly Dancing* (1:15-2:00) **Cost: $12.00/8wks mem.**	WHY KNOT Knit/Crochet (9:00-11:30)	Chair Yoga* (12:15-1:15) **Cost: $12/6wks mem.** *Cancelled Dec. 9*	LAF Sing-a-long (10:00-11:00)	Line Dancing Lessons - Absolute Beg.- Level 1* (1:30-3:00) **Cost: $12/7wks**
Mexican Train Dominoes (1:00-4:00)	Mahjong (10:00-12:00 / 1:00-3:30)	Group Meditation* (12:30-1:00)	Mahjong (10:00-12/12:30-3:30)	
Tai-Chi Practice (2:05-3:00)	FUNctional Circuit* (11:15-12:00) 8 weeks	Mexican Train Dominoes (1:00-4:00)	FUNctional Circuit* (11:15-12:00) 7 weeks	
	Pickleball For Fun (1:00-4:00)	Line Dancing - Drop-in (1:30-3:00) *Cancelled Dec. 9*	Strength and Stretch* (12:45-1:30) Nov. 5-Dec. 10	
	Let's Talk French* Review: (1:00-1:30) Conversational:(1:40-2:30)	Digital Café* (12:30-2:00) ***See flyer for topics/dates.***	Euchre (1:00-3:30)	
LAF has various games & puzzles to play at anytime. Help yourself or			Tai-Chi Practice (1:45-2:30)	

Events and Special Programs

Monday	Tuesday	Wednesday	Thursday	Friday
15min Massage Therapy Nov. 2 & Dec. 7 By Appointment.**	French Fun Workshops* (2:00-4:00) Oct. 27, Nov. 10, Nov. 24, Dec. 8 ***See flyers for details.***	Craft Workshops* Nov. 4, 18, Dec. 16 ***See flyers for details.***	Hearing Screening Nov. 5 (10:00-12:00) By Appointment**	Fall Prevention Screening Nov. 20 (12:30-3:30) By Appointment**
Craft Workshops* Dec. 7 ***See flyers for details.***		Safe & Sharp Online* Nov. 25, 1:00pm		
Lunch Insight - Fall Prevention Nov. 9 (12:00)*		Holiday Party* Dec. 9 ***See flyers for details.***		LAF Holiday Craft Sale Devonshire Mall Nov. 15-22

