

May/June Programs - LAF West Side Centre

LAF West Side Centre: 635 McEwan Ave. Windsor, ON; 519-254-1108 / www.lifeafterfifty.ca

*= 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 8:45am-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	PICKLEBALL 4 FUN 9:15am-12:30pm
PICKLEBALL 4 FUN 9:00am-10:30am	LAPIDARY* 8:30am-11:30am	PICKLEBALL 4 FUN 9:00am-10:00am	LAPIDARY* 8:30am-11:30am	LINE DANCE BEG* 9:30am— 10:30am	PEPPER 9:30am-12:30pm
CENTRE SINGERS 9:30am-10:30am	WII OPEN BOWLING 9:00am-12:00pm	SILVERSMITHING* 9:00am-4:00pm	WII OPEN BOWLING 9:00am-12:00pm	PING PONG 9:30am-12:00pm	LAPIDARY* 9:30am-12pm
SEWING— BEG 9:30am-11:30am	WOODSHOP 9:00am-1:00pm	CRAFT WORKSHOP See flyers for info	PICKLEBALL 4 FUN 9:00am— 12:00pm	CERAMICS* 9:30am-4:00pm	TOTAL BODY FITNESS 10:00am-11:00am
CERAMICS* 9:30am-4:00pm	KNITTING & CROCHETING 9:30am-11:30am	LAF FITNESS 10:30am-11:30pm	WOODSHOP 9:00am-1:00pm	LINE DANCE INT* 10:30am- 11:30am	
LAF FITNESS 11:00am-12:00pm	PING PONG 9:30am-12:00pm	COLOURING CLUB 12:00pm-3:30pm	YOGA: CHAIR/ FLOOR* 9:30am-10:30am	EUCHRE 12:45-4:00pm	
CHAIR MASSAGE* 11:30am-2:30pm	PICKLEBALL 4 FUN 9:00am-11:30am	FIT FOR LIFE* 12:15pm-1:45pm	SEWING-INT/ADV 9:30am-3:30pm	MAJONG 1:00pm-4:00pm	
SHUFFLEBOARD 12:30pm-3:00pm	PICKLEBALL 4 FUN 12:30pm - 4:00pm	SHUFFLEBOARD 12:30pm-3:00pm	PEPPER 12:45pm-4:00pm	FIT FOR LIFE * 1:00pm-2:30pm	
SEWING-INT/ADV 12:30pm-3:30pm	LAPIDARY* 1:00pm-4:00pm	WII (LEAGUE) 1:00pm-2:30pm	LAPIDARY* 1:00pm-4:00pm		
ZUMBA GOLD* 1:00-1:30pm	SCRAPBOOKING* 1:30pm-3:30pm	ROUND DANCE 1 2:00pm-3:00pm	LABLAST* 1:00pm— 1:45pm		
TAI CHI—BEG* 2:00pm-3:30pm	TAI CHI—INT* 2:30pm-4:00pm	ROUND DANCE 2 3:00pm-4:00pm	CANASTA 1:00pm-4:00pm		
			MAHJONG 1:00pm-4:00pm		

Program Cancellations and Changes

Wednesday May 10: LAF Fitness is going for a walk!

Saturday May 20: Centre is **CLOSED**
Monday May 22: Centre is **CLOSED**

Thursday June 22 - BETTER LIVING DAY! ALL REGULAR PROGRAMS **CANCELLED**

Friday June 30 - Centre is **CLOSED**

Yoga: Chair/Floor
Thursdays: May 4 — July 28 (12)
Cost: \$18 members/ \$60non

Ceramics:
Material fees apply. Register at reception

Lapidary & Silversmithing

Must be a LAF member.
Cost: \$20 annually

Line Dancing: Cost: \$2/class

Tai Chi: Cost: \$2/ class

Scrapbooking

Tuesdays: May 2—June 27
Material fees apply.

