



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...

- Programs, classes, activities and workshops— for people of all interests— designed to promote recreational, social, physical, mental well-being & active living.
- Support Services including Transportation, Friendly Visiting, Foot Care & Home Maintenance.
- A Café at our West Side Centre, which provides nutritious meals for lunch & 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.

LAF is a non-profit org and a registered charity. Tax receipts available for donations. BN 10745 0116 R0001

Proud Funded Partners



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LAF Corporate Sponsors



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

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

well.
Befit.
social!



Try us for a week...

The Benefits of Membership...

- Joining is **affordable** - less than \$2/ week!
- 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 it...

Annual Membership Fee \$96

\$8/month Pre-Authorized Debit Payment Plan Available

Individual Session Fees for Non-Members

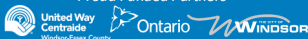


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