>>Please see newsletter & flyers for ALL Special Events & Workshops <<

>>> See reverse side for legend and more information. <<<

LIFE AFTER FIFTY: November-December 2026

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

East Side Centre (ESC) Schedule - 8787 McHugh Ave

Updated:11/04/26

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Dec. 28	**Closed Dec. 29**	**Closed Nov. 11 & Dec. 30**	**Closed Dec. 24 & 31**	**Closed Dec. 25 & Jan. 1**
Foot-care** **By Appointment only**	**Therapeutic Touch**** NEW **By Appointment only**	**Foot-care**** **By Appointment only**	**Foot-care**** **By Appointment only**	
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)
Mahjong (9:30-12:00)	Craft Social (9:30-3:30)	FUNctional Circuit* (10:10-10:55) 8 weeks	Craft Social (9:30-3:30)	FUNctional Circuit* (10:10-10:55) 6 weeks *Cancelled Nov. 27*
Table Tennis (10:15-11:00)	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Digital Café* NEW (10:15-11:30) ***See flyer for topics/dates.***	Chess Club (9:30-12:00)
Intro to Pickleball* NEW (10:00-10:55) **$16/7wks mem.**	Meditation* (10:15-10:45) *Cancelled Nov. 3*	Line Dancing - Absolute Beg. - Level 1* (10:00-11:15) **Cost: $7.50/5wks mem.** *No class on Nov. 18*	Line Dancing-Levels 2-3* (11:45-1:30) **Cost: $18/6wks mem.** *No class on Nov. 19*	Strength and Stretch* (11:00-11:30) NEW Nov. 6- Dec. 4
Pickleball-Rec. Play* (11:00-12:55) **Nov: $20/5wks mem.** **Dec: $12/3wks mem.**	Zumba Gold* (11:30-12) **Cost: $14/7wks mem.** *Cancelled Dec. 1*	Pickleball-Rec. Play* (11:00-12:55) **Nov: $12/3wks mem.** **Dec: $16/4wks mem.**	Pickleball Beg.+ Play* (no lessons)(12:00-2:00) **Nov: $16/4wks mem.** **Dec: $12/3wks mem.**	Pickleball-Rec. Play* (11:00-12:55) **Nov: $12/3wks mem.** **Dec: $12/3wks mem.** *Cancelled Nov. 27*
Pepper (12:30-3:30)	Essentrics* (1:00-2:00) **Cost: $16/8wks mem.**	Mahjong (12:15-3:45)	Digital Basics 1on1* (11:30-12:30)	Euchre (12:30-3:00)
LAF Fitness* - Hybrid (1:05-2:00) 8 weeks	Mexican Train Dominos (12:15-3:45)	LAF Fitness* - Hybrid (1:05-2:00) 6 weeks *Cancelled Dec. 23*	Scrabble (1:00-3:30)	LAF Fitness* - Hybrid (1:05-2:00) 6 weeks *Cancelled Nov. 27*
Painting Drop-In (no instructor) (1:00-3:00)	Wii Bowling League* (12:30-3:30)	Yoga (Floor)* (2:30-3:30) **Cost: $14/7wks**	Tai Chi Advance* (1:00-2:00) **Cost: $12/6wks mem.** *No class Dec. 17*	Yoga (Chair)* (2:30-3:30) **Cost: $14/7wks mem.**
LAF has various games & puzzles to play at anytime. Help yourself or ask staff!	Chess Club (1:15-3:45) Table Tennis (2:15-3:45)	LAF Book Club* (2:15-3:15) Nov. 25	Tai Chi - Beg.* (2:00-3:00) **Cost: $12/6wks mem.** *No class Dec. 17*	

Events and Special Programs

Craft Workshop* (2:00-3:30) Nov. 23 ***See flyer for details.***	Christmas Concert (10:30am) Dec. 1 ***See flyer for details.***	Pepper Lessons* (10:00-12:00) Nov 18-Dec 2 (3wks)	Artful Talks* Nov. 19 & Dec. 17 (11:30-12:30) ***See flyer for details.***	Learn Basics of Sign Language-Part 3* (10:00-12:00) **Cost: $7/7wks mem.**
	Holiday Party* (12:30pm) Dec. 1 ***See flyer for details.***	CyberSafe Seniors* (2:00-3:30) Nov. 4 ***See flyer for details.***		LAF Holiday Craft Sale Devonshire Mall Nov. 15-22

Pre-registration is mandatory for indicated program; capacity is limited. This session runs Nov. 2 - Dec. 23, 2026.

*****Appointments mandatory; Additional fees may apply.***

LAF Membership (mem.) is required to participate in all above programs. See program descriptions for details.

Non-member (non-mem.) $5 day pass available for select programs, see Program Descriptions for details.

Café hours 11:30am-1:00pm. ESC: Tuesday-Thursday; WSC: Monday - Thursday.

All program enrollment is final, no refunds. If LAF cancels a program/class, credits will be issued for future programs.

All programs, rules, hours are subject to change without notice.

Please see descriptions, newsletter & flyers for further informationa and ALL Special Events & Workshops.

Life After Fifty - Program Descriptions Nov. - Dec. 2026

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

- ***Pre-registration & additional fees are required for some programs, see schedule for details.***
- ***Proper athletic footwear is required for all physical activity, no boots, slip-ons or open-toe shoes.***

Be FIT

(🏃 indicates intensity level out of 3, 3 = Highest)

Belly Dancing 🏃 (WSC)

Pre-Registration & Additional fees apply

Enjoy this gentle, low-impact workout that focuses on improving flexibility, balance, and core strength. This class features slow, fluid movements that are easy on the joints, making it perfect for all fitness levels.

