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OCTOBER Mini—Active Living Guide
(For program descriptions & schedule visit www.lifeafterfifty.ca)

Life After Fifty
Living Well Has No Boundaries



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 regular basis (daily/ weekly).

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



50/ 50 Ticket Sellers

As pictured above, Bea has been a long-time Volunteers selling 50/50 tickets. Recently, Bea sold over 275 tickets in one day! Of course, Bea isn't always at LAF so we're looking for more amazing salespeople to assist with this important fundraiser. The 50/50 might seem small, but it provides a regular stream of funding to support programs & services at LAF—when we sell out, we are able to raise approximately \$100/ week!

LAF Lottery Ticket Sellers

The LAF All The Way To The Bank Lottery has some exciting changes this year—tickets are NOW at \$20/ each or 3 for \$50. We are looking for Volunteers (members & non-members) who would be able to take a book of tickets and sell to their friends & family throughout the lottery. Exciting Sellers' Incentive Prizes to be won!

Interested? Contact Mary our Volunteer Coordinator!



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!

Fall Special Events & Workshops

Fall Program Cancellations/ Changes

October

4 **Afternoon with Timeless Classics:** Popcorn is available to purchase before the movie. We will watch "The Apartment" from 1960 directed by Billy Wilder and starring Jack Lemmon, Shirley MacLaine and Fred McMurray.
Date: Tuesday, Oct 4 **Time:** 12:30pm—3:00pm **Location:** East Side Centre **Cost:** \$0 members/ \$5 non-members

5 **Walk Around the Clock:** Tie up those walking shoes and let's get moving! Today LAF will be part of an In Motion Windsor – Essex walk that will encourage hundreds of people to walk at various walking locations. All participants will receive a ballot to be entered to win a grand prize.
 **Date:** Wednesday, Oct 5 **Time:** 11:30pm—12:00pm **Location:** West Side Centre **Cost:** \$0 members/ \$0 non-members

5 **Pumpkin Floral Arrangements:** This craft workshop will make some beautiful centerpieces to sell for the Centre. Participants must pre-register.
Date: Wednesday, Oct 5 **Time:** 9:30am—11:30pm **Location:** West Side Centre **Cost:** \$0 members/ \$5 non-members

6 **Thanksgiving Lunch:** Join your friends at LAF for a delicious meal while we come together to GIVE THANKS! Must purchase tickets in advance by Monday, October 3rd.
Date: Thursday, Oct 6 **Time:** 11:00am—12:00pm **Location:** West Side Centre



11 **Learn to Use the Cricut Machine:** Speak to Meg at the East Side Centre for more information about this Creative Craft Workshop! Participants must pre-register.
Date: Tuesday, Oct 11 **Time:** 9:30am—11:30am **Location:** East Side Centre **Cost:** Material fee applies

18 **Card Making Workshop with Colin:** Speak to Meg at the East Side Centre for more information about this Creative Craft Workshop! Participants must pre-register.
Date: Tues, Oct 18 & 25, Nov 1, 8, 15 **Time:** 9:30am—11:30am **Location:** East Side Centre **Cost:** Material fee applies



18 **Harvest Luncheon:** Join us for this fun afternoon featuring a delicious meal followed by Bingo. Must purchase tickets in advance by Friday, October 14th.
Date: Tuesday, Oct 18 **Time:** 12:30pm **Location:** East Side Centre **Cost:** \$7 members/ \$8 non-members

19 **Arthritis Society "Walk & Learn":** Learn everything you need to know about Arthritis, including prevent pain management and the free services the Society provides in our community. Be sure to **dress in BLUE** as we finish with a short walk around the Centre in support of joint health!
Date: Wednesday, Oct 19 **Time:** 10am—11am **Location:** West Side Centre **Cost:** FREE



19 **Beading with Ruby:** Project: A pretty Kumijimo necklace. Please bring your own disk for this workshop. Must pre-register at reception.
Date: Wednesday, Oct 19 **Time:** 12:30pm—3:00pm **Location:** East Side Centre **Cost:** \$15 (+ day pass for non-members)

26 **Hearing Screening:** Provided by the Canadian Hearing Society. Please sign up at Reception.
Date: Wednesday, Oct 26 **Time:** 2:15pm—4:00pm **Location:** East Side Centre **Cost:** FREE