LaBlast

Thursdays: May 4 — June 29 (8)
Cost: \$12.00 members/\$40 non

Chair Massage:

Mondays: May 15, 29 June 12, 19, 26
Cost: \$10 members/ \$12 non

Fit For Life:

Wed: May 3 — June 28 (9)
Cost: \$27 members/ \$45 non

Fridays: May 5 — June 23 (8)
Cost: \$24 members/ \$40 non

Zumba Gold:

Mondays: May 1—June 26 (8)
Cost: \$12.00 members/ \$40 non

As of May 1, 2017, ALL programs require you to be a member or \$5/day drop in fee.



May/June Programs - LAF East Side Centre

Last Updated; May 10, 2017

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*= 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** 9:00am - 11:00am	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 *Last class May 15	MAHJONG 9:00am - 12:00pm	TAI CHI - ADV 10:00am - 11:30am	CREATIVE CRAFTS 10:00am - 3:00pm	MAHJONG 9:00am - 12:30pm
WALKABOUTS 10:00am - 12:30pm	CRAFT WORKSHOP See flyers for info	CRIBBAGE 10:00am—12:00pm	INVESTORS GROUP** 10:30am - 12:30pm	SCRABBLE 10:00am - 12:00pm
PILATES* 11:15am - 12:15pm	ZUMBA GOLD* 9:45am - 10:15am	PICKLEBALL 10:30am - 12:30pm	LINE DANCING - BEG* 12:00pm - 1:00pm	LABLAST * 11:15am - 12:00pm
PEPPER 12:45pm - 4:00pm	LINE DANCING - BEG* 12:00pm - 1:00pm	YOGA (CHAIR/FLOOR)* 11:30am - 12:30pm	COMPUTER LAB 12:30pm - 4:30pm	LAF FITNESS 12:15pm - 1:15pm
PICKLEBALL 1:00pm - 3:00pm	CHAIR MASSAGE* 12:30pm - 2:30pm	COLOURING CLUB 12:30pm - 3:30pm	BRIDGE 12:45pm - 3:45pm	PICKLEBALL 1:30pm - 3:30pm
TAI CHI - ADV 1:00pm - 2:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	MAHJONG 1:00pm - 3:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	YOGA (FLOOR)* 1:30pm - 2:30pm
SILVERSNEAKERS 1:15pm - 2:15pm	CANASTA 1:00pm - 3:30pm	LAF FITNESS 1:00pm - 2:00pm	PICKLEBALL 1:15pm - 3:15pm	
PAINTING WITH WATERCOLOURS CLUB (Drop in) 1:00pm - 3:00pm		CORE & BALANCE* 1:00pm - 2:00pm		

Pilates:

Mondays: May 1 – June 26 (8)
Cost: \$12.00 members/ \$40 non

Zumba Gold:

Tuesdays: May 2 — June 27 (7)
Cost: \$10.50 members/ \$35 non

Line Dancing: Cost: \$2/class

Investors Discussion Group:

Registration required**

Yoga (Chair and/or Floor):

Wednesdays: May 3 — June 28 (9)
Cost: \$13.50 members/ \$45 non
Fridays: May 5 — June 23 (7)
\$12.00 members/ \$40 non

Core & Balance:

Wednesdays: May 3 — June 28 (9)
Cost: \$13.50 members/ \$45 non

La Blast:

Fridays: June 2—June 23 (4)
Cost: \$6.00 members/ \$20 non

Chair Massage:

once per month
Cost: \$10 members/ \$12 non

Computer 1on1:

By appointment only.**

Program Cancellations and Changes

Monday May 8—Beginner Tai Chi CANCELLED

****Beginner Tai Chi will take place May 15th, then cancelled until September

Monday May 15 through to Monday May 29—The following programs will be CANCELLED:

LaBlast, Pickleball, Beginner & Intermediate Line Dancing,, LAF Fitness, Silver Sneakers and Zumba Gold

Monday May 22 —Centre is CLOSED

June 30—Centre is CLOSED

As of May 1, 2017, ALL programs require you to be a member or \$5/day drop in fee.