

NOVEMBER & DECEMBER 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
Closed Nov. 13, Dec. 25	Closed Dec. 26	Closed Dec. 27	Closed Dec. 28	Closed Dec. 29
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)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Lapidary/SilverSmithing (9:00-3:00)	Morning Indoor Walk (9:00-9:30)	Lapidary/SilverSmithing* (9:00-3:00)	Morning Indoor Walk (9:00-9:30)
Cribbage (9:00-11:30)	Table Tennis (9:00-11:00)	Coffee Social (9:00-10:30)	Coffee Social (9:00-10:30)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	Concert Band* (9:30 -11:30)	Essentrics* (9:30-10:30) Cost: \$14/7wks mem. \$49/7wks non-mem.	Chair Yoga* (9:15-10:15) Cost: \$14/7wks mem. \$49/7wks non-mem.	Beading Workshop* (9:30-11:00) Nov. 24 See flyer for details.
FUNctional Circuit* (9:45-10:30) 6 weeks	WHY KNOT Knit/Crochet (9:30-11:30)	Craft Drop-in Social (10:00-12:00)	Advanced Sewing* (9:30-3:30)	Pickleball For Fun (9:30-12:00)
Colouring Social (10:00-12:00)	Scrabble (9:30-12:00)	LAF Fitness* (10:45-11:45) 7 weeks	LAF Sing-a-long (10:30-11:45)	Scrabble (9:30-12:00)
LAF Fitness* (10:45-11:45) 6 weeks	Colouring Social (10:00-12:00)	Mexican Train Dominoes (1:00-4:00)	Table Tennis (10:30-11:30)	Table Shuffleboard (1:00-3:00)
Group Meditation*  (12:15-12:45)	FUNctional Circuit* (11:15-12:00) 7 weeks	Table Shuffleboard (1:00-3:00)	FUNctional Circuit* (11:30-12:15) 7 weeks	Pepper (12:30-3:30)
Shuffleboard (1:00-3:30)	Chair Yoga* (12:15-1:15) Cost: \$14/7wks mem. \$49/7wks non-mem.	Line Dancing Beginner* (1:00-2:00) 6 weeks *No class Dec. 6	Mahjong (12:30-3:00)	Popcorn & A Movie  (11:00-1:00) Cost: \$2 Nov. 3 & Dec. 1.
Tai Chi* (1:00-2:00) Cost: \$12/6wks mem. \$42/6wks non-mem.	What's Your Tech Problem? (12:30-1:30)	Line Dancing Advance* (2:00-3:00) 6 weeks *No class Dec. 6	Tai-Chi Practice (1:00-1:45)	Friday Dance Social  (1:00-4:00) 1x/month Nov. 17 Cost: \$2
Mexican Train Dominoes (1:00-4:00)	Mahjong (12:30-3:00)	Craft Workshops* Nov. 1, 15, Dec. 13, 20 See flyer for details.	Euchre (1:00-3:30)	Members' Book Club  (12:30) Nov. 24
Table Tennis (2:30-4:00)	Cricut Creations Drop-In (1:00-3:00) material fees apply	Holiday Celebration (12:30-3:30) Dec. 6 See flyer for details.	4-Square Pickleball (2:00-4:00)	Fall Prevention Screening (12:00-3:00) Nov.10 By appointment only*
Corn Hole (2:30-4:00)	Pickleball For Fun (1:30-4:00)		Town Hall Meeting (12:30-1:30) Nov. 2	Craft Sale, Nov. 6-12 Devonshire Mall 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!	Grief Support* (2:00-3:00) Dec. 12 & 19			
	Lunch & Learn (11:30-1:00) Cost: \$8 Nov. 21	Chair Massage** By Appointment only		
	Therapeutic Touch** By Appointment only.	Foot-care** By Appointment only		Foot-care** By Appointment only
	Pilates*  (5:00-6:00pm) Cost: \$14/7wks mem. \$49/7wks non-mem.	Bootcamp*  (5:00-6:00pm) Cost: \$14/7wks mem. \$49/7wks non-mem.	Ballroom Dance*  (5:00-6:00pm) Cost: \$12/6wks mem. \$42/6wks non-mem.	

Please see newsletter & flyers for ALL Special Events & Workshops.

