

November & December 2022



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 Nov. 11 - all programs cancelled |
| Billiards (9:00-3:30) | Billiards (9:00-3:30) | Billiards (9:00-3:30) | Billiards (9:00-3:30) | Billiards (9:00-3:30) |
| Computer Lab (9:00-3:30) | Computer Lab (9:00-3:30) | Computer Lab (9:00-3:30) | Computer Lab (9:00-3:30) | Computer Lab (9:00-3:30) |
| Morning Indoor Walk (9:00-9:45) | Silver Ambassador Band* (9:30-11:30) | Morning Indoor Walk (9:00-9:45) | MetalSmithing* (9:00-3:00) | Mile at a Time (9:00-9:45) |
| LAF Fitness* (9:45-10:45) 7 weeks | WHY KNOT Knit/Crochet 9:30-11:30 | Coffee Social (9:00-10:30) | StrongerU Fitness* Hybrid (9:30-10:00) | Table Tennis (9:00-12:00) |
| Wii Bowling (10:00-12:00) Cancelled Nov. 7 & 14 | Wii Bowling (10:00-12:00) Cancelled Nov. 1 & 15 | LAF Fitness* (9:45-10:45) 8 weeks | Pickle-ball For Fun (9:30-12:00) | Scrabble (9:30-11:30) |
| Colouring Social (10:00-2:00) | Colouring Social (10:00-2:00) | Wii Bowling (10:00-12:00) Cancelled Nov. 2 & 16 | Coffee Social (10:00-11:30) | LAF Sing-a-long (10:00-11:30) |
| Chair/Floor Yoga* (11:00-12:00) Cost: \$14/7wks member \$49/7wks Non-member | Pickle-ball For Fun (1:00-4:00) | Chair Yoga* -Hybrid (11:00-12:00) Cost \$16/8wks member \$56/8wks non-member | Sewing* (9:30-3:30) No class-Craft Show prep:Nov. 3 | Pepper (12:30-3:30) |
| Shuffleboard (1:00-3:30) | Mahjong (1:00-3:00) | Mexican Train Dominoes (1:00-3:00) | Zumba Gold * Hybrid NEW (11:00-11:30) Cost \$16/8wks member \$56/8wks non-member | LAF Fitness* -Hybrid (1:30-2:30) 7 weeks |
| Tai Chi Beginner* (1:00-2:00) Cost \$14 /7wks member \$49/7wks non-member | Computer lessons:* NEW "What's Your Tech Problem?" (12:30-1:30) No class: Nov. 8, Dec. 13 | Line Dancing Beginner* (1:00-2:00) 8 weeks | Colouring Social (11:00-2:00) | |
| Tai Chi Advance* (2:00-3:00) Cost \$14 /7 wks member \$49/7wks non-member | Craft Workshops* Nov. 8 (1:00-3:00) Cost:\$30/1 week Nov. 15 (1:30-3:30) -Hybrid Cost:\$10/1 week | Line Dancing Advance* (2:00-3:00) 8 weeks | Tai-Chi Practice (1:00-2:00) | |
| Hearing Health Workshop* 5 weeks: Nov. 7 - Dec. 5 | Brunch! Nov. 29 (11:00-12:00) Cost: \$8 | Chair Massage (with Hot Rocks)** Dates: TBA NEW By Appointment only | Mahjong (1:00-3:00) | |
| | BINGO!* Nov 29 (1:00pm) Cost: \$1/card | | Euchre (1:00-3:00) | |
| | Therapeutic Touch** By Appointment only | | Hearing Screening* Nov. 17 (10:00am) | |
| | Foot-care** Appointment only | Foot-care** By Appointment only | Foot-care** By Appointment only | Foot-care** By Appointment only |
| >>LAF will be CLOSED Dec. 24, 2022 - Jan. 2, 2023. Reopens Jan. 3, 2023<< | | | | |

- LAF Membership is required to participate in all above programs. See program descriptions for details.
- Non-member \$5 day pass available for select programs, see program descriptions for details.
- *Pre-registration is mandatory for indicated program; capacity is limited.
*Pre-registration begins Oct. 24 @ 9:00am. Session runs Nov. 1, 2022- Dec. 23, 2022.
- **Additional fees apply & appointments mandatory.
- **Hybrid** - Class is live and available on **Zoom**.
- Senior's Centre Without Walls (SCWW) Telephone based program available. See separate SCWW calendar for details.
- Café is open Monday-Wednesday, 11:30am-1:00pm. Sandwiches available Thursday-Friday 11:30-12:00.
- Coffee, snacks and pop available for purchase through-out the day.
- All programs, rules, hours are subject to change without notice.
- Please see newsletter for Special Events & Workshops.

