

* = paid program Please see below for price & session dates for specific programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	BILLIARDS 9:15am - 12:30pm
COMPUTER LAB 8:45am-4:30pm	COMPUTER LAB 8:45am-4:30pm	COMPUTER LAB 8:45am-4:30pm	COMPUTER LAB 8:45am-4:30pm	COMPUTER LAB 8:45am-4:30pm	COMPUTER LAB 9:15am-12:30pm
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	LAF FITNESS 10:00am-11:00am
PICKLEBALL 4 FUN 9:00am-10:30am	LAPIDARY* 8:30am-11:30am	PICKLEBALL 4 FUN 9:00am-10:30am	LAPIDARY* 8:30am-11:30am	WII (LEAGUE) 9:00am-12 noon	PICKLEBALL 4 FUN 9:15am-12:30am
CENTRE SINGERS 9:30am-10:30am	WII (LEAGUE) 9:00am-12:00pm	WII (LEAGUE) 9:00am-12:00pm	WII (LEAGUE) 9:00am-12:00pm	CERAMICS* 9:30am-4:00pm	PEPPER 9:30am-12:30pm
SEWING— BEG 9:30am-11:30am	WOODSHOP 9:00am-11:30am	SILVERSMITHING* 9:00am-4:00pm	PICKLEBALL 9:00am—12:00pm	PING PONG 9:30am-12:00pm	LAPIDARY 9:30am-12:30pm
CERAMICS* 9:30am-4:00pm	PING PONG 9:30am-12:00pm	LAF FITNESS <i>NEW TIME</i> 11:00am-12:00pm	WOODSHOP 9:00am-11:30am	LINE DANCE BEG* 9:30am— 10:30am	
LAF FITNESS 11:00am-12:00pm	KNITTING & CROCHETING 9:30am-11:30am		YOGA: CHAIR/ FLOOR* 9:30am-10:30am	LINE DANCE INT* 10:30am- 11:30am	
CHAIR MASSAGE* 11:30am-2:30pm	CONCERT BAND 9:30am-12:00pm	COLOURING CLUB 12:00pm-3:30pm	SEWING-INT/ADV 9:30am-3:30pm	EUCHRE 12:45-4:00pm	
SHUFFLEBOARD 12:30pm-3:00pm	MILE AT A TIME 1:00pm-1:45pm	TOTAL BODY CONDITIONING* <i>12:15pm-1:45pm</i>	PEPPER 12:45pm-4:00pm	MAHJONG 1:00pm-4:00pm	
SEWING-INT/ADV 12:30pm-3:30pm	PICKLEBALL 4 FUN 1:00pm - 4:00pm	SHUFFLEBOARD 12:30pm-3:00pm	LAPIDARY* 1:00pm-4:00pm	TOTAL BODY CONDITIONING* 1:00pm-2:30pm	
ZUMBA GOLD* 1:00-1:30pm	LAPIDARY* 1:00pm-4:00pm	CRAFT CREATIONS 1:00pm—3:00pm	LABLAST* 1:00pm—1:45pm	Program Cancellations & Changes Saturday September 2—CLOSED Monday September 4 - CLOSED Saturday October 7—CLOSED Monday October 9—CLOSED For a full list of changes visit: www.lifeafterfifty.ca	
TAI CHI—BEG* 2:00pm-3:30pm	SCRAPBOOKING* 1:30pm-3:30pm	WII (LEAGUE) 1:00pm-2:30pm	CANASTA 1:00pm-4:00pm		
	TAI CHI—INT* 2:00pm-4:00pm	ROUND DANCE 1 2:00pm-3:00pm	MAHJONG 1:00pm-4:00pm		
		ROUND DANCE 2 3:00pm-4:00pm	BELLY DANCING* 3:00pm-4:00pm		

Chair Massage

Mondays: Sept 11, Oct 2, 16, 23, 30
Cost: \$10 members/\$12 non

Zumba Gold

Mondays: Sept 11 - Oct 30 (7)
Cost: \$10.50 member/ \$45.50 non

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

Total Body Conditioning

Wednesdays: Sept 13 - Oct 25 (7)
Cost: \$21 member/ \$56 non
Fridays: Sept 15—Oct 27 (7)
Cost: \$21 member/ \$56 non

Lapidary & Silversmithing

Must be a LAF member.
Cost: \$20 annually

LaBlast

Thursdays: Sept 14 - Oct 26 (7)
Cost: \$10.50 member/ \$45.50 non

Belly Dancing

Thursdays: Sept 14 - Oct 26 (7)
Cost: \$10.50 member/ \$45.50 non

Yoga: (Chair or Floor)

Thursdays: Sept 14—Oct 26 (7)
*****Sponsored By Caesars Windsor*****
Cost \$0 member/ \$35 non-members

Scrapbooking: Material fees apply.

