



# Sept/Oct 2018 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
<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>WALKABOUTS</b> 10:30am - 1:00pm	<b>CREATIVE CRAFTS</b> 10:00am - 3:00pm	<b>CRIBBAGE</b> 10:00am-12:00pm	<b>INVESTORS GROUP**</b> 10:30am - 12:30pm	<b>SCRABBLE</b> 10:00am - 12:00pm
<b>PILATES*</b> 11:05am-12:05pm	<b>ZUMBA GOLD*</b> 10:00am - 10:30am	<b>PICKLEBALL</b> 10:30am - 12:30pm	<b>LINE DANCING - BEG*</b> 12:00pm - 1:00pm	<b>QIGONG</b> 10:45am - 12:00pm
<b>COMPUTER LAB</b> 12:00pm - 4:00pm	<b>QIGONG</b> 10:45am-12:00pm	<b>YOGA: CHAIR/FLOOR*</b> 11:30am - 12:30pm	<b>COMPUTER LAB</b> 12:30pm - 4:00pm	<b>LAF FITNESS</b> 12:15pm - 1:15pm
<b>LAF FITNESS</b> 12:15pm-1:15pm	<b>INTRO to QIGONG</b> 12:00pm-12:45pm	<b>CHAIR MASSAGE*</b> 12:30pm - 2:30pm	<b>LINE DANCING - INT*</b> 1:00pm - 2:30pm	<b>YOGA: FLOOR*</b> 1:30pm - 2:30pm
<b>PEPPER</b> 12:45pm - 3:45pm	<b>LINE DANCING - BEG*</b> 12:00pm - 1:00pm	<b>MAHJONG</b> 1:00pm - 3:30pm	<b>PICKLEBALL</b> 1:15pm - 3:15pm	<b>PICKLEBALL</b> 1:30pm - 3:30pm
<b>PICKLEBALL</b> 1:30pm - 3:30pm	<b>LINE DANCING - INT*</b> 1:00pm - 2:30pm	<b>LAF FITNESS</b> 1:00pm - 2:00pm		
<b>TAI CHI - ADV*</b> 1:00pm - 2:30pm		<b>CORE &amp; BALANCE*</b> 2:05pm-3:05pm		
<b>WATERCOLOUR PAINTING CLUB drop in</b> 1:00pm - 3:00pm				

**Core & Balance\*:**  
Wednesdays: Sept. 5- Oct. 31(8)  
Cost: \$12.00 members/ \$52.00 non

**Pilates\*:**  
Mondays: Sept. 10- Oct. 29 (6)  
Cost: \$9.00 members/ \$39.00 non

**Zumba Gold\*:**  
Tuesdays: Sept. 11-Oct. 30 (7)  
Cost: \$10.50 member/ \$45.50 non

**Yoga (Chair and/or Floor)\*:**  
Wednesdays: Sept. 5- Oct. 31(9)  
Cost: \$13.50 members/ \$58.50 non  
Fridays: Sept. 7 - Oct. 26(8)  
Cost: \$12.00 members/ \$52.00 non

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

**Line Dancing\*:**  
Cost: \$2/class/member  
\$2/class + \$5 drop-in fee/non.  
-Resumes September 4

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

**Computer 1on1\*\*:** By appointment

### Program Cancellations and Changes

**Monday September 3**—both locations of LAF will be CLOSED for Labour Day.  
**September 4 to September 14**—Qigong Instructor will be away however the group is welcome to come in and practice.  
**Pilates class is CANCELLED on October 1 and Core&Balance class is CANCELLED on October 3.**  
**Monday October 8** - both Centres CLOSED for Thanksgiving Day.  
**Friday October 12** - LAF Fitness and Pickleball are CANCELLED due to LAF HEALTH FAIR.  
**Friday October 19**—LAF Fitness and Pickleball are CANCELLED due to a special event hosted by WFCU.  
**Tuesday October 30**—Mile at a Time, Qigong and Zumba Gold are CANCELLED due to special event.