November & December 2022

Life After Fifty - East Side Centre (8787 McHugh Ave)
519-254-1108; Monday-Thursday 9:00-4:00; www.lifeafterfifty.ca

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | | | Closed - Virtual programs only. See WSC for details. |
| 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) | Closed Nov. 11 - all programs cancelled |
| Mahjong (10:00-12:00) | Craft Social (9:30-3:30) | Cribbage (10:00-12:00) | Craft Social (9:30-3:30) | |
| Qigong Fundamentals* (11:00-12:30) | Table Tennis (10:00-11:15) | Wii Bowling (10:30-12:30) | Mexican Train Dominos (9:30-12:30) | |
| Pickleball-Intermediate Lvl Play* (11:00-1:00) Cost: \$28/7wks member | Mahjong (10:00-12:30) | Pickleball-Intermediate Lvl Play* (10:30-12:30)  Cost: \$32/8wks member | Computer 1on1* (10:00-11:00) (11:00-12:00) | |
| Pepper (12:30-3:30) | Zumba Gold* (11:30-12:00) Cost: \$16/8wks member \$56/8wks non-member | Mahjong (12:15-3:45) | Table Tennis (10:00-11:15) Cancelled Nov. 10 | |
| Watercolour Painting Club (no instructor) (12:30-3:30) | Mexican Train Dominos (12:30-3:30) | Computer (Digital Basics) 1on1* (1:00-2:00) | Pickleball-Beginner Lvl Play* (11:00-1:00) Cost: \$28/7wks member Cancelled Nov. 3 | |
| LAF Fitness* - Hybrid (1:30-2:30) 7 weeks | Essentrics* (1:00-2:00) Cost: \$16/8wks member \$56/8wks non-member | LAF Fitness* - Hybrid (1:30-2:30) 8 weeks | Tai Chi Beginner* (1:00-2:00) Cost: \$14/7 weeks \$49/7wks non-members no class Dec. 15 | |
| Chair/Floor Yoga* (2:30-3:30) Cost: \$14/7wks member \$49/7wks non-member | Table Tennis (1:30-3:30) | Yoga (Floor)* (2:30-3:30) Cost: \$16/8wks member \$56/8wks non-member | Tai Chi (Advance)* (2:00-3:00) Cost: \$14/7wks member \$49/7wks non-members no class Dec.15 | |
| Chair Massage (with Hot Rocks)** Dates: TBA By Appointment only  | Craft Workshops* Nov. 15 (1:30-3:30)- Hybrid Cost:\$10/1 week | LAF Book Club* (2:30-3:30) Nov. 16 | Scrabble (1:00-3:30) | |
| | | | Remembrance Day Ceremony (10:45-11:30) Nov. 10th | |
| | Foot-care** By Appointment only | | Foot-care** By Appointment only | |

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- LAF Membership is required to participate in all above programs. See program descriptions for details.
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- *Pre-registration is mandatory for indicated program; capacity is limited.
*Pre-registration begins Oct. 24 @ 9:00am. Session runs Nov. 1, 2022- Dec. 23, 2022.
- **Additional fees apply & appointments mandatory.
- Hybrid - Class is live and available on Zoom.
- Senior's Centre Without Walls (SCWW) Telephone based program available. See separate SCWW calendar for details.
- All programs, rules, hours are subject to change without notice.
- ESC Fridays will reopen on January 13, 2023.
- Please see newsletter for Special Events & Workshops.