Essentrics (Classical Stretch) 🏃🏃 (ESC/WSC)

Pre-Registration & Additional fees apply

This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! The ability to get down on the floor is required. Please bring a yoga mat or ask to borrow one at reception.

FUNctional Circuit 🏃🏃 (ESC/WSC)

****Space is limited - Pre-Registration is required***

Take a fun approach to improving daily functional abilities. Participants will go through a series (circuit) of aerobic, strength, balance, and flexibility exercises and can be modified for all levels.
FUNctional Circuit & Games: Start class with a condensed circuit and finish off with organized group focus games. (WSC)

Functional Pilates 🏃🏃 (WSC)

****Space is limited – Pre-Registration & Additional fees apply.***

This full body Pilates class will help to improve your body awareness, core strength, balance, and flexibility. Exercises are low-impact and will be performed seated and standing. (WSC)

Line Dancing 🏃🏃 (ESC/WSC)

****Registration & additional fees apply***

Join in for a fun & fit way to learn some of the most popular line dances.

- **Absolute Beginner (level 1)** Learn the foundations of line dancing with simple steps and upbeat music. No experience needed, and levels of beginners welcome**.**
- **Beginner (level 2)**: Beginner level classes require students to have some knowledge of basic line dance steps (e.g. vine, rocking chair, weave, jazz box). *If new to line dancing, must complete the **Absolute Beginner (level 1)** class prior to attending.* **Improver (level 3) Line Dancing** The last half hour of class will be the improver level instruction for students with experience of advanced steps and more complex routines**. ****Registration & additional fees apply*****.** (ESC)
- **Drop-in Line Dancing:** Swing on by and dance to beginner to intermediate line dancing videos. No formal lessons. (WSC)

LAF Fitness  (ESC/WSC/ZOOM(Hybrid))

****Space is limited - Pre-Registration is required***
This class is a total body workout for *any fitness level* through cardio, strength & balance training. Class is modified to fit all intensities and be done seated or standing. Weights, balls, resistance bands are used. **HYBRID** – class is also available via Zoom; registration via My Active Centre.

Morning Indoor Walk  (WSC)

Socialize with friends as you increase your overall fitness while walking the perimeter of the auditorium.

Qigong Practice  (ESC)

No instructor, participant led. Experience this ancient Chinese mind-body practice that supports the overall health of the body by integrating simple movements, gentle breathing and focused intention.

Pickleball  (ESC/WSC)

***Pre-Registration & Additional fees may apply*.**
Athletic shoes required for all levels. Members only.

- **Intro to Pickleball:** Learn the game of pickleball as you play! Over this 6-week introduction, you'll learn the basic rules, scoring, and skills of the game while playing. This program is for absolute beginners only, there are no formal drills or lessons, just a fun, relaxed way to learn as you go. ***Pre-Registration & Additional fees apply***. (ESC)
- **Pickleball- Beginner+ Lvl Play:** For new players to the sport who have some experience/have taken lessons and want to improve their game. No lessons offered - some assistance provided. ***Pre-Registration & Additional fees apply***. (ESC)
- **Pickleball- Recreational (Rec.) Play:** For knowledgeable players of all levels seeking a friendly game of pickleball. (ESC)
- **Pickleball For Fun:** Drop-in for a casual, social & fun-focused version of traditional Pickleball. <u>All standard rules apply</u>. However, keeping score is optional. (WSC)

Sharing Dance  (ESC/WSC)

Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 40+-minute class developed by the National Ballet School fosters creative self-expression and fun! Can be done standing or seated.

Strength & Stretch  (WSC/ESC)

****Space is limited - Pre-Registration is required***
Learn how to use weights safely and effectively while completing a full-body workout. This class focuses on proper technique, form, and exercises you can incorporate into your regular fitness routine.

Shuffleboard (WSC)

This activity mixes fun & strategic play all into one program. Ideal for any activity level.

