



Sept/Oct 2019 Programs - LAF East Side Centre

Updated: Aug .28/2019

8787 McHugh St., Windsor, ON, 519-254-1108 ext. 201

* = paid program: pre-registration required, see below for price & dates

Please remember to "swipe-in"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| MILE AT A TIME 8:45am - 9:45am | COMPUTER LAB 8:30am - 4:00pm | COMPUTER LAB 8:30am - 4:00pm | MILE AT A TIME 8:45am - 9:45am | COMPUTER LAB 8:30am - 4:00pm |
| COMPUTER 1 on 1** 10:00am - 12:00pm | MILE AT A TIME 8:45am - 9:45am | MILE AT A TIME 8:45am - 9:45am | COMPUTER 1 on 1 ** 9:00am-11:00am | MILE AT A TIME 8:45am - 9:45am |
| TAI CHI - BEG. 10:00am - 11:00am | MAHJONG 9:00am - 12:00pm | TAI CHI - ADV 10:00am - 11:30am | CREATIVE CRAFTS 10:00am - 3:00pm | MAHJONG 9:00am - 12:30pm |
| WALKABOUTS 10:30am-1:00pm | CREATIVE CRAFTS 10:00am - 3:00pm | CRIBBAGE 10:00am—12:00pm | INVESTMENT DISCUSSION GROUP** 10:00am - 12:00pm | SCRABBLE 10:00am-12:00pm |
| PILATES* 11:05am-12:05pm | ZUMBA SENTAO*^{New} 10:00am-10:30am | ACRYLIC PAINTING (BEG) 10:00am-12:00pm | LINE DANCING - BEG* 12:00pm - 1:00pm | QIGONG 10:45am - 12:00pm |
| COMPUTER LAB 12:00pm - 4:00pm | QIGONG 10:45am-12:00pm | PICKLEBALL 10:30am - 12:30pm | COMPUTER LAB 12:30pm - 4:00pm | LAF FITNESS starts Sept 13 12:15pm - 1:15pm |
| LAF FITNESS 12:15pm-1:15pm | QIGONG MEDITATION (open to all levels) STARTS SEPT 24 | YOGA: CHAIR/FLOOR* 11:30am - 12:30pm | LINE DANCE - INT* 1:00pm - 2:30pm | LABLAST* Returns in Nov. 12:30pm-1:15pm |
| PEPPER 12:30pm - 3:30pm | LINE DANCING - ABSOLUTE BEG. 12:00pm - 1:00pm | CHAIR MASSAGE*^{once monthly} 12:30pm - 2:30pm | ESSENTRICS* (Sept.) 1:15pm - 2:15pm | YOGA: FLOOR* 1:30pm - 2:30pm |
| PICKLEBALL 1:30pm - 3:30pm | QIGONG-BEGINNER** STARTS SEPT 24 12:30pm-1:00pm | MAHJONG 1:00pm - 3:30pm | | PICKLEBALL 1:30pm - 3:30pm |
| TAI CHI - ADV 1:00pm - 2:30pm | LINE DANCE- INT* 1:00pm - 2:30pm | LAF FITNESS 1:00pm - 2:00pm | Qigong-Beginner** - a new participant must attend at least 4 Beginner Level classes before moving to regular Qigong. | |
| WATERCOLOUR PAINTING CLUB drop in 1:00pm - 3:00pm | ESSENTRICS* (Oct.) 1:30pm - 2:30pm ^{New} | CORE & BALANCE * 2:05pm-3:05pm | | |

Core & Balance*:
Wednesdays: Sept. 4 – Oct. 30 (9)
Cost: \$13.50 members/ \$58.50 non

Essentrics (Classic Stretch)*:
Thursdays: Sept. 5– Sept. 19 (3)
Cost: \$4.50 members/ \$20.00 non
Tuesdays: Oct. 1—Oct. 29 (4)
No class on October 22.

Pilates*:
Mondays: September 9 - Oct. 28 (7)
Cost: \$10.50 members/ \$45.50 non
No class on September 2 and October 14.

