

# MARCH & APRIL 2023

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
<b>Closed Apr. 10</b>				<b>Closed Apr. 7</b>
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)	Morning Indoor Walk (9:00-9:45)	Mile at a Time (9:00-9:45) <i>cancelled Mar. 17</i>
Artist Circle (9:30-3:30)	Lapidary/SilverSmithing (9:00-3:00)* <b>No program last Tues. of every month</b>	Coffee Social (9:00-10:30)	Lapidary/SilverSmithing* (9:00-3:00)	Table Tennis (9:30-12:00) <i>cancelled Mar. 17</i>
LAF Fitness* (9:45-10:45) 7 weeks	WHY KNOT Knit/Crochet (9:30-11:30)	LAF Fitness* (9:45-10:45) 8 weeks	Advanced Sewing* (9:30-3:30)	Scrabble (9:30-11:30)
Colouring Social (10:00-2:00)	Table Tennis (10:00-12:00)	Craft Drop-in (10:00-1:00) 	Pickleball For Fun (10:00-11:00) 2 courts (11:30-1:00) 1 court	LAF Sing-a-long (10:00-11:30) <i>cancelled Mar. 17</i>
Chair/Floor Yoga* (11:00-12:00) <b>Cost: \$14/7wks mem. \$49/7wks Non-mem.</b>	Colouring Social (10:00-2:00)	Chair Yoga* -Hybrid (11:00-12:00) <b>Cost: \$16/8wks mem. \$56/8wks non-mem.</b>	Coffee Social (10:00-11:30)	Table Shuffleboard (12:00-2:00)
Shuffleboard (1:00-3:30)	FUNctional Circuit Training* (11:30-12:15) 8 weeks <i>cancelled Apr. 18</i>	Mexican Train Dominoes (1:00-3:30)	FUNctional Circuit Training* (11:30-12:15) 8 weeks	Pepper (12:30-3:30)
Tai Chi Beginner* (1:00-2:00) <b>Cost: \$12 /6wks mem. \$42/6 wks non-mem.</b> <i>No class March 13</i>	"What's Your Tech Problem?*" (12:30-1:30) no classes: Mar. 21	Line Dancing Beginner* (1:00-2:00) 8 weeks	Colouring Social (11:30-2:00)	LAF Fitness*- via Zoom (1:30-2:30) 8 weeks
Tai Chi Advance* (2:00-3:00) <b>Cost: \$12 /6wks mem. \$42/6 wks non-mem.</b>	Table Shuffleboard (1:00-3:00) <i>cancelled Apr. 18</i>	Line Dancing Advance* (2:00-3:00) 8 weeks	Tai-Chi Practice (1:15-2:15)	<b>Craft Workshop*</b> <b>Bracelet Making</b> <b>(1:00-3:00) Mar. 10</b> <b>Cost: \$10</b>
Learn to Sew* (1:00-3:00) Mar 13-Apr 3 <b>Cost: \$8/ 4weeks</b>	Pickleball For Fun (1:00-4:00) <i>cancelled Apr. 18</i>		Mahjong (1:00-3:00)	<b>St. Patty's Day Party*</b> <b>(10:00-1:00) Mar. 17</b> <b>Cost: \$10</b>
Diabetes Prevention* (1:00-2:00) Mar 27	Mahjong (1:00-3:00)		Euchre (1:00-3:00)	<b>Learn to Play: Pepper*</b> <b>(11:00-12:00) April 14</b>
	Brunch (11:00-12:00) Mar. 28 <b>Cost: \$8</b>		New Member Welcome (11:00-12:00) April 13	
Did you know...LAF has a variety of games (cards, board games, Wii) you can play at anytime! Help yourself or ask a staff member!	BINGO!* (1:00-2:00) Mar. 7 & Apr. 4 <b>Cost: \$1/card</b>			
	Craft Workshops* (1:00-3:00) see flyer Mar. 28 & Apr. 25			
	Volunteer Appreciation Day! April 18			
	Therapeutic Touch** By Appointment only	Chair Massage** By Appointment only		
	Foot-care** By Appointment only	Foot-care** By Appointment only		Foot-care** By Appointment only

Please see newsletter for Special Events & Workshops.