- **Floor Shuffleboard:** Using a cue, players push weighted discs, sending them down the court, aiming to have them come to rest within a marked scoring area**.**
- **Table Shuffleboard:** Players take turns sliding weighted pucks down a long, smooth table made of wood. The end of the table is marked with specific areas for scoring.

Table Tennis (ESC/WSC)

This game provides exercise and improves hand-eye coordination.

Tai Chi (ESC)

*****Pre-Registration & Additional fees apply***

Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. Open, Beginner & Advanced level instructor led program available

Tai Chi Practice (WSC)

No instructor, participant led.

Yoga Chair (ESC/WSC)

Registration & additional fees apply

Learn proper breathing & gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated.

Yoga Floor (ESC/WSC)

***Registration & additional fees apply*.**

This class is for those comfortable with getting up and down off the floor. If you suffer from decreased flexibility or just enjoy stretching, this is a perfect class for you. Participants can bring their own yoga mat and blocks.

Zumba Gold (ESC)

*** R*egistration & additional fees apply***

Join us for a high-intensity workout that incorporates innovative dance moves while focusing on improving cardiovascular health.

Be WELL

Computer Lab - (ESC/WSC)

Come and use the Centre's desktop computers with internet access.

Digital Basics 1 on 1 (ESC/WSC)

Make an appointment for a tech volunteer to assist you with basic questions, bring your own device or use ours! *By appointment only.*

Foot-care (ESC/WSC)

By Appointment only. Additional Fees apply

Medical foot care is performed by trained & qualified foot-care nurses. They can assess and treat skin, nail and foot conditions (calluses, corns, ingrown toenails, yellow nails, etc.) and can advise you on preventative treatment.

Lapidary & Jewelry Arts (WSC)

Additional registration and fee applies)

Beginners will need to enroll in a "learn to program" before participating. Please call/see reception for details. Discover the art of transforming raw gemstones and metals into jewelry and unique pieces of art in this hands-on experience. Whether you're a beginner or an experienced artisan, this program offers the tools and guidance needed to bring your creative visions to life. Supplies will need to be brought in or purchased.

Meditation (WSC)

Join us as you are guided through meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health.

Painting Drop-in (ESC)

This self-led program allows you to express your imagination by painting within the company of others. Please bring your own supplies.

Sewing – Advanced (WSC)

Pre-registration required

Sew your own projects or create ones for the Centre, under the guidance of our volunteer leader. Experienced participants will enjoy sewing in this social setting, using their own materials. Sewing machines are provided.

Therapeutic Touch (WSC/ESC)

Appointment required. Additional fees apply.

Make an appointment for a session with a trained practitioner for this holistic therapy.

WHY KNOT: Knitting/Crochet (WSC)

Experienced participants will enjoy dropping in and crafting in this social setting. Make your own projects or create ones for the Centre.

Wii Bowling League (WSC)

Our Wii bowling league runs from Sept.-April. To join, please register at reception.

Wellness Check-In (WSC)

Commit to your well-being with this unique group series led by certified counselors. Each week offers practical tools and supportive discussions to help build emotional resilience, manage stress, and enhance your well-being in a safe, confidential space.

Be SOCIAL

Billiards (WSC)
Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Participants with experience is encouraged, as lessons are not provided.

Chess (WSC/ESC)
Play casual chess with your LAF friends in this open level fun environment. Game knowledge is necessary. Chess-sets are provided.

Coffee Social (WSC)
Come for a morning coffee (or tea or water) and enjoy conversations with friends - old and new! Coffee and a snack are available for an extra $.

Conversational French (WSC)
Bonjour! Boost your French fast with fun, bite-sized learning! This dynamic conversational class starts every session with an engaging 30-minute peer-led mini-lesson and moves into topic driven conversation. *This is a group-led program with no formal instructions.* Come to one or both.

Concert Band (WSC)
The Silver Ambassadors Concert Band meets weekly to practice. A major component of this group is to entertain throughout the community.

Corn Hole (ESC/WSC)
Bringing this fun & popular backyard – bean(corn)bag - game indoors!

