



Thursday, June 18, 2015  
9 am-3 pm

## Conference Agenda

- 9:00 am Registration—  
morning refreshments
- 9:50 am Welcome Address
- 10:00 am Workshop #1
- 11:00 am Workshop #2
- 12:00 pm Lunch
- 1:00 pm Workshop #3
- 2:00 pm Workshop #4
- 3:00 pm Closing Remarks

*Please fill in & return your evaluation to staff before leaving to receive your gift package*

### Workshop Descriptions

**Aromatherapy— Tracey Rogers: White Feather Holistic Arts 2:00pm**

Aromatherapy works on all levels of the body: Emotionally, Mentally, Physically and Spiritually. These aroma recipes will aid with stress, depression, ADD/ADHD, sleep, meditation, rejuvenation, love or sensuality, stimulating chakra and energy centres, spiritual awakening, or peaceful awareness.

**Belly Dancing – Deanna: LAF Instructor 11:00am**

Have fun, move to the music and receive a great workout, that's what belly dancing is all about. Put a new spin on your fitness regimen and try this energetic class. No dance experience necessary.

**Container Gardening on a Budget—G.W.H.S 2:00pm**

No matter if you have a traditional home garden or trying to grow something on your balcony, learn how you can grow just about anything, anywhere on a budget.

**Core and Balance Class—Ruth McGuire: LAF Instructor 10:00am**

This class incorporates variety of balance and core exercises using small fitness equipment (stretch bands, Pilates balls and small weights). This exercise will enhance posture, stability, agility and balance.

**Creative Coasters—Beth Edgar: LAF Staff 10:00am**

Getting antsy for Summer to come? We have the perfect way to add a little color in our lives...SHARPIE COASTERS! These artsy, one-of-a-kind additions to your coffee table will make any appreciative guest marvel at your obviously skilled craftsmanship.

### Workshop Descriptions

**Sleep Deprivation— Insomnia and the Solution— Dr. Nantais 1:00pm**

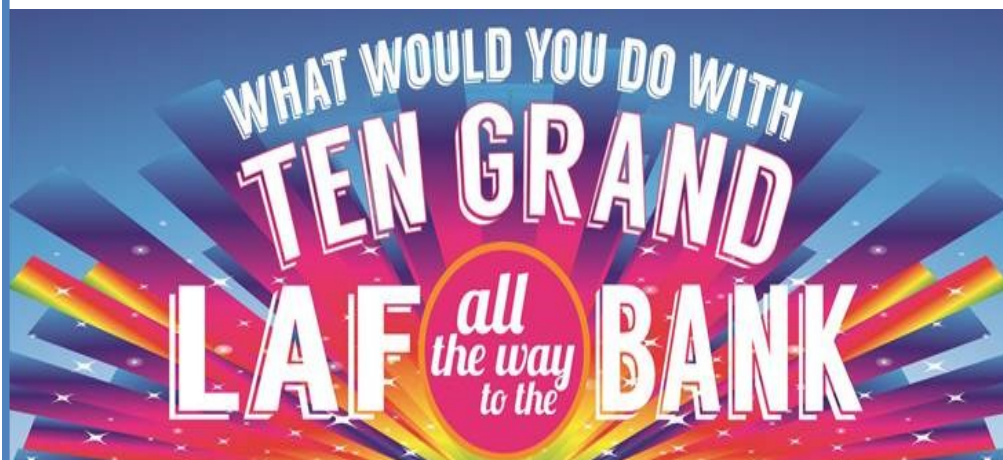
Are you part of the 14 million people in Canada having trouble sleeping? Alarming, decreased sleep leads to obesity and heart disease, among other health conditions. Today is your wake-up call to join Dr. Nantais in understanding the necessity of sleep, learn ways to improve your sleep habits, and live a healthier lifestyle.

**Summer Salad— Chef Stan Potvin: Kensington Court 2:00pm**

Join Chef Stan from Kensington Court, as he teaches you how to make a delicious summer salad that will be not only healthy but a delicious addition to any BBQ.

**Zumba Gold/LaBlast – JoAnne Ediger: LAF Instructor 1:00pm**

Enjoy dancing and fun music? Try out this workshop! Get a taste of these up –in –coming exercise classes that will leave you laughing and having fun, while receiving a great workshop. No dance experience necessary.



LAF Lottery tickets will be available October 1, 2014—January 31, 2015

\$50 each or 3 for \$100

60 WINNERS - 15 prizes will be drawn each Friday in February!

Support the programs you love at LAF and you could WIN BIG!



**East Side Centre**  
(WFCU Centre)  
8787 McHugh St.  
Windsor, ON

**Contact Us:**  
p: (519) 254 -1108  
e: info@lifeafterfifty.ca  
www.lifeafterfifty.ca

**West Side Centre**  
(Wyandotte & Campbell)  
635 McEwan Ave.  
Windsor, ON



# BETTER Living

BODY & MIND

Take an opportunity to try something new!

Thursday  
June 18  
2015

9:00 am-3:00 pm  
West Side Centre

\*Pre-registration Required

well.  
**Be**fit.  
social!



Proud Funded Partners



..digitalmedia..



