

Life After Fifty – 2021/22 December/January Schedule

ZOOM & West Side Programs (WSC) West Side Centre, 635 McEwan Ave.

Day/Location	Program	Time	Dates	Fee	Capacity
MONDAYS	CLOSED on December 27 and January 3. All programs are CANCELLED. No programs Jan. 31.				
WSC	Billiards	10:00-3:00	Dec. 6-20 Jan.10-24	\$12/6 weeks	8
WSC	Computer Lab	9:00-12:00	Dec. 6-20 Jan.10-24	\$12/6 weeks	4
WSC	Computer Lab	12:30–3:30	Dec. 6-20 Jan.10-24	\$12/6 weeks	4
WSC	LAF Fitness	9:30-10:30	Dec. 6-20 Jan.10-24	\$24/6 weeks	24
WSC	Yoga – Chair/Floor	11:00-12:00	Dec. 6-20 Jan.10-24	\$24/6 weeks	24
WSC	Shuffleboard	1:00-3:30	Dec. 6-20 Jan.10-24	\$12/6 weeks	16
TUESDAYS	CLOSED on December 28. All programs are CANCELLED.				
WSC	Billiards	10:00-3:00	Dec. 7-21 Jan. 4-25	\$14/7 weeks	8
WSC	Pickleball for Fun	9:30-11:30	Dec. 7-21	\$ 6/3 weeks	10
WSC	Computer Lab	9:00-12:00	Dec. 7-21 Jan. 4-25	\$14/7 weeks	4
WSC	Computer Lab	12:30–3:30	Dec. 7-21 Jan. 4-25	\$14/7 weeks	4
WSC	Tai Chi	1:00-2:30	Dec. 7-21 Jan. 4-25	\$14/7 weeks	15
WSC	Mahjong	1:00 – 3:00	Dec. 7-21 Jan. 4-25	\$14/7 weeks	8
WSC	Craft Workshop	1:00-3:00	Dec. 21 & Jan TBD	\$10 each	10-15
WEDNESDAYS	CLOSED on December 29. See SCWW for Programs.				
WSC	Coffee Social	9:00-11:00	Dec.8-22 Jan. 5-26	\$14/7 weeks	16
WSC	Billiards	10:00-3:00	Dec.8-22 Jan. 5-26	\$14/7 weeks	8
WSC	Computer Lab	9:00-12:00	Dec.8-22 Jan. 5-26	\$14/7 weeks	4
WSC	Computer Lab	12:30-3:30	Dec.8-22 Jan. 5-26	\$14/7 weeks	4
WSC	LAF Fitness	11:00-12:00	Dec.8-22 Jan. 5-26	\$28/7 weeks	24
WSC	Line Dancing Beginner	1:00-2:00	Dec.8-15 Jan. 5-26	\$12/6 weeks	20
WSC	Line Dancing Advance	2:15-3:15	Dec.8-15 Jan. 5-26	\$12/6 weeks	20
THURSDAYS	CLOSED @ 12pm on December 23. CLOSED on December 30. See SCWW for Programs.				
WSC	Billiards	10:00-3:00	Dec.9-16 Jan. 6-27	\$14/7 weeks	8
		9:00-12:00	Dec. 23		
WSC	Computer Lab	9:00-12:00	Dec.9-23 Jan. 6-27	\$14/7 weeks	4
WSC	Computer Lab	12:30–3:30	Dec.9-16 Jan. 6-27	\$12/6 weeks	4
WSC	Lapidary/Metalsmithing	9:00-3:00	Dec.9-16 Jan. 6-27	\$24/6 weeks	10
WSC, ZOOM	StrongerU Fitness	9:30-10:00	Jan. 6 - 27	\$8/4 weeks***	24
WSC	Pickleball for Fun	10:30-12:00	Jan. 6 - 27	\$8/4 weeks	12
WSC	Mahjong	1:00-3:30	Dec.9-16 Jan. 6-27	\$12/6 weeks	16
WSC	Euchre	1:00-3:30	Dec.9-16 Jan. 6-27	\$12/6 weeks + \$2	24
ZOOM	Yoga – Chair	1:00-2:00	Dec.9-16 Jan. 6-27	***	50
FRIDAYS	West Side location closed on Fridays. Virtual Programs only.				
ZOOM	Zumba Gold	1:00-1:30	Dec.10-17 Jan. 7-28	***	50

Happy Holidays from all the staff at Life After Fifty!

