



June 02, 2026 - 9am - 4pm

**Life After Fifty -
EAST
8787 McHugh St.**

**\$25 member / \$30 non member *No
refunds**

*In **EACH** time slot mark your
first choice (1), second choice (2) & third choice (3) .
First come first serve.*

9:45am Session	
<input type="checkbox"/>	Drum Circle
<input type="checkbox"/>	Floral Arrangements
<input type="checkbox"/>	Reflexology
<input type="checkbox"/>	Beading

11:00am Session	
<input type="checkbox"/>	Drum Circle
<input type="checkbox"/>	Women's Health
<input type="checkbox"/>	All About Cheese
<input type="checkbox"/>	Geocaching
<input type="checkbox"/>	Serene Slumber Aroma Therapy

1:15pm Session	
<input type="checkbox"/>	Serene Slumber Aroma Therapy
<input type="checkbox"/>	Alcohol Ink Painting
<input type="checkbox"/>	Smart Phone Photography
<input type="checkbox"/>	Self Defense

2:30pm Session	
<input type="checkbox"/>	Skin After 50
<input type="checkbox"/>	10 Reasons to be Physically Active
<input type="checkbox"/>	Flower Painting
<input type="checkbox"/>	Self-Publishing Basics

Registrant's Full Name:

Phone: (____) _____

Email: _____

Emergency Contact Name:

E.C. Phone: (____) _____

★ Fresh Boxed lunches will be served ★

Each box will include a sandwich, veggies, and dessert.

Please indicate the type of sandwich you prefer:

<input type="checkbox"/>	Ham and Swiss
<input type="checkbox"/>	Turkey Salad Croissant
<input type="checkbox"/>	Veggie Wrap

Special requests due to food allergies:

FOR OFFICE USE ONLY:

Received at ESC or WSC. Date Received: _____ **Time Received:** _____

Circle amount paid: \$25 member / \$30 non member Paid by: Cash Debit Credit

Staff Initials: _____

Better Living Day - East Side Workshop Descriptions

Drum Circle

J.D. – 9:45am & 11:00am

Join a therapeutic drumming session using African Djembes.
Great for stress relief and social connection.

Floral Arrangements

Karen: Life After Fifty – 9:45am

A creative, hands-on floral workshop where you'll learn essential techniques and design your own custom arrangement.

Reflexology

Herminder Dhanjal & Sandy Rankin – 9:45am

Improve posture, strength, and mobility with standing and seated Pilates.

Beading

Nancy: Life After Fifty – 9:45am

Create your own custom beaded earrings in this hands-on workshop.
Learn basic techniques, explore color and design, and leave with a unique pair you made yourself.

Women's Health

Dr. Madeline Crnec, D.C. - 11:00am

Learn practical tips for maintaining wellness, preventing common health issues, and supporting your body's unique needs as a woman.

All About Cheese

Cheese Bar – 11:00am

Sample five distinct cheeses alongside a preserve and local honey. We'll explore the makers, milk types, and the pros and cons of dairy, plus include a blind tasting with three volunteers and time for your questions.

Geocaching

Carmen: Life After Fifty – 11:00am

Discover the basics of geocaching! Learn how to find hidden caches using GPS on your smartphone, understand the rules and etiquette, and head out ready for your own real-world treasure hunt.

Serene Slumber: Bedtime Aroma Mist Blending

Nancy Labombard, Certified Aromatherapist – 11:00am & 1:15pm

Create a personalized bedtime mist and explore a gentle evening ritual designed to promote relaxation, calm, and a sense of ease before rest.

Better Living Day - East Side Workshop Descriptions

Alcohol Ink Painting

Joanne Carr: Life After Fifty – 1:15pm
Learn how to work with vibrant, flowing inks to create stunning, one-of-a-kind artwork.

Discovering Smartphone Photography

Ted Kloske, Henry's Camera – 1:15pm
Learn the advantages of using your smartphone camera to capture stunning photos with helpful tricks and hidden camera features.

Aikido Self Defense

James Demers: – 1:15pm
Explore the principles of Aikido, a Japanese martial art focused on using an attacker's energy to defend and neutralize. In this workshop, you'll learn fundamental self-defense techniques and how to fall safely.

Skin After 50

Evangeline Bonenfant: Five Star Image Medical Spa – 2:30pm
Learn the science behind aging skin and discover effective skincare strategies in this informative workshop.

10 Reasons To Be Physically Active

Darrin John: Life Enhancing Training – 2:30pm
Discover how physical activity can improve your health, boost energy, and enhance overall quality of life, no matter your fitness level.

Joyful Summer Flowers painting

Nora Harvey, Artist – 2:30pm
In this relaxed & uplifting painting class you will create "Joyful Summer Flowers" through an intuitive and stress-free approach to art making.

Self-Publishing Basics

Trudy Driscoll, Published Author – 2:30pm
Discover how to turn your ideas, stories, or creativity into something tangible. Learn simple ways to create a book and explore options for sharing it—personally or more widely.