













# SEPTEMBER & OCTOBER 2023

## Life After Fifty - West Side Centre (635 McEwan Ave)


Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Sept. 4 &amp; Oct. 9</b>				
Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)
Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Lapidary/SilverSmithing (9:00-3:00)	Morning Indoor Walk (9:00-9:30)	Lapidary/SilverSmithing* (9:00-3:00)	Morning Indoor Walk (9:00-9:30)
Cribbage (9:00-11:30) 	Table Tennis (9:00-11:00)	Coffee Social (9:00-10:30)	Coffee Social (9:00-10:30)	Cribbage (9:00-11:30) 
Artist Circle (9:30-3:30)	Concert Band* (9:30 -11:30) <i>returns Sept. 19</i>	Essentrics*  (9:30-10:30) <i>Starts Sept. 13</i> <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Chair Yoga* (9:15-10:15) <i>Starts Sept. 14</i> <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Beading Workshops* (9:30-11:00) <b>Sept. 22 &amp; Oct. 27</b> <b>See flyer for details.</b>
FUNctional Circuit* (9:45-10:30) 7 weeks	WHY KNOT Knit/Crochet (9:30-11:30)	Craft Drop-in Social (10:00-12:00)	Advanced Sewing* (9:30-3:30)	Pickleball For Fun (9:30-12:00)
Colouring Social (10:00-12:00)	Scrabble (9:30-12:00)	LAF Fitness* (10:45-11:45) 9 weeks	LAF Sing-a-long (10:30-11:45)	Scrabble (9:30-12:00)
LAF Fitness* (10:45-11:45) 7 weeks	Colouring Social (10:00-12:00)	Mexican Train Dominoes (1:00-4:00)	Table Tennis (10:30-11:30)	Table Shuffleboard (1:00-3:00)
Shuffleboard (1:00-3:30)	FUNctional Circuit* (11:15-12:00) 9 weeks	Table Shuffleboard (1:00-3:00)	FUNctional Circuit* (11:30-12:15) 9 weeks	Pepper (12:30-3:30)
Tai Chi* (1:00-2:00) <i>Starts Sept. 11</i> <b>Cost: \$14/7wks mem.</b> <b>\$49/7wks non-mem.</b>	Chair Yoga* (12:15-1:15) <i>Starts Sept. 12</i> <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Line Dancing Beginner* (1:00-2:00) 9 weeks	Mahjong (12:30-3:00)	LAF Fitness- via Zoom (1:30-2:30) 5 weeks <i>no class Sept. 22, 29, Oct. 13, 20</i>
Mexican Train Dominoes (1:00-4:00)	What's Your Tech Problem? (12:30-1:30)	Line Dancing Advance* (2:00-3:00) 9 weeks	Tai-Chi Practice (1:00-1:45)	Pizza & A Movie*  (11:00-1:00) <b>Cost: \$6</b> <b>Sept. 8 &amp; Oct. 6</b>
Table Tennis (2:30-4:00)	Mahjong (12:30-3:00)	Craft Workshops* <b>Sept. 6 &amp; 20; Oct. 4 &amp; 18.</b> <i>See flyer for details.</i>	Euchre (1:00-3:30)	Friday Dance Social  (1:00-4:00) 1x/month <b>Sept. 22; Oct. 20 Cost: \$2</b>
Corn Hole (2:30-4:00)	Cricut Creations Drop-In (1:00-3:00) <i>Starts Sept. 19</i> <b>material fees apply</b>	Beginner Silversmithing* (9:00-12:00) <b>Sept. 13 or 27</b> <i>See flyer for details.</i>	4-Square Pickleball  (2:00-4:00)	Fire Safety Presentation (10:00-11:30) <b>Oct. 13</b>
	Pickleball For Fun (1:30-4:00)	Special Presentation* (9:30-10:30) <b>Oct. 18</b>	Facebook Workshop* (10:00-12:00) <b>Sept. 14</b>	Members' Book Club  Last Friday of the month
	Grief Support Group  (2:00-3:00) <b>Starts Sept. 12</b>		IPAD Course* (10:00-12:00) 4 weeks <b>Sept. 21 - Oct. 12</b>	
Did you know... LAF has a variety of games (cards, board games, Wii) you can play at anytime! Help yourself or ask a staff member!	Lunch & Learn (11:30-1:00) <b>Cost: \$8</b> <b>Sept. 19 &amp; Oct. 17; See flyer</b>			Be Well Expo! <b>Sat. Sept. 30</b> <b>See flyer for details!</b>
	Special Presentation* (10:00-11:00) <b>Sept. 26</b>	Chair Massage** By Appointment only		
	Therapeutic Touch** By Appointment only.	Foot-care** By Appointment only		Foot-care** By Appointment only
Evening Classes Tues- Thurs. Begin the week of Sept. 12 First week  FREE!*	Pilates*  (5:00-6:00pm) <b>Cost: \$14/8wks mem.</b> <b>\$49/8wks non-mem.</b>	Bootcamp*  (5:00-6:00pm) <b>Cost: \$14/8wks mem.</b> <b>\$49/8wks non-mem.</b>	Ballroom Dance*  (5:00-6:00pm) <b>Cost: \$14/8wks mem.</b> <b>\$49/8wks non-mem.</b>	