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

NOVEMBER & DECEMBER 2023
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 519-254-1108; Monday-Friday 9:00-4:00; www.lifeafterfifty.ca

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Nov. 13 & Dec. 25	Closed Dec. 26	Closed Dec. 27	Closed Dec. 28	Closed Dec. 29
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) <i>cancelled Dec. 14</i>	Mile at a Time (9:00-10:00) <i>cancelled Nov. 10 & 17</i>
Cricut Creations Drop-In (9:30-11:30) <i>material fees apply</i>	Craft Social (9:30-3:30)	Cribbage (10:00-12:00)	Craft Social (9:30-3:30)	Mahjong (10:00-12:00)
Computer 1 on 1* (10:30-11:30) By Appointment Only	Mahjong (10:00-12:00)	Pickleball-Rec. Play* (11:15-1:15) Nov. \$16/4wks mem.* Dec. \$12/3wks mem.*	Computer 1on1* (10:00-11:00) (11:00-12:00)	Qigong Practice* (10:30-12:00) <i>cancelled Nov. 10 & 17</i>
LAF Sing-Along* (10:15-11:45)	 Zumba Gold* (11:30-12) Cost: \$12/6wks mem. \$42/6wks non-mem.	Mahjong (12:15-3:45)	Sharing Dance* (10:30-11:25) 6wks Oct. 12 - Nov. 16	Pickleball-Rec. Play* (11:15-1:15) Nov. \$8/2wks mem.* <i>cancelled on Nov. 24</i> Dec. \$16/4wks mem.*
Pickleball-Rec. Play* (11:15-1:15) Nov. \$12/3wks mem.* Dec. \$12/3wks mem.*	Mexican Train Dominos (12:15-4:00)	Computer 1on1 (Digital Basics)* By Appointment Only	Pickleball-Beg. Lvl Play* (no lessons) (11:15-1:15) Nov. \$16/4wks mem.* Dec. \$12/3wks mem.*	Euchre (1:00-3:30)
Watercolour Painting Club (no instructor) (12:30-3:00)	Essentrics* (1:00-2:00) Cost: \$14/7wks mem. \$49/7wks non-mem.	LAF Fitness* - Hybrid (1:30-2:30) 7 weeks	Line Dancing Practice* (11:30-12:45) no instructor <i>cancelled Dec. 14</i>	LAF Fitness* - Hybrid (1:30-2:30) 6 weeks <i>no class on November 24</i>
Pepper (12:30-4:00)	Holiday Movie & Popcorn* (1:00-3:00) Dec. 5; Cost: \$2	Yoga (Floor)* (2:30-3:30) Cost: \$14/7wks mem. \$49/7wks non-mem.	Tai Chi Advance* (1:00-2:00) Cost: \$12/6wks mem. \$42/6wks non-mem. <i>No class Dec. 14</i>	Yoga (Chair)* (2:30-3:30) Cost: \$14/7wks mem. \$49/7wks non-mem.
LAF Fitness* - Hybrid (1:30-2:30) 6 weeks		LAF Book Club* (2:45-3:45) Nov. 15 & Dec. 13	Scrabble (1:00-3:30)	Remembrance Day (10:45-11:30) Nov. 10 <i>See flyer for details</i>
		Town Hall Meeting (12:30-1:30) Nov. 1	Tai Chi (Beg.)* (2:00-3:00) Cost: \$12/6wks mem. \$42/6wks non-mem. <i>No class Dec. 14</i>	Fall Prevention Screening (10:00-1:00) Nov. 17 <i>By appointment only*</i>
		Lunch & Learn* (11:30-1:00) Nov. 29 Cost: \$8	Craft Workshop* (1:00-3:00) Nov. 2, Dec. 7 <i>See flyer for details</i>	Ask a Teen Your Tech Question* (9:30-10:30) Dec. 1
	Foot-care** By Appointment only	Chair Massage** By Appointment only	Holiday Luncheon* (12:30-2:00) Dec. 14 <i>See flyer for details</i>	Craft Sale Devonshire Mall Nov. 6-12

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

** Session for registered programs runs November 6 - December 22, 2023. Registration begins Thursday October 26.*

***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.
- All programs, rules, hours are subject to change without notice.
- WSC Café is open Monday-Thursday, 11:30am-1:00pm. No Café on Fridays.
- Please see newsletter & flyers for ALL Special Events & Workshops.

Life After Fifty - Program Descriptions November/December 2023

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 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)

Ballroom Dance: No partner needed. Join Denise as she takes you through one of the most popular Latin Dance styles- The Rumba. Originating from Afro-Cuban communities, it's best known for the dancers' subtle side to side hip movements. The rumba is danced with a basic pattern of two quick side steps and a slow forward step. Recommended shoes: ballet flats (no wedges or platforms); dress shoes, Vans, or Converse (running shoes not recommended). *Pre-Registration & Additional fees apply. (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)

Boot-camp: Your instructor will have your heart rate up as he takes you through a series of exercises to challenge your mind and body. You will alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work to gain strength & endurance. Floor work included. *Pre-Registration & Additional fees apply. (WSC)

Chair Massage-with Hot Rocks: Book your appointment for a 10 minute hot rocks Chair Massage. Fee applies. *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 \$. (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)

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

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

Cricut Creations Drop-in: Drop-in & discover the project of the week. Create & make your very own project in this Instructor guided program. **Material fees apply.** (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 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)

