

# LIFE AFTER FIFTY: July- August 2024

**Life After Fifty - West Side Centre (WSC) - 635 McEwan Ave**  
 519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed July 1 &amp; Aug. 5</b>				
Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)
Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) <b>Assistance available 10:00-11:30</b>	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Morning Indoor Walk (9:00-9:30)	Morning Indoor Walk (9:00-9:30)	Morning Indoor Walk (9:00-9:30)	Pickleball For Fun (9:00-12:00)
Cribbage (9:00-11:30)	Table Tennis (9:00-11:00)	Coffee Social (9:00-10:30)	Table Tennis (9:00-10:30)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	Lapidary/SilverSmithing* (9:00-3:30) <b>Cancelled Aug. 13</b>	Essentrics* (9:30-10:30) <b>Cost: \$16/8wks mem. \$56/8wks non-mem. No class Aug. 28</b>	Lapidary/SilverSmithing* (9:00-3:30) <b>Cancelled Aug. 15</b>	Beading Workshop* (9:30-11:00) July 12 & Aug. 9 <b>See flyer for details</b>
FUNctional Circuit* (9:45-10:30) 7 weeks	Scrabble (9:00-12:30)	Craft Drop-in Social (10:00-12:00)	Advanced Sewing* (9:30-3:30)	Scrabble (9:30-12:00)
Colouring Social (10:00-12:00)	WHY KNOT Knit/Crochet (9:30-11:30)	LAF Fitness* (10:45-11:45) 9 weeks	LAF Sing-a-long (10:00-11:00)	Sharing Dance* (10:00-11:00) July 12- Aug. 30
Open Wii Bowling (10:00- 12:00)	Cornhole (10:00-11:00)	Open Wii Bowling (10:00- 12:00)	Coffee Social (10:00-11:30)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 7 weeks	Colouring Social (10:00-12:00)	Mexican Train Dominoes (12:30-3:30)	Mahjong 10:00-12:00 & 12:30-3:30	Members' Book Club (1:00) July 26, Aug. 23
Table Tennis (12:00-1:45)	Mahjong (10:00-12:00 & 1:00-3:30)	Line Dancing (1:00-3:00)	FUNctional Circuit* (11:15-12:00) 9 weeks	Table Shuffleboard (1:00-3:00)
Group Meditation* (12:30-1:00)	FUNctional Circuit* (11:15-12:00) 9 weeks	Craft Workshops* (1:00) July 10, 24, Aug.21 <b>See flyer for details</b>	Euchre (1:00-3:30)	Creative Process Workshop* (10:30-11:30) June 28 <b>See flyer for details</b>
Shuffleboard (1:00-3:30)	Conversational French* (1:00-2:00)	Improvisation Workshop* (1:00-3:00) Aug. 7	Tai-Chi Practice (1:00-1:45)	Did you know... LAF has various games (cards, board games, Wii) you can play anytime! Help yourself or ask a staff!
Mexican Train Dominoes (1:00-4:00)	Pickleball For Fun (1:00-4:00)	Welcome to the Smithsonian*** (1:00-2:30) July 31	Chair/Floor Yoga* (2:00-3:00) <b>Cost: \$18/9wks mem. \$63/9wks non-mem.</b>	
Advanced Sewing* (1:00-3:30)-no instructor		Summer Bash & BBQ! Aug. 14 <b>See flyer for details</b>	\$1 BINGO! (1:00-3:00) July 18	
Tai Chi* (2:00-3:00) <b>Cost: \$14/7wks mem. \$49/7wks non-mem.</b>	Therapeutic Touch** <b>By Appointment only. No appointments in Aug.</b>	Chair Massage** <b>By Appointment only</b>	Service Canada Info Table (10:00am) July 18	
		Foot-care** <b>By Appointment only</b>		Foot-care** <b>By Appointment only</b>

**\*Pre-registration is mandatory for indicated program; capacity is limited.**

**\* Session for registered programs runs July2-Aug 30, 2024. Registration begins Tuesday June 18, 2024 at 6:30pm**

**\*\*Additional fees apply & appointments mandatory.**

- LAF Membership (mem.) is required to participate in all above programs. See program descriptions for details.
- Non-member (non-mem.) \$5 day pass available for select programs, see Program Descriptions for details.
- WSC Café is open Monday-Thursday, 11:30am-1:00pm. No Café on Fridays. **CAFÉ CLOSED: Aug 26-30.**
- All programs, rules, hours are subject to change without notice.
- Please see newsletter & flyers for ALL Special Events & Workshops.

