



Nov/Dec 2018 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/ 12:30-4:00	LAPIDARY* 9:00am-11:30am/ 12:30pm-4:00pm	WII (LEAGUE) 9:30am-11:30am
CENTRE SINGERS 9:30am-10:30am	PING PONG 9:00am-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	WII (LEAGUE) 9:30am-11:30am	WII (LEAGUE) 9:30am-11:30am	PICKLEBALL 4 FUN 9:00am— 10:30pm	MILE AT A TIME 9:30am-10:30am
CERAMICS* 9:30am-3:30pm	KNITTING/CROCHETING 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	CONCERT BAND 9:30am-12:00pm	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	WIRE-WRAPPING -INT 10:00am-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	PICKLEBALL 4 FUN 1:00pm - 4:00pm	CRAFT WORKSHOPS* 1:00pm— 3:00pm	DROP-IN PAINTING 12:30-3:30 New	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 New	PEPPER 12:45pm-4:00pm	EUCHRE 12:45pm-4:00pm
SEWING-INT/ADV 12:30pm-3:30pm	CHINESE MAHJONG 1:00pm-3:30pm New	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 1:00pm-2:30pm
TAI CHI—BEG* 2:00pm-3:30pm	QIGONG (STARTS SEPT 18) 2:30pm-3:30pm		MAHJONG 1:00pm-3:30pm	CONDITIONING* Nov. 9—Dec. 14 (6) \$18.00 mem/\$48.00 non
			TAI CHI—INT* 2:00pm-4:00pm	

Chair Massage*:

Mondays: Nov 5, Dec 3, 10, 17

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: Nov 5—Dec 17 (6)

Cost: \$9.00 member/ \$39.00 non

Lapidary & Silversmithing*:

Cost: \$20 annually

Round Dancing:

Nov 7—Dec 12

Scrapbooking*:

Material fees apply.

Yoga: Chair/Floor*:

Tuesdays: 1pm – 2pm (7)

November 6—December 18

Cost: \$10.50 member/ \$45.50 non

Thursdays: 9:30-10:30 (7)

November 1—December 20

Cost: \$10.50 member/ \$45.50 non

LaBlast*:

Thursdays: Nov 1—Dec 20 (8)

Cost: \$12.00 member/ \$52.00 non

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

Line Dancing:

Cost: \$2/class/member

\$2/class + \$5 drop-in fee/non

Nov 2—Dec 14 (no class Nov 9)

Program Cancellations & Changes

Friday Nov. 2—Euchre Cancelled

Thursday Nov. 8—Pepper Cancelled

Friday Nov. 9—Line Dancing Cancelled

Monday Nov. 12— Both Centres Closed

Thursday Nov. 15—Yoga Cancelled

Thursday Nov. 29—Pickleball Cancelled

Tuesday Dec. 11—Ping-pong Cancelled

For a full list of changes visit:

www.liferafterfifty.ca



Nov/Dec 2018 Programs - LAF East Side Centre

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

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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
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	INVESTORS GROUP** 10:30am - 12:30pm	SCRABBLE 10:00am - 12:00pm
PILATES* 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 12:45pm - 3:45pm	LINE DANCING - BEG* 12:00pm - 1:00pm	CHAIR MASSAGE* 12:30pm - 2:30pm	PICKLEBALL 1:15pm - 3:15pm	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* 2:05pm - 3:05pm		

Line Dancing*:

Cost: \$2/class/member
\$2/class + \$5 drop-in fee/non.
Last class on December 11th,
returns January 8th.

Core & Balance*:

Wednesdays: Nov. 7 - Dec. 19(6)
Cost: \$9.00 members/ \$39.00 non

LaBlast*

Fridays: Nov. 16 - Dec. 14 (5)
Cost: \$7.50 member/ \$32.50 non

Pilates*:

Mondays: Nov. 5 - Dec. 17(5)
Cost: \$7.50 members/ \$32.50 non

Yoga (Chair and/or Floor)*:

Wednesdays: Nov. 7 - December 19(7)
Cost: \$10.50 members/ \$45.50 non

Fridays: Nov. 2 - Dec. 21(7)

Cost: \$10.50 members/ \$45.50 non

Zumba Gold*

Tuesdays: Nov. 6 - Dec. 18 (7)
Cost: \$10.50 member/ \$45.50 non

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

Program Cancellations and Changes

Monday November 12—Both Centres CLOSED for Remembrance Day

Friday, November 9 - Yoga is CANCELLED

Monday, November 19—Pilates is CANCELLED

Wednesday November 21 - Core & Balance CANCELLED

Thurs. November 22—Mile at a Time is CANCELLED. Investment Study Group mtg moved to LAF West Side for the day.

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.