



ABOUT LAF

Life After Fifty (LAF) is a charitable, non-for-profit, organization and designated Seniors Active Living Centre providing activities for adults age fifty and up.

We have been a consistent source of seniors programming in our community since 1962.

www.lifeafterfifty.ca



VISION

Leading the way to vibrant, healthy lives.

MISSION

Enriching the lives of older adults
by providing opportunities to
be fit, well and social!



WHERE ARE WE?



West Side Centre
635 McEwan Ave.
(Wyandotte & Campbell)
Windsor, ON N9B 2E9
519-254-1108



East Side Centre
8787 McHugh St.
WFCU Centre (Pool Entrance)
Windsor, ON N8S 0A1
519-254-1108

Life After Fifty has two locations to serve the Windsor-Essex community,
conveniently located in the East and West sides of the city.

We pride ourselves on maintaining an open, safe and
accessible environment for our members and visitors to enjoy.

Come in for a tour!

HOURS OF OPERATION:
LIFEAFTERFIFTY.CA/HOURS



PROGRAMS

Life After Fifty offers a large array of fun & interesting educational, recreational, physical & social programs, classes, activities & workshops.

These programs are designed to promote active aging and provide multiple opportunities for older adults in our community to improve mental & physical health and well-being.

Be Fit!

- Shuffleboard
- LAF Fitness
- Line Dancing
- Pickleball
- Ping Pong
- Tai Chi
- Yoga
- Zumba

Be Social

- Beading
- Concert Band
- Creative Crafts
- Crocheting
- Lapidary
- Painting
- Sewing
- Silversmithing

Be Well!

- Billiards
- Choir sing-a-long
- Coffee Social
- Computer lab
- Euchre
- Mah Jong
- Pepper
- Scrabble

SENIORS' CENTRE WITHOUT WALLS

Our Telephone Programs allow those who are not able to come to LAF Centres to be a part of the fun!

Call in from the comfort of your home to participate in free telephone-based programs ranging from social and educational to health focused. Join us for fun trivia, morning stretch & meditation, music programming, guest speakers & more!

No internet or pre-registration required.
Non-LAF Members welcome.



SERVICES

Life After Fifty offers a Life After Fifty offers a variety of Community Support Services, designed to promote independence, improve health and safety and help older adults age safely at home for as long as possible.

Be Fit!

- Foot Care
- LAF Cafe
- Frozen Meals 2 Go

Be Social

- Telephone Assurance Program
- Friendly Visiting Program
- Safety & Security Check

Be Well!

- Safety & Security Check
- Home Maintenance Referral Program



FOOT CARE SERVICES

FIRST APPOINTMENT:

LAF Members: \$30

Non-Members: \$45

SUBSEQUENT APPOINTMENTS:

LAF Members: \$25

Non-Members: \$40

Come see one of LAF's Advanced Certified Foot Care Nurses
for information on our services!

THE LAF CAFE

The LAF Cafe operates Mondays, Tuesdays & Wednesdays, serving the Daily Special along with soup, salad and dessert.

Sandwiches & Meals 2 Go will be available Monday - Friday at Reception.



CONTACT US FOR MORE INFO

519 254 1108
lifeafterfifty.ca
635 McEwan Ave.

CAFE HOURS:
11:30am - 1pm



DAILY SPECIAL - \$6



FROZEN MEALS 2 GO - \$7

Home Maintenance Referral Program

Contact us for a referral to a trustworthy, pre-screened, LAF-approved service provider



Are you looking for assistance with simple tasks such as: lawn mowing/yard work, housekeeping, in-home hair cuts, assistance with your computer/smart phone, transportation to appointments and various odd jobs/repairs? We can help you find the right person for the job! Please note that there is an application process and fees for this service.

FRIENDLY VISITING PROGRAM

CONNECTING
VOLUNTEERS AND
SENIORS LIVING AT
HOME THROUGH
REGULAR
VISITS



**VOLUNTEERS
NEEDED!**

TELEPHONE ASSURANCE PROGRAM

REGULAR PERSONAL
PHONE CALLS TO
PROVIDE SOCIAL
CONTACT AND
ASSURANCE



**VOLUNTEERS
NEEDED!**



VOLUNTEER OPPORTUNITIES

Life After Fifty is seeking Volunteers to help us provide opportunities for older adults to be fit, be well and be social!

THERE ARE MANY WAYS IN WHICH YOU CAN CONTRIBUTE!

WE NEED YOU NOW MORE THAN EVER!