# LIFE AFTER FIFTY: July-August 2024

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

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed July 1 &amp; Aug. 5</b>				
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)
Canasta (10:00-12:00)	Craft Social (9:30-3:30)	FUNctional Circuit* (10:15-11:00) 9 weeks	Craft Social (9:30-3:30)	FUNctional Circuit* (10:15-11:00) 9 weeks
Computer 1 on 1* (10:30-11:30) By Appointment Only	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Computer 1on1* (10:00-11:00; 11:00-12:00) <b>By Appointment only</b>	Qigong Practice (11:15-12:15)
Pickleball-Rec. Play* (11:15-1:15) <b>July \$16/4wks mem.*</b> <b>Aug. \$12/3wks mem.*</b>	Mexican Train Dominos (12:15-4:00)	Pickleball-Rec. Play* (11:15-1:15) <b>July \$20/5wks mem.*</b> <b>Aug. \$16/4wks mem.*</b>	Sharing Dance* (10:30-11:30) 9 wks	Pickleball-Rec. Play* (11:15-1:15) <b>July \$16/4wks mem.*</b> <b>Aug. \$20/5wks mem.*</b>
Watercolour Painting Club (no instructor) (12:30-3:00)	Essentrics* (1:00-2:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b> <b>No class on Aug. 27</b>	Mahjong (12:15-3:45)	Pickleball-Beg. Lvl Play* (no lessons) (11:15-1:15) <b>July \$16/4wks mem.*</b> <b>Aug. \$20/5wks mem.*</b>	Euchre (1:00-3:30)
Pepper (12:30-4:00)	<b>Christmas in July*</b> <b>(1:00-3:00) July 23</b> <b>See flyer for details</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 9 weeks	Beg. Line Dancing* (11:45-1:15) <b>July only</b> <b>Cost: \$8/4wks mem.</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 9 weeks
LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 7 weeks	<b>\$1 BINGO!</b> <b>(1:00-3:00) Aug 20</b>	Yoga (Floor)* (2:30-3:30) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b> <b>No class on Aug. 28</b>	Tai Chi Advance* (1:00-2:00) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Yoga (Chair)* (2:30-3:30) <b>Cost: \$14/7wks mem.</b> <b>\$49/7wks non-mem.</b> <b>No class on Aug. 23 &amp; 30</b>
Service Canada Info Table (11:30am) July 22		LAF Book Club* (2:45-3:45) July 10	Tai Chi (Beg.)* (2:00-3:00) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Hearing Screening* (10:00-12:00) July 26 <b>By appointment only</b>
			Scrabble (1:00-4:00)	
	Foot-care** By Appointment only	Chair Massage** By Appointment only	Foot-care** By Appointment only	

**\*Pre-registration is mandatory for indicated program; capacity is limited.**

**\* Session for registered programs runs July2-Aug 30, 2024. Registration begins Tuesday June 18, 2024 at 6:30pm**

**Please be aware of registration process: Registration from June 18-25, will be via telephone only.**

**\*\*Additional fees apply & appointments mandatory.**

- LAF Membership (mem.) is required to participate in all above programs. See program descriptions for details.
- Non-member (non-mem.) \$5 day pass available for select programs, see Program Descriptions for details.
- **Hybrid** - Class is live and available on Zoom.
- WSC Café is open Monday-Thursday, 11:30am-1:00pm. No Café on Fridays. **CAFÉ CLOSED: Aug 26-30.**
- All programs, rules, hours are subject to change without notice.
- **Please see newsletter & flyers for ALL Special Events & Workshops.**

## Life After Fifty - Program Descriptions July/August 2024

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

➤ **Pre-registration & additional fees are required for some programs, see schedule for details.**

➤ **Proper athletic footwear is required for all physical activity, no sandals, slip-ons or open-toe shoes.**

**Artist Circle:** Enjoy the open space and company of other artists in this self-led program. You must bring in your own supplies. (WSC)

**Billiards:** Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Participants with experience is encouraged, as lessons are not provided. (WSC)

**Chair Massage-with Hot Rocks:** Book your appointment for a 10-minute hot rocks Chair Massage. Fee applies. *By appointment only.* (WSC/ESC)

**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 for an extra \$. (WSC)

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

**Computer/Digital Device 1 on 1:** Make an appointment for a computer volunteer to assist you with basic questions, bring your own device or use ours! *By appointment only.* (ESC)

**Colouring Social:** Enjoy colouring in a fun social atmosphere. Books & pencils are available. (WSC)

**Concert Band:** The Silver Ambassadors Concert Band meet weekly to practice. A major component of this group is to entertain throughout the community. (WSC)

