

# Life After Fifty

Living Well Has No Boundaries



## Spotlight on our Wellness Services!

**Looking for assistance** with lawn care, deep-cleaning or odd jobs **but you're not sure who to call?**

Life After Fifty can refer you to a **trusted service provider** through the...

### Home Maintenance Referral Program

LAF will refer you to our pre-screened service providers. In addition to snow removal and yard maintenance, we are now able to help you find assistance with home repairs, odd jobs, deep cleaning and other services (dependent upon available providers.)

**Program Goal:** Keep older adults living safe and independently at home for as long as possible.

**Cost:** Referral is free. Service charges vary.

### Foot Care Services

By Nurses with Advanced Foot Care Certification

**First Foot Care Appointment:**

LAF Members: \$25 / Non-Members: \$35

**Regular Foot Care Costs:**

LAF Members: \$20 / Non-Members: \$30

### When is Medical Foot Care Required?

- Individuals with Diabetes
- If mobility/ balance is an issue (if you can't reach your toes)
- If you have issues with circulation.
- Individuals with fungal/ingrown toenails. (Prevention/ maintenance)



**East Side Centre**  
(WFCU Centre)  
8787 McHugh St.  
Windsor, ON N8S 0A1

**Contact Us:**  
p: (519) 254 -1108  
e: info@lifeafterfifty.ca  
[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

**West Side Centre**  
(Wyandotte & Campbell)  
635 McEwan Ave.  
Windsor, ON N9B 2E9

well.  
**Be fit.**  
social!



# Summer Programming—West Side Centre

(July 4—September 2)

Please see below for cancelations & session dates for specific programs.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BILLIARDS</b> 8:45am—4:00pm	<b>BILLIARDS</b> 8:45am—4:00pm	<b>BILLIARDS</b> 8:45am—4:00pm	<b>BILLIARDS</b> 8:45am—4:00pm	<b>BILLIARDS</b> 8:45am—4:00pm
<b>PICKLEBALL</b> 9:00am —10:30am	<b>LAPIDARY *</b> 8:45am —11:30am	<b>PICKLEBALL</b> 9:00am —10:30am	<b>LAPIDARY *</b> 8:45am —11:30am	<b>PICKLEBALL</b> 9:00am —12:00pm
<b>CERAMICS</b> 9:30am—4:00pm	<b>WOODSHOP</b> 9:00am—1:00pm	<b>SILVERSMITHING*</b> 9:00am—4:00pm	<b>PICKLEBALL</b> 9:00am —12:00pm	<b>CERAMICS</b> 9:30am—4:00pm
<b>CENTRE SINGERS</b> 9:30am— 10:30am	<b>KNIT &amp; CROCHETING</b> 9:30am—11:30am	<b>CREATIVE CRAFTS</b> 9:30am—11:30am	<b>WOODSHOP</b> 9:00am—1:00pm	<b>PING PONG</b> 9:30am—12:00pm
<b>SEWING (Beg)</b> 9:30am—11:30am	<b>PING PONG</b> 9:30am—12:00pm	<b>LAF FITNESS</b> 11:00am—12:00pm	<b>SEWING (Int/Adv)</b> 9:30am—3:30pm	<b>EUCHRE</b> 12:45pm—3:30pm
<b>LAF FITNESS</b> 11:00am—12:00pm	<b>LAPIDARY*</b> 1:00pm—4:00pm	<b>SHUFFLEBOARD</b> 12:30pm— 3:30pm	<b>YOGA-Chair/Floor* (JULY)</b> 9:30am—10:30am	<b>MAHJONG</b> 1:00pm—3:30pm
<b>CHAIR MASSAGE *</b> 11:30am—2:30pm	<b>PICKLEBALL</b> 1:00pm— 4:00pm	<b>FIT FOR LIFE*</b> 12:30pm—2:00pm	<b>PEPPER</b> 12:45pm—4:00pm	<b>FIT FOR LIFE*</b> 1:30pm—3:00pm
<b>SEWING (int)</b> 12:30pm—3:30pm	<b>SCRAPBOOKING*</b> 1:30pm— 3:30pm	<b>ROUND DANCE 1 (JULY)</b> 2:30pm—3:30pm	<b>CANASTA</b> 1:00pm—4:00pm	
<b>SHUFFLEBOARD</b> 12:30pm— 3:30pm	<b>TAI CHI*</b> 2:30pm—4:00pm	<b>ROUND DANCE 2 (JULY)</b> 3:30pm—4:30pm	<b>LAPIDARY*</b> 1:00pm—4:00pm	
<b>TAI CHI</b> 2:00pm—3:30pm			<b>MAHJONG</b> 1:00pm—4:00pm	

