







JANUARY & FEBRUARY 2024

Life After Fifty - West Side Centre (635 McEwan Ave)

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Jan. 1 & Feb. 19			<NEW TIMES>	
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) Assistance available 10:00-11:30	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Lapidary/SilverSmithing* (9:00-3:00)	Morning Indoor Walk (9:00-9:30)	Lapidary/SilverSmithing* (9:00-3:00)	Pickleball For Fun (9:00-12:00)
Cribbage (9:00-11:30)	Table Tennis (9:00-11:00)	Coffee Social (9:00-10:30)	4-Square Pickleball (9:00-10:30)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	Concert Band* (9:30 -11:30)	Essentrics* (9:30-10:30) Cost: \$16/8wks mem. \$56/8wks non-mem.	Table Tennis (9:00-11:00)	Beading Workshop* (9:30-11:00) Jan. 19 & Feb. 16 See flyer for details
FUNctional Circuit* (9:45-10:30) 7 weeks	WHY KNOT Knit/Crochet (9:30-11:30)	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)	Scrabble (9:30-12:00)	LAF Fitness* (10:45-11:45) 8 weeks	LAF Sing-a-long (10:00-11:00)	Seated - Lower Body Mobility & Strength*** 
Open Wii Bowling (10:00- 12:00)	Colouring Social (10:00-12:00)	Mexican Train Dominoes (12:30-3:30)	Coffee Social (10:00-11:30)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 7 weeks	FUNctional Circuit* (11:15-12:00) 8 weeks	ActiveAging Conversation (11:45-12:15) Jan. 17 & Feb. 7 	Mahjong (12:30-3:30)	Members' Book Club (12:30) Jan. 26 & Feb. 23
Corn Hole & Table Tennis (12:00-1:45)	Chair Yoga* (12:15-1:15) Cost: \$14/7wks mem. \$49/7wks non-mem.	Line Dancing Beginner* (1:00-2:00) 9 weeks	Chair Yoga* (11:15-12:15) Cost: \$14/7wks mem. \$49/7wks non-mem.	Friday Dance Social (1:00-4:00) 1x/month Jan. 12 Cost: \$2
Group Meditation* 	What's Your Tech Problem? (12:30-1:30)	Line Dancing Advance* (2:00-3:00) 9 weeks	FUNctional Circuit* (12:45-1:30) 9 weeks	Mind Body Mood (1:00-1:45)*** 
Shuffleboard (1:00-3:30)	Mahjong (12:30-3:30)	Craft Workshops* Jan. 10, 24, 31, Feb. 7, 28 See flyer for details.	Euchre (1:00-3:30)	Table Shuffleboard (1:00-3:00)
Mexican Train Dominoes (1:00-4:00)	Pickleball For Fun (1:30-4:00)	Intro to Silversmithing* (9:00-12:30) Jan. 17 See flyer for details.	FUNctional Circuit*  (1:45-2:30) 9 weeks	Valentine's Day Dance Wed. February 14th! See flyer for details
Advance Sewing (1:00-3:30) Jan.29, Feb.26	Grief Support* (2:00-3:00) TBA	Service Canada Presentation (9:30-11:00) Jan. 31	Tai-Chi Practice (3:00-4:00)	Did you know... LAF has a variety of games (cards, board games, Wii) you can play at anytime! Help yourself or ask a staff member!
Tai Chi* (2:00-3:00) Cost: \$14/7wks mem. \$49/7wks non-mem. 		Chair Massage** By Appointment only		
Conversations with a Cop (1:00-2:00pm) Feb. 5, 26	Therapeutic Touch** By Appointment only.	Foot-care** By Appointment only		Foot-care** By Appointment only
	Pilates* (5:00-6:00pm) <i>starts Jan. 9</i> Cost: \$16/8wks mem.	Total Body Fitness* (5:00-6:00pm) <i>starts Jan. 10</i> Cost: \$16/8wks mem.	Ballroom Dance* (5:00-6:00pm) <i>starts Jan. 11</i> Cost: \$16/8wks mem. \$56/8wks non-mem.	








