

APRIL 2022

Life After Fifty - West Side Centre (635 McEwan Ave)

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

| Monday | Tuesday | Wednesday | Thursday | Friday April 22/29 |
|---|--|---|--|--|
| Closed April 18 - all programs cancelled | | | | (No Classes April 1,8,15) |
| Billiards (9:00-3:00) | Billiards (9:00-3:00) | Billiards (9:00-3:00) | Billiards (9:00-3:00) | Billiards (9:00-3:00) starts Apr. 22 |
| Computer Lab (9:00-3:00) | Computer Lab (9:00-3:00) | Computer Lab (9:00-3:00) | Computer Lab (9:00-3:00) | Computer Lab (9:00-3:00) starts Apr. 22 |
| Cribbage* (9:30-11:30) | Crokinole* (9:30-11:30) | Cribbage * (9:30-11:30) | Coffee Social * (9:00-11:00) | Scrabble* (9:30-11:30) starts Apr. 22 |
| LAF Fitness* (10:00-11:00) | Silver Ambassador's Band (9:00-12:00) | LAF Fitness* (10:00-11:00) | StrongerU*-Hybrid (9:30-10:00) | Mile at a Time (9:00-10:00) starts Apr. 22 |
| Chair/Floor Yoga* (11:30-12:30) Cost \$6 /3weeks | Craft Social* (10:00-12:00) | Chair Yoga* -Hybrid (11:30-12:30) Cost \$8/4weeks | MetalSmithing* (9:30-3:30) | Pepper (1:00-3:00) starts Apr. 22 |
| Shuffleboard (1:30-3:30) | Pickle-ball For Fun* (1:00-2:30) (2:30-4:00) | Line Dancing Beginner* (1:00-2:00) | Computer 1 on 1* (10:00-11:00) (11:00-12:00) | Beginners: Shuffleboard* (9:00-11:00) April 22 only |
| Tai Chi Beginner* (1:00-2:00) Cost \$6 /3weeks | Mahjong (1:00-3:00) | Line Dancing Advance* (2:00-3:00) | Sewing Social* (10:00-3:00) | Beginners: Pickleball* (9:00-11:00) April 29 only |
| Table Tennis (2:30-4:00) | Craft Workshop* Apr. 13 (1:00-3:00) Cost: \$10/1 week | Cyber Security Basics Workshop* Apr. 13 (11:00- 12:00) | Pickle-ball For Fun* (10:30-12:00) | QiGong- Zoom (10:00-11:00) |
| | | | Tai-Chi Practice (1:00-2:00) | Zumba Gold -Zoom (1:00-1:30) |
| | | | Mahjong (1:00-3:00) | |
| | | | Euchre (1:00-3:00) | |
| | | | Table Tennis (2:30-4:00) | |

- LAF Membership is required to participate in all above programs
- *Pre-registration is mandatory for indicated program; capacity is limited. Computer 1on1 is limited to 2 appointments/month.
*Pre-registration begins March 28 @ 9:00am. Session runs April 4, 2022- April 29, 2022.
- **Hybrid** - Class is live and available on Zoom.
- **Zoom** - Class is on Zoom only
- **Masks and proof of vaccination are still required.**
- **Senior's Centre Without Walls (SCWW) Telephone based program available. See separate SCWW calendar for details.**
- **All programs, rules, hours are subject to change without notice.**
- **Café closed until further notice. Coffee and pop available for purchase. May bring in your own lunch.**

APRIL 2022

Life After Fifty - East Side Centre (8787 McHugh Ave)

