



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

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

PROGRAMS



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

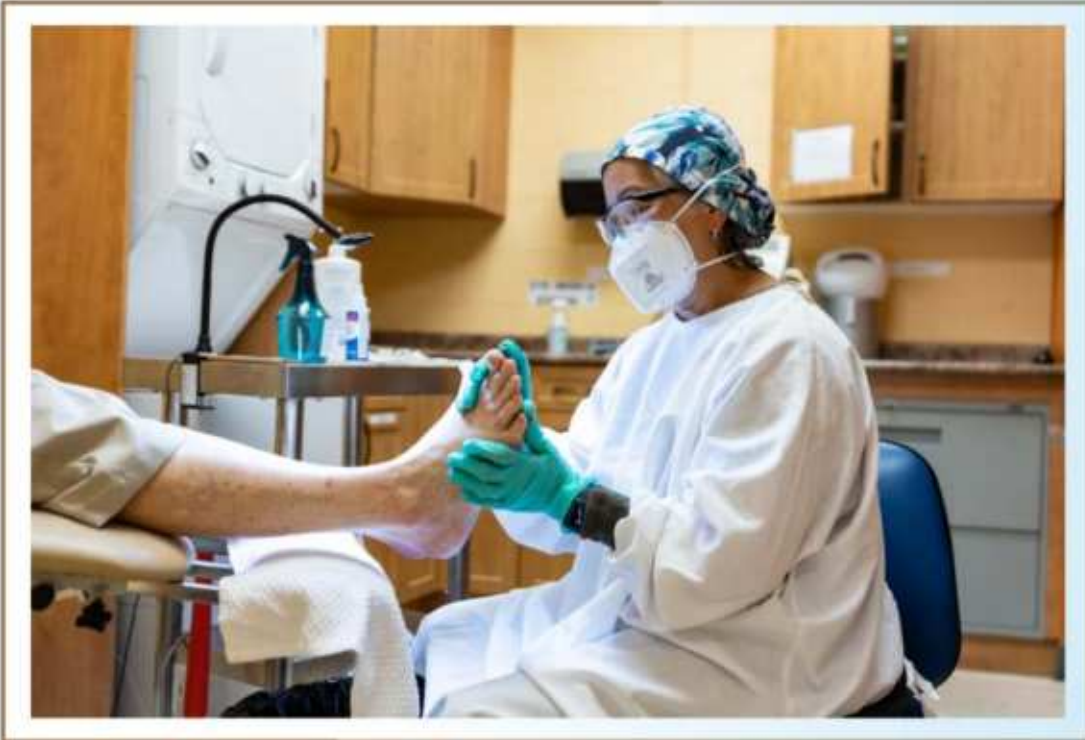
Be Social

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

Be Well!

- Safety & Security Check
- Home Maintenance Referral Program

SERVICES





Support our Mission!

Enriching the lives of older adults
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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