Grief Support: Find ways and tools to navigate through your grief journey through this holiday season, come for one or both sessions. **Pre-registration is recommended.** (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/WSC)

LAF Sing-Along: Have fun singing your favorite tunes in a group setting. (ESC/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, balls 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. Beginner and Advance classes. *Pre-Registration is required.* (WSC)

Line Dancing Practice: No instructor, participant led. Beginner level dances. *Pre-Registration is required.* (ESC)

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)



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 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 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 day of. (ESC/WSC)

Pilates: Join us on the matt for breathing, strengthening, & engaging your core in various contemporary Pilates movements. Challenge your balance using your own body weight as you flow from one move to the next with use of a variety of small props. ***Pre-Registration & fees apply.** (WSC)

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 fun way to enhance cardio, endurance & balance. No formal games or scoring will take place, however **basic Pickleball rules apply.** (WSC)
- **4-Square Pickleball:** This is not your ordinary pickleball! With the combination of pickleball and the schoolyard game of 4-Square, you have a fast pace, light hitting (aka, dinking), strategic game, for all abilities to play. (WSC)

Qigong Practice (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. No instructor at this time, participant led (ESC).

Scrabble: Enjoy this classic word game in a friendly setting. (ESC/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. Need to stay home, but don't want to miss out on the fun? ***Check out our SCWW calendar!***

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)*

Sharing Dance - On Your Feet: Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 60-minute class developed in collaboration between Baycrest and National Ballet School fosters creative self-expression and fun! Can be done 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)

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. Open, 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. *Pre-Registration required.* (ESC)

“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)

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 dropping in and crafting in this social setting. Make your own projects or create ones for the Centre. (WSC)

Yoga

- **Yoga Chair** – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done while seated, however participants may choose to do movements on the floor. *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)

Zumba Gold

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; Euchre; Mahjong; Pepper and Qigong.

SPECIAL EVENTS & ACTIVITIES

Town Hall Meeting – Meet & greet for with Tom, Life After Fifty's Executive Director.

Pizza & Popcorn: Enjoy watching a movie with friends. Cost. \$2 (WSC)

Friday Dance Social: Let's have fun in a social atmosphere, as you move & grove to your favourite hits. \$2 (WSC)

Remembrance Day: Friday, Nov. 10 @ 10:45am - ESC

Join us on for a Remembrance Day service as we honour those who made the ultimate sacrifice for our nation. All are welcomed. (ESC)

Holiday Parties at LAF

Save the dates for our annual holiday get-togethers! Look for flyers and details to follow.

Wednesday December 6 @12:30 – WSC

Thursday December 14 @12:30- ESC

Life After Fifty's Annual Craft Sale @ Devonshire Mall: Nov. 6 – Nov. 12, during regular mall hours.

Our members have been working very generously all year to have their crafts for sale. All item sales will come back to support Life After Fifty programs. Interested in volunteering, please contact reception.

CRAFT & ART WORKSHOPS:

Pre-registration required for all workshops.

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

***Christmas Wooden Wall Hanging** – Nov. 1-WSC; Nov. 2 -ESC Cost: \$10

***Driftwood Sailboats** – Nov. 15 – WSC; Cost: \$15

***Christmas Gnome Painting** – Dec. 7 -ESC; Dec. 13 -WSC Cost: \$10

***Bath Salts**– Dec. 20- WSC Cost: \$10

***Beading Craft Workshops** - Nov. 24 – WSC – Cost \$12. see flyer for pictures of design.

SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

Fall Prevention Screening: Friday Nov. 10, 12:00-3:00, WSC; Friday Nov. 17, 10:00-1:00, ESC.

November is Fall Prevention Month! The falls prevention team lead by weCHC (Windsor Essex Community Health Centre) will provide a free fall risk assessment. Pre-registration is required, call (519) 997-2823 Ext. 341. (WSC/ESC)

Ask a Teen Your Tech Question: Friday, TBA – ESC

Bring your own phone and ask a teen from St. Joseph's Highschool your tech question. The students from the school's leadership program will be on hand to answer a variety of questions about your phone or tablet/ipad. Don't miss this opportunity to learn from those who know best! Pre-registration is required. (ESC)

Lunch & Learn Series: See flyer for more details.

Lunch & Learn: Tuesday, Nov. 21 at 11:30am. Cost \$8. (WSC)

Kensington Court Retirement Residence

Join the Kensington Court team & learn more about the benefits of Independent Living & our \$2500 Referral Program . Come spin the KC wheel for a chance to win a prize!

Lunch & Learn: Wednesday, Nov. 29 at 11:30am. Cost \$8. (ESC)

One Source Moving Solutions.

Moving is one of life's top stressors, especially for seniors. After spending years in the family home gathering memories and possessions, it's difficult to know what to hold onto and what to let go as you prepare for downsizing or retirement living. Join ONESource Moving Solutions to learn more about what solutions are available during this transition.

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