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Closed April 18 - all programs cancelled | | | | Closed - Virtual programs only |
| Table Tennis (9:00-10:30) | Mile at a Time (9:00-10:00) | Mile at a Time (9:00-10:00) | Mile at a Time (9:00-10:00) | QiGong- Zoom (10:00-11:00) |
| Computer 1on1* (10:00-11:00) | Craft Social* (10:00-3:00) | Cribbage (10:00-12:00) | Craft Social* (10:00-3:00) | Zumba Gold - Zoom (1:00-1:30) |
| Mahjong (10:30-12:30) | Computer 1on1* (11:00-12:00) | Chi & Chat* (11:00-12:15) | Computer 1on1* (10:00-11:00) (11:00-12:00) no session Apr. 21 | |
| Pepper (12:45-3:45) | Zumba Gold* (11:30-12:00) Cost: \$8/4 weeks | Mahjong (12:15-3:30) | Qigong Fundamentals* (11:00-12:15) | |
| Watercolour Painting Club* (12:30-3:30) | Mahjong (12:15-3:30) | LAF Fitness*- Hybrid (1:30-2:30) | Scrabble (1:00-3:30) | |
| LAF Fitness*- Hybrid (1:30-2:30) | Essentrics* (1:00-2:00) Cost: \$8/4weeks | Table Tennis (2:30-3:45) | Beg. Tai Chi* (1:00-2:00) Cost: \$8/4weeks | |
| | Table Tennis (2:30-3:45) Cancelled April 26 | | Floor Yoga* (2:00-3:00) Cost: \$8/4weeks | |
| | Estate Planning Seminar* April 26 (2:15-3:30) | | | |

- LAF Membership is required to participate in all above programs
- *Pre-registration is mandatory for indicated program; capacity is limited. Computer 1on1 is limited to 3 appointments/month.
*Pre-registration begins March 28 @ 9:00am. Session runs April 4, 2022- April 29, 2022.
- **Hybrid** - Class is live and available on Zoom.
- **Zoom** - Class is on Zoom only
- **Masks and proof of vaccination are still required.**
- **Senior's Centre Without Walls (SCWW) Telephone based program available. See separate SCWW calendar for details.**
- **All programs, rules, hours are subject to change without notice.**

Life After Fifty - Program Descriptions April 2022

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

- **Pre-registration is required for some programs, see schedule for details.**
- **Pre-registration & additional fees are required for some programs, see schedule for details.**
- **Refillable water bottle with lid is encouraged to bring from home.**

***Masks are mandatory at all times.**

****Masks can be removed only in your designated area.**

***Billiards:** Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Experienced players only. (WSC)

****Coffee Social:** Come for a morning coffee (or tea or water) and enjoy the conversations of friends - old and new! Coffee and a snack are available at an extra \$\$\$. (WSC)

***Computer Lab:** Come and use the Centre's desktop computers with internet access. (WSC)

***Computer 1 on 1:** Make an appointment for a computer volunteer to assist you with basic questions. Limited booking restrictions in place. (ESC, WSC. By appointment only)

***Craft Social:** Come work on your own craft projects or create new ones for the Centre in a great social atmosphere. Participants must wear a mask at all times. Crafters are encouraged to bring their own materials from home. *Space is limited - Pre-Registration is required.*(WSC/ESC)

***Cribbage:** This is a card game traditionally for two players, but commonly played with three or four. It involves playing and grouping cards in combinations which gains points. (ESC/WSC)

***Crokinole:** This is a game of dexterity! Played with two or four players. Crokinole is a traditional game played on a circular wooden board, with disks as playing pieces. *Pre-Registration is required.* (WSC)

****Essentrics (Classical Stretch):** This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! Ability to get down on the floor is required. Participants are encouraged to bring own exercise mat. *Pre-Registration & Additional class fees apply.* (ESC)

***Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. Additional fee received the day of. (WSC)

***Metalsmithing**

Create jewellery out of semi-precious stone and/or silver and other metals. We have the equipment & tools; supplies need to be brought in or purchased. *Pre-Registration is required. Must be experienced.* (WSC)

****LAF Fitness:** This class is a total body workout for *any fitness level* through cardio, strength & balance training. It can be modified to *fit all intensities* and be done seated or standing. Weights and resistance bands are incorporated. Participants are encouraged to bring their own set of weights or bands. *Space is limited - Pre-Registration is required.* (ESC, WSC, ZOOM)

****Line Dancing:** Join in a fun & fit way to learn some of the most popular line dances. Each individual will have a designated area to dance. Beginner and Advance classes. *Space is limited - Pre-Registration is required.* (WSC)

