



June 18, 2026 - 9am - 4pm

**Life After Fifty - WEST
635 McEwan Ave.**

**\$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"/> | Container Gardening |
| <input type="checkbox"/> | CSI Windsor |
| <input type="checkbox"/> | Functional Pilates |
| <input type="checkbox"/> | Custom Handbag |
| <input type="checkbox"/> | Reflexology |
| <input type="checkbox"/> | Financial 101- Budgeting |

| 11:00am Session | |
|--------------------------|---------------------------------|
| <input type="checkbox"/> | Container Gardening |
| <input type="checkbox"/> | Yoga |
| <input type="checkbox"/> | Cooking Demo |
| <input type="checkbox"/> | Woman's Health |
| <input type="checkbox"/> | Drum Circle |
| <input type="checkbox"/> | Serene Slumber Aroma Therapy |
| <input type="checkbox"/> | Financial 101- Budgeting |

| 1:15pm Session | |
|--------------------------|---------------------------------|
| <input type="checkbox"/> | Smart Phone Photography |
| <input type="checkbox"/> | Cooking Demo |
| <input type="checkbox"/> | Serene Slumber Aroma Therapy |
| <input type="checkbox"/> | Alcohol Ink Painting |
| <input type="checkbox"/> | Aviation Museum |
| <input type="checkbox"/> | Safe Falling |

| 2:30pm Session | |
|--------------------------|---------------------------------------|
| <input type="checkbox"/> | Urban Birding for Everyone |
| <input type="checkbox"/> | Flower Painting |
| <input type="checkbox"/> | Skin After 50 |
| <input type="checkbox"/> | 10 Reasons to be Physically Active |
| <input type="checkbox"/> | Safe Falling |

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 - West Side Workshop Descriptions

Container Gardening

Denise, Arbor Memorial – 9:45am & 11:00am
Create vibrant planters using annuals and perennials. Learn how to make containers that thrive all year long.

CSI Windsor

University of Windsor - Forensic Science students– 9:45 am
Collect and assess evidence in a mock crime scene. Learn what it takes to solve a crime!

Drum Circle

J.D.– 9:45am & 11:00am
Join a therapeutic drumming session using African Djembes.
Great for stress relief and social connection.

Pilates for Functional Strength & Balance

Grace Bakker – 9:45am
Improve posture, strength, and mobility with standing and seated Pilates.

Custom Handbag Designs

Tammy, Life After Fifty – 9:45am
You will be given the inspiration, the plush fabric handbag, and all of the supplies to bring the bling to the bag. Simple hand-stitching will transform this simple handbag into a unique creation.

Reflexology

Herminder Dhanjal & Sandy Rankin – 9:45am
Improve posture, strength, and mobility with standing and seated Pilates.

Financial 101- Budgeting

Thierno Dioume: Desjardins ON Credit Union – 9:45am & 11:00am
Learn the basics of budgeting, including managing income and expenses, creating a balanced budget, building savings, and preparing for unexpected costs with an emergency fund.

Yoga: Stretching and Mindfulness as we Age

Grace Bakker – 11:00am
Join us for a gentle yoga workshop focused on improving flexibility and mindfulness, tailored to the needs of those as they age.

Cooking Demo – Traditional Southern Dish

Rose: Mangia Y'all – 11:00am & 1:15 pm
In this cooking workshop you'll learn to prepare the iconic Southern dish—shrimp and grits.

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.

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 - West Side Workshop Descriptions - continued

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.

Cooking Demo – Traditional Southern Dish

Rose Tobin: Mangia Y'all – 11:00am & 1:15pm

In this cooking workshop you'll learn to prepare the iconic Southern dish—shrimp and grits.

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.

Restoration of Windsor's Lancaster FM212

Don, Canadian Aviation Museum – 1:15pm

Learn about this historic aircraft's restoration and receive a free museum pass!

Introduction to Safe Falling and Prevention

Tomasz Jarosz: Easy Falling – 1:15pm & 2:30pm

Learn why falls happen, the importance of knowing how to fall safely, and effective strategies to reduce the risk of falls.

Urban Birding for Everyone

Suzanne Friemann, Pelee Island Bird Observatory – 2:30pm

Get started birdwatching anywhere! Learn about tools, locations, and how to support local bird populations.

Joyful Summer Flowers painting

Nora Harvey, Artist – 2:30pm

In this relaxed and uplifting painting class participants will create "Joyful Summer Flowers" through an intuitive and stress-free approach to art making.

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.