



Jan/Feb 2019 Programs - LAF East Side Centre

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

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

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** 10:30am - 12:30pm	SCRABBLE 10:00am - 12:00pm
ESSENTRICS/CLASSIC STRETCH* 11:05am-12:05pm	ZUMBA GOLD* 10:00am - 10:30am	ACRYLIC PAINTING (BEG)** 10:00am-12:00pm <i>New</i>	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 12:15pm - 1:15pm
LAF FITNESS 12:15pm-1:15pm	INTRO to QIGONG 12:00pm-12:45pm	YOGA: CHAIR/FLOOR* 11:30am - 12:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	LABLAST* <i>New</i> 12:30pm-1:15pm
PEPPER 12:30pm - 3:30pm	LINE DANCING - BEG* 12:00pm - 1:00pm	CHAIR MASSAGE* 12:30pm - 2:30pm	PICKLEBALL 1:00pm - 3:00pm	YOGA: FLOOR* 1:30pm - 2:30pm
PICKLEBALL 1:30pm - 3:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	MAHJONG 1:00pm - 3:30pm		PICKLEBALL 1:30pm - 3:30pm
TAI CHI - ADV* 1:00pm - 2:30pm		LAF FITNESS 1:00pm - 2:00pm		
WATERCOLOUR PAINTING CLUB drop in 1:00pm - 3:00pm		CORE & BALANCE * (starts February 27) 2:05pm-3:05pm		

Essentrics/Classic Stretch*:
Mondays: Jan. 7 - Feb. 11(6)
Cost: \$9.00 members/ \$39.00 non
No class on Feb. 18 (Family Day)

LaBlast*:
Fridays: Jan. 11 - Feb. 22 (7)
Cost: \$10.50 member/ \$45.50 non

Core & Balance*:
Wednesdays: Feb. 27 – April 24 (9)
Cost: \$13.50 members/ \$58.50 non

Yoga (Chair and/or Floor)*:
Wednesdays: Jan. 2 – Feb. 27(8)
Cost: \$13.50 members/ \$58.50 non

Fridays: Jan. 4 - Feb. 22 (7)
Cost: \$10.50 members/ \$45.50 non
No class on February 8th.

Zumba Gold*:
Tuesdays: Jan. 8 - Feb. 19 (7)
Cost: \$10.50 member/ \$45.50 non

Line Dancing*:
Cost: \$2/class/member
\$2/class + \$5 drop-in fee/non.
returns Tuesday January 8th.

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

Computer 1on1:** By appointment

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

Acrylic Painting (Beginners):**
Registration Required
No class on Jan. 2, 9 & 30

Intro to QiGong: Jan. 8—Jan. 29

Program Cancellations and Changes

Tuesday January 1—Both Centres **CLOSED** for New Year's Day. HAPPY NEW YEAR 2019!
Wednesday January 2 -LAF Fitness **CANCELLED**. LAF Fitness *returns* on Friday January 4th.
Friday January 18—Gym is not available: LAF Fitness and Pickleball are **CANCELLED**.
Attention **QIGONG** participants: the instructor will be away all of February. **Intro to Qigong** is **CANCELLED** in February.
Qigong class Tuesdays 10:45am-12:00pm will be open for members to practice.
Monday, February 18—Both Centres **CLOSED** for Family Day.
Wednesday February 27—Gym is not available: LAF Fitness and Pickleball are **CANCELLED**.