***Mahjong:** An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. Learning opportunities available at WSC. (ESC, WSC)

****Mile at a Time:** Work towards your 10,000 steps a day with this video-led walking program. Walk from 1-5 miles while working out your body from head to toe. (ESC/WSC)

***Pepper:** If you like Euchre, you'll love Pepper! This is an easy game to learn and offers opportunities for strategy, both in the bidding and the playing portion of the game. Additional fee received the day of. (ESC/WSC)

****Pickleball For Fun:** Pickleball combines certain elements from badminton & tennis and is a fun way to enhance cardio endurance & balance. No formal games or scoring will take place. *Space is limited - Pre-Registration is required.* (WSC)

****Qigong (pronounced Chi Gong):** Holistic system of coordinated body posture/movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong can help improve your circulation, balance, alignment and help restore your energy (chi). *Space is limited. Pre-Registration is required.* (ESC, ZOOM).

***Sewing Social:** Sew your own projects or create ones for the Centre, under the guidance of our volunteer leader. Experienced participants will enjoy sewing in this social setting, using their own materials. Sewing machines are provided. *Space is limited. Pre-registration required..* (WSC)

***ShuffleBoard:** Looking for something to improve your hand –eye coordination? Try Shuffleboard! This activity mixes fun, the use of strategies and sportsmanship all into one program. Ideal for any activity level. (WSC)

****StrongerU:** Performed seated or standing, this program engages the heart, lungs, and brain, through movement combinations set to music. This program is in collaboration with the StrongerU Senior Fitness Student Sponsorship Program. *Pre-Registration is required.* (WSC, ZOOM)

***Table Tennis:** This game provides exercise and improves hand-eye coordination. (ESC, WSC)

****Tai Chi:** Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. This is a beginner, instructor led program. *Pre-Registration & Additional class fees apply.* (ESC, WSC)

Chi & Chat – Formally known as Advance Tai Chi. Enjoy practicing Tai Chi and a chat over coffee break. (ESC only).

Tai Chi Practice – No instructor, participant led. (WSC only)

***Watercolour Painting:** This self-led program allows you to express your imagination by painting with watercolours in the company of others. Please bring your own supplies. *Space is limited - Pre-Registration is required.* (ESC)

****Yoga**

Yoga Floor - This is a great class for those comfortable with getting up and down off the floor. If you suffer from decreased flexibility or just enjoy stretching, this is a perfect class for you. Participants can bring their own yoga mat and blocks. *Registration & additional class fees apply.* (ESC)

Yoga Chair – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated, however participants may choose to do movements on the floor. *Registration & additional class fees apply.* (WSC, ZOOM)

***Zumba Gold**

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. Join us for a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health. *Registration & additional class fees apply.* (ESC, ZOOM)

WORKSHOPS

***Financial Planning: Estate Planning Seminar – April 26.**

This seminar is important for individuals who are

- A Power Of Attorney
- Executor Of Will
- Worried about how estate assets will be distributed
- Caring for the elderly parents
- Canadian and want to know how they are taxed upon death
- Ready to take care of their families by taking care of their financial affairs

Learn about the importance of having a will and how having a proper estate plan can save you money in taxes and fees. Also, learn how to avoid a big mess when tragedy strikes by having a well-prepared estate plan. Must pre-register. (ESC, ZOOM)

***Craft Workshop: Earth Day Craft Celebration – April 12.**

On April 12th, have fun as you do your part at reducing waste & taking care of mother earth! Your Earth Day Craft Kit Cost: \$10 kit, includes supplies and program fees. This will be an in person activity. *Pre-registration is mandatory as space is limited. Watch for flyer for more details.* (WSC)

***Cyber Security Basics Workshop– April 13.**

Learn how to protect your computer or device. Please bring your tablet and/or smartphone to the class. Tablets will be made available if needed. In this workshop, you will learn how to use applications and learn some security measures to protect your device against hackers. *Pre-Registration is required.* (WSC)