

# Life After Fifty

## Spring/ Summer 2015 - Programs at a Glance

West Side Centre \*Indicates additional fee applies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Billiards</b> 8:30am – 4:00pm	<b>Billiards</b> 8:30am – 7:00pm (Spring Session Only) 8:30am – 4:00pm (Summer Session Only)	<b>Billiards</b> 8:30am – 7:00pm (Spring Session Only) 8:30am – 4:00pm (Summer Session Only)	<b>Billiards</b> 8:30am – 7:00pm (Spring Session Only) 8:30am – 4:00pm (Summer Session Only)	<b>Billiards</b> 8:30am – 4:00pm	<b>Billiards</b> 9:00am – 12:30pm (Spring Session Only)
<b>Pickleball</b> 9:00am – 10:30am	<b>Lapidary*</b> 8:30am – 11:30am	<b>Pickleball</b> 9:00am – 10:30am	<b>Lapidary*</b> 8:30am – 11:30am	<b>Line Dancing – Beg*</b> 9:00am – 9:45am	<b>Pickleball</b> 9:00am – 10:30am (Spring Session Only)
<b>Centre Singers</b> 9:30am – 10:30am	<b>Woodshop</b> 9:00am – 1:00pm	<b>Silversmithing*</b> 9:30am – 3:00pm	<b>Woodshop</b> 9:00am – 1:00pm	<b>Ceramics</b> 9:30am – 4:00pm	<b>Pepper</b> 9:30am – 12:30pm (Spring Session Only)
<b>Sewing – Beginner</b> 9:30am – 11:30am	<b>Concert Band</b> 9:30am – 12:00pm (Spring Session Only)	<b>Creative Crafts</b> 9:30am – 11:30am	<b>Pickleball</b> 9:00am – 12:00pm	<b>Line Dancing – Int*</b> 9:45am – 10:30am	<b>Mahjong</b> 10:30am – 12:30pm (Spring Session Only)
<b>Ceramics</b> 9:30am – 4:00pm	<b>Knitting &amp; Crocheting</b> 9:30am – 11:30pm	<b>LAF Fitness</b> 11:00am – 12:00pm	<b>Walking Group with a Twist</b> 9:00am – 9:45am (Summer Session Only)	<b>Mile at a Time</b> 10:00am – 11:00am (Summer Session only)	<b>Body Blast</b> 10:45am – 11:45am (Spring Session Only)
<b>LAF Fitness</b> 11:00am – 12:00pm	<b>Mile at a Time</b> 10:45am – 11:45am	<b>Shuffleboard</b> 12:30pm – 3:00pm	<b>Sewing – Int/Adv</b> 9:30am – 3:30pm	<b>Round Dancing – 1*</b> 10:45am – 11:30am	
<b>Sewing – Int/Adv</b> 12:30pm – 3:30pm	<b>Pickleball</b> 1:00pm – 4:00pm	<b>Machine Quilting*</b> 1:00pm – 3:00pm (Spring Session Only)	<b>Yoga (Chair)*</b> 9:30am – 10:30am	<b>Round Dancing – 2*</b> 11:30am – 12:30pm	
<b>Shuffleboard</b> 12:30pm – 3:00pm	<b>Scrapbooking*</b> 1:30pm – 3:30pm	<b>Fit For Life*</b> 1:30pm – 3:00pm	<b>Belly Dancing*</b> 10:45am – 11:45am	<b>Euchre</b> 12:45pm – 4:00pm	
<b>Bridge</b> 1:00pm – 3:30pm	<b>Wii</b> 2:00pm – 7:00pm (Spring Session Only)	<b>Wii</b> 2:00pm – 7:00pm (Spring Session Only)	<b>Walking Group with a Twist</b> 11:00am – 11:45pm (Spring Session only)	<b>Mahjong</b> 1:00pm – 4:00pm	
<b>Tai Chi</b> 2:00pm – 3:30pm (Spring Session Only)	<b>Tai Chi</b> 2:30pm – 4:30pm (Spring Session Only)	<b>Silversmithing*</b> 4:00pm – 6:30pm (Spring Session Only)	<b>Pepper</b> 12:45pm – 4:00pm	<b>Fit For Life*</b> 1:30pm – 3:00pm	
<b>Zumba*</b> 1:00pm – 1:30pm (Spring Session Only)	<b>Lapidary*</b> 4:00pm – 6:30pm (Spring Session Only)	<b>Cardio Blast</b> 5:00pm – 5:45pm (Spring Session Only)	<b>Mile at a Time</b> 1:00pm – 2:00pm		
	<b>Yoga*</b> 6:00pm – 7:00pm (Spring Session Only)	<b>Euchre</b> 5:00pm – 7:00pm (Spring Session Only)	<b>Canasta</b> 1:00pm – 4:00pm		
			<b>Mahjong</b> 1:00pm – 4:00pm		
			<b>Wii</b> 2:00pm – 7:00pm (Spring Session Only)		
			<b>Gentle Fit</b> 3:15pm – 4:00pm (Spring Session Only)		
			<b>Lapidary*</b> 4:00pm – 6:30pm (Spring Session Only)		
			<b>Pickleball</b> 5:00pm – 6:30pm (Spring Session Only)		

