

* = 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
PICKLEBALL 9:00am-10:30am	LAPIDARY* 8:30am-11:30am	PICKLEBALL 9:00am-10:00am	LAPIDARY* 8:30am-11:30am	WII (LEAGUE) 9:00am-12 noon	TOTAL BODY FITNESS 10:00am-11:00am
CENTRE SINGERS 9:30am-10:30am	WII (LEAGUE) 9:00am-12:00pm	WII (LEAGUE) 9:00am-12:00pm	WII (LEAGUE) 9:00am-12:00pm	LINE DANCE BEG* 9:30am— 10:30am	PICKLEBALL 9:15am-12:30pm
SEWING— BEG 9:30am-11:30am	WOODSHOP 9:00am-1:00pm	SILVERSMITHING* 9:00am-4:00pm	PICKLEBALL 9:00am—12:00pm	PING PONG 9:30am-12:00pm	PEPPER 9:30am-12:30pm
CERAMICS* 9:30am-4:00pm	KNITTING & CROCHETING 9:30am-11:30am	CRAFT WORKSHOP See flyers for info	WOODSHOP 9:00am-1:00pm	CERAMICS* 9:30am-4:00pm	LAPIDARY* 9:30am-12pm
LAF FITNESS 11:00am-12:00pm	PING PONG 9:30am-12:00pm	LAF FITNESS 10:30am-11:30pm	YOGA: CHAIR/ FLOOR* 9:30am-10:30am	LINE DANCE INT* 10:30am- 11:30am	
CHAIR MASSAGE* 11:30am-2:30pm	CONCERT BAND 9:30am-12:00pm	COLOURING CLUB 12:00pm-3:30pm	SEWING-INT/ADV 9:30am-3:30pm	EUCHRE 12:45-4:00pm	
SHUFFLEBOARD 12:30pm-3:00pm	PICKLEBALL 1:00pm - 4:00pm	FIT FOR LIFE* 12:15pm-1:45pm	PEPPER 12:45pm-4:00pm	MAJONG 1:00pm-4:00pm	
SEWING-INT/ADV 12:30pm-3:30pm	LAPIDARY* 1:00pm-4:00pm	SHUFFLEBOARD 12:30pm-3:00pm	LAPIDARY* 1:00pm-4:00pm	FIT FOR LIFE * 1:00pm-2:30pm	
ZUMBA GOLD* 1:00-1:30pm	SCRAPBOOKING* 1:30pm-3:30pm	WII (LEAGUE) 1:00pm-2:30pm	LABLAST* 1:00pm—1:45pm	Program Cancellations and Changes March 23— Pickleball CANCELLED April 11 - Tai Chi CANCELLED; Ping pong 9:30-11:00 Friday April 14, Saturday April 15, Monday April 17 –Centre CLOSED for Easter Holiday April 27—Pickleball 9-11:00; Pepper CANCELLED www.lifeafterfifty.ca / 519-254-1108	
TAI CHI—BEG* 2:00pm-3:30pm	TAI CHI—INT* 2:30pm-4:00pm	ROUND DANCE 1 2:00pm-3:00pm	CANASTA 1:00pm-4:00pm		
		ROUND DANCE 2 3:00pm-4:00pm	MAHJONG 1:00pm-4:00pm		

Chair Massage:

Mondays: Mar. 13, 20, 27 Apr. 10, 24
Cost: \$10 members/ \$12 non

Fit For Life:

Wed: Mar 1 — April 26 (9)
Cost: \$27 mem/ \$45 non
Fridays: Mar 3 — Apr 28 (8)
Cost: \$24 mem/ \$40 non

Zumba Gold:

Mondays: Mar 27—Apr 24 (4)
Cost: \$6.00 members/ \$20 non

Lapidary & Silversmithing

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

Line Dancing: Cost: \$2/class

Tai Chi: Cost: \$2/ class

Scrapbooking

Tuesdays: Mar 7—Apr 25 (8)
Material fees apply.

