










# JULY & AUGUST 2022

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

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)




Monday	Tuesday	Wednesday	Thursday	Friday
Closed August 1 - all programs cancelled				Closed July 1 - all programs cancelled
Billiards (9:00-3:00)	Billiards (9:00-3:00)	Billiards (9:00-3:00)	Billiards (9:00-3:00)	Billiards (9:00-3:00)
Computer Lab (9:00-3:00)	Computer Lab (9:00-3:00)	Computer Lab (9:00-3:00)	Computer Lab (9:00-3:00)	Computer Lab (9:00-3:00)
Table Tennis (9:00-10:00)	Mile at a Time (10:00-11:00)	Table Tennis (9:00-10:00)	Pickle-ball For Fun (9:30-12:00)	Table Tennis (9:00-12:00)
 Morning Indoor Walk (9:00-10:00)	Morning Indoor Walk (9:00-10:00)	Morning Indoor Walk (9:00-10:00)	MetalSmithing Summer Hiatus	Morning Indoor Walk (9:00-10:00) cancelled July 29
 Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	Sewing* (10:00-3:00)	Scrabble (9:30-11:30)
Craft & Colouring Social (10:00-2:00)	Craft & Colouring Social (10:00-2:00)	Coffee Social (9:00-10:30)	Craft & Colouring Social (10:00-2:00)	Wii Bowling (10:00-12:00)
LAF Fitness* (10:00-11:00) 7 weeks no class Aug. 1, 8, 29; Mile at a Time available	Corn Hole (10:00-12:00) 	LAF Fitness* (10:00-11:00) 9 weeks	Tai-Chi Practice (1:00-2:00)	Put-Put Golf (10:00-12:00) cancelled July 29 
Chair/Floor Yoga* (11:30-12:30) Cost \$16 /8 weeks no class Aug. 1 and 8	Pickle-ball For Fun (1:00-4:00)	Chair Yoga* -Hybrid (11:30-12:30) Cost \$18/9 weeks no class Aug. 10	Mahjong (1:00-3:00)	Mile at a Time (10:00-11:00) cancelled July 29
Shuffleboard (1:00-3:30)	Wall Ring-Toss (1:00-3:00) 	Wall Ring-Toss (1:00-3:00)	Euchre (1:00-3:00)	Wall Ring-Toss (1:00-3:00) 
Tai Chi Beginner* (1:00-2:00) Cost \$14 /7 weeks no class Aug. 1 & TBA	Mahjong (1:00-3:00)	Mexican Train Dominoes (1:00-3:00) 	BINGO!* July 7 & Aug.11 (10:00am) Cost: \$1/card 	LAF Fitness* (1:30-2:30) 7 weeks no class July 1 & Aug 12 
Tai Chi Advance* (2:00-3:00) Cost \$14 /7 weeks no class Aug. 1 & TBA	Craft Workshop* July 12 (1:00-3:00) Aug 9 (1:00-2:30) Cost:\$10/1 week	Line Dancing Beginner (1:00-2:00) 9 weeks		Please note: July 29 ONLY Class will be at 9:30-10:30 and not 1:30.
	Summer Bash* Watch for flyer for details.	Line Dancing Advance (2:00-3:00) 9 weeks		
		Ice Cream Social* July 20th (12:00-2:00) Cost: \$6		

- LAF Membership is required to participate in all above programs.
- \*Pre-registration is mandatory for indicated program; capacity is limited. Computer 10n1 is limited to 2 appointments/month. \*Pre-registration begins June 27 @ 9:00am. Session runs July 4, 2022- September 2, 2022.
- **Hybrid** - Class is live and available on Zoom.
- **Zoom** - Class is on Zoom only
- 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.
- Café closed until further notice. Coffee, snacks and pop available for purchase. You may bring in your own lunch.
- All physical activity programs require proper athletic foot-wear, please no sandals.

