






LIFE AFTER FIFTY: MARCH - APRIL

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

West Side Centre (WSC) Schedule - 635 McEwan Ave

Last Updated: 3/27/25

Monday	Tuesday	Wednesday	Thursday	Friday
Closed April 21 April 28 - gym only closed				Closed April 18
Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)	Billiards (9:00-4:00)
Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) Assistance available 9:30-12:30	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00) Assistance available 10:00-11:30	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30) - no April 28.	Table Tennis (9:00-11:00)	Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-10:00)	Pickleball For Fun (9:00-12:00)
Cribbage (9:30-11:30)	Concert Band* (9:30 -11:30)	Coffee Social (9:00-10:30)	Advanced Sewing* (9:30-3:30)	Cribbage (9:00-11:30)
FUNctional Circuit* (9:45-10:30) 8 weeks no class April 28	WHY KNOT Knit/Crochet (9:00-11:30)	Essentrics* (9:30-10:30) Cost: \$18/9wks mem. \$63/9wks non-mem.	Coffee Social (9:00-11:00)	Beading Workshop* (9:30-11:30) Mar. 14 & Apr. 11 See flyer for details
Artist Circle (9:30-3:30)	Scrabble (9:00-12:30)	Craft Drop-in Social (10:00-12:00)	LAF Sing-a-long (10:00-11:00)	Scrabble (9:30-12:00)
Colouring Social (10:00-12:00)	Mahjong (10:00-12:00 / 1:00-3:30)	LAF Fitness* (10:45-11:45) 9 weeks	Intro to Pilates*  (10:00-10:45) Apr. 10-May 1	Sharing Dance (10:00-11:00)
Wii Bowling open (10:00- 12:00)	Wii Bowling (league) (10:00- 12:00)	Wii Bowling (league) (10:00- 12:00)	Mahjong (10:00-12:00 / 12:30-3:30)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 8 weeks no class April 28	Lapidary & Jewelry Arts* (10:00-3:00)	Mexican Train Dominoes (12:30-3:30)	Lapidary & Jewelry Arts* (10:00-3:00)	LAF Book Club* (12:30-1:30) Mar. 28, Apr. 25
Table Tennis (12:00-1:45) - no April 28.	FUNctional Circuit* (11:15-12:00) 9 weeks	Chair Yoga* (12:15-1:15) Cost: \$16/8wks mem. \$56/8wks non-mem. Cancelled April 2	FUNctional Circuit* (11:15-12:00) 9 weeks	Table Shuffleboard (1:00-3:00)
Group Meditation* (12:30-1:00)	Chair/Floor Yoga* (12:15-1:15) Cost: \$18/9wks mem. \$63/9wks non-mem.	Line Dancing - Drop-in (1:30-3:00) Cancelled April 2	Core & Balance* (12:15-12:45) 9 weeks	LAF Fitness via Zoom  (1:05-2:00) 8 weeks
Shuffleboard (12:30-3:30) - no April 28.	Conversational French* (1:00-2:00)	Chess Club*  (1:30-3:30)	Euchre (1:00-3:30)	
Mexican Train Dominoes (1:00-4:00)	Pickleball For Fun (1:30-4:00)	Craft Workshops* Mar. 12, 26, Apr. 9, 23 See flyer for details.	Tai-Chi Practice (1:05-1:45)	Did you know... LAF has various games (cards, board games, Wii) you can play anytime! Help yourself or ask staff for assistance!
Advanced Sewing* (1:00-3:30)-no instructor	Chess - Learn to*  (2:00-4:00) March 4 - 4weeks	Volunteer Appreciation Day! April 2 See flyer for details	Qigong* (2:00-3:00) Cost: \$16/8wks mem. \$56/8wks non-mem.	
Tai Chi Practice (2:00-3:00) - no April 28.	Mardi Gras Activities Mar. 4; See flyer for details	Easter Scavenger Hunt! April 16 See flyer for details	Reflective Scrapbook  Journaling* (9:30-10:30) Apr. 3, 10, 17	
CRICUT Class* (9:30am) Apr. 14(1wk)			Craft Workshops* Apr. 3 (9:30-11:00)	
15 min Massage Therapy* (1:00-3:30) Mar. 31 By appointment only	Therapeutic Touch** By Appointment only.	Chair Massage** Apr. 23 By Appointment only	Community Tax clinics By Appointment Only.	
Mindful Mondays (1pm) See flyer for details		Foot-care** By Appointment only	Call Reception for dates & more information.	Foot-care** By Appointment only

