

Life After Fifty –March 2022 Schedule

- **Pre-registration required for all programs. Begins Tuesday, Mar 1, 2022 @ 9:00am**
- **To register: call 519-254-1108 or come to either location.**
- **Proof of full vaccination is required upon entry.**
- **All programs, rules, hours are subject to change without notice.**
- **SCWW- Telephone-based Programs - See separate SCWW Schedule for details.**

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

****Extra class fees to start in April, 2022.**

Zoom- At-home via Zoom live programming. **Please call to register for our “membership”.**

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

Day/Location	Program	Time	Dates	Pre-registration	Capacity
MONDAYS					
WSC	Billiards	9:00-12:00	March 7 – 28	4 weeks	6
WSC	Billiards	12:30-3:30	March 7 – 28	4 weeks	6
WSC	Computer Lab	9:00-12:00	March 7 - 28	4 weeks	4
WSC	Computer Lab	12:30–3:30	March 7 - 28	4 weeks	4
WSC	LAF Fitness Mile at a Time (no LAF Fitness)	9:30-10:30	March 7, 21, 28 March 14	3 weeks 1 week	30
WSC	Yoga – Chair/Floor	11:00-12:00	March 7 – 28	4 weeks**	24
WSC	Shuffleboard	1:00-3:30	March 7 - 28	4 weeks	16
TUESDAYS					
WSC	Billiards	9:00-12:00	March 8 – 29	4 weeks	6
WSC	Billiards	12:30-3:30	March 8 – 29	4 weeks	6
WSC	Silver Ambassadors Band	9:30-11:30	ongoing	n/a	n/a
WSC	Computer Lab	9:00-12:00	March 8 – 29	4 weeks	4
WSC	Computer Lab	12:30–3:30	March 8 – 29	4 weeks	4
WSC	Pickleball for Fun	1:00-3:00	March 8 – 29	4 weeks	14
WSC	Mahjong	1:00 – 3:00	March 8 – 29	4 weeks	12
WSC, ZOOM	Craft Workshop	1:00-3:00	March 15	\$10 each	10
WEDNESDAYS					
WSC	Table Tennis	9:00-10:30	March 9 - 30	4 weeks	6
WSC	Billiards	9:00-12:00	March 9 - 30	4 weeks	6
WSC	Billiards	12:30-3:30	March 9 - 30	4 weeks	6
WSC	Computer Lab	9:00-12:00	March 9 - 30	4 weeks	4
WSC	Computer Lab	12:30-3:30	March 9 - 30	4 weeks	4
WSC	Coffee Social	9:30-11:00	March 9 - 30	3 weeks **	16
WSC	LAF Fitness Mile at a Time (no LAF Fitness)	11:00-12:00	March 9, 23, 30 March 16	3 weeks 1 week	30
ZOOM	Yoga – Chair	11:00-12:00	March 9 – 30	4 weeks **	n/a
WSC	Line Dancing Beginner	1:00-2:00	March 9 - 30	4 weeks	20
WSC	Line Dancing Advance	2:15-3:15	March 9 - 30	4 weeks	20
THURSDAYS					

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WSC	Billiards	9:00-12:00	March 10 – 31	4 weeks	6
WSC	Billiards	12:30-3:30	March 10 – 31	4 weeks	6
WSC	Computer Basics 1on1*	10:00-11:00 11:00-12:00	Mar 10, 17, 24, 31	Call to book	
WSC	Computer Lab	12:30–3:30	March 10 – 31	4 weeks	4
WSC	Metalsmithing	9:00-3:00	March 10 – 31	4 weeks	10
WSC, ZOOM	StrongerU Fitness	9:30-10:00	March 10 – 31	4 weeks	30
WSC	Pickleball for Fun	10:30-12:00	March 10 – 31	4 weeks	14
WSC, ZOOM	Financial Planning Workshop	1:00pm	March 10	1 day	n/a
WSC	Mahjong	1:00 – 3:00	March 10 – 31	4 weeks	12
WSC	Tai Chi	1:00-2:30	March 10 – 31	4 weeks**	10
WSC	Euchre	1:00-3:30	March 10 – 31	\$2/week	24
FRIDAYS	West Side location closed on Fridays. Virtual Programs only.				
ZOOM	Qigong	10:00-11:00	March 11 – April 1	5 weeks	n/a
ZOOM	Zumba Gold	1:00-1:30	March 11 – April 1	5 weeks	n/a

