



Two events!



Brought to you by:



Life After Fifty  
East Side Centre  
8787 McHugh St

Tuesday June 2nd  
9 am - 4 pm

\$25  
LAF Members  
\$30  
Non-Members

Life After Fifty  
West Side Centre  
635 McEwan Ave

Thursday June 18th  
9 am - 4 pm

A full day of workshops, hand-picked by YOU!  
Designed for those age 50+ who are looking to learn / experience something new!

## WHAT IS THE EVENT?

Better Living Day (BLD) is an annual signature event at Life After Fifty (LAF) in celebration of Seniors' Month in June.

BLD is a full day of workshops showcasing new and fun opportunities to Be Fit, Be Well and Be Social!

## HOW IT WORKS:

All regular LAF programs are cancelled for the day and workshops are hosted in every room of the **LAF West Side Centre (635 McEwan Ave)** or and **LAF East Side Centre (8787 McHugh St)** throughout the day!

Participants receive an individual itinerary detailing which workshops they are registered for during each session (2 morning, 2 afternoon).


Participant *registration fee covers all workshops, materials/supplies and lunch.*

## PICK YOUR TOP WORKSHOP CHOICES

Rank your top workshop choices for each session (2 morning and 2 afternoon workshops) and we will do our best to accommodate your requests.

## LUNCH INCLUDED

At noon, everyone will enjoy a picnic lunch, with a guest speaker and some social time to share what you have learned in your workshops so far.

 **519 254 1108**

 **www.lifeafterfifty.ca**

**REGISTRATION BEGINS: MAY 12<sup>TH</sup>**

**FIRST COME, FIRST SERVED, SOME WORKSHOPS HAVE LIMITED CAPACITY.**



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9AM

**WELCOME/ REGISTRATION**

 **Life After Fifty  
East Side Centre**

9:45-10:45

**WORKSHOP OPTIONS:**

- Drum Circle
- Floral Arrangements
- Beading
- Reflexology

11:00-12:00

**WORKSHOP OPTIONS:**

- Drum Circle
- Women's Health
- Geocaching
- All About Cheese
- Serene Slumber Aroma Therapy

12:00

**LUNCH BREAK - GUEST SPEAKER**

1:15-2:15

**WORKSHOP OPTIONS:**

- Serene Slumber Aroma Therapy
- Alcohol Ink Painting
- Self Defense
- Creative Smartphone Photography

2:30-3:30

**WORKSHOP OPTIONS:**

- Skin After 50
- Why Be Active
- Joyful Summer Flowers painting
- Self-Publishing Basics

3:30

**CLOSING/ THANK YOU**



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9AM  
9:45-10:45  
11:00-12:00  
12:00  
1:15-2:15  
2:30-3:30  
3:30

**WELCOME/ REGISTRATION**



**Life After Fifty  
West Side Centre**

**WORKSHOP OPTIONS:**

- Container Gardening
- Drum Circle
- Functional Pilates
- Custom Handbag Design
- Reflexology
- Financial Basics - Budgeting

**WORKSHOP OPTIONS:**

- Container Gardening
- Yoga
- Cooking Demo
- Drum Circle
- Financial Basics - Budgeting
- Women's Health

**LUNCH BREAK - GUEST SPEAKER**

**WORKSHOP OPTIONS:**

- Creative Smartphone Photography
- Cooking Demo
- Serene Slumber Aroma Therapy
- Alcohol Ink Painting
- Canadian Aviation Museum, Lancaster FM212
- Intro to Safe Falling & Prevention

**WORKSHOP OPTIONS:**

- Urban Birding for Everyone
- Joyful Summer Flowers Painting
- Skin After 50
- Why Be Active
- Intro to Safe Falling & Prevention
- Serene Slumber Aroma Therapy

**CLOSING/ THANK YOU**