27 **Computer Seminar—Windows 10 Essentials:** Join us to learn about the newest operating system, Windows 10. This is not a hands on workshop, however you are welcome to ask questions throughout. Must pre-register.
Date: Thursday, Oct 27 **Time:** 10:00am—12:00pm **Location:** East Side Centre **Cost:** \$0 members/ \$5 non-members

West Side Centre

- **Saturday, October 8th** - Thanksgiving Weekend, WSC CLOSED on Saturday, all programs cancelled.
- **Monday October 10th** - Thanksgiving Day, both Centres CLOSED, all programs are cancelled.
- **Friday, November 11th** - Remembrance Day, both Centres CLOSED, all programs are cancelled.
- **Saturday, November 12th** - West Side Centre CLOSED on Saturday, all programs cancelled.
- **Saturday, December 24th** - WSC CLOSED on Saturday, all programs cancelled.
- **December 26th - January 2nd**— Holiday Closure, both Centres closed, all programs are cancelled.

East Side Centre

- **Monday October 10th**— Thanksgiving Day, both Centres CLOSED, all programs are cancelled.
- **Friday October 14th**— LAF Fitness and Pickleball cancelled.
- **Tuesday October 18th**— Mile at a Time, Core and Balance are cancelled.
- **Friday, November 11th**— Remembrance Day, both Centres CLOSED, all programs are cancelled.
- **Thursday November 17th**— Pickleball, Beg. & Reg. Line Dancing, Fit for Life are cancelled.
- **Friday November 25th**— Pickleball and LAF Fitness are cancelled.
- **December 2nd– December 12th**— all programs and services regularly scheduled at East Side Centre are **cancelled (or RELOCATED—stay tuned for details)**. FINA World Swimming Championships will take place at WFCU—Centre during that time and the building will not be accessible to members of LAF (*unless you are volunteering for FINA*).
- **December 12th - January 15th**— (*please note that these dates are tentative and subject to change*) Pickleball, Beg. & Reg. Line Dancing, LAF Fitness, Fit for Life and Silver Sneakers classes are **cancelled (or RELOCATED—stay tuned for details)** for the remainder of December and beginning of January. The WFCU centre will be refinishing the gym floor immediately following FINA and the renovation is scheduled for completion mid-January.
- **December 26th - January 2nd**— Holiday Closure, both Centres closed, all programs are cancelled.

What does LAF do to minimize schedule disruptions to our members?

If advanced notice is given:

- Find a replacement program leader, if available.
- Notify members via the guide, Facebook, website, etc.
- Work to provide alternate programming options.

If NO advanced notice is given:

- If no back-up is available, robo calls will be used to notify large classes or individual phone calls for registered programs.

LAF Wellness Services Offered

Looking for assistance with lawn care, 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)

LAF Information & Announcements

Fall Special Events & Workshops



LAF *all the way to the* BANK

Tickets \$20/ each or 3 for \$50

GRAND PRIZE: \$10,000 CASH

Second Prize: \$5,000 Tepperman's Gift Certificate

Third Prize: \$2,000 Just Jeff's Gourmet Express Gift Certificate

Fourth Prize: \$500 Shoppers Drug Mart Gift Certificate

Tickets on sale October 28—
January 31st



Long-awaited CHRISTMAS PRESENT to LAF Members!
This December, the WFCU Centre will be installing
BRAND NEW floors in the Sports Gym!



Halloween Bash & BBQ: Come out and have some fun with the St. Clair College Gerontology students who will be hosting this fundraiser for LAF. Be sure to dress in your costume! Costume contest, BBQ, Bake Sale & more!

Date: Friday, Oct 28 Time: 10:30am—2:00pm Location: West Side Centre Cost: See flyer



LAF all the way to the Bank Lottery Kick-Off! Come out for a FREE cup of coffee/ tea and hear all about the exciting changes to the LAF Lottery (Hint: Tickets are cheaper!) Sellers are encouraged to come out and learn about this year's Sellers' Incentive prizes and pick up their envelopes to hit the ground running!

Date: Friday, Oct 28 Time: 10:00am Location: West Side Centre Cost: FREE



LAF FUNDRAISER: In Honour of Reta Fletcher

Beatles Tribute Band, Liverpool Echo is donating their time & talents to this event in honour of Lead Guitarist Andy Fletcher's mother—Reta Fletcher.
All funds raised support LAF—the Centre Reta loved so much.