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



Jan/Feb 2019 Programs - LAF West Side Centre

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

* = 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—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
ADV. SENIOR FITNESS 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	WII (LEAGUE) 9:30am-11:30am
CENTRE SINGERS 9:30am-10:30am	PING PONG 9:30am-11:30am	PICKLEBALL 4 FUN 9:00am-10:30am	WII (LEAGUE) 9:30am-11:30am	CERAMICS* 9:30am-4:00pm
SEWING— BEG 9:30am-11:30am	MILE AT A TIME 9:30am-10:30am	WII (LEAGUE) 9:30am-11:30am	PICKLEBALL 4 FUN 9:00am—11:00am	MILE AT A TIME 9:30am-10:30am
CERAMICS* 9:30am-3:30pm	WII (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 - 12:00pm	KNITTING/CROCHETING 9:30am-11:30am	COLOURING CLUB 12:00pm-3:30pm	SEWING-INT/ADV 9:30am-3:30pm	PING PONG 10:30am-12:00pm
CHAIR-ERCISE 11:00am-11:45pm	CONCERT BAND 9:30am-12:00pm	SHUFFLEBOARD 12:30pm-3:00pm	LAF FITNESS 11:05am-12:05pm	LINE DANCE BEG* 9:30am— 10:30am
CHAIR MASSAGE* 11:30am-2:30pm	PICKLEBALL 4 FUN 1:00pm - 4:00pm	CRAFT WORKSHOPS* 1:00pm—3:00pm	DROP-IN PAINTING 12:30pm-3:30pm <i>New</i>	LINE DANCE INT* 10:30am- 11:30am
SHUFFLEBOARD 12:30pm-3:00pm	YOGA: CHAIR/FLOOR* 1:00pm-2:00pm	CHINESE MAHJONG 1:00pm-3:30pm <i>New</i>	PEPPER 12:45pm-4:00pm	EUCHRE 12:45pm-4:00pm
SEWING-INT/ADV 12:30pm-3:30pm	CHINESE MAHJONG 1:00pm-3:30pm <i>New</i>	ROUND DANCE 1 2:00pm-3:00pm	LABLAST 1:00pm-1:45pm	MAHJONG 1:00pm-3:30pm
ZUMBA GOLD* 1:00pm-1:30pm	SCRAPBOOKING* 1:30pm-3:30pm	ROUND DANCE 2 3:00pm-4:00pm	CANASTA 1:00pm-4:00pm	TOTAL BODY CONDITIONING* 1:00pm-2:30pm
TAI CHI—BEG* 2:00pm-3:30pm	QIGONG (NO CLASSES IN FEB) 2:30pm-3:30pm		MAHJONG 1:00pm-3:30pm	
			TAI CHI—INT* 2:00pm-4:00pm	

Chair Massage*:
Mondays: Jan. 7
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

Zumba Gold*:
Mondays: Jan. 7—Feb. 11 (6)
Cost: \$9.00 member/ \$39.00 non

Lapidary & Silversmithing*:
Cost: \$20 annually

Round Dancing: Jan. 9—Feb. 27

Scrapbooking*: Material fees apply.

Yoga: Chair/Floor*:
Tuesdays: 1pm – 2pm
Jan. 8— Feb. 26 (8)
Cost: \$12.00 member/ \$52.00 non

Thursdays: 9:30-10:30
Jan. 10—Feb 28 (8)
Cost: \$12.00 member/ \$52.00 non

LaBlast*:
Thursdays: Jan. 10—Feb. 21 (7)
Cost: \$10.50 member/ \$45.50 non

Craft Workshops*: Material fees apply
Register at reception. Dates vary.

Line Dancing: Cost: \$2/class/member
\$2/class + \$5 drop-in fee/non
Jan 4— Feb 22

Total Body Conditioning*:
Jan. 11—Feb. 22 (7)
\$21.00 member/\$56.00 non

Program Cancellations & Changes

Tuesday Jan. 1—Both Centres **CLOSED** for New Year's Day. HAPPY NEW YEAR 2019!

Tuesdays Feb. 5-26— QiGong is **CANCELLED**.

Friday Feb. 15—We're having a dance!
Euchre & Total Body Conditioning **CANCELLED**.

Monday Feb. 18—Both Centres **CLOSED** for Family Day!

