



# July/Aug Programs - LAF West Side Centre

Last Updated; July 3, 2018

635 McEwan Ave., Windsor, ON

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BILLIARDS</b> 8:45am-4:00pm	<b>BILLIARDS</b> 8:45am-4:00pm	<b>BILLIARDS</b> 8:45am-4:00pm	<b>BILLIARDS</b> 8:45am-4:00pm	<b>BILLIARDS</b> 8:45am—4:00pm
<b>COMPUTER LAB</b> 8:45am-4:30pm	<b>COMPUTER LAB</b> 8:45am-4:30pm	<b>COMPUTER LAB</b> 8:45am-4:30pm	<b>COMPUTER LAB</b> 8:45am-4:30pm	<b>COMPUTER LAB</b> 8:45am-4:00pm
<b>CRIBBAGE</b> 9:00am-11:30am	<b>CRIBBAGE</b> 9:00am-11:30am	<b>CRIBBAGE</b> 9:00am-11:30am	<b>CRIBBAGE</b> 9:00am-11:30am	<b>CRIBBAGE</b> 9:00am-11:30am
<b>PICKLEBALL 4 FUN</b> 9:00am-10:30am	<b>LAPIDARY*</b> 9:00am-4:00pm	<b>PICKLEBALL 4 FUN</b> 9:00am-10:30am	<b>LAPIDARY*</b> 9:00am-4:00pm	<b>CERAMICS*</b> 9:30am-4:00pm
<b>CENTRE SINGERS</b> 9:30am-10:30am	<b>WOODSHOP</b> 9:00am-11:30am	<b>SILVERSMITHING*</b> 9:00am-4:00pm	<b>WOODSHOP</b> 9:00am-11:30am	<b>PING PONG</b> 9:30am-12:00pm
<b>CERAMICS*</b> 9:30am-4:00pm	<b>PICKLEBALL 4 FUN</b> 9:00am-11:30am	<b>LAF FITNESS</b> 11:00am-12:00pm	<b>PICKLEBALL 4 FUN</b> 9:00am—12:00pm	<b>SCRABBLE</b> 9:30am-11:30am
<b>SEWING-BEG</b> 9:30am-11:30pm	<b>KNITTING &amp; CROCHETING</b> 9:30am-11:30am	<b>COLOURING CLUB</b> 12:00pm-3:30pm	<b>YOGA: CHAIR/FLOOR*</b> 9:30am-10:30am	<b>MILE AT A TIME</b> 10:00am-11:00am
<b>LAF FITNESS</b> 11:00am-12:00pm	<b>MILE AT A TIME</b> 1:00pm-2:00pm	<b>SHUFFLEBOARD</b> 12:30pm-3:00pm	<b>SEWING-INT/ADV</b> 9:30am-3:30pm	<b>EUCHRE</b> 12:45pm-4:00pm
<b>CHAIR MASSAGE*</b> 11:30am-2:30pm	<b>PICKLEBALL 4 FUN</b> 1:00pm - 4:00pm	<b>CRAFT CREATIONS*</b> 1:00pm—3:00pm	<b>MILE AT A TIME</b> 1:00pm-2:00pm	<b>MAHJONG</b> 12:30pm-3:00pm
<b>SHUFFLEBOARD</b> 12:30pm-3:00pm	<b>SCRAPBOOKING*</b> 1:30pm-3:30pm		<b>PEPPER</b> 12:45pm-4:00pm	<b>TOTAL BODY CONDITIONING</b> 1:00pm—2:30pm
<b>SEWING-INT/ADV</b> 12:30pm-3:30pm	<b>TAI CHI—INT*</b> 2:00pm-4:00pm		<b>CANASTA</b> 1:00pm-4:00pm	
<b>TAI CHI—BEG*</b> 2:00pm-3:30pm			<b>MAHJONG</b> 12:30pm-3:00pm	

### Chair Massage\*

**Mondays:** July 9, 16, 23 Aug: TBA  
**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:** July 5—Aug 23 (6)  
**Cost:** \$9.00 member/ \$39.00 non  
No Classes July 12

**Total Body Conditioning\***  
**Fridays:** July 13—Aug 24 (7)  
**Cost:** \$21.00 member/ \$56 non

### Programs on Summer Hiatus. Check back in September for these programs.

- Zumba Gold\*
- Line Dancing\* (will be in on Friday July 27 9:00-12:00pm)
- Round Dancing
- LaBlast
- Concert Band
- Essentrics

**Lapidary & Silversmithing\***  
*Must be a LAF member.*  
Cost: \$20 annually

**CRAFT CREATIONS\*:** 1st and 3rd  
Wednesday of every month.

**Scrapbooking\*** Material fees apply.

### Program Cancellations & Changes

**Fridays only from June 29—August 24:**  
WSC closes at 4:00pm on Fridays.

**Monday July 2—Both Centres CLOSED**

**Wednesday July 25—LAF Fitness is going  
for a walk!**

**Monday August 6—Both Centres CLOSED**

**August 27 –31—West Side Centre CLOSED  
the entire week!**

For a full list of changes visit:  
[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

