

Life After Fifty - 2020 OCTOBER 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	Sept 28 - Oct 26	\$8/4 classes	15
WSC	Computer Lab a.m.	10:00-11:30	Sept 28 - Oct 26	\$8/4 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Sept 28 - Oct 26	\$8/4 weeks	1/computer
WSC	Individual Billiards a.m.	10:00-11:30	Sept 28 - Oct 26	\$8/4 weeks	1/table
WSC	Individual Billiards p.m.	2:00-3:30	Sept 28 - Oct 26	\$8/4 weeks	1/table
WSC	Independent Sewing	10:00-12:00	Sept 28 - Oct 26	\$8/4weeks	4
WSC	Wii Bowling a.m.	10:00-11:00	Sept 28 - Oct 26	\$8/4weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Sept 28 - Oct 26	\$8/4weeks	2
WSC	Tai-Chi	1:30-2:30	Sept 28 - Oct 26	\$8/4weeks	12
TUESDAYS					
WSC	Computer Lab a.m.	10:00-11:30	Sept 29 - Oct 27	\$10/5 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Sept 29 - Oct 27	\$10/5 weeks	1/computer
WSC	Individual Billiards a.m.	10:00-11:30	Sept 29 - Oct 27	\$10/5 weeks	1/table
WSC	Individual Billiards p.m.	2:00-3:30	Sept 29 - Oct 27	\$10/5 weeks	1/table
WSC	Yarn Time (Knit/Crochet)	10:00-12:00	Sept 29 - Oct 27	\$10/5 weeks	4
WSC	Wii Bowling a.m.	10:00-11:00	Sept 29 - Oct 27	\$10/5 weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Sept 29 - Oct 27	\$10/5 weeks	2
WSC	BINGO	1:30-2:30	Sept 29 - Oct 27	\$10/5 weeks	20
WEDNESDAYS					
WSC	Gentle Fitness	9:30-10:30	Sept 30 - Oct 28	\$10/5 weeks	15
WSC	Computer Lab a.m.	10:00-11:30	Sept 30 - Oct 28	\$10/5 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Sept 30 - Oct 28	\$10/5 weeks	1/computer
WSC	Individual Billiards a.m.	10:00-11:30	Sept 30 - Oct 28	\$10/5 weeks	1/table
WSC	Individual Billiards p.m.	2:00-3:30	Sept 30 - Oct 28	\$10/5 weeks	1/table
WSC	Wii Bowling a.m.	10:00-11:00	Sept 30 - Oct 28	\$10/5 weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Sept 30 - Oct 28	\$10/5 weeks	2
WSC	Tai-Chi	1:30-2:30	Sept 30 - Oct 28	\$10/5 weeks	12

THURSDAYS					
WSC	Gentle Fitness	9:30-10:30	Oct 1 - Oct 29	\$10/5 weeks	15
WSC	Computer Lab a.m.	10:00-11:30	Oct 1 - Oct 29	\$10/5 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Oct 1 - Oct 29	\$10/5 weeks	1/computer
WSC	Individual Billiards a.m.	10:00-11:30	Oct 1 - Oct 29	\$10/5 weeks	1/table
WSC	Individual Billiards p.m.	2:00-3:30	Oct 1 - Oct 29	\$10/5 weeks	1/table
WSC	Yarn Time (Knit/Crochet)	10:00-12:00	Oct 1 - Oct 29	\$10/5 weeks	4
WSC	Wii Bowling a.m.	10:00-11:00	Oct 1 - Oct 29	\$10 /5 weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Oct 1 - Oct 29	\$10/5 weeks	2
FRIDAYS					
WSC	Zumba Gold - Seated	10:30-11:00	Oct 2 - Oct 30	\$10/5 weeks	15
WSC	Computer Lab a.m.	10:00-11:30	Oct 2 - Oct 30	\$10/5 weeks	1/computer
WSC	Computer Lab p.m.	2:00-3:30	Oct 2 - Oct 30	\$10/5 weeks	1/computer
WSC	Individual Billiards a.m.	10:00-11:30	Oct 2 - Oct 30	\$10/5 weeks	1/table
WSC	Individual Billiards p.m.	2:00-3:30	Oct 2 - Oct 30	\$10/5 weeks	1/table
WSC	Wii Bowling a.m.	10:00-11:00	Oct 2 - Oct 30	\$10/5 weeks	2
WSC	Wii Bowling p.m.	2:00-3:00	Oct 2 - Oct 30	\$10/5 weeks	2
WSC	Colouring Club	1:30-3:00	Oct 2 - Oct 30	\$10/5 weeks	20

East Side Programs

DAY/Location	Program	Time	Dates	Fee	Capacity
MONDAYS			No class Oct 12		
ESC	Beginner Tai Chi	10:00-11:00	Oct 19 - Oct 26	\$4/2 classes	15
ESC	Computer Lab a.m.	10:00-11:30	Oct 19 - Oct 26	\$4/2 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Oct 19 - Oct 26	\$4/2 weeks	1/computer
ESC	Gentle Fitness	1:30 - 2:30	Oct 19 - Oct 26	\$4/2 weeks	24
ESC	Advanced Tai Chi	2:00 - 3:15	Oct 19 - Oct 26	\$4/2 weeks	7
TUESDAYS					
ESC	Crafts	9:30 - 11:30	Oct 13 - Oct 27	\$6/3 weeks	8
ESC	Computer Lab a.m.	10:00-11:30	Oct 13 - Oct 27	\$6/3 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Oct 13 - Oct 27	\$6/3 weeks	1/computer
ESC	Essentrics	1:30-2:30	Oct 13 - Oct 27	\$6/3 weeks	12
WEDNESDAYS					
ESC	Advanced Tai Chi	10:00 - 11:15	Oct 14 - Oct 28	\$6/3 weeks	7
ESC	Computer Lab a.m.	10:00-11:30	Oct 14 - Oct 28	\$6/3 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Oct 14 - Oct 28	\$6/3 weeks	1/computer
ESC	Gentle Fitness	1:30 - 2:30	Oct 14 - Oct 28	\$6/3 weeks	24

THURSDAYS					
ESC	Crafts	9:30 - 11:30	Oct 15 - Oct 29	\$6/3 weeks	8
ESC	Zumba Gold - Seated	10:30-11:00	Oct 15 - Oct 29	\$6/3 weeks	15
ESC	Computer Lab a.m.	10:00-11:30	Oct 15 - Oct 29	\$6/3 weeks	1/computer
ESC	Computer Lab p.m.	2:00-3:30	Oct 15 - Oct 29	\$6/3 weeks	1/computer
ESC	Floor Yoga	1:30 - 2:30	Oct 15 - Oct 29	\$6/3 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 register*

Day/Type	Program	Time	Dates	Fee	Capacity
MONDAYS					
SCWW	Music Mondays	10:30-11:00	Sept 28 - Oct 26	FREE	50
TUESDAYS					
SCWW	Meditation/Stretch	10:30-11:00	Sept 29 - Oct 27	FREE	50
SCWW	Topic Tuesday	2:30-3:00	Sept 29 - Oct 27	FREE	50
WEDNESDAYS					
SCWW	Word Play Wednesday	10:30-11:00	Sept 30 - Oct 28	FREE	50
THURSDAYS					
SCWW	Crafter's Time	10:30-11:00	Oct 1 - Oct 29	FREE	50
ZOOM*	Yoga - Chair	1:00-2:00	Oct 1 - Oct 29	FREE	50
FRIDAYS					
SCWW/ZOOM. No Programming on Fridays for October.					