**Conversational French:** Bonjour! Join us in this fun and informal setting, where you'll learn the basics of French in a relaxed atmosphere. From essential phrases to handy vocabulary for everyday situations, we'll cover it all. Some prior experience of French highly recommended—bring your enthusiasm and willingness to learn! (WSC)

**Craft Social:** Come work on your own craft projects or create new ones for the Centre in a great social atmosphere. Crafters are encouraged to bring their own materials from home. (ESC/WSC)

**Cribbage:** This traditional card game played with two to four players, involves playing and grouping cards in combinations which gains points. (ESC/WSC)

**Essentrics (Classical Stretch):** This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! The ability to get down on the floor is required. **\*Pre-Registration & Additional fees apply.** (ESC/WSC)

**Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. \$2 fee applies day of. (ESC/WSC)

**Foot-care:** Medical foot care is performed by trained & qualified foot-care nurses. They can assess and treat skin, nail and foot conditions (calluses, corns, ingrown toenails, yellow nails, etc.) and can advise you on preventative treatment. *By Appointment only. Additional Fees apply.* (ESC/WSC)

**FUNctional Circuit Training:** Take a fun approach to improving daily functional abilities. Participants will go through a series (circuit) of aerobic, strength, balance, and flexibility exercises and can be modified for all intensities. **\*Space is limited - Pre-Registration is required.** (WSC/ESC)

**LAF Book Club:** Time to meet and discuss the latest book on our list! Interested in participating in the next meeting? *Contact us, as \*pre-registration is required.* (ESC/WSC)

**LAF Sing-Along:** Have fun singing your favorite tunes in a group setting. (ESC/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, balls and resistance bands are incorporated. **\*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. Beginner and Advance classes. **\*Pre-Registration is required ESC.** (WSC/ESC)

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

**Lapidary & Silversmithing:** 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. **\*Additional registration and annual fee applies.** (WSC)

**Meditation:** Join us as you are guided through meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health. \* (WSC)

### **Mexican Train Dominoes**

The object of the game is for a player to play all the tiles from his or her hand onto one or more trains, emanating from a central "station". (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)

**Morning Indoor Walk:** Socialize with friends as you increase your overall fitness as you walk the perimeter of the auditorium. (WSC)

**Pepper:** If you like Euchre, you'll enjoy Pepper! This game is quick to learn and offers opportunities for strategy, the bidding and the playing portion of the game. Fees apply day of. (ESC/WSC)

**Pickleball:** *Athletic shoes required for all levels. Members only.*

- **Pickleball- Beginner+ Lvl Play:** For new players to the sport who have some experience/have taken lessons and want to improve their game. No lessons offered - some assistance provided. *Pre-Registration & Additional fees apply.* (ESC)
- **Pickleball- Recreational (Rec.) Play:** For knowledgeable players of all levels seeking a friendly game of pickleball. *Pre-Registration & Additional fees apply.* (ESC)
- **Pickleball For Fun:** Drop-in for a fun way to enhance cardio, endurance & balance. No formal games or scoring will take place, however **basic Pickleball rules apply.** (WSC)

**Qigong Practice (pronounced Chee Gong):** Experience this ancient Chinese mind-body practice that supports the overall health of the body by integrating simple movements, gentle breathing and focused intention. No instructor at this time, participant led (ESC).

**Scrabble:** Enjoy this classic word game in a friendly setting. (ESC/WSC)

**Seniors' Centre Without Walls (SCWW)**– Did you know we offer more programs on SCWW? No obligation or preregistration required, can call as often as you like. Need to stay home, but don't want to miss out on the fun? ***Check out our SCWW calendar!***

**Advance Sewing:** 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. ***\*Pre-registration required.*** (WSC)

**Sharing Dance:** Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 60-minute class developed by the National Ballet School fosters creative self-expression and fun! Can be done standing or seated. (ESC)

**Shuffleboard:** This activity mixes fun & strategic play all into one program. Ideal for any activity level.

- **Floor Shuffleboard:** Using a cue, players push weighted discs, sending them down the court, aiming to have them come to rest within a marked scoring area. (WSC)
- **Table Shuffleboard:** Players take turns sliding weighted pucks down a long, smooth table made of wood. The end of the table is marked with specific areas for scoring. (WSC)

**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. Open, Beginner & Advanced level instructor led program available. ***Pre-Registration & Additional fees apply.*** (ESC, WSC)