Please see newsletter & flyers for ALL Special Events & Workshops





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

LIFE AFTER FIFTY: MARCH - APRIL

519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

East Side Centre (ESC) Schedule - 8787 McHugh Ave

Last Updated: 3/27/25

Monday	Tuesday	Wednesday	Thursday	Friday
Closed April 21				Closed April 18
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)
Sharing Dance (11:15-12:15)	Craft Social (9:30-3:30)	Power Up Circuit* (10:05-10:50) 9 weeks	Craft Social (9:30-3:30)	Power Up Circuit* (10:05-10:50) 8 weeks
Sport Conditioning & Performance-Beg. lvl*  (10:00-11:00) Cost: \$16/8wks mem.	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Computer 1on1 (Digital Basics)* (11:30-12:30) or (12:30-1:30)	Qigong Practice (no instructor) (11:00-12:00)
Pickleball-Rec. Play* (11:00-12:55) Mar \$20/5wks April \$12/3wks	Intro to Line Dancing - Absolute Beg. - Level 1* (10:15-11:15) Mar 18-April 15 5wks	Pickleball-Rec. Play* (11:00-12:55) Mar \$16/4wks April \$20/5wks	Line Dancing - Levels 2-3* (11:45-1:30) Cost: \$16/8wks No class March 6	Pickleball-Rec. Play* (11:00-12:55) Mar \$16/4wks April \$16/4wks
Painting Drop-In (no instructor) (1:00-3:00)	Zumba Gold* (11:30-12) Cost: \$18/9wks mem. \$63/9wks non-mem.	Mahjong (12:15-3:45)	Scrabble (1:00-3:30)	Euchre (12:30-3:30)
Pepper (12:30-3:45)	Mexican Train Dominos (12:15-3:45)	LAF Fitness* - Hybrid (1:05-2:00) 9 weeks	Pickleball-Beg.+ Lvl Play* (no lessons) (12:00-2:00) Mar \$16/4wks April \$20/5wks	LAF Fitness* - Hybrid (1:05-2:00) 8 weeks
LAF Fitness* - Hybrid (1:05-2:00) 8 weeks	Essentrics* (1:00-2:00) Cost: \$18/9wks mem. \$63/9wks non-mem.	Yoga (Floor)* (2:30-3:30) Cost: \$18/9wks mem. \$63/9wks non-mem.	Tai Chi Advance* (1:00-2:00) Cost: \$14/7wks mem. \$49/7wks non-mem. No class Mar 27 & April 3	Yoga (Chair)* (2:30-3:30) Cost: \$16/8wks mem. \$56/8wks non-mem. cancelled Apr. 4
Facebook 101* (1:00pm-3:00) March 3	Living Well with Chronic Pain* (1:00-3:30) March 4-April 8	LAF Book Club* (2:15-3:15) March 5 & April 16		
CRICUT Class* (9:30am) April 7 <i>See flyer for details</i>	Mardi Gras Activities Mar. 4; <i>See flyer for details</i>	Craft Workshop*  April 16 (10:30-12:00)	Tai Chi - Beg.* (2:00-3:00) Cost: \$14/7wks mem. \$49/7wks non-mem. No class Mar.27 & Apr. 3	
Hearing Screening* (10:00-12:00) April 28 by appointment only	1\$ Bingo  April 8 (1:00-2:00)	Workshop: Understanding Your Money* (10:30-12:00) April 9		
	15min Massage Therapy* (1:00pm-3:30) April 22 By appointment only	Powerful Tools for Caregivers* (11:15-12:45) Feb. 26-April 2	Service Canada  Apr. 3 (11:00-1:00) <i>See flyer for details</i>	Community Tax clinics By Appointment Only. Call Reception for dates & more information.
	Foot-care** By Appointment only	Chair Massage** Apr. 10 By Appointment only	Foot-care** By Appointment only	

*Pre-registration is mandatory for indicated program; capacity is limited.

