

# MAY & JUNE 2022

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 May 23 - all programs cancelled			Auditorium closed June 2	
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)	Silver Ambassador's Band (9:00-12:00)	Table Tennis (9:00-10:00)	StrongerU: Circuit* - Hybrid (9:30-10:00) Canceled June 2. Program ends June 16.	Scrabble* (9:30-11:30)
Game Time (9:30-11:30)	Craft & Colouring Social* (10:00-2:00)	Coffee Social * (9:00-10:30)	Game Time (9:30-11:30)	Mile at a Time (10:00-11:00)
Craft & Colouring Social* (10:00-2:00)	Pickle-ball For Fun* (1:00-2:30) (2:30-4:00)	LAF Fitness* (10:00-11:00) 9 weeks	MetalSmithing* (9:30-3:30)	Table Tennis (10:00-12:00)
LAF Fitness* (10:00-11:00) 8weeks	Mahjong (1:00-3:00)	Chair Yoga* -Hybrid (11:30-12:30) Cost \$18/9 weeks	Computer 1 on 1* (10:00-11:00) (11:00-12:00)	Zumba Gold -Zoom (1:00-1:30) No Classes: May 20 and June 17
Chair/Floor Yoga* (11:30-12:30) Cost \$16 /8 weeks	Craft Workshop* June 21 (10:00-2:30) Cost: \$10/1 week	Line Dancing Beginner* (1:00-2:00) 9 weeks	Sewing* (10:00-3:00)	June 3 Centre closing at 3:00pm
Shuffleboard (1:30-3:30)		Line Dancing Advance* (2:00-3:00) 9 weeks	Pickle-ball For Fun* (10:30-12:00) Canceled June 2	Better Living Month Workshops - See Flyer for details* Every Friday in June!
Tai Chi Beginner* (1:00-2:00) June: Cost \$8 /4 weeks		June 1: LAF Spirit Day	Tai-Chi Practice (1:00-2:00) Canceled June 2	
Tai Chi Advance* (2:00-3:00) June: Cost \$8 /4 weeks			Mahjong (1:00-3:00)	
			Euchre (1:00-3:00) Canceled June 2	

- LAF Membership is required to participate in all above programs. Special Events excluded.
- \*Pre-registration is mandatory for indicated program; capacity is limited. Computer 1on1 is limited to 2 appointments/month. \*Pre-registration begins April 26 @ 9:00am. Session runs May 2, 2022- June 30, 2022.
- **Hybrid** - Class is live and available on Zoom.
- **Zoom** - Class is on Zoom only
- Masks and proof of vaccination are required, until June 11, 2022.
- 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed May 23 - all programs cancelled</b>				<b>Closed - Virtual programs only</b>
Table Tennis (9:30-11:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Zumba Gold - <b>Zoom</b> (1:00-1:30) <b>No Classes: June 17</b>
Computer 1on1* (10:00-11:00)	Craft Social* (10:00-3:00)	Cribbage (10:00-12:00)	Craft Social* (10:00-3:00)	
Mahjong (10:00-12:15)	Game Time (10:00-12:00)	Table Tennis (10:00-12:00)	Game Time (10:00-12:00)	
Pepper (12:30-3:30)	Computer 1on1* (11:00-12:00)	Chi & Chat <i>on hiatus in May&amp; June</i>	Computer 1on1* (10:00-11:00) (11:00-12:00)	
Watercolour Painting Club* (12:30-3:30)	Zumba Gold* (11:30-12:00) <b>Cost: \$18/9 weeks</b>	Mahjong (12:15-3:45)	Qigong Fundamentals* (11:00-12:30)	
LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 8 weeks	Mahjong (12:15-3:30)	LAF Fitness* - <b>Hybrid</b> (1:30-2:30) 9 weeks	Scrabble (1:00-3:30)	
Chair/Floor Yoga* (2:00-3:00) <b>Cost:\$8/4 weeks</b> <b>May 2-May 30</b>	Essentrics* (1:00-2:00) <b>Cost: \$18/9 weeks</b>	Yoga (Floor)* (2:30-3:30) <b>Cost: \$18/9 weeks</b>	Tai Chi Beginner* (1:00-2:00) June: <b>Cost: \$10/5weeks</b>	
	Table Tennis (2:15-3:45) Cancelled - June 16	<b>Better Living Month: Reiki*</b> June 22 (10:00-11:00)	Tai Chi Advance* (2:00-3:00) June: <b>Cost:\$10/5 weeks</b>	
	<b>Better Living Month: Happy, Healthy Feet*</b> June 7 (10:00-11:00)		Learn to: Mahjong * (1:00-3:00) May 19- June 23 6 week commitment	
	<b>Better Living Month: Financial Planning: Government Benefits*</b> June 14 (2:15-3:30)		<b>June 2: LAF Spirit Day!</b>	
	Book Club* - <b>Zoom</b> May 31 and June 21			

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