>>> See reverse side for legend and more information. <<<

# SEPTEMBER & OCTOBER 2023

Life After Fifty - East Side Centre (8787 McHugh Ave)

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Sept. 4 &amp; Oct. 9</b>				
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00) <b>no class Oct. 5</b>	Mile at a Time (9:00-10:00)
Cricut Creations Drop-In (9:30-11:30) <b>starts Oct. 2</b> <b>material fees apply</b> <i>no class Oct. 23</i>	Craft Social (9:30-3:30)	Cribbage (10:00-12:00)	Craft Social (9:30-3:30)	Mahjong (10:00-12:00)
Computer 1 on 1* (10:30-11:30) By Appointment Only	Mahjong (10:00-12:00)	Pickleball-Rec. Play* (11:15-1:15) <b>Sept. \$16/4wks mem.*</b> <b>Oct. \$20/5wks mem.*</b>	Computer 1on1* (10:00-11:00) (11:00-12:00)	Qigong Practice* (10:30-12:00)
LAF Sing-Along*  (10:30-12:00) starts September 25	Zumba Gold* (11:30-12) back Sept. 12 <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Mahjong (12:15-3:45)	Sharing Dance* (10:30-11:25 ) 8wks Oct. 12 - Nov. 16	Pickleball-Rec. Play* (11:15-1:15) <b>Sept. \$16/4wks mem.*</b> <b>Oct. \$16/4wks mem.*</b> <b>cancelled Oct. 13</b>
Pickleball Rec. Play* (11:15-1:15) <b>Sept. \$12/3wks mem.*</b> <b>Oct. \$16/4wks mem.*</b>	Mexican Train Dominos (12:15-4:00)	Computer 1on1 (Digital Basics)* By Appointment Only	Pickleball-Beg. Lvl Play* (no lessons) (11:15-1:15) <b>Sept. \$16/4wks mem.*</b> <b>Oct. \$20/5wks mem.*</b>	Euchre (1:00-3:30)
Watercolour Painting Club (no instructor) (12:30-3:00)	Essentrics* (1:00-2:00) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 9 weeks	Line Dancing Practice* (11:30-12:45) no instructor <b>cancelled Oct. 5</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 8 weeks <b>cancelled Oct. 13</b>
Pepper (12:30-4:00)	Table Tennis (2:00-3:30) <b>cancelled Oct. 17</b>	Yoga (Floor)* (2:30-3:30) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Tai Chi Beginner* (1:00-2:00) <b>Cost: \$12/6wks mem.</b> <b>\$42/6wks non-mem.</b> <b>No class Sept. 21, 28, Oct. 5</b>	Yoga (Chair)* (2:30-3:30) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>
LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 7 weeks	Intergenerational Mediation Presentation* (2:00-3:00) <b>Oct. 17</b>	LAF Book Club* (2:45-3:45) <b>Sept. 6 &amp; Oct. 11</b>	Scrabble (1:00-3:30)	Lunch & Learn* (11:30-1:00) <b>Sept. 15</b> <b>Cost: \$8</b>
Facebook Workshop* (1:00-3:00) <b>Sept. 18</b>		Hearing Screening* (10:00-12:00) <b>Oct. 18</b>	Tai Chi (Advance)* (2:00-3:00) <b>Cost: \$12/6wks mem.</b> <b>\$42/6wks non-mem.</b> <b>No class Sept.21, 28, Oct. 5</b>	Craft Workshop* (10:30-12:30) Sept. 22, Oct. 6, Oct. 20 <b>See flyer for details</b>
Intro to Cricut Creations* (9:30-11:30) Cost: \$5 <b>Sept. 25th</b>	Chair Massage** By Appointment only	Lunch & Learn* (11:30-1:00) <b>Oct. 25</b> <b>Cost: \$8</b>	Craft Workshop* (1:00-3:00) <b>Sept. 7</b> <b>See flyer for details</b>	Beading Craft Workshop* (9:30-11:30) Oct. 13
IPAD Course* (1:00-3:00) 4 weeks <b>Sept. 25 - Oct. 23</b>	Foot-care** By Appointment only	Special Presentation* (10:30-11:30) <b>Oct. 11</b>	Fall Lunch & Bingo* (1:00-2:30) <b>Oct. 5</b> <b>Cost: \$10/mem; \$15/non</b>	Be Well Expo! <b>Sat. Sept. 30</b> <b>See flyer for details!</b>