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



# Sept/Oct 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
<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-4:30pm
<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>ADVANCED SENIOR FITNESS</b> <b>NEW</b> 9:00am-9:45am	<b>LAPIDARY*</b> 9:00am-11:30am/ 12:30pm-4:00pm	<b>PICKLEBALL 4 FUN</b> 9:00am-10:30am	<b>LAPIDARY*</b> 9:00am-11:30am/ 12:30pm-4:00pm	<b>WII (LEAGUE)</b> 9:30am-11:30am
<b>CENTRE SINGERS</b> 9:30am-10:30am	<b>PING PONG</b> 9:00am-11:30am	<b>SILVERSMITHING*</b> 9:00am-11:30am/ 12:30-4:00	<b>WII (LEAGUE)</b> 9:30am-11:30am	<b>CERAMICS*</b> 9:30am-4:00pm
<b>SEWING- BEG</b> 9:30am-11:30am	<b>WII (LEAGUE)</b> 9:30am-11:30am	<b>WII (LEAGUE)</b> 9:30am-11:30am	<b>PICKLEBALL 4 FUN</b> 9:00am-10:30pm	<b>MILE AT A TIME</b> 9:30am-10:30am
<b>CERAMICS*</b> 9:30am-3:30pm	<b>KNITTING/CROCHETING</b> 9:30am-11:30am	<b>CRAFT DROP-IN***</b> 10:00am-11:30am	<b>YOGA: CHAIR/FLOOR*</b> 9:30am-10:30am	<b>SCRABBLE</b> 9:30am-11:30am
<b>PICKLEBALL 4 FUN</b> 10:00am - 12:00pm	<b>CONCERT BAND</b> 9:30am-12:00pm	<b>LAF FITNESS</b> 11:00am-12:00pm	<b>SEWING-INT/ADV</b> 9:30am-3:30pm	<b>PING PONG</b> 10:30am-12:00pm
<b>CHAIR-ERCISE</b> <b>NEW</b> 11:00am-11:45pm	<b>PICKLEBALL 4 FUN</b> 1:00pm - 4:00pm	<b>COLOURING CLUB</b> 12:00pm-3:30pm	<b>LAF FITNESS</b> <b>NEW</b> 11:00am-12:00pm	<b>LINE DANCE BEG*</b> 9:30am- 10:30am
<b>CHAIR MASSAGE*</b> 11:30am-2:30pm	<b>YOGA: CHAIR/FLOOR*</b> 1:00pm-2:00pm <b>NEW</b>	<b>SHUFFLEBOARD</b> 12:30pm-3:00pm	<b>PEPPER</b> 12:45pm-4:00pm	<b>LINE DANCE INT*</b> 10:30am- 11:30am
<b>SHUFFLEBOARD</b> 12:30pm-3:00pm	<b>BOARD GAME DROP-IN</b> <b>NEW</b> 1:00pm- 3:00pm	<b>CRAFT WORKSHOPS*</b> 1:00pm-3:00pm	<b>LABLAST</b> 1:00pm-1:45pm	<b>EUCHRE</b> 12:45pm-4:00pm
<b>SEWING-INT/ADV</b> 12:30pm-3:30pm	<b>SCRAPBOOKING*</b> 1:30pm-3:30pm	<b>ROUND DANCE 1</b> 2:00pm-3:00pm	<b>CANASTA</b> 1:00pm-4:00pm	<b>MAHJONG</b> 1:00pm-4:00pm
<b>ZUMBA GOLD*</b> 1:00pm-1:30pm	<b>QIGONG (STARTS SEPT 18)</b> <b>NEW</b> 2:30pm-3:30pm	<b>ROUND DANCE 2</b> 3:00pm-4:00pm	<b>MAHJONG</b> 1:00pm-4:00pm	<b>TOTAL BODY CONDITIONING*</b> 1:00pm-2:30pm
<b>TAI CHI—BEG*</b> 2:00pm-3:30pm	>All Programs require a membership or \$5 day pass. >>>Non-member fees for Paid programs include day		<b>TAI CHI—INT*</b> <b>NEW</b> 2:00pm-4:00pm	

**Chair Massage\*:**  
Mondays: Sept 10, Oct 1 & 29  
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  
- Resumes Sept 10

**Zumba Gold\*:**  
Mondays: Sept 10—Oct 29 (7)  
Cost: \$10.50 member/ \$45.50 non

**Lapidary & Silversmithing\*:**  
Cost: \$20 annually

**Yoga: Chair/Floor\*:**  
Tuesdays: 1pm - 2pm (8)  
September 11—Oct 30 (NEW)  
Cost: \$12.00 member/ \$52.00 non

**Thursdays:** 9:30-10:30 (7)  
September 13—Oct 25  
Cost: \$10.50 member/ \$45.50 non

**LaBlast\*:**  
Thursdays: Sept 13—Oct 25 (7)  
Cost: \$10.50 member/ \$45.50 non

**Scrapbooking\*:** Material fees apply.

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

**Line Dancing:** Cost: \$2/class/member  
\$2/class + \$5 drop-in fee/non  
-Resumes September 7

**Round Dancing:** -Resumes September 12

**Total Body Conditioning\*:**  
Fridays: September 14—Oct 26 (7)  
Cost: \$21.00 member/ \$56.00 non

### Program Cancellations & Changes

**Monday September 3**—Centre Closed

**Monday October 8** —Centre Closed

For a full list of changes visit:

[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

**Craft Drop-in\*\*\*** 1st Wednesday of every month

## 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*

**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 class involves a total body workout for any fitness level through cardio and strength training. Exercises can be modified to fit all intensities and can be a combination of sitting and standing exercises. Weights and 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 enjoyable 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

**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 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*

**Board Games:** A different game will be featured each week. Come out and enjoy a fun time with friends. *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 that is played similar to the game Rummy. If you're looking to have fun playing a strategic game, come out and try Mahjong. *Available at ESC & WSC*

**Pepper:** If you like Euchre, you'll love Pepper! This is an easy game to learn and offers opportunities for strategy, both in the bidding and the playing portion of the game. *Available at ESC & WSC*