

# MAR/APRIL 2020 Programs - LAF East Side Centre

8787 McHugh St., Windsor, ON, 519-254-1108 ext. 201

**\* = paid program:** pre-registration required, see below for price & dates

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>ACRYLIC PAINTING BEG.</b> (returns in April) 10:00am - 12:00pm	<b>INVESTMENT DISCUSSION GROUP**</b> 10:00am - 12:00pm	<b>SCRABBLE</b> 10:00am-12:00pm
<b>PILATES*</b> 11:05am-12:05pm	<b>ZUMBA GOLD*</b> 10:00am-10:30am	<b>CRIBBAGE</b> 10:00am—12:00pm	<b>LINE DANCE - BEG*</b> 12:00pm - 1:00pm	<b>LAF FITNESS</b> 12:15pm - 1:15pm
<b>COMPUTER LAB</b> 12:00pm - 4:00pm	<b>QIGONG</b> 10:45am-12:00pm	<b>PICKLEBALL</b> 10:30am - 12:30pm	<b>COMPUTER LAB</b> 12:30pm - 4:00pm	<b>LABLAST*</b> 12:30pm-1:15pm
<b>LAF FITNESS</b> 12:15pm-1:15pm	<b>QIGONG MEDITATION</b> (open to all levels) 12:00pm-12:30pm	<b>YOGA: CHAIR/FLOOR*</b> 11:30am - 12:30pm	<b>LINE DANCE - INT*</b> 1:00pm - 2:30pm	<b>YOGA: FLOOR*</b> 1:30pm - 2:30pm
<b>PEPPER</b> 12:30pm - 3:30pm	<b>LINE DANCE *- ABSOLUTE BEGINNERS</b> 12:00pm - 1:00pm	<b>CHAIR MASSAGE*</b> once monthly 12:30pm - 2:30pm		<b>PICKLEBALL</b> 1:30pm - 3:30pm
<b>PICKLEBALL</b> 1:30pm - 3:30pm	<b>QIGONG-BEGINNER**</b> 12:30pm-1:00pm	<b>MAHJONG</b> 1:00pm - 3:30pm		
<b>TAI CHI - ADV</b> 1:00pm - 2:30pm	<b>LINE DANCE- INT*</b> 1:00pm - 2:30pm	<b>FITNESS FOR BREATH – GENTLE FITNESS</b> 1:00pm - 2:00pm	<b>Qigong-Beginner**</b> - a new participant must attend at least 4 Beginner Level classes before moving to regular Qigong.	
<b>WATERCOLOUR PAINTING CLUB drop in</b> 1:00pm - 3:00pm	<b>ESSENTRICS*</b> 1:30pm - 2:30pm			

## Essentrics (Classic Stretch)\*:

**Tuesdays:** March 3 - April 28 (8wks)  
Cost: \$12.00 members/ \$52.00 non  
No class on March 17

## LaBlast\*

**Fridays:** March 6 – April 24 (5wks)  
Cost: \$7.50 members/\$32.50 non  
No class on March 13, 20, April 10.

## Pilates\*:

**Mondays:** March 2 - April 27 (8wks)  
Cost: \$12.00 members/ \$52.00 non  
No class on April 13.

## Yoga (Chair and/or Floor)\*:

**Wednesdays:** March 4 –April 29 (9)  
Cost: \$13.50 members/ \$58.50 non

**Fridays(Floor)\*:** March 13- April 24 (6)

Cost: \$9.00 members/\$39.00 non  
No class on March 6 & April 10

## Zumba Gold\*:

**Tuesdays:** March 3–April 28 (6)  
Cost: \$9.00members/\$39.00non  
No class on March 10, 17 & 24.

## Line Dancing\*:

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

## Computer 1on1\*\*:

By appointment only

## Chair Massage/Reflexology\*:

once per month  
Cost: \$10 members/ \$12 non  
Must pre-register at reception.

## Investment Discussion Group\*\*:

Registration required.  
Basic knowledge of investing is required to join. Meets bi-weekly.

## ESC Program Cancellations and Changes

**Beg. Acrylic Painting** will return in April.

**Wednesday Mar. 4** - Gentle Fitness & Pickleball **CANCELLED**. Gym not available.

**Tuesday Mar. 17** - Mile at a Time, all Qigong classes & Essentrics **CANCELLED** (Special Event)

**Tuesday Mar. 17 & Thurs. Mar. 19** - all Line Dancing classes **CANCELLED**.

**Tuesday Apr. 7** -Line Dancing classes **CANCELLED**.

**Friday Apr. 10**—Both Centres are **CLOSED**.

**Monday Apr. 13** - Both Centres are **CLOSED**.

**Wednesday April 29** - LAF Fitness & Pickleball **CANCELLED**. Gym is not available.

**Pickleball Players: please pick up your copy of the NEW pickleball format, in effect now. Available at ESC reception.**

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.