\*Pre-registration is mandatory for indicated program; capacity is limited.

\* Session for registered programs runs September 5 - November 3, 2023. Registration begins Thursday August 24.

\*\*Additional fees apply & appointments mandatory.

- LAF Membership (mem.) is required to participate in all above programs. See program descriptions for details.
- Non-member (non-mem.) \$5 day pass available for select programs, see Program Descriptions for details.
- **Hybrid** - Class is live and available on Zoom.
- All programs, rules, hours are subject to change without notice.
- WSC Café is open Monday-Thursday, 11:30am-1:00pm. No Café on Fridays.
- Please see newsletter & flyers for ALL Special Events & Workshops.

# Life After Fifty - Program Descriptions September/October 2023

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

➤ *Pre-registration & additional fees are required for some programs, see schedule for details.*

➤ *Proper athletic footwear is required for all physical activity, no sandals, slip-ons or open-toe shoes.*

**Artist Circle:** Enjoy the open space and company of other artists in this self-led program. You must bring in your own supplies. (WSC)



**Ballroom Dance:** No partner needed, as you join Denise as she takes you through one of the most popular Latin Dance styles - The Cha Cha in the first 8 week session. This upbeat dance style utilizes syncopated steps, open movements and strong hip action to bring the music to life. Cha Cha is widely known to work with various music styles including Big Band, and Top 40. Recommended shoes: ballet flats (no wedges or platforms); dress shoes, Vans, or Converse (running shoes not recommended). \*Pre-Registration & Additional fees apply. (WSC)

**Billiards:** Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Participants with experience is encouraged, as lessons are not provided. (WSC)



**Boot-camp:** Your instructor will have your heart rate up as he takes you through a series of exercises to challenge your mind and body. You will alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work to gain strength & endurance. Floor work included. \*Pre-Registration & Additional fees apply. (WSC)

**Chair Massage-with Hot Rocks:** Book your appointment for a 10 minute hot rocks Chair Massage. Fee applies. *By appointment only.* (WSC/ESC)

**Coffee Social:** Come for a morning coffee (or tea or water) and enjoy the conversations of friends - old and new! Coffee and a snack are available at an extra \$. (WSC)

**Computer Lab:** Come and use the Centre's desktop computers with internet access. (WSC)

**Computer/Digital Device 1 on 1:** Make an appointment for a computer volunteer to assist you with basic questions, bring your own device or use ours! *By appointment only.* (ESC)

**Colouring Social:** Enjoy colouring in a fun social atmosphere. Books & pencils are available. (WSC)

**Concert Band:** The Silver Ambassadors Concert Band meet weekly to practice. A major component of this group is to entertain throughout the community. (WSC)

**Craft Social:** Come work on your own craft projects or create new ones for the Centre in a great social atmosphere. Crafters are encouraged to bring their own materials from home. (ESC/WSC)

**Cribbage:** This traditional card game played with two to four players, involves playing and grouping cards in combinations which gains points. (ESC/WSC)

**Cricut Creations Drop-in:** Drop-in & discover the project of the week. Create & make your very own project in this Instructor guided program. **Material fees apply.** (ESC/WSC)

**Essentrics (Classical Stretch):** This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! The ability to get down on the floor is required. \*Pre-Registration & Additional fees apply. (ESC/WSC)

**Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. \$2 fee applies day of. (ESC/WSC)

**Foot-care:** Medical foot care is performed by trained & qualified foot-care nurses. They can assess and treat skin, nail and foot conditions (calluses, corns, ingrown toenails, yellow nails, etc.) and can advise you on preventative treatment. *By Appointment only. Additional Fees apply.* (ESC/WSC)

**FUNctional Circuit Training:** Take a fun approach to improving daily functional abilities. Participants will go through a series (circuit) of aerobic, strength, balance, and flexibility exercises and can be modified for all intensities. **\*Space is limited - Pre-Registration is required.** (WSC)



**Grief Support Group:** Find ways and tools to navigate through your grief journey through this 8 week guided session. (WSC)

**LAF Book Club:** Time to meet and discuss the latest book on our list! Interested in participating in the next meeting? *Contact us, as pre-registration is required.* (ESC/WSC)

**LAF Sing-Along:** Have fun singing your favorite tunes in a group setting. (ESC/WSC)

**LAF Fitness:** This class is a total body workout for *any fitness level* through cardio, strength & balance training. It can be modified to *fit all intensities* and be done seated or standing. Weights, balls and resistance bands are incorporated. **\*Space is limited - Pre-Registration is required.** (ESC, WSC, ZOOM)

**Line Dancing:** Join in a fun & fit way to learn some of the most popular line dances. Beginner and Advance classes. *Pre-Registration is required.* (WSC)

**Line Dancing Practice:** No instructor, participant led. Beginner level dances. *Pre-Registration is required.* (ESC)

**Mahjong:** An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. Watch and learning opportunities available at WSC. (ESC, WSC)

### **Lapidary & Silversmithing**

Create jewellery out of semi-precious stone and/or silver and other metals. We have the equipment & tools; supplies need to be brought in or purchased. *Learning opportunities are available, acquire within. Additional annual fee applies.* (WSC)

### **Mexican Train Dominoes**

The object of the game is for a player to play all the tiles from his or her hand onto one or more trains, emanating from a central "station". (ESC/WSC)

**Mile at a Time:** Work towards your 10,000 steps a day with this video-led walking program. Walk from 1-5 miles while working out your body from head to toe. (ESC)

**Morning Indoor Walk:** Socialize with friends as you increase your overall fitness as you walk the perimeter of the auditorium. (WSC)

**Pepper:** If you like Euchre, you'll enjoy Pepper! This game is quick to learn and offers opportunities for strategy, the bidding and the playing portion of the game. Fees apply day of. (ESC/WSC)



**Pilates:** Join us on the matt for breathing, strengthening, lengthening, and engaging your core in various contemporary Pilates movements. Challenge your balance using your own body weight as you flow from one move to the next with use of a variety of small props. **\*Pre-Registration & Additional fees apply.** (WSC)

**Pickleball:** *Athletic shoes required for all levels. Members only.*

- **Pickleball- Beginner+ Lvl Play:** For new players to the sport who have some experience/have taken lessons and want to improve their game. No lessons offered - some assistance provided. *Pre-Registration & Additional fees apply. (ESC)*
- **Pickleball- Recreational (Rec.) Play:** For knowledgeable players of all levels seeking a friendly game of pickleball. *Pre-Registration & Additional fees apply. (ESC)*
- **Pickleball For Fun:** Drop-in for a fun way to enhance cardio, endurance & balance. No formal games or scoring will take place, however **basic Pickleball rules apply.** (WSC)
- **4-Square Pickleball:** This is not your ordinary pickleball! With the combination of pickleball and the schoolyard game of 4-Square, you have a fast pace, light hitting (aka, dinking), strategic game, for all abilities to play. (WSC)



**Qigong Practice (pronounced Chee Gong):** Experience this ancient Chinese mind-body practice that supports the overall health of the body by integrating simple movements, gentle breathing and focused intention. No instructor at this time, participant led (ESC).