Interested? **Call or email Heather**, our Volunteer Coordinator, at hvandenham@lifeafterfifty.ca or by calling 519-254-1108 ext. 132



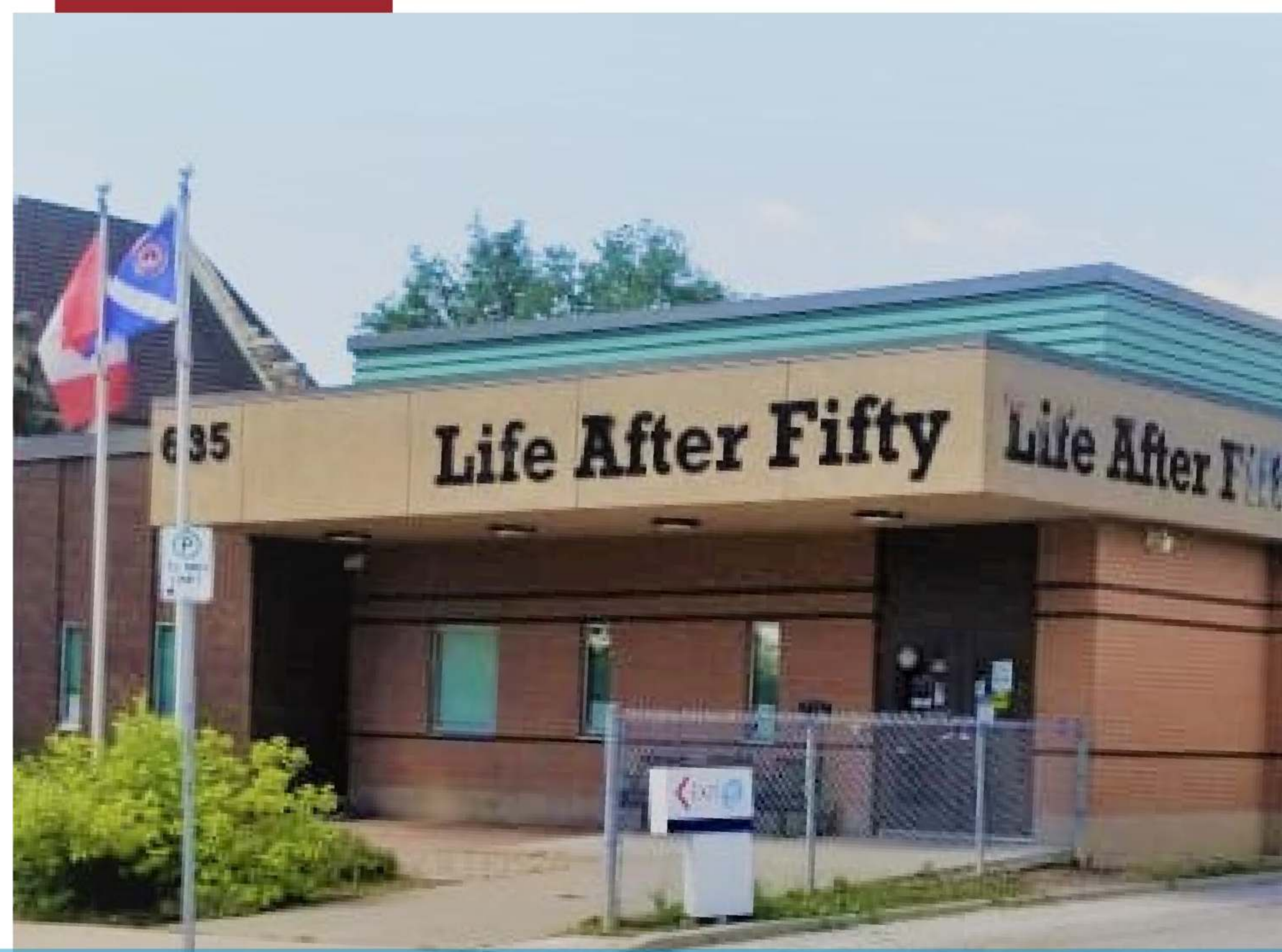


Support our Mission!

Enriching the lives of older adults
by providing opportunities to
be fit, be well and be social!

Donate Now

We **rely on donations** to be able to offer programs & membership at an affordable rate, and to ensure that the valuable services that we offer are accessible to all older adults in our community.



519 254 1108

lifeafterfifty.ca/donate

BE FIT
BE WELL
BE SOCIAL

