

We are excited to have you back at Life After Fifty!

Membership is now required for access to all LAF Programs.

Sign up now and enjoy free programs in the month of March!



Membership options include:

Free/SCWW Membership – which gets you access to all Seniors' Centre Without Walls telephone programs OR

Full/ Paid Membership (\$120/year) – which gets you access to ALL of the virtual AND in-person programs offered at Life After Fifty.

If you were a member of LAF in March 2020, you will need to complete a new membership application prior to participating in programs. Foot Care clients will also need to complete a new membership application in order to qualify for the LAF members' foot care fee (\$25 for members, \$35 for non-members).

We will continue to offer limited in-person programming for the month of March with restrictions still in place. **Restrictions for in-person programs include:** mandatory vaccinations, face coverings, program capacity limits to allow for social distancing and mandatory pre-registration on a first come, first served basis for all programs. These restrictions may change as we move forward.

In April, we will be offering a larger variety of in-person programs with even more program options to come in the future.

Membership fees will begin in April for the Full/Paid membership. Those who have selected the pre-authorized debit option will begin to see \$10/ month withdrawn from your bank account each month. **Some specialty classes** (Ex. Zumba Gold, Yoga, Essentrics) **will have a small additional registration fee** (\$1 - \$3/ class). Craft workshop prices will vary depending on supplies needed. Fees and pre-registration requirements are subject to change as we continue to evaluate our programs.

Life After Fifty will continue to offer virtual programs going forward.

Zoom classes are included in the Full/Paid membership (pre-registration is required for all Zoom Programs). Seniors' Centre Without Walls (SCWW) telephone programs will also continue as it has been over the last two years. SCWW programs are FREE for those who choose the Free/SCWW Membership option. We are happy to continue to serve you both at home and at the Centres!

We appreciate your patience as we continue to work together in a safe manner to provide you opportunities to be fit, be well and be social!

*Sincerely,
LAF Staff*