* Session for registered programs runs Mar 3 - May 02, 2025. Registration begins Tuesday Feb. 18, 2025 at 6:30pm

**Additional fees apply & appointments mandatory.

- 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.
- **Hybrid** - Class is live and available on Zoom.
- WSC Café is open Monday-Thursday, 11:30am-1:00pm. No Café on Fridays.
- All program enrollment is final, no refunds. If LAF cancels a program/class, credits will be issued for future programs.
- All programs, rules, hours are subject to change without notice.
- **Please see newsletter & flyers for ALL Special Events & Workshops.**

Life After Fifty - Program Descriptions MARCH - APRIL, 2025

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 footwear is required for all physical activity, no boots, 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. Participants with experience is encouraged, as lessons are not provided. (WSC)

Chair Massage-with Hot Rocks: Book your appointment for a 10-minute hot rocks Chair Massage. ***Appointment required. Additional fees apply.** (WSC/ESC)

Chess Club: Play casual chess with your LAF friends in this open level fun environment. Game knowledge is necessary. Chess-sets are provided. (WSC)



Chess-Learn to: Want to learn Chess? Join us for this 4 week session as we go over the basics. ***Pre-Registration is required.** (WSC)

Coffee Social: Come for a morning coffee (or tea or water) and enjoy conversations with friends - old and new! Coffee and a snack are available for an extra \$. (WSC)

Computer Lab: Come and use the Centre's desktop computers with internet access. (WSC - assistance available on *Thursdays*, please inquire within.) (ESC)

Computer/Digital Device 1 on 1: Make an appointment for a tech volunteer to assist you with basic questions, bring your own device or use ours! *By appointment only.* (ESC)

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

Conversational French: Bonjour! Join us in this fun and informal setting, where you'll speak French in a relaxed atmosphere. This program is for those who want to brush-up on or use their French more frequently. This is a group-led program where resources are available, no formal instructions. (WSC)

Concert Band: The Silver Ambassadors Concert Band meets weekly to practice. A major component of this group is to entertain throughout the community. (WSC)



Core & Balance: Enhance stability, flexibility, and body awareness through lower-intensity (but not easy!) core and balance exercises. This class is designed to prevent falls and improve daily movement, with progressions that build week by week. Suitable for all levels and fully modifiable to meet your needs. ***Space is limited - Pre-registration required.** (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 traditional card game played with two to four players, 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! The ability to get down on the floor is required. ***Pre-Registration & Additional fees apply.** (ESC/WSC)

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.* (ESC/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, etc.) and can advise you on preventative treatment. ***By Appointment only. Additional Fees apply.*** (ESC/WSC)

FUNctional Circuit Workout: 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 levels. ****Space is limited - Pre-Registration is required.*** (WSC)

LAF Book Club: Time to meet and discuss the latest book on our list! ****Space is limited - Pre-Registration is required.*** (ESC/WSC)

LAF Sing-Along: Have fun singing your favorite tunes in a group setting. (WSC)

LAF Fitness: This class is a total body workout for *any fitness level* through cardio, strength & balance training. Class is modified to fit all intensities and be done seated or standing. Weights, balls, resistance bands are used. ****Space is limited - Pre-Registration is required.*** (ESC, WSC, ZOOM)

Lapidary & Jewelry Arts: Discover the art of transforming raw gemstones and metals into jewelry and unique pieces of art in this hands-on experience. Whether you're a beginner or an experienced artisan, this program offers the tools and guidance needed to bring your creative visions to life. Supplies will need to be brought in or purchased. ****Additional registration and fee applies.*** (WSC)
****Beginners will need to enroll in a "learn to" introductory course before participating. Please call/see reception for details.**** (WSC)

Line Dancing: Join in for a fun & fit way to learn some of the most popular line dances.

- **Beginner (level 2) to Improver (level 3) Line Dancing:** Beginner level classes require students to have some knowledge of basic line dance steps (e.g. vine, rocking chair, weave, jazz box..). *If new to line dancing, must complete the **Introduction (level 1)** class prior to attending.* The last half hour of class will be the improver level instruction for students with experience of advanced steps and more complex routines. ****Pre-Registration is required.*** (ESC)
- **Drop-in Line Dancing:** Swing on by and dance to beginner to intermediate line dancing videos. No formal lessons. (WSC)

Mahjong: An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. (ESC, WSC) Watch and learn opportunities available at WSC, workshops available at ESC.