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

Day/Location	Program	Time	Dates	Pre-registration	Capacity
MONDAYS					
ESC	Mile at a Time	9:00 – 10:00	March 7 - 28	4 weeks	9
ESC	Computer Basics 1 on 1*	10:15-11:15	March 7, 14, 21, 28	4 weeks	Call to book
ESC	Smartphone/Tablet Workshop	1:00-3:00	March 28	1 day	12
ESC	Pepper	12:30 - 3:30	March 7-28	4 weeks	12
ESC	Watercolour Painting Club	12:30 -3:30	March 7-28	4 weeks	12
ESC, ZOOM	LAF Fitness	1:30 - 2:30	March 7-28	4 weeks**	38
TUESDAYS					
ESC	Mile at a Time	9:00 – 10:00	March 8 - 29	4 weeks	9
ESC	Crafts	9:30 – 3:30	March 8 - 29	4 weeks	12
ESC	Computer Basics 1 on 1*	11:00-12:00	March 8, 15, 22, 29	4 weeks	Call to book
ESC	Zumba Gold	11:30-12:00	March 8 - 29	4 weeks	7
ESC	Essentrics (Classic Stretch)	1:00-2:00	March 8 - 29	4 weeks**	14
WEDNESDAYS					
ESC	Mile at a Time	9:00 – 10:00	March 9 - 30	4 weeks	9
ESC	Cribbage	10:00 -12:00	March 9 - 30	4 weeks	4
ESC	Advanced Tai Chi	11:00-12:15	March 9 - 30	4 weeks	7
ZOOM	Yoga – Chair	11:00-12:00	March 9 - 30	4 weeks **	n/a
ESC	Mahjong	12:15 - 3:30	March 9 - 30	4 weeks	12
ESC, ZOOM	LAF Fitness	1:30 - 2:30	March 9 - 30	4 weeks**	38
THURSDAYS					
ESC	Mile at a Time	9:00 – 10:00	March 10-31	4 weeks	9
ESC	Crafts	9:30 - 3:30	March 10-31	4 weeks	12
ESC	Computer Basics 1 on 1*	10:00-11:00 11:00 -12:00	March 10, 17, 24, 31	Call to book	

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ESC	Qigong Fundamentals	11:00-12:00	March 17- 31	3 weeks	9
ESC	Scrabble	1:00-3:30	March 10 - 31	4 weeks	8
ESC	Beg. Tai Chi	1:00-2:00	March 10, 24, 31 No class March 17	3 weeks**	16
ESC	Floor Yoga	2:00 - 3:00	March 10-31	4 weeks	10
FRIDAYS	East Side location closed on Fridays. Virtual programs only.				
ZOOM	Qigong	10:00-11:00	March 11-March 31	4 weeks	n/a
ZOOM	Zumba Gold	1:00-1:30	March 12- March 24	3 weeks**	n/a

Life After Fifty - Program Descriptions March 2022

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

➤ **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. (ZOOM)

***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, WSC – by appointment only)

***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

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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)

***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)

****Qigong (pronounced Chi Gong):** Holistic system of coordinated body posture/movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong can help improve your circulation, balance, alignment and help restore your energy (chi). (ESC, ZOOM).

***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)

***Table Tennis:** This game provides exercise and improves hand-eye coordination. (WSC)

****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 (ESC, WSC) and advanced levels (ESC only).

***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)

WORKSHOPS

Financial Planning: What You Need to Know About Taxes in Retirement

Join a registered financial planner who will teach you how to find information about taxation in retirement. Topics include:

- *Highlighting the demoralizing and discouraging thoughts Canadians have about retirement.
- *Taking a look at the risks of a longer life span.
- *Introducing unknown retirement income sources you can tap into.
- *Revealing all sources of taxation and clawbacks that can hurt retirees.
- *Untapped and underused tax-efficient solutions for retirees. Must pre-register. (WSC, ZOOM)

***Craft Workshop: St. Paddy's Day Gnome- Paint with JoAnne**

Let's celebrate St. Patrick's Day by learning how to paint a festive picture of "gnome" with JoAnne Ediger. Cost: \$10 kit, includes supplies and program fees. If participating on Zoom, Kits will be available for pick-up at the WSC between March 7-14. Zoom link will be sent out via e-mail. (ZOOM, WSC – option available)

Smartphone/Tablet Basics & Security

Learn how to better use your android smartphone and/or tablet. Please make sure to bring your tablet and/or smartphone (if you own one) along with a charger to the class. In this workshop, you will learn how to navigate the main screen, use applications and learn some security measures to protect your device against hackers. Must pre-register. (ESC)