**Scrabble:** Enjoy this classic word game in a friendly setting. (ESC/WSC)

**Seniors' Centre Without Walls (SCWW)–** Did you know we offer more programs on SCWW? No obligation or preregistration required, can call as often as you like. Need to stay home, but don't want to miss out on the fun? ***Check out our SCWW calendar!***

**Sewing:** Sew your own projects or create ones for the Centre, under the guidance of our volunteer leader. Experienced participants will enjoy sewing in this social setting, using their own materials. Sewing machines are provided. *Pre-registration required. (WSC)*

**Sharing Dance - On Your Feet:** Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 60-minute class developed in collaboration between Baycrest and National Ballet School fosters creative self-expression and fun! Can be done seated. (ESC/ZOOM) Coming in the Fall - TBA

**ShuffleBoard:** This activity mixes fun & strategic play all into one program. Ideal for any activity level.

- **Floor Shuffleboard:** Using a cue, players push weighted discs, sending them down the court, aiming to have them come to rest within a marked scoring area. (WSC)
- **Table Shuffleboard:** Players take turns sliding weighted pucks down a long, smooth table made of wood. The end of the table is marked with specific areas for scoring. (WSC)

**Table Tennis:** This game provides exercise and improves hand-eye coordination. (ESC, WSC)

**Tai Chi:** Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. Open, Beginner & Advanced level instructor led program available. *Pre-Registration & Additional fees apply. (ESC, WSC)*

**Tai Chi Practice** – No instructor, participant led. (WSC)

**Therapeutic Touch:** Make an appointment for a session with a trained practitioner for this holistic therapy. *Pre-registration required. Additional fees apply. (WSC)*



**Watercolour Painting:** This self-led program allows you to express your imagination by painting with watercolours in the company of others. Please bring your own supplies. *Pre-Registration required.* (ESC)

**“What is your tech problem?”:** You will be able to ask questions and listen in with others in this small group setting, as we tackle your digital problems. Bringing your own device is recommended, or you may use one of ours. (WSC)

**Wii Bowling:** It's easy and fun! The Wii game console hooks up to a TV and uses a remote control to allow you to participate in bowling while in a climate controlled safe environment. (ESC/WSC)

**WHY KNOT: Knitting/Crochet:** Experienced participants will enjoy dropping in and crafting in this social setting. Make your own projects or create ones for the Centre. (WSC)

## Yoga

- **Yoga Chair** – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done while seated, however participants may choose to do movements on the floor. *Registration & additional fees apply.* (ESC, WSC)
- **Yoga Floor** - This class is 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 can bring their own yoga mat and blocks. *Registration & additional fees apply.* (ESC)

## Zumba Gold

Join us for a high-intensity workout that incorporates innovative dance moves while focusing on defining muscles and improving cardiovascular health. *Registration & additional fees apply.* (ESC)

**Day Pass:** \$5/day for non-members. Must be used on the day of purchase.

- The following programs are for members only and are **not** included in the day pass: LAF Fitness; Silver Ambassador Band; Line Dancing: Beginner & Advance; Tai-Chi Practice; Pickleball: Beginners & Intermediate Play; LAF Book Club; Mahjong & Pepper Lessons; Sewing; Metalsmithing; Zoom programs.
- The following programs must be registered and paid for in advance: Tai-Chi- Beginner & Advance; Zumba Gold; Yoga (all classes); Essentrics; Craft Workshops (day pass + class fee applies).  
Unless the guest has previous experience, the following programs can **only** be observed until the skill is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.

## **SPECIAL EVENTS & ACTIVITIES**

**Fall Mums! -** Pre-order your fall mums in August and pick-up Sept 5 or 6. All proceeds go back to LAF programs. (WSC)

**Hearing Screening:** –15-minute hearing screening session with Canadian Hearing Services. *Pre-registration required, please call for appointment.* (WSC – Sept. 12; ESC – Oct. 18)

**Pizza & A Movie:** Enjoy watching a movie with friends & enjoying a slice of pizza. Cost. \$6 (WSC)

**Friday Dance Social:** Let's have fun in a social atmosphere, as you move & grove to your favourite hits. \$2 (WSC)

**Fall Lunch & Bingo** – Thursday Oct. 5, 12:30pm, ESC. Celebrate the arrival of Fall with us and join us for warming chili with all the toppings and a fun Bingo game! **Tickets must be purchased in advance. Cost \$10/members, \$15/non-members. See flyer for more details.**

**BE WELL EXPO!** – Join us Saturday Sept. 30<sup>th</sup> for an amazing day of opportunities to learn, to be social and to have fun! See flyer for more details.