## Summer Paid Programs Information (\*)

- **Chair Massage— Mondays**

Dates: July 11 & 18 & August 8, 15 & 22

Cost: \$10 members/ \$12 non

- **Fit For Life— Wednesdays**

Session: July 6—August 31 (8 classes)

Cost: \$24 member/ \$40 non

- **Fit for Life—Fridays**

Session: July 8—Sept. 2 (7 classes)

Cost: \$21 members/ \$35 non

- **Scrapbooking—Tuesdays**

Session: July 19—Sept. 13 (8 classes) Cost:

\$15 members

- **Yoga: Chair/Floor—Thursdays**

Session: July 7— 21 (3 classes)

Cost: \$4.50member/\$15 non

**Lapidary & Silversmithing:**

- \$20 annual membership

- Must be a Life After Fifty Member

**Tai Chi** : \$ 2 per class

### West Side Program Changes/Cancelations for Summer 2016

- **Friday, July 22 - Monday, August 1:** All programs at the West Side Centre will be CANCELLED due to Grant funded renovations. The centre will be closed.
- **Friday, August 5:** Pickleball is CANCELLED
- **Thursday, August 18:** Pickleball is CANCELLED

# Summer Programming—East Side Centre

(July 4—September 2)

Please see below for cancelations & session dates for specific programs.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>MILE AT A TIME</b> 8:45am—9:45am	<b>MILE AT A TIME</b> 8:45am—9:45am	<b>MILE AT A TIME</b> 8:45am—9:45am	<b>MILE AT A TIME</b> 8:45am—9:45am	<b>MILE AT A TIME</b> 8:45am—9:45am
<b>SILVERSNEAKERS</b> 9:45am—10:45am	<b>MAHJONG</b> 9:00am—11:30am	<b>CRIBBAGE</b> 10:00am—12:00pm	<b>CREATIVE CRAFTS</b> 10:00AM—3:00PM	<b>MAHJONG</b> 9:00am—11:30am
<b>PILATES *</b> 11:15am—12:15pm	<b>CREATIVE CRAFTS</b> 10:00AM—3:00PM	<b>TAI CHI—ADV</b> 10:00am—11:15am	<b>LINE DANCE (BEG)*</b> 12:00pm—1:00pm	<b>LAF FITNESS</b> 12:15pm—1:15pm
<b>PEPPER</b> 12:30pm—4:00pm	<b>LINE DANCE (BEG)*</b> 12:00pm—1:00pm	<b>PICKLEBALL</b> 10:30am—12:30pm	<b>BRIDGE</b> 12:45PM—3:45PM	<b>YOGA (FLOOR)*</b> 1:30pm—2:30pm
<b>PICKLEBALL</b> 1:00pm—3:00pm	<b>CHAIR MASSAGE*</b> 12:30PM—2:30PM	<b>YOGA (FLOOR)*</b> 11:30am—12:30pm	<b>PILATES *</b> 1:00pm—2:00pm	<b>PICKLEBALL</b> 1:30pm—3:30pm
<b>TAI CHI</b> 1:00pm—2:15pm	<b>LINE DANCE (INT)*</b> 1:00PM—2:30PM	<b>MAHJONG</b> 1:00pm— 3:30pm	<b>LINE DANCE (INT)*</b> 1:00PM—2:30PM	
<b>WATERCOLOUR PAINTING</b> 1:00PM—3:00PM		<b>LAF FITNESS</b> 1:00pm—2:00pm	<b>PICKLEBALL</b> 1:15—3:15PM	

## Summer Paid Programs Information (\*)

- **Chair Massage— Tuesdays**  
Dates:  
Cost: \$10 members/ \$12 non
- **Line Dancing: Beginner— Tuesday & Thursday**  
Session: July 12—Sept.1 (12 classes)  
Cost: \$2 per class
- **Line Dancing: Inter.— Tuesday & Thursday**  
Session: July 12—Sept.1 (12 classes)  
Cost: \$2 per class

## East Side Program Changes/Cancelations for Summer 2016

- **Monday, July 4:** Silversneakers is CANCELLED
- **Tuesday, July 5:** Mahjong is CANCELLED
- **Wednesday, July 6:** Pickleball is CANCELLED
- **Monday, July 11:** Silversneakers is CANCELLED
- **Friday, July 15:** LAF Fitness is CANCELLED
- **Monday, August 1:** Both Centres CLOSED for Civic Holiday
- **Tuesday, August 2 & 9:** Line Dancing is CANCELLED
- **Wednesday, August 3:** LAF Fitness is CANCELLED
- **Thursday, August 4 & 11:** Line Dancing is CANCELLED
- **Friday, August 5:** LAF Fitness is CANCELLED

\*Please note due to renovations in August at the WFCU Complex, there may be additional cancelations to our regular programming.