Meditation: Join us as you are guided through meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health. * (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 aerobic walking program. Walk from 1-5 miles while working out your body from head to toe. (ESC)

Morning Indoor Walk: Socialize with friends as you increase your overall fitness while walking the perimeter of the auditorium. (WSC)

Painting Drop-in: This self-led program allows you to express your imagination by painting within the company of others. Please bring your own supplies. (ESC)

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)

Power-UP Circuit Workout: Start your morning off by powering up with this exciting workout! You will go through a series of aerobic, strength, balance, and flexibility exercises and can be modified for all levels. **Space is limited - Pre-Registration is required.* (ESC)

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

Qigong Practice: No instructor, participant led. (ESC)

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

- **Pickleball- Beginner+ Lvl Play:** For new players to the sport who have some experience/have taken lessons and want to improve their game. No lessons offered - some assistance provided. *Pre-Registration & Additional fees apply.* (ESC)
- **Pickleball- Recreational (Rec.) Play:** For knowledgeable players of all levels seeking a friendly game of pickleball. *Pre-Registration & Additional fees apply.* (ESC)
- **Pickleball For Fun:** Drop-in for a casual, social & fun-focused version of traditional Pickleball. All standard rules apply. However, keeping score is optional. (WSC)

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

Seniors' Centre Without Walls (SCWW): A free telephone-based activity offering a world of fun, engaging conversations, and exciting learning opportunities—all from the comfort of your home. All are welcome, no membership required. *Check out our SCWW calendar!*

Sewing - Advanced: 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)

Sharing Dance: Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 40+-minute class developed by the National Ballet School fosters creative self-expression and fun! Can be done standing or seated. (ESC)

Shuffleboard: This activity mixes fun & strategic play 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)

Sport Performance & Conditioning: This beginner performance & conditioning course is an introduction to improved co-ordination, balance, footwork, speed and agility for pickleball and all activities in general. Learn movement skills to help improve your performance and hopefully prevent injuries too. Whether you're seasoned in or just beginning pickleball or any sport this course will help build a solid foundation for movement and awareness to feel confident. Remember, you're an athlete and will achieve your next level of athleticism. **Pre-Registration & Additional fees apply.* (ESC)

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

Therapeutic Touch: Make an appointment for a session with a trained practitioner for this holistic therapy. **Appointment required. Additional fees apply.* (WSC)

Tai Chi: Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. Open, Beginner & Advanced level instructor led program available.

***Pre-Registration & Additional fees apply.** (ESC)

Tai Chi Practice: No instructor, participant led. (WSC)

Wii Bowling: A virtual bowling experience that's entertaining and easy to play. Perfect for all skill levels, this game combines the excitement of bowling with the fun of video gaming. (ESC/WSC)

WHY KNOT: Knitting/Crochet: Experienced participants will enjoy dropping in and crafting in this social setting. Make your own projects or create ones for the Centre. (WSC)

Yoga Chair – Learn proper breathing & gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. ***Registration & additional fees apply.** (ESC, WSC)

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, WSC)

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

PROGRAM REGISTRATION INFORMATION

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 Concert Band; Line Dancing; Tai-Chi Practice; Pickleball; LAF Book Club; Mahjong & Pepper Learn to Play; Sewing; Lapidary & Jewelry Art; Zoom programs.
- All programs indicated with * on schedule must be registered and paid for in advance.
- The following programs can only be observed until the game/program knowledge is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.

REGISTRATION PROCESS FOR *INDICATED PROGRAMS: TELEPHONE REGISTRATION BEGINS Feb. 18 @ 6:30PM FOR PRE-REGISTERED* PROGRAMS for the March-April SCHEDULE. To register call: 519-254-1108, press extension 6 for East side programs and 7 for West side programs. Press either 6 or 7 for multiple site registration. Your voicemail must include:

- Your name; phone #
- Program name, location (east or west centre), day and time of program. Repeat for each program you want to register. - You can register up to 1 other person per call.

February 25: IN PERSON REGISTRATION BEGINS (IF PROGRAM AVAILABILITY ALLOWS).

March 3: ALL PROGRAMS FOR THE MARCH-APRIL SESSION BEGIN. They will end May 2.