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



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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
<b>MILE AT A TIME</b> 8:45am-9:45am	<b>COMPUTER LAB</b> 8:30am-4:00pm	<b>COMPUTER LAB</b> 8:30am-4:00pm	<b>MILE AT A TIME</b> 8:45am-9:45am	<b>COMPUTER LAB</b> 8:30am-4:00pm
<b>COMPUTER 1 on 1**</b> 10:00am-12:00pm	<b>MILE AT A TIME</b> 8:45am-9:45am	<b>MILE AT A TIME</b> 8:45am-9:45am	<b>COMPUTER 1 on 1 **</b> 9:00am-11:00am	<b>MILE AT A TIME</b> 8:45am-9:45am
<b>TAI CHI - BEG. ***</b> 10:00am-11:00am	<b>MAHJONG</b> 9:00am-12:00pm	<b>TAI CHI - ADV</b> 10:00am-11:30am	<b>CREATIVE CRAFTS</b> 10:00am-3:00pm	<b>MAHJONG</b> 9:00am-12:30pm
<b>PILATES*</b> 11:05am-12:05pm	<b>CREATIVE CRAFTS</b> 10:00am-3:00pm	<b>CRIBBAGE</b> 10:00am-12:00pm	<b>INVESTORS GROUP**</b> 10:30am-12:30pm	<b>LAF FITNESS</b> 12:15pm-1:15pm
<b>COMPUTER LAB</b> 12:00pm-4:00pm	<b>QIGONG***</b> 10:00am-11:15am	<b>PICKLEBALL</b> 10:30am-12:30pm	<b>LINE DANCING - BEG*</b> 12:00pm-1:00pm	<b>YOGA: FLOOR*</b> 1:30pm-2:30pm
<b>LAF FITNESS</b> 12:15pm-1:15pm	<b>INTRO TO QIGONG</b> 11:30am-12:00pm	<b>YOGA: CHAIR/FLOOR*</b> 11:30am-12:30pm	<b>COMPUTER LAB</b> 12:30pm-4:00pm	<b>PICKLEBALL</b> 1:30pm-3:30pm
<b>PEPPER</b> 12:45pm-4:00pm	<b>LINE DANCING - BEG*</b> 12:00pm-1:00pm	<b>CHAIR MASSAGE*</b> <small>Once per month; call ESC for dates</small> 12:30pm-2:30pm	<b>LINE DANCING - INT*</b> 1:00pm-2:30pm	
<b>PICKLEBALL</b> 1:30pm-3:30pm	<b>LINE DANCING - INT*</b> 1:00pm-2:30pm	<b>MAHJONG</b> 1:00pm-3:30pm	<b>PICKLEBALL</b> 1:15pm-3:15pm	
<b>TAI CHI - ADV</b> 1:00pm-2:30pm		<b>LAF FITNESS</b> 1:00pm-2:00pm		
<b>WATERCOLOUR PAINTING CLUB drop in</b> 1:00pm-3:00pm		<b>CORE &amp; BALANCE*</b> 2:05pm-3:05pm		

\*\*\*"Intro to Qigong" is a requirement prior to attending "Qigong".

**Pilates\***  
**Mondays: July 9 - August 27 (7)**  
**Cost:** \$10.50 members/ \$45.50 non  
 No class on Mon. July 2 & August 6

**Core & Balance\***  
**Wednesdays: July 4 - August 29 (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

**Yoga (Chair and/or Floor)\***  
**-Wednesdays: July 4 - August 29 (7)**  
**Cost:** \$10.50 members/ \$45.50 non  
**-Fridays: July 6 - August 31 (7)**  
**Cost:** \$10.50 members/ \$45.50 non

**Investors Discussion Group\***  
 Registration required\*\*  
 Basic knowledge of investing is required to join the group.

### Program Cancellations & Changes

**Monday July 2 - Both locations of LAF are CLOSED for Canada Day.**

**Friday July 6 - Pickleball CANCELLED, no access to the gym**

**Tuesday July 17 - Mile at a Time & both Qigong classes CANCELLED due to special event.**

**Tuesday July 31 through Thursday August 16 - Beginner and Regular Line Dancing CANCELLED**

**Monday August 6 - both locations of LAF are CLOSED for Civic Holiday**

**Programs on Summer Hiatus returning in September: Scrabble, Walkabouts, Zumba Gold**

**\*\*\*Beg. Tai Chi: Instructor is away in July & August; participants are welcome to come in and practice.**

**Qigong will ONLY take place on Tuesdays in July and August.**