# Registration

\$15 member / \$20 non member Pre-registration

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Paid By \_\_\_\_\_ Staff Initials \_\_\_\_\_

*Sorry no refunds*

*Mark your first, second & third choices in each time slot with your first choice (1), second choice (2) & third choice (3).*

*Please submit to Life After Fifty Reception.*

**10:00 am**

Core & Balance	
Creative Coasters	
Golf: Tips & Tricks	
Learning in Retirement	
Medications & Vitamins	
Qigong	

**11:00 am**

Belly Dancing	
Creative Writing	
Healthy Soups	
Medications & Vitamins	
Money, Consciousness & what matters	
Let's get organized	

**Lunch: 12:00-1:00 pm**

**1:00 pm**

Crystals & their wonderful properties	
Emailing & its features	
Jazz up your Creativity	
Self Defense: Protect	
Sleep Deprivation	
Zumba Gold/LaBlast	

**2:00 pm**

Aromatherapy	
Container Gardening	
Fit for Life	
Leather Bracelet	
Photo Editing	
Pole Walking	
Summer Salad	

Office Supplies graciously donated by: 

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# Workshop Descriptions

**Creative Writing: an exercise for the brain – Antoinette Pecaski 11:00am**  
Everybody is talented, original and has a story to tell.... Come join us as we look at writing and its intrinsic rewards. No experience necessary.

**Crystals & their wonderful properties- Tracey Rogers 1:00pm**  
This Holistic Medicine workshop is for those interested in learning about crystals and their healing properties. Since the ancient times crystals have been used to release mental, physical and spiritual blockages and help people overcome certain barriers. Come learn about their wonderful properties and benefits.

**Email & its features- John Oberjeuser 1:00pm**  
Want to learn to do more than just checking and sending an email? During this workshop you will learn how to: forward messages; attach documents and photos to an email; and how to save attachments, such as photos to your computer.

**Fit for Life – Marika Enjesman: LAF Instructor 2:00pm**  
Puts into practice a definitive well-rounded system of exercises that will increase the entire body's optimal health, inside and out. Through a variety of fun and creative movements and weight training, participants will strengthen, sculpt/tone the full body, and increase range of motion, balance/ flexibility.

**Golf: Tips & Tricks – Nancy & Don McCann 10:00am**  
Are you an avid golfer, or just starting off? Come learn some golf tips and tricks from Nancy McCann, a CPGA Professional, from Seven Lakes Championship Golf & Estates. McCann will discuss what to look for from your swing, positioning of the body, how to get that perfect drive and more. Great for men and women.

**Healthy Soups – Jennipher Gee: WECHC 11:00am**  
Learn how to prepare a delicious, simple, cost-effective, healthy soup that is great to serve all year round.

**Jazz up your creativity – Danah Beaulieu: Art Indeed 1:00pm**  
Come and enjoy an expressive arts workshop where you will enjoy the sounds and melodies of great jazz while getting creative with chalk pastels then paint! Explore and discover your unique and creative response to music ...while you enjoy the freedom of jazz... the sounds will inspire spontaneous expression as you let the colours and sounds take you on a creative adventure. You will leave with a drawing in chalk pastel and a small painting in acrylic paint. Don't miss this fun and unique art class!

**Learning in Retirement – Catherine Fettes: Eldercollege 10:00am**  
Find out about the local program that offers educational courses for older adults. Courses can vary from cooking to finance. There are no exams, tests, or homework. People take the courses just for the fun of it to remain physically, socially and intellectually active.

# Workshop Descriptions

**Leather Bracelet Making – Nancy Blair 2:00pm**  
Are you interested in knowing more about beading and learning to make something at the same time? Join us to make this beautiful bracelet in 45 minutes or less! No beading experience necessary. All materials will be supplied.

**Let's Get Organized - Claudia 11:00am**  
Learn some tips and tricks on how to organize your house to make your life easier. Not the organizing type, learn about services offered in the community that can help you.

**Money, Consciousness and what really matters – Jeff Polak 11:00am**  
Learn how to become a wise steward of your money. In this workshop you will examine your relationship with money. With a better understanding you will gain valuable insight which will lead you to making more conscious financial and investment choices.

**Photo Editing- Basic – John Oberjeuser 2:00pm**  
Have a picture you would like to edit, but not sure how? Sign up for this workshop and you will learn the basics of photo editing. Learn how to adjust the contrast, brightness and colours of photos and even how to add special effects.

**Pole Walking – Stephanie Diago: LAF Staff 2:00pm**  
Turn your walk into a full body workout. Discover the benefits of adding walking poles to existing walking routine & see what all the fuss is about.

**Prescriptions & Medications– Kristy Osborne: Pharmacist 10am&11am**  
Love to take your vitamins or different herbal pills, but not sure if they mix well with your prescription or over the counter medications? Come and learn about what mixes well and what you have to avoid when on prescription medication.

**Qigong- Introduction – Renate Bodri 10:00am**  
This is an easy to learn, martial arts type of practice, that incorporates deep breathing and graceful movements. Though it has many benefits, the major one is reduction or elimination of excessive stress, anxiety and depression. Qigong improves your mental focus and concentration, while allowing your body to strengthen around critical joint areas.

**Self Defense when out and about– Kevin Block: 1:00pm**  
Keep yourself safe, learn some new tricks and develop new skills that you can use when in uncertain situations. This workshop is great for all ages and is not physically or aerobically stressful on the body. Presented by Harmony Enterprise Inc.