Date: Saturday, Oct 29 Time: Doors open 12:00pm Location: West Side Centre Cost: \$15 members/ \$17 non-members



Black and Orange Day: Dress in Black and Orange to show your Halloween spirit!

Date: Monday, Oct 31 Time: 8:30am—4:30pm Location: East & West Side Centres Cost: FREE



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2400 Sandwich West Parkway, LaSalle, ON

SAVE THE DATE



HOLIDAY Bazaar

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

Devonshire Mall: October 31 - November 6

Just inside the Chapters mall entrance/ Mall hours



Special **THANK YOU** to so many wonderful Volunteers who have donated their time and their talents to ensure the Bazaar is a success! The Bazaar typically raises over \$5,000+ for programs at LAF.



Canterbury ElderCollege

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What's new this Fall?

Road to the White House • Greats of Early Jazz • Culinary Herbs
Yoga and Meditation • Artist in an Afternoon
Grovedale House of Kingsville • City Councillor: A Learning Curve

...and many more!

Registration Begins Wed. Sept. 7
Contact us for a FREE Course Listing!
laura@uwindsor.ca • 519-253-3000 x4944
www.uwindsor.ca/canterbury/eldercollege



The 8th Annual 50+ Health & Information Fair



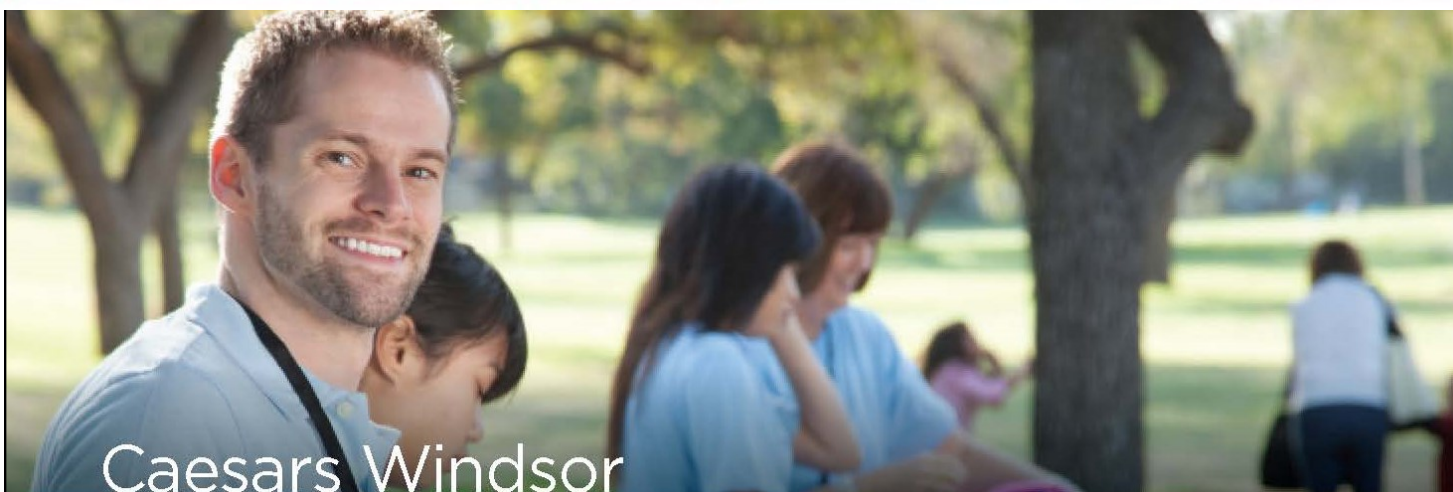
**FREE
ADMISSION**

Thursday, November 17th
9am—2pm
WFCU Centre

SGT. WILSON'S ARMY SHOW



Wednesday November 30th 5pm



Caesars Windsor

CARES about giving back to the community. Through employee volunteerism, millions in corporate donations and annual fundraising efforts, Caesars Windsor continually focuses on supporting dozens of local organizations that contribute to the care and well being of those in need. Caesars Windsor proudly supports the outstanding work of Life After Fifty and many more.



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