# July & August 2022

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

519-254-1108; Monday-Thursday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
Closed August 1 - all programs cancelled				Closed - Virtual programs only
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)	
Watercolour Painting* (9:30-12:30) July 11, 18 more dates TBD  Cost: \$5.00/2 weeks	Craft Social (9:30-3:00)	Cribbage (10:00-12:00)	Craft Social (9:30-3:00)	
Table Tennis (10:00-12:00)	Mahjong (10:00-12:00)	Chi & Chat (11:00 - 12:15)	Computer 1on1* (10:00-11:00) (11:00-12:00)	
Computer 1on1* (10:00-11:00)	Computer 1on1* (11:00-12:00)	Coffee Social  (11:15 - 12:15)	Table Tennis (month of August only) (10:00-12:00) Cancelled August 18	
Mahjong (10:00-12:00)	Mexican Train Dominos Game  (1:00-2:30)	Mahjong (12:00-3:45)	Qigong Fundamentals (11:00-12:30) No classes in August	
Pepper (12:30-3:30)	Essentrics* (1:00-2:00) Cost: \$18/9 weeks	Table Tennis (12:30-2:15)	Tai Chi Beginner* (1:00-2:00) Cost: \$14/7 weeks no class August 18	
Watercolour Painting Club (no instructor) (12:30-3:30)	Table Tennis (10:00-1:00) Cancelled July 26	LAF Fitness* - Hybrid (1:30-2:30) 8 weeks no class August 10	Scrabble (1:00-3:30)	
LAF Fitness* - Hybrid (1:30-2:30) 8 weeks no class August 1	Pizza & Movie* July 26 (12:00pm) Cost: \$7	Yoga (Floor)* (2:30-3:30) Cost: \$18/9 weeks	Summer Lunch & Bingo* August 18 (12:00pm) Cost: \$8	

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# Life After Fifty - Program Descriptions July/Aug 2022

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**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)

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

**Cornhole:** Enjoy this popular backyard game indoors with your LAF friends. Individual or teams of 2, take turns tossing a bean bag to land it on the board or in the hole. (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. *Space is limited.* (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. *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. \$2 fee applies day of. (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. **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. (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. *On summer hiatus.* (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". The game's most popular name comes from a special optional train that belongs to all players. (ESC/WSC)

Updated: 06/22/22



**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. (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)

**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. *Athletic shoes required.* (WSC)

**Put-put Golf:** Practice your putting or just have fun on our homemade putting greens. (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).

**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)

**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)

**Wall Ring Toss (Hookey):** Enjoy this popular Australian game that develops hand-eye coordination that is very addicting. This ring toss game hangs on the wall and is similar, but different and safer than darts. (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. (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 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)

## Programs on a Summer Hiatus: MetalSmithing/Lapidary, StrongerU and Zumba Gold

### WORKSHOPS & SPECIAL EVENTS

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

**Ice Cream Social** – Beat the summer heat by enjoying ice-cream with your LAF Friends! Cost \$6. Pre-registration is required. (WSC)

**Pizza & A Movie** – Join your LAF Friends as you enjoy a pizza lunch and a movie. Cost \$7. Pre-registration is required. (ESC)

**Water Colour Painting Class:** This guided painting session will help you improve your painting techniques. Come out to learn new skills and explore your creativity. Cost \$5 for the 2 weeks. (ESC)

### **Craft Workshop:**

**July 12: Paint your own pottery!** Choose from a mug or heart shaped ceramic dish to paint for your very own. Cost: \$10 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)

**August 9: Diamond Dot painting!** All levels are welcome for this relaxing and enjoyable crafting hobby! Create your own masterpiece by affixing colourful resin rhinestones to a self-adhesive canvas. Cost: \$10, 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)

**Summer Lunch and Bingo** – A fresh light lunch will be served up in a social setting, along with a few rounds of Bingo! Cost \$8. Pre-registration is required. (ESC)

**Summer Bash** – Keep watch for the flyer for details! (WSC)