Yoga (Chair and/or Floor)*:
Wednesdays: Sept. 4 – Oct. 23 (8)
Cost: \$13.50 members/ \$58.50 non
No class on Oct. 30

Fridays (Floor)*: Sept. 6– Oct. 25 (8)
Cost: \$12.00 members/\$52.00 non

Zumba Gold & LaBlast will return in November. Please see Zumba Sentao.

Zumba Sentao*:
Tuesdays: Sept. 17– Oct. 29(6)
Cost: \$9.00members/\$39.00non
No class on October 22

Line Dancing*:
Cost: \$2/class/member
\$2/class + \$5 drop-in fee/non.

Computer 1on1:**
By appointment only

Chair Massage/Reflexology*:
once per month, must book
Cost: \$10 members/ \$12 non
Sign-up available at reception

Investment Discussion Group:**
Registration required.
Basic knowledge of investing is required to join.

ESC Program Cancellations and Changes

Monday September 2 - Both Centres **CLOSED**.

Tuesday September 3, 10, 17 - Qigong Beg. & Meditation **CANCELLED**.

Friday September 27- Pickleball & LAF Fitness **CANCELLED**. No Gym access.

Monday October 14- Both Centres **CLOSED**.

Friday October 18 - Pickleball & LAF Fitness **CANCELLED**. No Gym access.

Tuesday October 22 - Mile at a Time, Qigong, Essentrics and Zumba Sentao cancelled due to a special event.

Please note that **Thursday Pickleball** will not return in the Fall. We do apologize for any inconvenience.

For a full list of changes visit:
www.lifeafterfifty.ca

>>>All Programs require a membership or \$5 day pass. >>>Non-member fees for Paid programs include day pass fee.



