

# **BETTER LIVING DAY – JUNE 19, 2025**

## **WORKSHOP DESCRIPTIONS**

### **Beading**

**Nancy Blair: Life After Fifty**

**9:45am**

Learn the fine art of beading by creating your very own pendant.

### **Cooking for One**

**Chef Ahron Goldman: Amica**

**2:30pm**

Learn some quick tips from a professional chef in this cooking demonstration.

### **Eat to Live Better: How Functional Nutrition Enhances Quality of Life**

**Maria Hernandez: *Healing with food* By Maria H.A.**

**1:15 pm**

Food can be one of the most powerful tools for aging well. In this engaging workshop, we will explore how functional nutrition supports digestion, memory, energy levels, and emotional wellness in adults over 50. Participants will learn simple and effective ways to improve their diet with purpose, pleasure, and vitality leaving with practical tips and inspiration to take charge of their health with food.

### **Financial Literacy for Older Adults - Your Goals, Your Future!**

**Canadian Foundation for Economic Education**

**9:45am**

This engaging workshop is designed to help seniors navigate the increasingly complex world of personal finance. Participants will explore practical strategies for managing retirement, budgeting, and setting financial goals in the face of life changes. Topics include wills, power of attorney, estate planning, and coping with the loss of a partner. This workshop will help you to DO rather than simply PLAN TO DO!

### **Financial Literacy for your Family/Youth - Your Goals, Your Future!**

**Canadian Foundation for Economic Education**

**11:00am**

This fast-paced, interactive workshop will introduce you and your adult children to free, easy-to-use resources that help youth build strong money management skills. Designed for ages 5 to 18+, these tools support financial decision-making at every stage of development. You'll learn how to lead discussions with young people to boost their financial confidence. Empower your grandchildren with the knowledge they need for a financially capable future.

### **Hand Bell Ringing**

**Silver Bells Hand Bell Choir**

**11:00am**

Learn how to ring hand bells of different sizes with a number of techniques for various sound effects, and how a hand bell choir works together to create a song. Hand bell ringing can provide both physical and mental exercise as well as the pleasure of making music.

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### **Healthy, Happy Hips**

**Darrin John: Life Enhancing Training**

**2:30pm**

Join Darrin for the power of healthy and happy hips. Learn simple, practical methods to maintain or regain pain-free hip mobility.

### **Intro to Printmaking**

**Joanne Carr: Life After Fifty**

**2:30 pm**

Learn to make prints using layers of acrylic paints, masks, stencils and embellishments.

### **Introduction to Therapeutic Touch**

**Therapeutic Touch Network Ontario**

**11:00 am**

Experience and learn about this holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

### **Lawn Bowling**

**Windsor Lawn Bowling Club**

**1:15pm**

You can be active and social at the same time through Lawn Bowling. Learn a new sport and do it in an indoor facility. Short Mat is a shorter version of the outdoor game. All you need to bring is a smile and a willingness to have fun!

### **Laughter Yoga**

**Renée Murdock: Alzheimer Society of Windsor/Essex County** **9:45am**

Laughter Yoga is a great way to do some exercise while feeling like you're not doing any at all. Laughter yoga involved physical movement and breathing exercises in a fun unique way.

### **Legacy Scents: Blending Memory-Inspired Aromas:**

**Nancy Labombard, Certified Aromatherapist**

**1:00pm & 2:30pm**

In this gentle and creative session, we'll explore the powerful connection between scent and memory. Guided by meaningful reflection, you'll craft a personalized aromatherapy blend inspired by a cherished moment from your life—a scent that tells your story.

Whether it's the aroma of fresh garden blooms, warm holiday baking, or a beloved family home, you'll leave with a beautiful keepsake bottle of your custom blend and a renewed sense of connection, comfort, and joy.

### **Metal-Smithing: Textured Metal Jewelry**

**Lapidary & Jewelry Arts: Life After Fifty**

**11:00am & 1:00pm**

Learn basic metal-smithing techniques while creating a beautiful earring/pendant set. You will use hammers and stamping tools to create unique surface designs. No experience necessary, must have dexterity/strength to hammer—all materials and tools provided.

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### **Pilates for Functional Strength and Balance**

**Grace Bakker**

**9:45am & 11:00am**

If you don't use it you lose it! This full body Pilate's class will help to improve your body awareness, posture, balance and functional strength. Exercises will be performed standing and seated.

### **Reflexology**

**Aliphatic Ambrosia, School of Natural Therapies**

**2:30 pm**

Learn how this gentle therapy supports relaxation, improves circulation, and helps ease common conditions like stress, headaches, and digestive issues. We'll demonstrate reflexology on two randomly selected participants, and more if time allows.

### **Restoration of Windsor's Lancaster FM212**

**Canadian Aviation Museum**

**11:00am**

You will have the opportunity to learn about the remarkable restoration project associated with Windsor's Lancaster FM212. You will learn the long history of the Lancaster from its manufacture at Victory Aircraft Ltd in 1945 to its current world-class restoration condition. You will also hear about the history of the land that the Canadian Aviation Museum now sits on. A video presentation will be included followed by a Q & A session. All participants will also receive a complimentary pass to visit the museum and see the Lancaster up close and personal. Passes sponsored by Canadian Aviation Museum.

### **Smart Container Gardening**

**Denise Butcher: Horticulturist, Arbor Memorial**

**9:45 am & 1:00 pm**

Discover how to create stunning patio planters that thrive all year long! You'll learn hands on how to mix perennials and annuals in containers for seasonal interest, learn which plants to keep, which to swap out, and how to design planters that evolve beautifully with the seasons.

### **Smart Phone Photography**

**Ted Kloske: Henry's Camera Shop**

**9:45am OR 11:00am**

This 1-hour workshop looks at the advantages of using your smartphone camera to record beautiful lasting memories. Together we will explore many of the important features your cameras may have and help you to better understand your smartphone cameras features as well as many tips and tricks for creating beautiful images.

### **Super Charge!**

**Dr. Madeline Crnec, D.C**

**2:30pm**

Battery running low? Stuck in a rut? Take charge of your health by discovering easy, fun, life affirming food and exercise tips. Including dancing your way to wellness with Belly Dance for all stages!

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### **Tempo Drumming**

**Jildas Lancelot**

**9:45am & 2:30pm**

Drumming is known for its health benefits, such as relieving stress, improving mental well-being, releasing emotions and improving endurance. Playing drums in a group brings people together by fostering positive social interaction and creating great vibes. For this drum session, we will be using the Djembe, a versatile African hand-drum with several warm tones.

### **Urban Birding for Everyone**

**Suzanne Friemann: Pelee Island Bird Observatory**

**1:15pm**

An introduction to getting started watching birds wherever you are. Information about equipment, locations, and ways to help our urban bird populations.

### **Wearable Novelty Button Making**

**Colin James: Life After Fifty**

**9:45am & 11:00am**

Design and assemble, with the use of a button maker, your own wearable novelty buttons, all materials provided.