>>> See reverse side for legend and more information. <<<

# MARCH & APRIL 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Apr. 10	Closed Apr. 18 @12:00pm			Closed Apr. 7
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)	Mile at a Time (9:00-10:00)
Mahjong (10:00-12:00)	Craft Social (9:30-3:30) <i>Apr. 18 9:30-12:00pm</i>	Cribbage (10:00-12:00)	Craft Social (9:30-3:30)	Mexican Train Dominos (10:00-1:00)
Qigong Fundamentals* (10:30-12:00)	Mahjong (10:00-12:00)	Pickleball-Intermediate Lvl Play* (10:30-12:30) <b>Cost: \$24/8wks mem.</b>	Computer 1on1* (10:00-11:00) (11:00-12:00)	Chair Massage** By Appointment only
Computer 1 on 1* (10:30-11:30)	Zumba Gold & Toning* (11:30-12:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Mahjong (12:15-3:45)	Qigong Fundamentals* (10:30-12:00)	Pickleball-Intermediate Lvl Play* (11:15-1:15) <b>Cost: \$21/7wks mem.</b>
Pickleball-Intermediate Lvl Play* (11:00-1:00) <b>Cost: \$21/7wks mem.</b>	Mexican Train Dominos (12:15-4:00) <i>Cancelled Apr. 18</i>	Computer 1on1 (Digital Basics)* (1:00-2:00)	Pickleball-Beginner Lvl Play* (11:00-1:00) <b>Cost: \$24/8wks mem.</b>	Euchre (1:30-4:00)
Watercolour Painting Club (no instructor) (12:30-3:30)	Essentrics* (1:00-2:00) <b>Cost: \$14/7wks mem.</b> <b>\$49/7wks non-mem.</b> <b>No class April 18</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 8 weeks	Tai Chi Beginner* (1:00-2:00) starts Mar. 23 no class Mar. 9 & 16 <b>Cost: \$12/6wks mem.</b> <b>\$42/6wks non-mem.</b>	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 7 weeks
Pepper (12:30-3:30)	Table Tennis (1:00-3:00) <i>Cancelled Mar. 14 &amp; Apr. 18, 25</i>	Yoga (Floor)* (2:30-3:30) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Scrabble (1:00-3:30)	Chair Yoga* (2:30-3:30) <b>Cost: \$14/7wks mem.</b> <b>\$49/7wks non-mem.</b>
LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 7 weeks		LAF Book Club* (2:45-3:45) next meeting Mar. 29	Tai Chi (Advance)* (2:00-3:00) starts Mar. 23 no class Mar. 9 & 16 <b>Cost: \$12/6wks mem.</b> <b>\$42/6wks non-mem.</b>	Hearing Screening* (10:00-12:00) March 24
		Movie Matinee* (11:00-1:00) Mar. 15 Cost: \$2 for snacks	Craft Workshop (1:00-2:00) March 2 Cost: \$10/members see flyer for details	Did you know... LAF has a variety of games (cards, board games, Wii) you can play at anytime! Help yourself or ask a staff member!
		New Member Welcome (11:00-12:00) Apr. 12		
Foot-care** By Appointment only		Chronic Pain Workshop* 10:30-1:00) Apr.19-May 24	Foot-care** By Appointment only	

- LAF Membership (mem.) is required to participate in all above programs. See program descriptions for details.
- Non-member (non-mem.) \$5 day pass available for select programs, see Program Descriptions for details.
- \*Pre-registration is mandatory for indicated program; capacity is limited.
- \* Session for registered programs runs March 6 - April 28 2023. Registration begins Feb.28.
- \*\*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.
- WSC Café is open Monday-Wednesday, 11:30am-1:00pm. Sandwiches available Thursday-Friday 11:30-12:00.
- Please see newsletter for Special Events & Workshops.

## Life After Fifty - Program Descriptions Mar/Apr 2023

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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.*

➤ *Proper athletic foot-wear is required for all physical activity, no sandals, slip-ons or open toe shoes.*

**Artist Circle:** Enjoy the open space and company of other artists in this self-led program. You must bring in your own supplies. (WSC)

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

**Chair Massage-with Hot Rocks:** Book your appointment for a 10 minute hot rocks Chair Massage. Cost: \$10/10 minutes. *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/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 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)

**FUNctional Circuit Training:** Take a fun approach to improving daily functional abilities. Participants will go through a series (circuit) of aerobic, strength, balance, and flexibility exercises and can be modified for all intensities. *\*Space is limited - Pre-Registration is required.* (WSC)

**LAF Book Club:** Time to meet and discuss the latest book on our list! Interested in participating in the next meeting? *Contact us, as pre-registration is 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 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)

### **Lapidary & Silversmithing**

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. *Learning opportunities are available, acquire within. Additional annual fee applies.* (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. **Basic Pickleball rules will apply.** (WSC)

**Qigong (pronounced Chee Gong):** Experience this ancient Chinese mind-body practice that supports the overall health of the body by integrating simple movements, gentle breathing and focused intention. Qigong promotes better circulation, improves balance and coordination, increases flexibility in the spine and helps restore energy (Qi) and vitality. *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)

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

**ShuffleBoard:** Looking for something to improve your hand –eye coordination? Try Shuffleboard! This activity mixes fun, strategies and sportsmanship all into one program. Ideal for any activity level.

