



## Who We Are...

As a recreation centre for adults age 50+, Life After Fifty strives to provide multiple opportunities for older adults in our community to be fit, be social and be well!

## What We Offer...

- A large array of programs, classes, activities and workshops suited for people of all interests to promote recreational, social, physical, mental well-being and active living.
- Community Support Services including Transportation Services, Friendly Visiting, Foot Care and Home Maintenance.
- A Café at our McEwan location, which provides nutritious meals Monday to Friday for lunch, and Monday to Thursday for dinner.
- Special Events, Educational Presentations, Day Trips and more!
- Volunteer opportunities to stay involved and active, including program leadership, food prep, drivers, special events, clerical and much more.



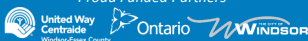
# Try us for a week...

Come *experience* Life After Fifty!

Pick up your pass for a FREE one week trial at either Life After Fifty location.



Proud Funded Partners



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

Contact Us:  
p: (519) 254 - 1108  
e: [info@lifeafterfifty.ca](mailto: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!



# Try us for a week...

## The Benefits of Membership...

- Joining is **affordable** - less than 25 cents a day!
- Membership gives you access to both our **East** and **West End locations**.
- Our buildings are fully **accessible**.
- **Express** your creativity – Dabble in the Arts! Visual, Dramatic, Musical.
- Improve health & wellness – **fitness** classes include Tai Chi, **Zumba** and everything in between!
- Learn something new at our many **seminars** and **workshops**.
- Enhance your **computer** skills.
- Build new **friendships** and celebrate our **diversity!**

## Be a part of

Annual Membership Fee \$90  
Annual Membership Fee for Couples \$150  
Individual Session Fees for Non-Members



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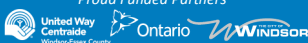
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