Ceramics: Material fees apply. Register at reception.

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

>>>All Programs require a membership or \$5 day pass.

>>>Non-member fees for Paid programs include day pass fee.



Sept/Oct Programs - LAF East Side Centre

Last Updated; Aug 29, 2017

* = paid program

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMPUTER LAB 8:30am - 4:00pm	COMPUTER LAB 8:30am - 1:30pm	COMPUTER LAB 8:30am - 4:00pm	MILE AT A TIME 8:45am - 9:45am	COMPUTER LAB 8:30am - 4:00pm
MILE AT A TIME 8:45am - 9:45am	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 10:00am - 12:30pm	CREATIVE CRAFTS 10:00am - 3:00pm	CRIBBAGE 10:00am—12:00pm	INVESTORS GROUP** 10:30am - 12:30pm	SCRABBLE 10:00am - 12:00pm
PILATES* 11:15am - 12:15pm	ZUMBA GOLD* 10:00am - 10:30am	PICKLEBALL 10:30am - 12:30pm	LINE DANCING - BEG* 12:00pm - 1:00pm	QIGONG <i>NEW</i> 11:00am - 11:45am
LAF FITNESS <i>NEW</i> 12:30pm-1:30pm	QIGONG <i>NEW</i> 11:00am-11:45am	YOGA: CHAIR/FLOOR*** 11:30am - 12:30pm	COMPUTER LAB 12:30pm - 4:30pm	PICKLEBALL 1:30pm - 3:30pm
PEPPER 12:45pm - 4:00pm	LINE DANCING - BEG* 12:00pm - 1:00pm	CHAIR MASSAGE* 12:30pm - 2:30pm	BRIDGE 12:45pm - 3:45pm	YOGA: FLOOR*** 1:30pm - 2:30pm
PICKLEBALL 1:00pm - 3:00pm	LINE DANCING - INT* 1:00pm - 2:30pm	MAHJONG 1:00pm - 3:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	
TAI CHI - ADV* 1:00pm - 2:30pm	Computer 1 on 1** 1:45pm - 3:45pm	LAF FITNESS 1:00pm - 2:00pm	PICKLEBALL 1:15pm - 3:15pm	
PAINTING WITH WATERCOLOURS CLUB—drop in 1:00pm - 3:00pm	BELLY DANCING* 3:00pm-4:00pm	CORE & BALANCE* 2:05pm - 3:05pm		

Pilates:
Mondays: Sept 11—Oct 30 (7)
Cost: \$10.50 members/ \$45.50 non

Zumba Gold:
Tuesdays: Sept 12—Oct 31 (7)
Cost: \$10.50 members/ \$45.50 non

Chair Massage:
once per month
Cost: \$10 members/ \$12 non

Belly Dancing:
Wednesdays: Sept 12 — Oct 31 (7)
Cost: \$10.50 members/ \$45.50 non

Yoga (Chair and/or Floor):
Wednesdays: Sept. 6 – Oct. 18 (7)
Sponsored By Caesars Windsor
Cost: \$0 members/ \$35 non
Fridays: Sept 1 — Oct 20 (8)
Sponsored By Caesars Windsor
\$0 members/ \$40 non

Core & Balance:
Wednesdays: Sept 13 — Oct 25 (7)
Cost: \$10.50 members/ \$45.50 non

Computer 1on1: By appointment**

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

Investors Discussion Group:
Registration required**

Program Cancellations and Changes

Friday September 1—Starting Sept 1, LAF Fitness is no longer on Fridays, it has been moved to Mondays!

Monday September 4 - CLOSED

Wednesday September 6 - LAF Fitness & Pickleball CANCELLED (no gym access)

Thursday September 7—Line Dancing & Pickleball CANCELLED (no gym access)

Friday September 8—Line Dancing & Pickleball CANCELLED (no gym access)

Wednesday October 4- LAF Fitness CANCELLED (no gym access)

Monday October 9—CLOSED

Friday October 13—Pickleball CANCELLED (no gym access)

Tuesday October 17—Mile at a Time, Zumba Gold, Belly Dancing & Qigong CANCELLED (due to special event)

**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.