**Spooktacular Halloween Skelebration!** October 31<sup>st</sup>! See flyer for details.

### **CRAFT & ART WORKSHOPS:**

**\*Pre-registration required for all workshops.\***

*All workshops include instructions & supplies. See flyers for details, costs & pictures.*

**\*Hand Sewn Pumpkins** – Sept. 11-WSC. If you can sew by hand we need your help to make this cuties for our upcoming craft fair!

**\*Halloween Pallet Boards** – Sept. 6 – WSC; Sept. 7- ESC.

**\*Mosaic Tile Workshop** – Sept. 20-WSC; Sept. 22 -ESC

**\*Macrame Gnomes** – Oct. 4 – WSC; Oct 6 - ESC

**\*String Art** – Oct. 18- WSC; Oct 20-ESC;

#### **\*Beading Craft Workshops**

**September 22-WSC; October 13-ESC:** Create 2 pairs of dainty earrings. Cost \$15 – see flyer for pictures of design.

**October 27 – WSC** – Follow this fun pattern as you make a pair of hauntingly cute ghost earrings! Cost \$10. see flyer for pictures of design.

**\*Silversmithing** – Interested in learning the art of Silversmithing. Get started in this 3 hour hands on workshop. September 13 & 27 (WSC).

### **SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS**

#### **Special Presentation: Intergenerational Mediation:**

Tuesday Sept. 26 - WSC; Tuesday Oct. 17 - ESC

Join us for this informative presentation by Cathrin from Family Mediation Centre as she gives creative solutions and tactics when working with others in your family & social circles.

#### **Special Presentation: Fire Safety:** Friday, Oct. 13 @ 10:00am - WSC

Join Windsor Fire & Rescue Services as they discuss kitchen safety and fire extinguisher use. Participate in a hands on fire extinguisher use demo. Please dress appropriate, as we will be outside.

## **Special Presentation: Getting the most from your Healthcare Appointment:**

Wednesday Oct. 11 @ 10:30am – ESC; Wednesday Oct. 18 @ 9:30 - WSC

Healthcare appointments can be stressful for anyone! We welcome WeCHC to help us LEARN about: What to do before, during and after an appointment to prepare and empower individuals to communicate well with their healthcare providers. FREE to attend, All are welcome.

### **iPad Course:** (WSC – Sept. 21-Oct.12 /ESC – Sept.25-Oct.23)

From the mechanics of your device, to some of the best uses& apps for your Ipad; this course will take you from the start and make you feel more comfortable with your device. This is only for Apple Ipads. No android tablets for this course. You will need to bring your own iPad; must know your Apple ID and your passwords for both your Apple ID and for your Ipad.

### **Facebook Workshop:** (WSC – Sept. 14 /ESC – Sept. 18)

During this one day, 2 hour session, we will be looking at the different aspects of this platform including how to keep your information safe and how to link up with friends and family. You will need a pre-existing Facebook account (you will need to know your username & password during this session). You will be able to follow along with any form of electronic device (tablet, Android or Ipad, phone, laptop, etc). Please bring your own or borrow from us!

### **Lunch & Learn Series:** *See flyer for more details.*

- **Lunch & Learn:** Tuesday, September 19 at 11:30am. Cost \$8. (WSC)  
**Smart choices presented by Cardinal Place**  
Join Mike Cardinal as he reviews 10 smart choices to keep in mind when looking at Retirement Living.
- **Lunch & Learn:** Tuesday, October 17 at 11:30am. Cost \$8. (WSC)  
**Start Hearing Better Today presented by Hear Canada.**  
Join Hear Canada's audiologists to learn about the types of hearing loss, risk factors related to hearing loss, the relationship between hearing loss and dementia, what tinnitus is and what you can do to prevent and treat hearing loss.
- **Lunch & Learn:** Wednesday, October 25 at 11:30am. Cost \$8. (ESC)  
**Motor City Community Credit Union**  
Whether you want to **minimize taxes** in retirement spending years, or **maximize the after after-tax value** of your future estate, you will want to speak with a Financial Planner to optimize your own situation. Your local Motor City Community Credit Union wealth advisors are equipped to advise on your situation. Let's start with an overview of factors to consider, and how a tax effective strategy can help you meet your goals.

**\*See our flyers & e-newsletter each month for more upcoming fun activities and events!**