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

HEALTH AND WELLNESS

Advanced Senior Fitness: This energizing class will take you through a series of exercises incorporating cardio, strength and core movements, and will finish off with stretching. May include mat work on the floor. *Limited Spaces. Available at WSC*

Chair-ercise: This program will be taught in a chair for support and include a variety of exercises designed to target key muscles while improving your flexibility, endurance and balance. Standing for brief intervals may be included. *Available at WSC*

Core and Balance: This class incorporates a variety of stretching and balance exercises using small fitness equipment (stretch bands, pilates balls & small weights) *Available at ESC*

Essentrics (Classic Stretching): This is an unique & dynamic program that fuses strength and flexibility exercises, all in one workout! Ability to get down on the floor is required. *Available at ESC*

LaBlast: Want to learn ballroom without a partner? For non-dancers, similar to line dance- a fitness approach, this program is called LaBlast and was created by dance pro DWTS Louis Van Amstel . Certified instructor (since 2013) Jo-Anne Ediger will be teaching this enjoyable program at the West Side Centre. All invited to come out and try this program. *Available at WSC*

LAF Fitness: This total body workout is for any fitness level through cardio & strength training. A combination of sitting & standing exercises & intensity can be modified. Weights & resistance bands are incorporated in the workout. *Available at ESC & WSC*

Line Dancing—Beginner/Intermediate: Join us in a fun, friendly atmosphere to learn some of the latest and most popular line dances. This is a great way to exercise, meet new people and learn new dance skills. *Available at ESC & WSC*

Mile at a Time: Work towards your 10,000 steps a day with this video led walking program. Walk anywhere from 1—5 miles while working out your body from head to toe. *Available at ESC & WSC*

Pickleball: Pickleball is a racquet sport that combines certain elements from badminton and tennis, and will keep you on the move. Pickleball is an enjoying way to enhance cardio endurance, balance and strength. *Available at ESC & WSC*

Pilates: This class features core strengthening exercises and incorporates the use of exercise mats. From beginner to intermediate, this class is great for anyone who doesn't mind floor exercises. *Available at ESC*

Ping Pong: Come out and enjoy a great game of ping pong. This game provides exercise and improves hand-eye coordination. *Available at WSC*

Qigong (pronounced Chi Gong): Holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong can help improve your circulation, balance, alignment and help restore your energy (chi). *Available at ESC & WSC*

Round Dancing – Phase 1 & Phase 2 : Also known as **synchronized ballroom dancing**, couples move in a circular pattern around the hall. Step/figures are taught and cues are given by an instructor. This is a great low—medium impact program for the mind and body. *Available at WSC*

Shuffleboard: Looking for something to improve your hand—eye coordination? Try Shuffleboard! This activity mixes fun, the use of strategies and sportsmanship all into one program. Ideal for any activity level. *Available at WSC*

Tai Chi: An ancient form of Chinese exercise that helps with health, balance, breathing and concentration. Beginner and Advance level classes available. *Available at ESC & WSC*

Total Body Conditioning: Through a variety of fun, creative movements and weight training, participants will strengthen, sculpt/ tone the full body, and increase range of motion, balance/ flexibility. Weights, bands, bars, balls and chairs are used in this class. *Must pre-register for session. Limited space. Available at WSC*

Walkabouts: Join us for this fun walking program that originated at the ESC. Each week, this group meets at a chosen hiking location, goes for a walk and lunches together. Carpooling is available at a minimum fee. See flyers for a schedule. *Available at ESC*

Wii Bowling: It's easy and fun! The Wii Sports Virtual system uses a remote control and a Television and allows you to participate in bowling while in a climate controlled safe environment. Join our league & enjoy some friendly competition. *Available at WSC*

Yoga (chair/floor) Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. Those who wish to do floor stretches may do so. Mats & chairs are provided. *Must pre-register for session. Limited space. Available at ESC & WSC*

Yoga: This is a great class for those comfortable with getting up and down off the floor. If you suffer from decreased flexibility or just enjoy stretching, this is a perfect class for you. No previous experience necessary. *Must pre-register for session. Limited space. Available at ESC*

Zumba Gold: A fitness and dance class combined! This upbeat exercise class incorporates motivating music and simple dance steps, as it focuses on working the body out as a whole. You will see improvement with your balance, coordination and cardiorespiratory endurance, from participating. *Must pre-register for session. Limited space. Available at ESC & WSC*