Updated: 11/23/21



ZOOM & East Side Programs (ESC) East Side Centre, 8787 McHugh St.

Day/Location	Program	Time	Dates	Fee	Capacity
MONDAYS	CLOSED on December 27 and January 3. All programs are CANCELLED. No programs Jan. 31.				
ESC	Mile at a Time	9:00 – 10:00	Dec. 6-20 Jan.10-24	\$12/6 weeks	8
ESC	Beg. Tai Chi	10:00 -11:00	Dec. 6-13 Jan.10-24	\$10/5 weeks	14
ESC	Pepper	12:30 - 3:30	Dec. 6-20 Jan.10-24	\$12/6 weeks +\$1	16
ESC	Watercolour Painting Club	12:30 -3:30	Dec. 6-20 Jan.10-24	\$12/6 weeks	10
ESC, ZOOM	LAF Fitness	1:30 - 2:30	Dec. 6-20 Jan.10-24	\$24/6 weeks***	35
TUESDAYS	CLOSED on December 28. All programs are CANCELLED.				
ESC	Mile at a Time	9:00 – 10:00	Dec. 7-21 Jan. 4-25	\$14/7 weeks	8
ESC	Crafts	9:30 – 3:30	Dec. 7-21 Jan. 4-25	\$14/7 weeks	10
ESC	Zumba Gold	11:15-11:45	Dec. 7-21	\$28/7 weeks	7
		11:30-12:00	Jan. 4-25		
ESC	Essentrics (Classic Stretch)	1:00-2:00	Dec. 7-21 Jan. 4-25	\$28/7 weeks	14
WEDNESDAYS	CLOSED on December 29. See SCWW for Programs.				
ESC	Cribbage	10:00 -12:00	Dec.8-22 Jan. 5-26	\$14/ 7 weeks	4
ESC	Advanced Tai Chi	11:15-12:30	Dec.8-22 Jan. 5-26	\$14/7 weeks	7
ESC	Mahjong	12:30 - 3:30	Dec.8-22 Jan. 5-26	\$14/7 weeks	8
ESC, ZOOM	LAF Fitness	1:30 - 2:30	Dec.8-22 Jan. 12-26	\$24/6 weeks***	35
ESC	Computer Basics 1 on 1*	1:00 – 2:00	Dec. 8,15, Jan. 5, 12, 19 & 26	\$2 per class	Call to book
ESC	Craft Workshop	11:00-12:00	Dec. 15 & Jan. TBD	\$10 each	10
ESC	Watercolour Painting Workshop	1:30 – 3:00	Jan. 12	\$10 each	10
THURSDAYS	CLOSED @ 12pm on December 23. CLOSED on December 30. See SCWW for Programs.				
ESC	Mile at a Time	9:00 – 10:00	Dec. 9-23 Jan. 6-27	\$14/7 weeks	8
ESC	Crafts	9:30 - 3:30	Dec. 9-23 Jan. 6-27	\$14/7 weeks	12
ESC	Computer Basics 1 on 1*	10:00-10:45 11:00 -11:45	Dec. 9, 16, 23, Jan. 6, 13, 20, 27	\$2 per class	Call to book
ESC	Scrabble	1:00-3:00	Dec. 9-16 Jan. 6-27	\$12/6 weeks	8
ESC	Floor Yoga	1:30 - 2:30	Dec. 9-16 Jan. 6-27	\$24/6 weeks	7
ZOOM	Yoga – Chair	1:00-2:00	Dec.9-16 Jan. 6-27	***	50
FRIDAYS	East Side location closed on Fridays. Virtual programs only.				
ZOOM	Zumba Gold	1:00-1:30	Dec.10-17 Jan. 7-28	***	50