Life After Fifty  
Living Well Has No Boundaries

# MAR/APR 2020 Programs - LAF West Side Centre

Updated: Feb. 24, 2020

635 McEwan Ave., Windsor, ON 519-254-1108

\* = paid program: pre-registration required, see below for price & dates

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>ADV. CIRCUIT FITNESS</b> 9:00am-9:45am	<b>LAPIDARY*</b> 9:00am-11:30am/ 12:30pm-4:00pm	<b>SILVERSMITHING*</b> 9:00am-11:30am/ 12:30pm-4:00pm	<b>LAPIDARY*</b> 9:00am-11:30am/ 12:30pm-4:00pm	<b>SCRABBLE</b> 9:00am-11:30am
<b>CENTRE SINGERS</b> 9:30am-10:30am	<b>PING PONG</b> 9:30am-11:30am	<b>PICKLEBALL 4 FUN</b> 9:00am-10:30am	<b>PICKLEBALL 4 FUN</b> 9:00am—12:00pm	<b>PING PONG</b> 9:30am-11:30am
<b>SEWING— BEG.</b> 9:30am-11:30am	<b>MILE AT A TIME</b> 9:30am-10:30am	<b>Wii BOWLING (LEAGUE)</b> 9:30am-11:30am	<b>Wii BOWLING (LEAGUE)</b> 9:30am-11:30am	<b>MILE AT A TIME</b> 9:30am-10:30am
<b>CERAMICS*</b> 9:30am-3:30pm	<b>Wii BOWLING (LEAGUE)</b> 9:30am-11:30am	<b>LAF FITNESS</b> 11:00am-12:00pm	<b>YOGA: CHAIR/ FLOOR*</b> 9:30am-10:30am	<b>Wii BOWLING (LEAGUE)</b> 9:30am-11:30am
<b>PICKLEBALL 4 FUN</b> 10:00am - 12:30pm	<b>KNITTING/ CROCHETING</b> 9:30am-11:30am	<b>COLOURING CLUB</b> 12:00pm-3:30pm	<b>SEWING-INT/ADV</b> 9:30am-3:30pm	<b>DROP-IN PAINTING**</b> 9:30am-2:30pm
<b>FITNESS FOR BREATH— GENTLE FITNESS</b> 11:00am-12:00pm	<b>CONCERT BAND</b> 9:30am-12:00pm	<b>SHUFFLEBOARD</b> 12:30pm-3:00pm	<b>LAF FITNESS</b> 11:00am-12:00pm	<b>LINE DANCE BEG*</b> 9:30am-10:30am
<b>CHAIR MASSAGE*</b> 11:30am-2:30pm	<b>LEGO BUILDING</b> 12:30pm-3:30pm	<b>LEGO BUILDING</b> 12:30pm-3:30pm	<b>PEPPER</b> 12:45pm-4:00pm	<b>LINE DANCE INT.*</b> 10:30am-11:30am
<b>COLOURING CLUB</b> 12:00pm-3:30pm	<b>PICKLEBALL 4 FUN</b> 1:00pm - 4:00pm	<b>CRAFT WORKSHOP*</b> See flyers for details	<b>CANASTA</b> 1:00pm-4:00pm	<b>EUCHRE</b> 12:45pm-4:00pm
<b>SHUFFLEBOARD</b> 12:30pm-3:00pm	<b>YOGA: CHAIR/FLOOR*</b> 1:00pm-2:00pm	<b>LINE DANCE BEG.*</b> 1:30pm-2:30pm	<b>MAHJONG</b> 1:00pm-3:30pm	<b>POLYMER CLAY*</b> Resumes in May
<b>SEWING-INT./ADV.</b> 12:30pm-3:30pm	<b>SCRAPBOOKING*</b> 1:30pm-3:30pm		<b>TAI CHI—INT*</b> 2:00pm-4:00pm	<b>MAHJONG</b> 1:00pm-3:30pm
<b>ZUMBA</b> 1:00pm-1:30pm				
<b>TAI CHI—BEG.*</b> 2:00pm-3:30pm				

## Chair Massage\*:

**Mondays:** Mar. 2, 9, 16, 23, 30  
Apr. 20, 27

**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

## Zumba Gold\*:

**Mondays:** Mar. 30 – Apr. 27 (4)

**Cost:** \$7.50 member/\$32.50 non

No class on Apr. 13

## Yoga: Chair/Floor\*:

**Tuesdays:** Mar. 24 – Apr. 28 (6)

**Cost:** \$9.00 member/ \$39.00 non

**Thursdays:** Mar. 26— Apr.30 (6)

**Cost:** \$9.00 member/ \$39.00 non

## Line Dancing\*:

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

**Drop-in painting\*\*** - Must bring in  
your own paint supplies & materials  
to paint.

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

## Lapidary & Silversmithing\*:

**Cost:** \$30 annually

**Craft Workshop\*:** Material fees may  
apply. Varies weekly.

## WSC Program Cancellations & Changes

**Monday, Mar. 2—Friday, Mar. 6:**

No Auditorium access: Circuit Fitness, Fitness  
for Breath, Centre Singers, Pickleball, Shuffle-  
board, Tai-Chi, Mile-At-A-Time, Concert Band,  
LAF Fitness, Ping-pong, Round Dance, Line  
Dance, Yoga, Zumba **CANCELLED ALL WEEK.**

**Friday Mar. 6 - WSC CLOSED; Euchre @ ESC**

**Monday Mar. 9-13 —CANCELLATIONS MAY  
OCCUR—please confirm week of.**

**Friday, Apr. 10—Both Centres are CLOSED.**

**Monday, Apr. 13—Both Centres are CLOSED.**

**Thursday, Apr. 23-** LAF Fitness, Tai Chi,  
LaBlast, Pepper **CANCELLED.**  
Pickleball 9:00am-11:00am.

**Tuesday, Apr. 28—PickleBall CANCELLED.**

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