Craft Social (ESC/WSC)
Come work on your own craft projects or create new ones for the Centre in a great social atmosphere. Crafters are encouraged to bring their own materials from home.

Euchre (ESC/WSC)
Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. *$2 fee applies day of.*

LAF Book Club (ESC/WSC)
****Space is limited - Pre-Registration is required***
Time to meet and discuss the latest book on our list!

LAF Sing-Along (WSC)
Have fun singing your favorite tunes in a group setting.

Mahjong (ESC/WSC)
An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. Watch and learn opportunities available at WSC, workshops available at ESC.

Mexican Train Dominoes (ESC/WSC)
The object of the game is for a player to play all the tiles from his or her hand onto one or more trains, emanating from a central "station".

Pepper (ESC/WSC)
If you like Euchre, you'll enjoy Pepper! This game is quick to learn and offers opportunities for strategy, the bidding and the playing portion of the game. Fees apply day of.

Scrabble (ESC/WSC)
Enjoy this classic word game in a friendly social setting. (ESC/WSC)

MEMBER PROGRAM PRE-REGISTRATION * INFORMATION

TUESDAY Oct. 20 AT 6:30PM - Telephone Registration Begins -> for Nov-Dec SCHEDULE.
To register call: 519-254-1108, press extension 6 for East side programs and 7 for West side programs. Press either 6 or 7 for multiple site registration. Your voicemail must include: *Your name; phone #, Program name, location (east or west centre), day and time of program. Repeat for each program you want to register. - You can register up to 1 other person per call.*

Tuesday Oct. 27: *PROGRAM PAYMENT & IN PERSON REGISTRATION BEGIN (if program availability allows).*

Monday Nov. 2: *ALL PROGRAMS FOR THE Nov-Dec SESSION BEGIN or as indicated.*

Please visit MyActiveCenter.com to review what programs you are registered for.

All programs indicated with * on schedule must be registered and paid for in advance.

The following programs can only be observed until the game/program knowledge is learned: Euchre; Mahjong; Pepper; Sewing; Lapidary & Jewelry Art.

> ***Disclaimer:*** *All programs are non-transferable. If the agency must cancel a program, then credit will be given towards a future program or towards membership fees. If after the first class the member chooses to withdrawal from a program, they will receive a pro-rated credit from the date of notification towards future programming. After the second day the program is offered if the member chooses to withdrawal from the program no refund or credit will be provided. The agency reserves the right to withhold credit and or refunds if cancellation is due to a violation of the Code of Conduct.*

NON-MEMBER? Purchase a Day Pass: $5/day for non-members. Must be used on the day of purchase. Additional program fees apply where applicable.

- The following programs are for members only and are **not** included in the day pass:
  All FULL programs for the session, Line Dancing Lessons (already in session, Silver Ambassador Concert Band; Pickleball*; LAF Book Club; Learn to Play Mahjong & Pepper; Sewing; Lapidary & Jewelry Art; Zoom (Hybrid).

SPECIAL EVENTS- Nov. & Dec. 2026

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

Annual Craft Sale: Visit our booth- inside Devonshire Mall, located by the Indigo entrance, during mall hours) **Nov. 15- 22.** 100% of proceeds support Programs & Services at Life After Fifty! *Interested in volunteering- Please contact reception.*

***Christmas Concert & LAF Holiday Party (ESC – Tuesday Dec. 1)**
Come out for a Christmas Concert by the Silver Ambassador Band, followed by LAF's annual holiday dinner party!

Concert - 10:30 - 12:00 - Location: WFCU Banquet Hall – 8787 McHugh. Light refreshments available. **Cost for Concert only: $2 at the door**

LAF's Holiday Dinner Party! Concert 10:30-12:00; Dinner 12:30-2:00

Cost for Dinner Party (includes optional concert): $20 members, $25 non-members *(Tickets to be purchased in advance.)*

Come to one event or both!