**Please note a MAXIMUM of TWO appointments of Computer Basics 1 on 1 can be booked per month per participant.

*****Zoom**- At-home via Zoom live programming. *Please call to register for our \$10 "Zoom memberships" Dec./Jan.*

- **Pre-registration required for all programs. Begins Nov. 23, 2021 @ 9:00am**
- To register go to: myactivecenter.com or call 519-254-1108
- **All programs, rules, hours are subject to change without notice.**
- **SCWW- Telephone-based Programs** - See separate SCWW Schedule for details

Updated: 11/23/21



Life After Fifty - Program Descriptions December 2021/22

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

ZOOM = Pre-registration for monthly ZOOM membership is required

➤ **Pre-registration is required for all programs, see schedule for details.**

➤ **Refillable water bottle with lid is encouraged to bring from home.**

***Masks are mandatory at all times.**

****Masks can be removed only in your designated area.**

***Billiards:** Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Experienced players only. (WSC)

****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 included in the cost. (WSC)

***Computer Lab:** Book a time to use the Centre's desktop computers with internet access. (WSC)

***Computer One on One:** Make an appointment for a computer volunteer to assist you with questions. Social distance measures will apply. (ESC – by appointment only)

***Craft Workshop: Holiday Wreaths (Dec. 15):** Pre-registration is required by Dec. 10. Cost: \$10, includes supplies and program fees. (ESC)

Christmas on a Placemat- Trace and Paint with JoAnne (Dec. 21): Pre-registration is required by Dec. 17. Cost: \$10, includes supplies and program fees. (Zoom, WSC option available)

Watercolour Painting Workshop (Jan. 12): Pre-registration is required by Jan. 7. Cost: \$10, includes supplies and program fees. (ESC)

➤ More Workshops to come in January! Call Centre in January for details.

***Creative Crafts:** Come work on your own craft projects or create new ones in a great social atmosphere. Participants must wear a mask at all times. Crafters are encouraged to bring their own materials from home. (ESC)

***Cribbage:** This is a card game traditionally for two players, but commonly played with three or more. It involves playing and grouping cards in combinations which gains points. (ESC)

****Essentrics (Classical Stretch):** This is a unique & dynamic program that fuses strength & flexibility exercises, all in one workout! Ability to get down on the floor is required. Participants are encouraged to bring own exercise mat. (ESC)

***Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. Additional fee received the day of. (WSC)

***Lapidary/Silver Metalsmithing**

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. **Must be experienced.** (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 and resistance bands are incorporated. Participants are encouraged to bring their own set of weights or bands. (ESC, WSC, ZOOM)

****Line Dancing:** Join in a fun & fit way to learn some of the most popular line dances. Each individual will have a designated area to dance. Beginner and Advance classes. (WSC only)

***Mahjong:** An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. (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)

***Pepper:** If you like Euchre, you'll love Pepper! This is an easy game to learn and offers opportunities for strategy, both in the bidding and the playing portion of the game. Additional fee received the day of. (ESC)

***Pickleball For Fun:** Pickleball combines certain elements from badminton & tennis and is a fun way to enhance cardio endurance & balance. No formal games or scoring will take place. (WSC)

***ShuffleBoard:** Looking for something to improve your hand –eye coordination? Try Shuffleboard! This activity mixes fun, the use of strategies and sportsmanship all into one program. Ideal for any activity level. (WSC)

****StrongerU – Cardio:** Performed seated or standing, this program engages the heart, lungs, and brain, through movement combinations set to music. This program is in collaboration with the StrongerU Senior Fitness Student Sponsorship Program. (WSC, ZOOM)

****Tai Chi:** Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. This instructor led program is available at both beginner and advanced levels. (ESC, 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. (ESC)

****Yoga**

Yoga Floor - This is a great class 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 are encouraged to bring their own yoga mat and blocks. (ESC)

Yoga Chair – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. Participants who choose to do movements on the floor are encouraged to bring their own yoga mat. (WSC, ZOOM)

***Zumba Gold**

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. Join us for a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health. (ESC, ZOOM)