SKILL DEVELOPMENT & PERSONAL CONNECTIONS

Last Update: December 17, 2018

Acrylic Painting: This class allows you to learn new techniques, working with acrylics. Must provide own supplies. *Please register at reception. Available at ESC.*

Ceramics: Discover your inner artist through learning how to clean and paint ceramic pieces of your choice. This volunteer-led program will also teach you how to shade and detail pieces while in the presence of great company. Material Fees Apply. *Please register at reception. Available at WSC*

Computer Lab: Both centres are equipped with computer labs with desktop computers, internet, laptop accessibility, printer/ scanner services. *Available at ESC & WSC.* Computer volunteers are available during certain days/times to assist you with your computer questions (West Side location only). Computer 1on1 available East Side Location only.

Concert Band: Love music and have musical instrument experience? Then you will want to join the “Silver Ambassadors” that meets weekly to practice. A major component of this program is to entertain throughout the community. *Available at WSC*

Creative Crafts: Enjoy working on new projects? Enjoy creating crafts for the centre? Or just wish to visit and socialize with others while working on your own craft projects? This program would be right for you. From crafting the latest decorative items to specific workshops, this class keeps you busy while providing a great social atmosphere. Please note craft instruction is available only during specific workshops. *Available at ESC*

Colouring Club: Be creative, unwind and socialize. Bring your colourful imagination and enjoy this relaxing activity with LAF members, old and new! Supplies provided. *Available at WSC*

Drop-in Painting: This drop in program allows you to pursue your talent while in the company of others. You must bring your own supplies. *Available at WSC.*

Drop-in Painting with Water-colours: This drop in program allows you to express your imagination by painting with water colours. Supplies are provided. *Available at ESC.*

Knitting and Crocheting: This group activity is for crafters who wish to make items for our annual Bazaar or for themselves, while enjoying the company of others. The centre will provide materials for items for the Bazaar. Material fee will apply for personal items. *Available at ESC & WSC*

Lapidary: Learn how to make ordinary stones into precious pieces of jewelry. We have the equipment and the instructors who are ready to teach you. Great for both men and women who like working with their hands. **Restricted hours. Must have a membership to join.*\$20 additional annual fee is applied. Limited space. Available at WSC**

Sewing—Beginner/Intermediate/Advance: Learn to sew your own projects under the guidance of our volunteer leader. Participants will learn how to cut and sew simple patterns using their own materials. Sewing machines can be provided. Pre-registration required. Limited space available. Material list will be given prior to entry to the class. *Available at WSC*

Scrapbooking: Learn to preserve your precious photos and memorabilia in a photo-safe album, with the help of a volunteer leader that can assist you with the design. This is a great program for beginners or for those that have scrapbooked for years. *Available at WSC*

Silversmithing: Learn to craft remarkable Jewellery out of silver and gold. We have the equipment and the instructors who are ready to teach you. Great for both men and women. **Restricted hours. Must have a membership to join.*\$20 additional annual fee is applied. Limited space. Available at WSC**

Billiards: During anytime the West Side Centre is open, members can enjoy playing a game of Snooker or Eight ball on one of our two Snooker tables. Participants may bring their own pool cue or use one provided by the centre. *Available at WSC*

Canasta: This is a card game resembling rummy, using two packs. It is usually played by two pairs of partners, and the aim is to collect sets (or melds) of cards. Come out and try something new. No experience necessary. *Available at WSC*

Centre Singers: Have a great time singing your favorites with this large, energetic and talented group. All are welcome to join. No singing experience necessary. *Available at WSC*

Cribbage: This is a card game traditionally for two players, but commonly played with three, four, or more, that involves playing and grouping cards in combinations which gains points. Come out and try something new! *Available at ESC & WSC*

Euchre: Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules and are looking to meet new friends. Must be in attendance at by 12:45pm to play. *Available at WSC*

Mahjong: An ancient Chinese tile game with the object to make a winning combination of pieces. If you're looking to have fun playing a strategic game, come out and try North American rules Mahjong. *Available at ESC & WSC. Chinese Classic rules also available at WSC.*