

Life After Fifty - Program Descriptions May/June 2022

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.*

➤ *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 available at an extra \$\$\$. (WSC)

***Computer Lab:** Come and use the Centre's desktop computers with internet access. (WSC)

***Computer 1 on 1:** Make an appointment for a computer volunteer to assist you with basic questions. Limited booking restrictions in place. (ESC, WSC. By appointment only)

***Craft Social:** Come work on your own craft projects or create new ones for the Centre in a great social atmosphere. Participants must wear a mask at all times. Crafters are encouraged to bring their own materials from home. *Space is limited - Pre-Registration is required.* (ESC/WSC)

***Cribbage:** This is a card game traditionally for two players, but commonly played with three or four. It 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! Ability to get down on the floor is required. Participants are encouraged to bring own exercise mat. *Pre-Registration & Additional class fees apply.* (ESC)

***Euchre:** Join us for this very enjoyable and popular card game. This program is offered for people who are familiar with game rules. Fees apply. (WSC)

***Game Time:** We have many multi player games waiting for you and your LAF friends to play! Yatzee, Mexican Train Dominoes, Crokinole & Cribbage are available at both locations! (ESC/WSC)

***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. *Pre-Registration is required. 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. ***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. Each individual will have a designated area to dance. Beginner and Advance classes. *Space is limited - Pre-Registration is required.* (WSC)

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***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)

***Learn to: Mahjong clinic:** Join us for this 6 week clinic on how to play Mahjong. *Space is limited - Pre-Registration is required.* (ESC only)

****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/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. (ESC/WSC)

****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. **Space is limited - Pre-Registration is required.** (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). *Space is limited. Pre-Registration is required.* (ESC, ZOOM).

***Sewing Social:** 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. *Space is limited. Pre-registration required.* (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:** 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. *Pre-Registration is required.* (WSC, ZOOM)

***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. Beginner & advanced level instructor led program available. *Pre-Registration & Additional class fees apply.* (ESC, WSC)

Chi & Chat –Enjoy practicing Tai Chi and a chat over coffee break. (ESC)

Tai Chi Practice – No instructor, participant led. (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. *Space is limited - Pre-Registration is required.* (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 can bring their own yoga mat and blocks. *Registration & additional class fees apply.* (ESC)

Yoga Chair – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated, however participants may choose to do movements on the floor. *Registration & additional class fees apply.* (WSC, ZOOM)

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***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. *Registration & additional class fees apply.* (ESC, ZOOM)

WORKSHOPS & SPECIAL EVENTS

***Falls Prevention – May 12**

Life After Fifty welcomes the Occupational Therapist from weCHC to give a FREE workshop on how to lower your risk of falls and increase your independence! *Pre-Registration is required.* (WSC)

***Protecting Your Device– May 13**

Learn how to use applications and security measures to protect your device against hackers. Please bring your own tablet and/or smartphone to the class. Tablets will be made available if needed. *Pre-Registration is required.* (WSC)

***Financial Planning: Taxes & Retirement – May 17**

In this seminar we will highlight the demoralizing and discouraging thoughts Canadians have about retirement by: 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. *Pre-Registration is required.* (WSC, ZOOM)

***Financial Planning: Getting the most from your Government Benefits – June 14**

*Details of this workshop to follow. . *Pre-Registration is required.* (ESC, ZOOM)

***Craft Workshop: Paint Days – May 10 & June 21**

May 10th, learn to create our own beautiful canvas painting as you follow our guest artist, Kristi, step by step! Kit Cost: \$10 kit, includes supplies and program fees. This will be an in person activity. *Pre-registration is mandatory as space is limited. Watch for flyer for more details.* (WSC)

June 21st, decorate your very own wooden photo box by following our volunteer Linda, as she leads of “wild flower” painting! Kit Cost: \$10 kit, includes supplies and program fees. This will be an in person activity. There’s many steps, so we will be breaking for lunch. *Pre-registration is mandatory as space is limited. Watch for flyer for more details.* (WSC)

Pizza & A Movie – Join us for some pizza before we enjoy a fun movie amongst friends! *Pre-Registration is required.* Cost \$7. (ESC, WSC)

LAF SPIRIT DAYS – Kick off Senior’s month by showing the reasons why you LAF! Come dressed in Orange & Blue colours; enjoy engaging in activities with staff and other members. (ESC, WSC)

BETTER LIVING – We continue Senior’s Month by offering a series of interactive workshops. Details (time, dates, cost & workshops) to follow. Watch for flyer!

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