Please see newsletter & flyers for ALL Special Events & Workshops

>>> See reverse side for legend and more information. <<<

JANUARY & FEBRUARY 2024

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

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Jan. 1 & Feb. 19				Jan. 5 closed at 12:00pm
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)	Seated Exercise w/ Resistance Bands*** (10:00-10:45) 	Craft Social (9:30-3:30)	Seated - Lower Body Mobility & Strength*** (10:00-10:45) 
LAF Sing-Along* (10:15-11:45)	Sit Tall or Stand Strong*** (10:00-10:45) 	Cribbage (10:00-12:00)	Computer 1on1* (10:00-11:00) (11:00-12:00)	Qigong Practice* (11:00-12:00)
Computer 1 on 1* (10:30-11:30) By Appointment Only	Mahjong (10:00-12:00)	Pickleball-Rec. Play* (11:15-1:15) starts Jan. 10 Jan. \$16/4wks mem.* Feb. \$16/4wks mem.*	Sharing Dance*** (10:30-11:25) 9 wks	Pickleball-Rec. Play* (11:15-1:15) starts Jan. 12 Jan. \$12/3wks mem.* Feb. \$20/5wks mem.*
Pickleball-Rec. Play* (11:15-1:15) starts Jan. 8 Jan. \$16/4wks mem.* Feb. \$12/3wks mem.*	Zumba Gold* (11:30-12) starts Jan. 9 Cost: \$12/6wks mem. \$42/6wks non-mem. No class on Feb. 6 & 13	Mahjong (12:15-3:45)	Pickleball-Beg. Lvl Play* (no lessons) (11:15-1:15) Jan. \$12/3wks mem.* Feb. \$20/5wks mem.*	Mind Body Mood*** (1:00-1:45) 
Watercolour Painting Club (no instructor) (12:30-3:00)	Mexican Train Dominos (12:15-4:00)	Computer 1on1 (Digital Basics)* (1:00-2:00)	Beg. Line Dancing* (11:45-1:15) Cost: \$12/6wks mem. \$42/6wks non-mem. No classes Feb. 15, 22 	Euchre (1:00-3:30) 
Pepper (12:30-4:00)	Essentrics* (1:00-2:00) Cost: \$16/8wks mem. \$56/8wks non-mem.	LAF Fitness* - Hybrid (1:30-2:30) 7 weeks	Tai Chi Advance* (1:00-2:00) Cost: \$16/8wks mem. \$56/8wks non-mem.	LAF Fitness* - Hybrid (1:30-2:30) 8 weeks
LAF Fitness* - Hybrid (1:30-2:30) 7 weeks	Seated Exercise*** (2:00-2:45) 		Scrabble (1:00-3:45)	Yoga (Chair)* (2:30-3:30) Cost: \$16/8wks mem. \$56/8wks non-mem.
Valentine's Day Dance Wed. February 14th! See flyer for details	Movie & Popcorn* (1:00-3:30) Jan. 16; Cost: \$2	LAF Book Club* (2:45-3:45) Jan. 17 & Feb. 21	Tai Chi (Beg.)* (2:00-3:00) Cost: \$16/8wks mem. \$56/8wks non-mem.	Service Canada Presentation (11:00-12:30) Feb. 9
Conversations with a Cop (11:00-12:00) Feb. 12, 26 see flyer for details	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 January 8 - March 1, 2024. Registration begins Wednesday January 3.**

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

*****Live Virtual Programming offered in real time through Baycrest @ Home.**

- 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.
- All programs, rules, hours are subject to change without notice.
- Please see newsletter & flyers for ALL Special Events & Workshops.