## Summer Programming—Atlas Tube Centre

(July 5—September 1)

Tuesday	Thursday
<b>PICKLEBALL</b> 2:00pm— 3:30pm	<b>PICKLEBALL</b> 1:00pm—3:00pm

# Information & Announcements!

## Summer Hours

LAF West Side Centre will be operating on Summer Hours as of Monday, July 4th:

**M—T:** 8:30am - 4:30pm **F:** 8:30am - 4:00pm

## Annual Membership Fee: \$150 (as of July 1st)

Going forward, all current and new Members will receive the **new rate of \$150 (\$12.50 per month)**. You can choose to pay in one lump sum or use the PAD agreement (monthly). This new pricing structure will not be applied until your annual renewal date. Please see the Membership Clerk if you have any questions or concerns.

## West Side Centre Closure

**Friday, July 22 - Monday, August 1: The centre will be closed.** All programs at the West Side Centre will be CANCELLED due to Grant funded renovations.

## South Merritt Community Garden

Our West End (OWE) Neighbourhood Renewal launched a community garden in South Merritt Park.  
**GARDEN TOOL DONATIONS NEEDED!**

## Home Maintenance Referral Program:

Can now refer you to a trusted in-home hairdressing service!

## Support Life After Fifty!

### Potted Mums Fall Fundraiser



is once again partnering with Life After Fifty to support programs & services for older adults in Windsor.

**10" potted mums: \$10.00** including taxes

- Payment required at the same time as ordering.
- Orders will be available for the 2nd & 3rd week of September (available for pickup from the LAF West Side Centre)

**\$4 from every order will be donated to Life After Fifty!**



## Upcoming Special Events & Workshops!

**Christmas in July:** Tues. July 5, 1:00 pm; **East Side Centre** / **COST:** LAF Members: \$12, Non-members: \$14  
Join us for this fun annual event featuring a nice turkey dinner with all the trimmings and great entertainment!  
Limited tickets need to be purchased by June 30.

**Afternoon with Timeless Classics:** Tues. July 12, 12:30 pm; **East Side Centre** / **COST:** LAF Members: FREE, Non-members: \$5  
We will be showing "The Pink Panther", a comedy from 1963 starring Peter Sellers and David Niven.

**Open Streets Windsor:** Sunday, July 17th, 9am-1pm; **Sandwich Town** / **COST:** FREE!  
Windsor will be shutting down 8km of road to promote active transportation. Come visit LAF & OWE for some fun activities!

**Beading Workshop:** Wednesday, July 20, 12:30pm - 3pm; **East Side Centre** / **COST:** LAF Members: \$20, Non-members: \$20  
This month's beading project is a pretty Kumihimo bracelet.

**Summer Bash:** Thursday, July 21, 10am—12pm; **West Side Centre** / **COST:** LAF Members: FREE, Non-members: \$5  
Summer is here, so let's make it count! Come and enjoy a fun-themed morning with unique activities and a BBQ lunch to finish off the day. Get ready to have some summer fun. BBQ not included \$5.00 cost, tickets can be purchased that day.

**Canoe Safety Program:** Saturday, August 13, 9am – 12pm; Location: **Cedar Creek Conservation Area** / **COST:** FREE!  
Come out and learn how to be safe out on the water in a canoe and proper paddling techniques. Canoe and lifejackets will be provided. All welcome to join. Please sign up at reception by August 5. Limited spaced available.

**Afternoon with Timeless Classics:** Tues. Aug 16, 12:30 pm; **East Side Centre** / **COST:** LAF Members: FREE, Non-members: \$5  
We will show "The Pink Panther Returns." Popcorn available for purchase for \$1.00.

**Computer Seminar: Windows 10:** Thurs Aug 18, 10am-12pm; **East Side Centre** / **COST:** LAF Members: FREE, Non-members: \$5  
Find out about the latest Microsoft Windows operating system in this seminar. Please note it is not a hands-on workshop however you are welcome to ask questions throughout.