- **Floor Shuffleboard:** Using a cue, players push weighted discs, sending them down the court, aiming to have them come to rest within a marked scoring area. (WSC)
- **Table Shuffleboard:** Players take turns sliding weighted pucks down a long, smooth table made of wood. The end of the table is marked with specific areas for scoring. (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 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.* (ESC, WSC, ZOOM)
- **Yoga Floor** - This class is 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)

## Zumba Gold & Toning

Join us for a high-intensity workout that incorporates innovative dance moves while focusing on defining muscles and improving cardiovascular health. *Registration & additional fees apply.* (ESC)

**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; Mahjong & Pepper Lessons; Sewing; Metalsmithing; Zoom programs.
- The following programs must be registered and paid for in advance:  
Tai-Chi- Beginner & Advance; Zumba Gold; Yoga (all classes); Essentrics; Craft Workshops (day pass + class fee applies).  
Unless the guest has previous experience, the following programs can only be observed until the skill is learned: Cribbage; Mahjong; Pepper and Qigong.  
Please note that some programs are site-specific; please call for additional details.

## WORKSHOPS & SPECIAL ACTIVITIES

**Brunch** – On Tuesday March 28, at 11:00am! Cost \$8. (WSC)

**Bingo!** – Under the B...Be Social & have fun playing for small prizes. 1x per month \$1/card. (WSC)

**Chronic Pain Workshop:** This 6 week educational workshop series will be offered at LAF by staff from weCHC (Windsor Essex Community Health Centre). Wednesdays, April 19- May 24; 10:30am-1:00pm. See flyer for more information and details on how to register. (ESC)

### **Craft Workshops:**

- **Mar. 10** – Beaded Bracelet; Cost \$10: includes instructions & supplies. See flyer for picture of design. Pre-Registration required. (WSC)
- **Mar. 28** – "Bunny Boards" Cost \$10: includes instructions & supplies. See flyer for picture of design. Pre-Registration required. (WSC/ESC)
- **Apr. 25** – Fresh Floral Arranging Cost \$15: includes instructions & supplies. See flyer for description. Pre-Registration required. (WSC)

**Hearing Screening** –Mar.24<sup>th</sup> -15 minute hearing screening session. Pre-registration required. (ESC)

**Learn to sew – 4 weeks:** Mondays Mar.13-Apr.3 1:00-3:00pm– Are you wanting to learn or get back into sewing? Join our volunteer instructor as they go over the basics of how to get started on machine sewing. Space is limited. Pre-registration is required. *Recommended to wear a mask.* (WSC)

**Learn to play: Pepper:** Friday April 14 11:00am-12:00pm– Learn this fast moving and strategic card game, taught by our volunteer instructor as they go over the basics of how to play. Then stay for the afternoon and put your new skills to the test. Pre-registration is required. (WSC)

**Movie Matinee:** Enjoy watching a movie with friends. Snacks provided. \$2 (ESC) See flyer for details.

**New Member Welcome:** Have you recently joined Life After Fifty? Then come out and enjoy a morning learning about LAF programs in an interactive and social setting!

**Day Trips: Essex County:** March 30, 2023, **Port Stanley:** June 12, 2023. See flyer for details. Must pre-register.

**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. Need to stay home, but don't want to miss out on the fun? **Check out our SCWW calendar!**

**St. Patrick's Day Party:** Enjoy a fun morning of games, singing, watching the Emerald Isle Dancers and lunch! **Purchase tickets in advance. Cost \$10.** See flyer for further details.

**Volunteer Appreciation Day:** Enjoy a fun afternoon of music, activities and food as we celebrate YOU our volunteer! You must RSVP by calling 519-254-1108 x 132 or emailing Heather at [hvandenham@lifeafterfifty.ca](mailto:hvandenham@lifeafterfifty.ca)

**\*See our printed & e-newsletter each month for more upcoming fun activities and events!**