



Life After Fifty (LAF) Community Wellness Services

Services supported by:
Ontario 

*LAF Membership not required.

Foot Care

Call to book your appointment with our certified nurses today!



Professional Nurses with Basic and Advanced Foot Care Certifications provide the following services: nail trimming, treatment of corns and calluses and a foot massage.

Foot Care is offered at both LAF locations.

\$25 for LAF members
\$40 for non-LAF members
(Additional fee for initial assessment)

LAF Meals 2 Go

Healthy, fully-cooked, frozen meals available for purchase for only \$7 per meal!



Life After Fifty offers a variety of frozen meals available for purchase at either of our two locations.

Specific meals vary based on the season and demand. Give us a call to find out what we have available in the freezer today or to place your order. (519) 254 1108.

Meals can be heated at home in a microwave or transferred to an oven safe dish and heated in a conventional oven or toaster oven.

Telephone Assurance Program

Regular personal phone calls to provide social contact and assurance



Sign up to receive a weekly personal phone call from one of our friendly volunteers, OR sign up as a volunteer and make a difference in someone's life on a regular basis!

Our goal is to provide a regular social connection and help seniors living at home alone feel more comfortable and secure.

Home Maintenance Referral Program

Contact us for a referral to a trustworthy, pre-screened, LAF-approved service provider



Are you looking for assistance with simple tasks such as: lawn mowing/yard work, housekeeping, in-home hair cuts, assistance with your computer/smart phone, transportation to appointments and various odd jobs/repairs? We can help you find the right person for the job! Please note that there is an application process and fees for this service.

Our goal is to help keep older adults and those with disabilities living safely and independently in their homes.

WEST SIDE CENTRE
635 McEwan Ave.
Windsor

519.254.1108
lifeafterfifty.ca
info@lifeafterfifty.ca

EAST SIDE CENTRE
8787 McHugh Street
Windsor

Services open to anyone in Windsor/ Essex County age 50+