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

**Therapeutic Touch:** Make an appointment for a session with a trained practitioner for this holistic therapy. ***\*Appointment required. Additional fees apply.*** (WSC)

**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. ***Pre-Registration required.*** (ESC)

**“What is your tech problem?”:** You will be able to ask questions and listen in with others in this small group setting, as we tackle your digital problems. Bringing your own device is recommended, or you may use one of ours. (WSC)

**Wii Bowling:** It's easy and fun! The Wii game console hooks up to a TV and uses a remote control to allow you to participate in bowling while in a climate controlled safe environment. (ESC/WSC)

**WHY KNOT: Knitting/Crochet:** Experienced participants will enjoy dropping in and crafting in this social setting. Make your own projects or create ones for the Centre. (WSC)

## **Yoga**

- **Yoga Chair** – Learn proper breathing & 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 fees apply.*** (ESC, WSC)
- **Yoga Floor** - This class is 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 fees apply.*** (ESC)



## Zumba Gold

Join us for a high-intensity workout that incorporates innovative dance moves while focusing on defining muscles and improving cardiovascular health. \***Registration & additional fees apply.** (ESC)

**Day Pass:** \$5/day for non-members. Must be used on the day of purchase.

- The following programs are for members only and are **not** included in the day pass: LAF Fitness; Silver Ambassador Concert Band; Line Dancing; Tai-Chi Practice; Pickleball; LAF Book Club; Mahjong & Pepper Lessons; Sewing; Lapidary/Silversmithing; Zoom programs.
- The following programs must be registered and paid for in advance: Pilates, Total Body, Ballroom Dance, Tai-Chi- Beginner & Advance; Zumba Gold; Yoga; Essentrics; Craft Workshops (day pass + class fee applies).  
The following programs can only be observed until the game knowledge is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.



### **REGISTRATION PROCESS FOR \*INDICATED PROGRAMS:**

- ***For July/Aug Programs – registration will begin: Tuesday June 18 at 6:30pm***
- ***Registration will be done via telephone ONLY:  
519-254-1108; prompt 6 – for East side programs or 7 for West side programs. (or either 6 or 7 for both locations)***
- ***Your voicemail must include:***
  - ***Your name; phone #***
  - ***Program name, location (east or west centre), day and time of program***
  - ***Repeat program info for each program you want to register.***
  - ***You can register up to 1 other person per call.***

## SPECIAL EVENTS & ACTIVITIES July-August

**Bingo!** – Under the B... Be Social & have fun playing for small prizes. \$1/card. **1:00pm** (ESC/WSC)

### **Creative Process & Improvisation Workshops:**

Life After Fifty is excited to host the Arts Council Windsor & Region (ACWR) as they introduce a Senior Community Arts Program dedicated to empowering and engaging adults fifty and up. Join us at the West side location on Friday **June 28<sup>th</sup> at 10:30 am for the Introduction to Creative Process “Tea & Chat”** ran by the ACWR. All are welcome! (WSC)

We will welcome the ACWR back on **August 7<sup>th</sup> at 1:00pm for an “Improvisation Workshop”**. Explore your creativity in a fun and welcoming environment. No experience required, all abilities are welcome! (WSC)

**Christmas in July!** Why wait till December when you can celebrate this holiday in July? Join us at the East side location for a festive meal and be entertained by “Common Ground Duo”.

**Tickets must be purchased in advance. Cost \$15/members, \$20/non-members.** See flyer for further details. (ESC)

**Summer BBQ & Bash!** Let's have some summer fun at the West side location, as we enjoy a BBQ lunch & themed activities. **Cost \$8/lunch.** Additional costs for activities may apply, see flyer for details. (WSC)

### CRAFT & ART WORKSHOPS:

**\*Pre-registration required for all workshops.\***

**All workshops include instructions & supplies. See flyers for details, costs & pictures.**

**\*Rope Lanterns** – July 10, 1:00pm – WSC; Cost: \$10

**\*Sunflower Acrylic Painting**—July 24, 1:00pm -WSC Cost: \$10

**\*Seashells & Sand 3-D Canvas Art**—Aug. 21, 1:00pm – WSC; Cost: \$10

**\*\*Beading Craft Workshops** – July 12 & Aug. 9 – WSC – see flyer for details.

### SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

**Service Canada** – visit the Service Canada info booth at both locations, see schedule for time and dates.

**Hearing Screening**—15-minute hearing screening session with Canadian Hearing Services. Pre-registration required. July 26 – ESC.

**\*See our flyers & e-newsletter each month for more upcoming fun activities and events!**