

July/Aug Programs - LAF West Side Centre

LAF West Side Centre: 635 McEwan Ave. Windsor, ON; 519-254-1108 / www.lifeafterfifty.ca

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

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—3:30pm
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-4:00pm
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
PICKLEBALL 4 FUN 9:00am-10:30am	LAPIDARY* 8:30am-11:30am; 1:00pm-4:00pm	PICKLEBALL 4 FUN 9:00am-10:00am	LAPIDARY* 8:30am-11:30am; 1:00pm-4:00pm	PING PONG 9:30am-12:00pm
CENTRE SINGERS 9:30am-10:30am	WOODSHOP 9:00am-1:00pm	SILVERSMITHING* 9:00am-4:00pm	PICKLEBALL 4 FUN 9:00am—12:00pm	CERAMICS* 9:30am-3:30pm
SEWING— BEG 9:30am-11:30am	KNITTING & CROCHETING 9:30am-11:30am	CRAFT WORKSHOP 1:00pm-3:00pm	WOODSHOP 9:00am-1:00pm	EXERCISE VIDEO 10:30-11:30
CERAMICS* 9:30am-4:00pm	PING PONG 9:30am-12:00pm	LAF FITNESS 10:30am-11:30pm	YOGA: CHAIR/FLOOR* 9:30am-10:30am	EUCHRE 12:45-3:30pm
LAF FITNESS 11:00am-12:00pm	PICKLEBALL 4 FUN 9:00am-11:30am	COLOURING CLUB 12:00pm-3:30pm	SEWING-INT/ADV 9:30am-3:30pm	MAJONG 1:00pm-3:30pm
CHAIR MASSAGE* 11:30am-2:30pm	PICKLEBALL 4 FUN 12:30pm - 4:00pm	FIT FOR LIFE* 12:15pm-1:45pm	PEPPER 12:45pm-4:00pm	FIT FOR LIFE * 1:00pm-2:30pm
SHUFFLEBOARD 12:30pm-3:00pm	BELLY DANCING* 1:00pm-2:00pm	SHUFFLEBOARD 12:30pm-3:00pm	CANASTA 1:00pm-4:00pm	LAF needs Bridge Players. It's your call at (519) 254-1108 to join in!
SEWING-INT/ADV 12:30pm-3:30pm	SCRAPBOOKING* 1:30pm-3:30pm	ROUND DANCE 1 2:00pm-3:00pm	MAHJONG 1:00pm-4:00pm	
TAI CHI—BEG* 2:00pm-3:30pm	TAI CHI—INT* 2:30pm-4:00pm	ROUND DANCE 2 3:00pm-4:00pm		

Chair Massage:

Mondays: July 3, 10, 17, 24, Aug 14, 21, 28

Cost: \$10 members/ \$12 non

Fit For Life:

Wed: July 5th – August 30th, 2017 (9)

Cost: \$28 members/ \$45 non

Fridays: July 7th- August 25th, 2017 (8)

Cost: \$24 members/ \$40 non

Tai Chi: Cost: \$2/ class

Scrapbooking

Tuesdays: July 3—Aug 29

Material fees apply.

Lapidary & Silversmithing

Must be a LAF member.

Cost: \$20 annually

Yoga: July only

Ceramics:

Material fees apply. Register at reception.

Belly Dancing:

Sponsored by Caesars Windsor

July 4- August 29th (8)

No Class Aug 1st

Cost: \$0 member/\$40 non-members

Program Cancellations and Changes

Friday June 30 - Centre is **CLOSED** for Canada Day

Friday July 7, 14, 21, 28, Aug 4, 11, 18, 25— Centre **CLOSES @ 4:00pm**

Monday August 7—Centre is **CLOSED** for Civic Holiday

!!REMINDER!!

LAF is closed

SATURDAYS

In July and August

As of May 1, 2017, ALL programs require you to be a member or \$5/day drop in fee.



July/Aug Programs - LAF East Side Centre

Last Updated: July 4, 2017

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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
PILATES* 11:15am - 12:15pm	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
PEPPER 12:45pm - 4:00pm	MAHJONG 9:00am - 12:00pm	TAI CHI - ADV 10:00am - 11:30am	CREATIVE CRAFTS 10:00am - 3:00pm	MAHJONG 9:00am - 12:30pm
PICKLEBALL 1:00pm - 3:00pm	CREATIVE CRAFTS 10:00am—3:00pm	CRIBBAGE 10:00am—12:00pm	INVESTORS GROUP** 10:30am - 12:30pm	LAF FITNESS 12:15pm - 1:15pm
TAI CHI - ADV 1:00pm - 2:30pm	LINE DANCING - BEG* 12:00pm - 1:00pm	PICKLEBALL 10:30am - 12:30pm	LINE DANCING - BEG* 12:00pm - 1:00pm	PICKLEBALL 1:30pm - 3:30pm
PAINTING WITH WATER COLOURS 1:00pm - 3:00pm (DROP-IN)	LINE DANCING - INT* 1:00pm - 2:30pm	YOGA (CHAIR/FLOOR)* 11:30am - 12:30pm	COMPUTER LAB 12:30pm - 4:30pm	YOGA (FLOOR)* 1:30pm - 2:30pm
	Computer 1 on 1** 1:00pm - 4:00pm	MAHJONG 1:00pm - 3:30pm	BRIDGE 12:45pm - 3:45pm	LAF needs Bridge Players. It's your call at (519) 254-1108 to join in!
		CHAIR MASSAGE* 12:30pm - 2:30pm	BELLY DANCING 1:00pm—2:00pm	
		LAF FITNESS 1:00pm - 2:00pm	LINE DANCING - INT* 1:00pm - 2:30pm	
		CORE & BALANCE* 1:00pm - 2:00pm	PICKLEBALL 1:15pm - 3:15pm	

Pilates:

Mondays: July 3 – August 28 (8)
Cost: \$12.00 members/ \$40 non
No class August 7

Belly Dancing:

Sponsored by Caesars Windsor
July 6- August 31 (8 classes)
No Class Aug 3rd
Cost: \$0 member/\$40 non-members

Yoga (Chair and/or Floor):

Wednesdays: July 12—Aug 30 (8)
Cost: \$12.00 members/ \$40 non
Fridays: July 14— Aug 25 (7)
\$10.50 members/ \$35 non

Core & Balance:

Wednesdays: July 12 — Aug 30 (8)
Cost: \$12.00 members/ \$40 non

Line Dancing: Cost: \$2/class

Chair Massage:

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

Computer 1on1:

By appointment only.**

Investors Discussion Group:

Registration required** Some investing knowledge is required to join the group.

Program Cancellations and Changes

Friday June 30—Centre is **CLOSED**

Monday July 10, 17, 24 & Wednesday July 5,12 ,19,26– Tai Chi is **CANCELLED**

Tuesday July 25—Mile at a Time **CANCELLED**

Friday July 28—LAF Fitness is **CANCELLED**

Monday August 7—Centre is **CLOSED** for Civic Holiday

Wednesdays August 15 & 22 and Fridays Aug 17 & 24—Line Dancing is **CANCELLED**

As of May 1, 2017, ALL programs require you to be a member or \$5/day drop in fee.