Life After Fifty - Program Descriptions Nov/Dec 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.*
- *Proper athletic foot-wear is required for all physical activity, no sandals, slip-ons or open toe shoes.*

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

Chair Massage: Book your appointment for a 10 minute hot rocks Chair Massage. Dates TBA. *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 at an extra \$\$ (ESC, 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)

Computer/Digital Device Lessons "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)

Colouring Social: Enjoy colouring in a fun social atmosphere. Books & pencils are available. (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)

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. **Pre-Registration & Additional 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. \$2 fee applies day of. (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, ect.) and can advise you on preventative treatment. *By Appointment only. Additional Fees apply.* (ESC)

LAF Book Club: In our first meeting we will discuss future books, meetings and ideas to launch a successful in-person book-club! Space is limited. *Pre-registration required.* (ESC)

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)

LAF Sing-a-long: Have fun singing your favorite in a group setting. No singing experience necessary. (WSC)

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)

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)

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. *Experienced participants only. Learning opportunities will be starting in 2023.* (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/WSC)

Morning Indoor Walk: Socialize with friends as you increase your overall fitness as you walk the perimeter of the auditorium. This is a great warm-up for the fitness classes that follow. (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)

Pickleball: *Athletic shoes required for all levels. Members only.*

Pickleball- Beginner Lvl Play: For new players to the sport who have some experience and want to improve their game. Some assistance provided. *Pre-Registration & Additional fees apply.* (ESC)

Pickleball- Intermediate Lvl Play: For experienced 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. (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). *Pre-Registration required.* (ESC).

Scrabble: Enjoy this classic word game in a friendly setting. (ESC/WSC)

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)

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 Fitness: 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)

- **StrongerU Strength:** Oct.17th to Nov. 25th **StrongerU Stretch:** Dec.1st to Dec. 22nd

LAF Program Descriptions Updated: 10/21/22



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

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 crafting in this social setting. Make your own projects or create ones for the Centre. *Pre-registration required.* (WSC)

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 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 fees apply.* (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. *Registration & additional fees apply.* (ESC, WSC)

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 Band; Line Dancing- Beginner & Advance; Tai-Chi Practice; Pickleball- Beginners & Intermediate Play; LAF Book Club; Pepper Lessons; Zoom programs.
- The following programs must be registered for and paid in advance:
Tai-Chi- Beginner & Advance; Zumba Gold; Yoga (all classes); Essentrics; Craft Workshops (day pass + class fee applies).

WORKSHOPS & SPECIAL ACTIVITIES

Remembrance Day Ceremony – Join us on Nov. 10th at 10:45am for a ceremony to remember the sacrifices and achievements of those who served our country. (ESC)

Brunch – On Tuesday Nov. 29, a brunch buffet will be served! Cost \$8. (WSC)

Bingo! – Under the B....Be Social and have fun playing for small prizes. \$1/card. (WSC)

Craft Workshops:

- **Beaded Falling Star Ornament**– Hand craft your own beautiful beaded ornament. This class will require hand-eye coordination: i.e. threading of a needle. Cost \$30: includes instructions & supplies. *See flyer for picture of design. Pre-Registration required.* (WSC)
- **Paint Day!** – Do you want to paint a snowman? You will be lead step by step to paint your very own masterpiece! Cost \$10: includes instructions & supplies. *See flyer for project picture. Pre-Registration required.* (WSC)

Hearing Health Workshop – Join us for Hearing Health, a 5 week free workshop hosted by Canadian Hearing Services that can support you in improving communication, increasing confidence, and decreasing isolation. See flyer for course outline. *Pre-Registration required.* (WSC)

Hearing Screening – Join us Nov. 15th for a 15 minute hearing screening session. *Space is limited, pre-registration required.* (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. This is a great opportunity to participate in programs not offered in person but keep the social connection; ex: Meditation, Trivia, Educational sessions & workshops. Need to stay home, but don't want to miss out on the fun? **Check out our SCWW calendar!** No preregistration required, can call as often as you like.

Holiday Craft Sale – Volunteer, shop or invite your friends to shop our Annual Craft Sale at Devonshire Mall, From November 7 - 13! We will be located inside the entrance near Indigo (between Lululemon & RW&CO). For volunteer opportunities, see reception.

Bus Trip – “Starbright Christmas” – On Dec. 1st kick off the Christmas season by joining your LAF friends on a day trip to the Victoria Playhouse in Petrolia. Cost \$165 – includes transportation, show tickets & lunch. Call Paula @ Southland Travel 519-890-9513 to reserve your spot by Oct. 31st.

***See our Nov/Dec paper & e-newsletter (coming out Nov. 1st) for more upcoming fun activities and events!**