Life After Fifty - Program Descriptions January/February 2024

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.*

Active Aging Conversation: Join the instructor after LAF Fitness 1x month for a variety of discussions on ways to stay & improve an active lifestyle. Do not need to attend LAF Fitness to participate. (WSC)

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

Ballroom Dance: No partner needed. Beginner Bachata. Bachata originated from the Dominican Republic and is a blend of both Bolero and Merengue. The side to side motion of this dance makes it easy for anyone to enjoy. We will work through the foundational movements of this dance in both solo dancing and in partner work. Don't have a partner? Not to worry at all. We change partners throughout the class so that everyone experiences partner work and enjoys the social aspect of this dance. Recommended shoes: ballet flats (no wedges or platforms); dress shoes, Vans, or Converse (running shoes not recommended). *Pre-Registration & Additional fees apply. (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)

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)

Grief Support: Find ways and tools to navigate your grief journey through this holiday season, come for one or both sessions. **Pre-registration is recommended.** (WSC)

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.* (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. *Learning opportunities are available, acquire within. Additional 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)

Pilates: Join us on the matt for breathing, strengthening, & engaging your core in various contemporary Pilates movements. Challenge your balance using your own body weight as you flow from one move to the next with use of a variety of small props. ***Pre-Registration & fees apply.** (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)
- **4-Square Pickleball:** This is not your ordinary pickleball! With the combination of pickleball and the schoolyard game of 4-Square, you have a fast pace, light hitting (aka, dinking), strategic game, for all abilities to play. (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!***

Total Body Fitness: Your instructor will have your heart rate up as you go through a series of exercises to challenge your mind & body. You will alternate between high/low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work to gain strength & endurance. Floor work included. **Pre-Registration & Additional fees apply.* (WSC)

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 - On Your Feet: Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 60-minute class developed in collaboration between Baycrest and National Ballet School fosters creative self-expression and fun! Can be done 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. *Pre-registration 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 and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done while 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.



Live Virtual Programming

The following are offered live via zoom at Life After Fifty from our friends at Baycrest @ Home:

- Mind Body Mood – the practice of mindfulness
- Seated Exercise – Lower Body Mobility & Strength
- Seated Exercise – with Resistance Bands
- Sit Tall or Stand Strong – strength & balance.

*To access these programs and much more at home, please call us 519-254-1108 to register. Must be a LAF member.

SPECIAL EVENTS & ACTIVITIES

Movie & Popcorn: Enjoy watching a movie with friends. Cost. \$2 (ESC)

Friday Dance Social: Move & groove to your favourite hits in a fun & social atmosphere. \$2 (WSC)

Valentine's Day Dance: *Join us Wednesday evening February 14th: at the Ciociaro club for this all ages Dinner and Dance fundraiser.*

Hand Spa: Treat yourself this Valentines' Day, to a \$2 Hand massage & hot wax hand treatment. Please book an appointment. (WSC)

CRAFT & ART WORKSHOPS:

Pre-registration required for all workshops.

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

***Soap Making** –Jan.24, 1:00pm – WSC; Cost: \$10

***Decorative Mason Jars** –Jan. 31, 1:00pm -WSC Cost: *TBD*

***Heart Bouquet**–Feb. 7, 1:00pm – WSC; Cost: \$10

***Welcome Spring Wood Signs** – Feb. 28, 1:00pm – WSC, Cost \$10

****Beading Craft Workshops** – Jan. 19 & Feb. 16 – WSC – see flyer for details.

Introduction to Silversmithing: Wednesday Jan. 17, Cost \$20.

Do you have the fine motor skills it takes to work intricately with silver. Register for this beginner silversmithing class, taught by a volunteer, learn how to make a basic ring band which is the foundation of further jewelry creation. This 3+ hour class covers the health & safety guidelines while learning the basic steps of how to:

> size a ring; use a torch; soldering, sanding & polishing silver; and learn about the tools used to make jewelry. (WSC)

Introduction to Lapidary: Monday Jan. 22, Cost \$20

Learn about the art of working with rocks and gemstones in this 3-hour class. While following the health & safety procedures, a volunteer instructor will lead you through the basic lapidary techniques of cutting, polishing, shaping of your stone/gem. (WSC)

SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

Service Canada:

Join Service Canada on Wednesday, Jan. 31 at 9:30am at the West Side location and Friday, February 9, at 11:00am at the East Side, as they discuss the current benefits & services for Seniors. And what's new and coming! (WSC/ESC)

Conversations with a Cop:

Start your week off with an educational session with a Windsor Police Constable, different topics will be presented each week. See schedule/flyers for dates and details.

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

LAF Program Descriptions Updated: 01/31/24