LaBlast

Thursdays: Mar 30 — Apr 20 (4)
Cost: \$7.50 mem/\$25non

Yoga: Chair/Floor

Thursdays: Mar 2 —Apr 27 (9)
Cost: \$13.50 members/ \$45non

Ceramics:

Material fees apply. Register at reception



Mar/Apr Programs - LAF East Side Centre

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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** 9:00am - 11:00am	MILE AT A TIME 8:45am - 9:45am	MILE AT A TIME 8:45am - 9:45am	CREATIVE CRAFTS 10:00am - 3:00pm	MILE AT A TIME 8:45am - 9:45am
SILVERSNEAKERS 9:45am - 10:45am	MAHJONG 9:00am - 12:00pm	TAI CHI - ADV 10:00am - 11:30am	INVESTORS GROUP** 10:30am - 12:30pm	MAHJONG 9:00am - 12:30pm
TAI CHI - BEG. 10:00am - 11:00am	CRAFT WORKSHOP See flyers for info	CRIBBAGE 10:00am—12:00pm	LINE DANCING - BEG* 12:00pm - 1:00pm	SCRABBLE 10:00am - 12:00pm
WALKABOUTS 10:00am - 12:30pm	ZUMBA GOLD* 10:00am - 10:30am	PICKLEBALL 10:30am - 12:30pm	COMPUTER LAB 12:30pm - 4:30pm	LABLAST * 11:15am - 12:00pm
PILATES* 11:15am - 12:15pm	LINE DANCING - BEG* 12:00pm - 1:00pm	YOGA (CHAIR/FLOOR)* 11:30am - 12:30pm	BRIDGE 12:45pm - 3:45pm	LAF FITNESS 12:15pm - 1:15pm
PEPPER 12:45pm - 4:00pm	CHAIR MASSAGE* 12:30pm - 2:30pm	COLOURING CLUB 12:30pm - 3:30pm	LINE DANCING - INT* 1:00pm - 2:30pm	PICKLEBALL 1:30pm - 3:30pm
PICKLEBALL 1:00pm - 3:00pm	LINE DANCING - INT* 1:00pm - 2:30pm	MAHJONG 1:00pm - 3:30pm	PICKLEBALL 1:15pm - 3:15pm	YOGA (FLOOR)* 1:30pm - 2:30pm
TAI CHI - ADV 1:00pm - 2:30pm	CANASTA 1:00pm - 3:30pm	LAF FITNESS 1:00pm - 2:00pm	Program Cancellations and Changes March 13—Silver Sneakers CANCELLED March 14 & 16—Beg. + Int. Line Dancing CANCELLED March 29: Colouring Club CANCELLED Friday Apr 14 & Monday Apr 17—Centre CLOSED	
PAINTING WITH				
WATERCOLOURS (Drop in) 1:00pm - 3:00pm		CORE & BALANCE* 1:00pm - 2:00pm		

Computer 1on1:
By appointment only.**

Pilates:
Mondays: Mar 6 – Apr 24 (7)
Cost: \$10.50 members/ \$35 non

Zumba Gold:
Tuesdays: Mar 28 — April 25 (5)
Cost: \$7.50 members/ \$25 non

Line Dancing: Cost: \$2/class

Investors Discussion Group:
Registration required**

Canasta:
Starts March 21, 2017

Yoga (Chair and/or Floor):
Wednesdays: Mar 8 —Apr 26 (8)
Cost: \$12.00 members/ \$40 non
Fridays: Mar 10 — Apr 28 (7)
\$10.50 members/ \$35 non

Core & Balance:
Wednesdays: Mar 8 — Apr 26 (8)
Cost: \$12 members/ \$40 non

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

La Blast:
Fridays: Mar 24—April 28 (5)
Cost: \$7.50 members/ \$25 non

Atlas Tube Centre March 1—March 30, 2017

TUESDAY	THURSDAY
PICKLEBALL 2:00pm- 3:30pm	PICKLEBALL 1:00pm- 3:00pm

Due to low participation numbers in several of our programs, Life After Fifty will no longer be offering programming for LAF Members at Atlas Tube Centre, commencing **April 1, 2017**.

As of April 1, 2017, anyone wishing to continue playing pickleball at Atlas Tube Centre will be required to pay Atlas Tube Centre user fees.