- *All programs are non-transferable. If the agency must cancel a program, then a credit will be given towards a future program or towards membership fees. If after the first class the member chooses to withdraw from a program, they will receive a pro-rated credit from the date of notification towards future programming. After the second day the program is offered if the member chooses to withdrawal from the program no refund or credit will be provided. The agency reserves the right to withhold credit and or refunds if cancellation is due to a Code of Conduct violation.*

SPECIAL EVENTS & ACTIVITIES APRIL 2025

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

VOLUNTEER APPRECIATION DAY! Are you a Life After Fifty Volunteer? Then you don't want to miss out on this day where the LAF Staff get to say honour all our amazing volunteers! Please RSVP to Heather by March 28. **Wednesday April 2.** (WSC)

Intro to Pilates: We will be offering a free pilates class for beginners and those who want to try a gentle pilates approach. Focus on breathing, posture, core engagement, balance & mindful movement. We will be standing during class with modifications for those who prefer to be seated. **4 weeks, April 10- May 1.** Space is limited. Registration now open, see reception to register. (WSC)



\$1 Bingo: \$1 Bingo at 1pm. **Tues. April 8.** (ESC)

Easter Scavenger Hunt! Get your sleuth skills ready as you take on the challenge to solve puzzles and riddles around the Centre; **Wednesday April 16.** (WSC)

Community Tax Clinics: Both LAF locations will offer FREE Income Tax Clinics through the Community Volunteer Income Tax Program (CVITP). CVITP volunteers will e-file tax returns for people with a modest income and a simple tax situation. This service is available by **appointment only**, no walk-ins accepted. To find out if you qualify or book your appointment, phone 519-254-1108. **Wednesdays March 19 & April 9 (ESC); Thursdays March 20 & April 10 (WSC);**

15min Massage Therapy* - Book an appointment with the massage therapy students from Trios college, to get a 15 minute massage. **March 31: WSC; April 22: ESC.** Contact reception to book appointment.

CRAFT & ART WORKSHOPS:

Pre-registration required for all workshops.

All workshops include instructions & supplies. See flyers for details, costs & pictures.

* **Zentangle Doodle** – Apr. 9, 1:00pm – WSC; Cost: \$10



* **Pipecleaner Flower Bouquet** – Apr. 3, 9:30am – WSC, April 16, 10:30am – ESC. Cost \$5

* **Windchimes** – Apr. 23, 1:00am – WSC, Cost \$15

* **Cricut -Easter Mugs-** 1 wk class April 7, 9:30am – ESC Cost \$5; April 14 9:30am – WSC, Cost \$5

* **Beading Classes** – April 11.9:30-11:30 Cost: \$15, Project: Bracelet

SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

***Powerful Tools for Caregivers:** This 6-week educational workshop series will be offered at LAF by staff from weCHC (Windsor Essex Community Health Centre). **Wednesdays, February 26 to April 2, 11:15am-12:45pm.** See flyer for more information and details on how to register. (ESC)

***Reflective Scrapbook Journalling:** Together, we'll find creative and expressive ways to get in touch with your thoughts & emotions through journalling in a scrapbook style. **Thursdays for 3 weeks – starting March 3 (WSC)**

Service Canada Info Table: A representative of Service Canada will be available to offer info and answer questions on variety of services available to seniors. **April 3, 11:00am-1:00pm (ESC)**

April Sponsor - Financial Advisor | Edward Jones: Come meet our April Sponsor, Jayson Bastien, who specializes in retirement and estate planning. **Apr. 8 (WSC); April 10 (ESC)**

***Living Well with Chronic Pain:** This 6-week educational workshop series will be offered at LAF by staff from weCHC (Windsor Essex Community Health Centre). **Tuesdays, March 4 to April 8, 1:00pm-3:30pm.** See flyer for more information and details on how to register. (ESC)

***Understanding Your Money, Seniors' Edition:** A session presented by retired seniors (no sales pitch) who have learned and continue to learn, to manage their own investment funds. This will be an information presentation followed by a discussion period. This presentation would be of interest to retirees who would like to understand their investments and investment options. **April 9 (ESC)**

Mindful Mondays: Join Us at **1 PM on Mondays** for Engaging Workshops at the West Side Centre Library! See flyer for more details. (WSC)

- **April 7 – Armchair Travel to Nigeria–** Join Sunny as he takes us on a little exploration of the country of Nigeria.
- **April 14 – Service Canada –** Join the presentation from Service Canada Representative as she addresses current CPP, OAS, Guaranteed Income Supplement, dental benefits and more. followed by a Q & A session.

***Hearing Screening:** Sign up for your free hearing screening. **Appointment Required. Monday April 28 (10:00-12:00) (ESC)**

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

And check us out on our website lifeafterfifty.ca