



May/June Programs - LAF West Side Centre

Last Updated; April 25, 2018

635 McEwan Ave., Windsor, ON

* = 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	PEPPER 9:30am-12:30pm
PICKLEBALL 4 FUN 9:00am-10:30am	LAPIDARY* 9:00am-4:00pm	PICKLEBALL 4 FUN 9:00am-10:30am	LAPIDARY* 9:00am-4:00pm	CERAMICS* 9:30am-4:00pm	PICKLEBALL 4 FUN 9:15am-12:30pm
CENTRE SINGERS 9:30am-10:30am	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
SEWING— BEG 9:30am-11:30am	KNITTING & CROCHETING 9:30am-11:30am	LAF FITNESS 11:00am-12:00pm	WOODSHOP 9:00am-11:30am	SCRABBLE 9:30am-11:30am	MILE AT A TIME 10:00am-11:00am
CERAMICS* 9:30am-4:00pm	CONCERT BAND 9:30am-12:00pm	COLOURING CLUB 12:00pm-3:30pm	YOGA: CHAIR/ FLOOR* 9:30am-10:30am	LINE DANCE BEG* 9:30am— 10:30am	PING PONG 11:00am-12:30pm
LAF FITNESS 11:00am-12:00pm	PICKLEBALL 4 FUN 1:00pm - 4:00pm	SHUFFLEBOARD 12:30pm-3:00pm	SEWING-INT/ADV 9:30am-3:30pm	MILE AT A TIME 10:00am-11:00am	
CHAIR MASSAGE* 11:30am-2:30pm	ESSETRICS*(A) 1:00pm-2:00pm	CRAFT CREATIONS* 1:00pm—3:00pm	PEPPER 12:45pm-4:00pm	LINE DANCE INT* 10:30am- 11:30am	
SHUFFLEBOARD 12:30pm-3:00pm	SCRAPBOOKING* 1:30pm-3:30pm	LINE DANCE BEG* 2:00pm-3:00pm	LABLAST* 1:00pm—1:45pm	EUCHRE 12:45pm-4:00pm	
SEWING-INT/ADV 12:30pm-3:30pm	TAI CHI—INT* 2:15pm-4:00pm	LINE DANCE INT* 3:00pm-4:00pm	CANASTA 1:00pm-4:00pm	MAHJONG 12:30pm-3:00pm	
ZUMBA GOLD* 1:00-1:30pm			MAHJONG 12:30pm-3:00pm	Total Body Conditioning 1:00pm—2:30pm	
TAI CHI—BEG* 2:00pm-3:30pm					

Chair Massage*

Mondays:

May 14,28 June 11,18,25

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

Yoga*

Thursdays: May 3—June 28 (7)

Cost: \$10.50 member/ \$45.50 non

Essentrics* (Apprentice)

Tuesdays: May 15—June 26 (7)

Cost: \$10.50 member/ \$45.50 non

Line Dancing* Cost: \$1/class/member

\$1/class + \$5 drop-in fee/non

Zumba Gold*

Mondays: May 7—June 25 (7)

Cost: \$10.50 member/ \$45.50 non

Total Body Conditioning*

Fridays: May 4—June 29 (9)

Cost: \$27 member/ \$72 non

LaBlast*

Thursdays: May 3—June 28 (7)

Cost: \$10.50 member/ \$45.50 non

Lapidary & Silversmithing*

Must be a LAF member.

Cost: \$20 annually

Scrapbooking* Material fees apply.

Program Cancellations & Changes

Tuesday May 1—Essentrics and Tai Chi are CANCELLED.

Saturday May 5—Centre CLOSED.

Wednesday May 9—LAF Fitness is going for a walk!

Saturday May 19 & Monday May 21: BOTH Centres are CLOSED

Thursday June 7—Yoga and LaBlast are CANCELLED.

Thursday June 21—All programs CANCELLED

For a full list of changes visit:

www.lifeafterfifty.ca

519-254-1108



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8787 McHugh St., Windsor, ON

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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
PILATES* 11:05am-12:05pm	CREATIVE CRAFTS 10:00am - 3:00pm	CRIBBAGE 10:00am—12:00pm	INVESTORS GROUP** 10:30am - 12:30pm	SCRABBLE 10:00am - 12:00pm
WALKABOUTS 10:30am - 1:00pm	ZUMBA GOLD* 10:00am - 10:30am	PICKLEBALL 10:30am - 12:30pm	LINE DANCING - BEG* 12:00pm - 1:00pm	QIGONG 11:00am - 12:00pm
COMPUTER LAB 12:00pm - 4:00pm	QIGONG 11:00am-12:00pm	YOGA: CHAIR/FLOOR* 11:30am - 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-1:00pm	CHAIR MASSAGE* <small>Once per month, call ESC for dates</small> 12:30pm - 2:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	YOGA: FLOOR* 1:30pm - 2:30pm
PEPPER 12:45pm - 4:00pm	LINE DANCING - BEG* 12:00pm - 1:00pm	MAHJONG 1:00pm - 3:30pm	PICKLEBALL 1:15pm - 3:15pm	PICKLEBALL 1:30pm - 3:30pm
PICKLEBALL 1:30pm - 3:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	LAF FITNESS 1:00pm - 2:00pm		
TAI CHI - ADV 1:00pm - 2:30pm		CORE & BALANCE* 2:05pm - 3:05pm		
WATERCOLOUR PAINTING CLUB drop in 1:00pm - 3:00pm				

Pilates*
Mondays: May 7— June 25(7)
Cost: \$10.50 members/ \$45.50 non
No class on Mon. May 21

Core & Balance*
Wednesdays: May 2-June 27(9)
Cost: \$13.50 members/ \$58.50 non

Computer 1on1: By appointment**

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

Mini-Foot Reflexology: \$15 for 15/20 minutes

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

Investors Discussion Group*
Registration required**

Yoga (Chair and/or Floor)*
Wednesdays: May 2– June 27 (9)
Cost: \$13.50 members/ \$58.50 non

Fridays: May 4– June 29 (9)
Cost: \$13.50members/ \$58.50non

Zumba Gold*
Tuesdays: May 1 –June 26 (9)
Cost: \$13.50member/ \$58.50 non

Program Cancellations & Changes

Thursday May 17 & May 24—Line Dancing classes are CANCELLED (no gym available).

Monday May 21 - both locations of LAF CLOSED for Victoria Day.

For a full list of changes visit:

www.lifeafterfifty.ca

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