***Holiday Party (WSC – Wednesday Dec. 9- 12:30-3:00)**
Enjoy a get-together with LAF friends, as you enjoy a full turkey dinner, activities and live music & dancing! **Cost: $20 members, $25 non-members** *(Tickets to be purchased in advance.)*

Centre Closures:

- ***Wednesday November 11***
- ***Thursday, December 24 – Friday, January 4.*** ***Re-opening Tuesday, January 5.***

SPECIALTY PROGRAMS – Nov. & Dec. 2026

***15min Massage Therapy– (WSC - Monday Nov. 2/Dec. 7 – 1:30pm – 3:30pm)**
Book an appointment with the massage therapy students from Trios college, to get a 15 minute free massage. *Contact reception to book appointment.***

***Learn Basics of Sign Language – Part 3 **Pre-registration required.* ESC: (10:00am-12:00pm)**
Cost: $7 If you enjoyed part 1 and 2 – then this course is just for you. We will continue on where we left off in part 2 session.

***Learn to Play: Pepper -**Pre-registration required.* ESC: Nov. 18 – Dec. 2 (10:00am-12:00pm)**
Want to learn the game of Pepper? Enroll & commit to this 3-class program and you'll be playing with LAF friends in no time!

Digital Café (WSC – Wednesdays) **Pre-registration required.* Bring your device and get hands-on help in this group setting! There will be a different topic each week.

CyberSafe Seniors (ESC– Nov. 4 – 2:00-3:30) *_Pre-registration required._

Through this in-person workshop, delivered by MediaSmarts experts, participants will learn how AI-enabled scams work, how to verify messages from family or financial institutions, and what steps to take if targeted.

French Series of Workshops *(WSC – Nov. 10, 24, Dec. 8 – 2:00pm) *Pre-registration required.*

Life After Fifty is excited to partner with Francais 123 French – as they will bring a series of workshops to all members. The workshops will be hosted in both languages, all are encouraged to attend. You are welcome to attend 1 or all.

Nov. 10: Creative Workshop: Woven Baskets; **Nov. 24** – Unique Greeting Cards; **Dec. 8** - Games

Safe and Sharp Online – Cybersecurity Workshop *(WSC – Nov 25 – 1:00pm)*

***Pre-registration required.** Bring your phone/device as this is a hands-on workshop! Lead by *Sterling Cybersecurity & Advisory Group*, you will learn how to keep your device and accounts safe and protected!

November is Fall Prevention Month – Heare are events to keep you safe and active:

Hearing Screening:** Receive a free hearing screening by Canadian Hearing Services. **(WSC - Nov. 5 - 10:00pm–12:00pm)** — *Contact reception to book appointment

WECHC Falls Prevention Screening:** WECHC falls assessment team will be on-site to check your fall risk. **(WSC - Nov. 20 - 12:30pm – 3:00pm)** — *To book appointment see reception or **call 519-962-2284**

***Lunch Insight – Protect yourself from Falls:** Enjoy this lunch and learn with your LAF team as you learn ways to reduce the risk of falls and what to do in case of a fall. **(WSC - Nov. 9 - 12:00pm)** — *Pre-registration required.**

CRAFT & ART WORKSHOPS:

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

Pre-registration required for all workshops.

All workshops include instructions & supplies. See flyers for details, costs & pictures.

*** Christmas Wreath**- decorate wreath with ribbon bows, ornaments and flowers – **WSC** - Wednesday Nov. 4. 1:00pm WSC; Cost: $10

*** Pop-up Craft: Christmas Mugs: WSC** - Wednesday Nov. 18. 9:30am

*** Filled Ornament –** create your own ornament – **ESC** – Monday Nov. 23. 1:00pm WSC; Cost: $10

*** Kinusaiga -** Styrofoam/Fabric Mosaic– **WSC** - Monday Dec. 7, 1:00pm; Cost: $10

*** Pop-up Craft: Christmas Stickers: WSC** - Wednesday Dec. 16. 9:30am

*See our flyers & e-newsletter each month for more fun activities and events!
And check us out on our website lifeafterfifty.ca