Sept/Oct 2019 Programs - LAF West Side Centre

Updated: Aug. 28/2019

635 McEwan Ave., Windsor, ON 519-254-1108

* = paid program: pre-registration required, see below for price & dates

Please remember to "swipe-in"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| BILLIARDS 8:45am-4:00pm | BILLIARDS 8:45am-4:00pm | BILLIARDS 8:45am-4:00pm | BILLIARDS 8:45am-4:00pm | BILLIARDS 8:45am-4:00pm |
| COMPUTER LAB 8:45am-4:30pm | COMPUTER LAB 8:45am-4:30pm | COMPUTER LAB 8:45am-4:30pm | COMPUTER LAB 8:45am-4:30pm | COMPUTER LAB 8:45am-4:30pm |
| CRIBBAGE 9:00am-11:30am | CRIBBAGE 9:00am-11:30am | CRIBBAGE 9:00am-11:30am | CRIBBAGE 9:00am-11:30am | CRIBBAGE 9:00am-11:30am |
| CIRCUIT FITNESS <i>New</i> 9:00am-9:45am | LAPIDARY* 9:00am-11:30am/ 12:30pm-4:00pm | SILVERSMITHING* 9:00am-11:30am/ 12:30pm-4:00pm | LAPIDARY* 9:00am-11:30am/ 12:30pm-4:00pm | DROP-IN PAINTING** 9:00am-3:00pm |
| CENTRE SINGERS 9:30am-10:30am | PING PONG 9:30am-11:30am | PICKLEBALL 4 FUN 9:00am-10:30am | Wii BOWLING (LEAGUE) 9:30am-11:30am | Wii BOWLING (LEAGUE) 9:30am-11:30am |
| SEWING- BEG 9:30am-11:30am | MILE AT A TIME 9:30am-10:30am | Wii BOWLING(LEAGUE) 9:30am-11:30am | PICKLEBALL 4 FUN 9:00am-12:00am | MILE AT A TIME 9:30am-10:30am |
| CERAMICS* 9:30am-3:30pm | Wii BOWLING (LEAGUE) 9:30am-11:30am | LAF FITNESS 11:00am-12:00pm | YOGA: CHAIR/FLOOR* 9:30am-10:30am | SCRABBLE 9:30am-11:30am |
| PICKLEBALL 4 FUN 10:00am - 12:30pm | KNITTING/CROCHETING 9:30am-11:30am | COLOURING CLUB 12:00pm-3:30pm | SEWING-INT/ADV 9:30am-3:30pm | PING PONG 9:30am-12:00pm |
| CHAIR-ERCISE 11:00am-11:45pm | CONCERT BAND 9:30am-12:00pm | SHUFFLEBOARD 12:30pm-3:00pm | LAF FITNESS 11:00am-12:00pm | LINE DANCE BEG* 9:30am-10:30am |
| CHAIR MASSAGE* 11:30am-2:30pm | LEGO BUILDING <i>New</i> 12:30pm-3:30pm | CRAFT WORKSHOPS* 1:00pm-3:00pm | LEGO BUILDING <i>New</i> 12:30pm-3:30pm | LINE DANCE INT* 10:30am-11:30am |
| COLOURING CLUB 12:00pm-3:30pm | PICKLEBALL 4 FUN 1:00pm - 4:00pm | ROUND DANCE BEG 1:00pm-2:00pm | PEPPER 12:45pm-4:00pm | EUCHRE 12:45pm-4:00pm |
| SHUFFLEBOARD 12:30pm-3:00pm | YOGA: CHAIR/FLOOR* 1:00pm-2:00pm | ROUND DANCE 2 & 3 2:00pm-3:00pm | ZUMBA SENTAO <i>New</i> 1:00pm-1:30pm | POLYMER CLAY* <i>New</i> 1:00pm-3:30pm |
| SEWING-INT/ADV 12:30pm-3:30pm | SCRAPBOOKING* 1:30pm-3:30pm | | CANASTA 1:00pm-4:00pm | MAHJONG 1:00pm-3:30pm |
| TAI CHI—BEG* 2:00pm-3:30pm | QIGONG STARTS SEPT 24 2:30pm-3:30pm | | MAHJONG 1:00pm-3:30pm | |
| | | | TAI CHI—INT* 2:00pm-4:00pm | |

Chair Massage*:
Mondays: Sept 9,16, 30
Oct 7, 21, 28

Cost: \$10 members/\$12 non

Ceramics*: Material fees apply.
Register at reception.

Tai Chi*: Cost: \$2/class/member
\$2/class + \$5 drop-in fee/non

Lapidary & Silversmithing*:
Cost: \$20 annually

Scrapbooking*: Material fees apply.

Yoga: Chair/Floor*:
Tuesdays: Sept 10- Oct. 29 (8)
Cost: \$12.00 member/ \$52.00 non

Thursdays: Sept 12—Oct 31 (8)
Cost: \$12.00 member/ \$52.00 non

Craft Workshops* - Sept 18.
Oct 2, 23 Register at reception.

Zumba Sentao*
Thursdays: Sept. 19- Oct. 31 (7)
Cost: \$10.50members/\$45.50non

Round Dancing:
Begins September 11, 2019

Line Dancing:
Cost: \$2/class + \$5 drop-in fee/non
Begins September 6, 2019

Drop-in painting -** Must bring in your own paint supplies & materials to paint.

Polymer Clay Class* - Sept. 6, 20
Oct. 4, 18. Register at reception.
Material fees apply.

WSC Program Cancellations & Changes

Zumba Gold & LaBlast will return in November. Please see Zumba Sentao.

Monday Sept 2- Both Centres CLOSED

Tuesday Sept 3- Mile-At-A-Time & Ping-Pong Cancelled

Tuesday Sept 24- Mile-At-A-Time & Ping-Pong Cancelled

Monday Oct 14- Both Centres CLOSED

Monday Oct 21- Circuit Fitness, Pickleball and Tai Chi CANCELLED

Friday Oct 25- Euchre CANCELLED

Oct 28—Nov 12—check schedule for Wii Bowling location.

For a full list of changes visit:
www.lifeafterfifty.ca