East Side Centre \*Indicates additional fee applies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mile at A Time</b> 8:30am – 9:45am	<b>Mile at A Time</b> 8:30am – 9:45am	<b>Mile at A Time</b> 8:30am – 9:45am	<b>Mile at A Time</b> 8:30am – 9:45am	<b>Mile at A Time</b> 8:30am – 9:45am
<b>Tai Chi – Beginner</b> 10:00am – 11:00am (Spring Session Only)	<b>Mahjong</b> 9:00am – 11:00am	<b>Tai Chi – Advanced</b> 10:00am – 11:30am	<b>Creative Crafts</b> 10:30am – 11:30am	<b>Mahjong</b> 10:00am – 12:00pm
<b>Walkabouts</b> 10:00am – 12:30pm (Spring Session Only)	<b>Stretch &amp; Balance*</b> 10:00am – 11:00am	<b>Pickleball</b> 10:30am – 12:30pm	<b>Line Dancing – Beg*</b> 10:45am – 11:45am	<b>Scrabble</b> 10:00am – 12:00pm
<b>Pilates*</b> 11:15am – 12:15pm	<b>Creative Crafts</b> 10:30am – 11:30am	<b>Yoga (Chair)*</b> 11:30am – 12:30pm	<b>Fit for Life</b> 11:45am – 12:45pm	<b>Pilates*</b> 11:15am – 12:15pm
<b>Pepper</b> 12:30pm – 4:00pm	<b>SilverSneakers</b> 11:00am – 12:00pm	<b>Euchre</b> 1:00pm – 4:00pm	<b>Bridge</b> 12:45pm – 4:00pm	<b>LAF Fitness</b> 1:15pm – 2:00pm (Spring Session Only)
<b>LAF Fitness</b> 12:45pm – 1:45pm (Summer Session Only)	<b>Line Dancing – Beg*</b> 12:00pm – 1:00pm	<b>LAF Fitness</b> 1:15pm – 2:00pm	<b>Line Dancing – Int*</b> 1:00pm – 2:30pm	<b>LAF Fitness</b> 1:15pm – 2:00pm (Spring Session Only)
<b>Tai Chi – Advanced</b> 1:00pm – 2:30pm	<b>Line Dancing – Int*</b> 1:00pm – 2:30pm		<b>Pickleball</b> 1:15pm – 3:15pm	<b>Pickleball</b> 1:30pm – 3:30pm
<b>Pickleball</b> 1:00pm – 3:00pm				

## Atlas Tube Centre - Lakeshore

Life After Fifty (LAF) is partnering with Lakeshore to offer programming in their new Atlas Tube Centre beginning Tuesday, April 13th 2015. Visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca), or speak with Reception at either LAF location to learn more about how LAF members and non-members can participate in these programs!

TUESDAY	THURSDAY
<b>Pole Walking</b> 9:00am – 10:00am	<b>Pole Walking</b> 9:00am – 10:00am
<b>LAF Fitness</b> 1:00pm – 2:00pm	<b>LAF Fitness</b> 1:00pm – 2:00pm
<b>Pickleball</b> 2:00pm – 3:30pm	<b>Pickleball</b> 11:00am – 1:00pm

# WATCH OUT



for exciting changes that will be taking place this Spring/Summer at the **LAF East Side Centre (WFCU Centre)**. Due to pool construction, some of our regular LAF programs will be rescheduled or relocated to the **St. Clair Room upstairs at the WFCU**.

*We thank you for your patience and understanding.*

Be

well.  
fit.  
social!

[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)