

Life After Fifty - Program Descriptions

November 2020

In-Person Programs

WSC = West Side Centre, 635 McEwan Ave.

ESC = East Side Centre, 8787 McHugh Ave.

**Masks are mandatory at all times for all programs.*

**Pre-registration is required, see schedule for details.*

Billiards - Individual

Members can enjoy an afternoon practicing their Snooker skills on one of our two Snooker tables. Participants are encouraged to bring their own pool cue. Only one player per table at this timeslot. (WSC only)

Billiards – One on One

Members can enjoy the morning playing a game of Snooker. Participants are encouraged to bring their own pool cue. Two players only at this timeslot. (WSC only)

Computer Lab

Book a time slot to use the Centre's desktop computers equipped with internet access. Printer/scanner services will not be available at this time. (WSC, ESC)

Creative Crafts

Come work on your own craft projects or create new ones in a great social atmosphere. Participants must wear a mask at all times. Crafters are encouraged to bring their own materials from home. (ESC only)

Essentrics

This is a unique & dynamic program that fuses strength and flexibility exercises, all in one workout! Ability to get down on the floor is required. Participants must bring an exercise mat from home along with their own filled water bottle. (ESC only)

Gentle Fitness

This program will be taught in a chair for support and include a variety of exercises designed to target key muscles while improving your flexibility, endurance and balance. Masks must be worn for the duration of the class. Participants are encouraged to bring their own set of weights as well as a filled water bottle from home. (WSC, ESC)

LAF Social Time: crafting, colouring & activities

Be creative, unwind and socialize. Enjoy this relaxing activity with LAF members, old and new! Participants are encouraged to bring their own supplies, including markers/coloured pencils and colouring books, knitting/crocheting, or come to enjoy some planned activities from the LAF staff. (WSC only)

Tai Chi

Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. This program is available at both beginner and advanced levels. Participants are encouraged to bring a filled water bottle from home. (WSC, ESC)

Wii Bowling

It's easy and fun! The Wii Sports Virtual system uses a remote control and a TV, and allows you to participate in bowling while in a climate-controlled safe environment. Play individually against a virtual opponent or one-on-one with a fellow member. (WSC only)

Yoga - Chair (Zoom @ WSC)

Want to participate but don't have a computer. Come join us at the Centre to learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated in a chair without wheels. Always remember listen to your body and do what's comfortable. (WSC only)

Yoga (Floor/Chair)

This is a great class for those comfortable with getting up and down off the floor. If you suffer from decreased flexibility or just enjoy stretching, this is a perfect class for you. Participants are required to bring their own yoga mat and blocks (if necessary) and a filled water bottle from home. (ESC only)

Zumba Gold - Seated

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. Join us for a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health. Participants are encouraged to bring a filled water bottle from home to the class. (WSC, ESC)

SCWW- Telephone Programs

Through the use of multi-person phone line, SCWW provides the opportunity for participants to join in on health & wellness activities, educational lectures, brain-stimulating activities, join in on general conversations, and make meaningful friendships – all from the comfort of home! It works the same as attending a class at the Centre, but instead it's facilitated over the phone.

Back in Time

Do you like thinking back to the good ole' days? Join us as we reminisce our past through questions, events, and stories.

Morning Meditation & Stretch

Join us as you are guided through 20-30 minutes of meditation & stretching. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health. Please make sure you are sitting in a comfortable and secure place.

Music Monday

Would you like to sing along with others? Is there a song you haven't heard in a long time and would like it played? Are there lyrics to a song you need clarified? Join us every Monday as we explore the wonderful world of music.

Topic Tuesday

Let's chat and share our thoughts. We have a reservoir of fun, unique, and offbeat questions to start interesting and memorable conversations.

Word Play Wednesday

Is your brain in need of a workout? Exercise your brain by testing your knowledge and vocabulary by stretching your mind with a variety of word & trivia games.

Workshops:

Falls Prevention

On Wednesday, November 18th, an Occupational Therapist from the Windsor Essex Community Health Centre will be discussing how to maintain your independence and reduce your risk of having a fall.

Winter Safe Driving

On Thursday, December 3rd, Sean from the Ministry of Transportation will be discussing safe tips for driving in the winter months. More info to come!

ZOOM Programs

**Pre-registration is required, see schedule for details.*

LAF Social

Join us from your home as we connect with other members to enjoy conversation, games, activities and much more. Check your email regularly for upcoming workshops and activities.

Yoga - Chair

Join us from home to learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated in a chair without wheels. Always remember listen to your body and do what's comfortable. (Opportunity to come into the West Side Centre if unable to access from home.)

