



**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"/>	Drum Circle
<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.

## **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.