



Tuesday, June 18, 2024
 9:00am-4:00pm
 Life After Fifty
 635 McEwan Ave, Windsor

Agenda

9:00 am	Registration & Welcome
9:45 am	Workshop #1
11:00 am	Workshop #2
12:00 pm	Lunch & Interactive Discussion
1:15 pm	Workshop #3
2:30 pm	Workshop #4
3:30 pm	Closing Remarks

Thank you to our lead sponsor:



Workshop Descriptions

Herb Gardening

Windsor Horticultural Society 1:15pm & 2:30pm

Build your own herb container garden. Fresh herbs are super easy to grow, and starting your own herb garden in containers is a perfect way for beginners to start getting their hands dirty. Planting an herb container garden is one of the easiest gardening tasks to give you that 'gardening bug'.

Let's Golf!

Alex Zappio, Golf Pro: Ambassador Golf Course 9:45am

Explore beginner-friendly golf opportunities covering courses, driving ranges and indoor facilities. Learn about fitness & mobility exercises, equipment advice, course management strategies, and health tips for a complete golfing experience. A fun & informative workshop offering expert tips and guidance on technique. All levels welcome!

Monarch Butterflies

Leo Silverstri 11:00am

Learn how to attract monarch butterflies to your garden + to raise a few monarch butterflies on your own.

Neurographics with Watercolour

Jo Carr: Life After Fifty 11:00am

Neurographic art is a technique, which comprises drawing freeform lines or 'neuro lines' with the addition of watercolour. This art form allows for vast creative freedom, its simple but positively impactful technique that requires no previous art experience.

Workshop Descriptions

Paint Pour

Denise Franzoi: Life After Fifty 1:15pm

Learn the innovative way to use acrylic paints to create an art piece. Fluid paints are manipulated to achieve the desired effect. No previous experience necessary.

Qigong

Jeffrey Menear: Life After Fifty 2:30pm

Participate in this practice that creates positive and lasting change in your health and wellness on all levels; physically, mentally, and emotionally. Practice Qigong to support the release of "stuck" energy in the body.

Reflexology

9:45am

Herminder Dhanjal, R.M.P: Registered Reflexologist

Learn how reflexology can help reduce tension, improve circulation, and promote the natural function of the related areas of the body. Gentle pressure on specific points helps to promote wellbeing.

Salsa! (Beginner)

Denise Aversa: Art of Dance 11:00am

Bring yourself to the tropics by learning this fun dance style! No partner, and no dance experience required. Bring those feet and let the instructor help you do the rest.

Therapeutic Touch

Therapeutic Touch Network Ontario 2:30pm

Experience and learn about this holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

Ukelele 101

Brendan Scott Friel 1:15pm

Have fun & learn the basics of playing the ukelele by local musician and music teacher Brendan Scott Friel. No former musical experience necessary.

Wild Crafted Herbal Tea Demonstration

Telisha: Mind, Body, and Spirit 11:00 am

Discover herbal remedies through a demonstrated presentation for prepping various teas. It will be fun yet educational and a great way to explore what nature provides for us.



Presents...



Take an opportunity to try something new!

Tuesday, June 18, 2024

9:00 am-4:00 pm

West Side Centre

635 McEwan Ave, Windsor, N9B 2E9

Pre-registration Required :
 Starting May 22 to June 11, 2023

In person or
 call 519-254-1108

Thank you to
 our event
 sponsor:



Please complete registration form and hand into reception with payment at either LAF location.

Registration

\$20 member / \$25 non member Pre-registration *No refunds

Name _____

Phone (____) _____ Email _____

Emergency Contact Name _____

Phone (____) _____ Dietary Allergies: _____

***In EACH time slot mark your first choice (1),
second choice (2) & third choice (3) .
First come first serve.***

9:45 am

Beading: Bracelet

Colourful Gardening

DIY Copper Bracelets

Glass Etching

Let's GOLF!

Reflexology

11:00 am

**Aromatherapy for
sleep**

Colourful Gardening

DIY Copper Bracelets

Drumming Circle

Energy Therapy

Monarch Butterflies

Neurographics

Salsa (beginner)

**Wild Crafted Herbal
Tea**

1:15 pm

Ageless Grace

**Aromatherapy for
stress**

Birding in the City

Chair Yoga

Cupcake Decorating

Financial Literacy

Herb Gardening

Paint Pour

Ukelele

2:30 pm

Ageless Grace

Cooking for One

Healthy Aging

Herb Gardening

Financial Literacy

Qigong

Therapeutic Touch

For office use only: received at ESC or WSC

Date Received: _____ **Time Received:** _____

Please circle: \$20 or \$25 **Paid by:** Cash Debit Credit **Initials:** _____

Reception to keep this form.

Workshop Descriptions

Ageless Grace: Spark Up Your Brain Health

Barb Kunz: Ageless Grace **1:15pm & 2:30pm**

Learn about neuroplasticity and how easy it is to wake up your brain. Ageless Grace is a seated exercise for the body and brain connection. You will learn a few Tools to do daily in the comfort of your own home for lifelong comfort and ease!

Aromatherapy – Naturally Nourished:

Crafting lotion for a Restful Sleep **11:00am**

Crafting lotion to Reduce Stress & Anxiety **1:15pm**
Nancy Labombard, Certified Aromatherapist

In this workshop we will explore what essential oils are, the basic safety guidelines of use, and how they can regulate emotions & influence mood for sleep improvement or stress reduction. Each participant will create one custom lotion and learn of its benefits for skin care.

Birding in the City

Suzanne Friemann: Pelee Island Bird Observatory **1:15pm**

Learn how to get started on birding in your neighbourhood and contribute to bird conservation.

Beading: Bracelet

Nancy Blair: Life After Fifty **9:45am**

Learn hands-on how to make your own string beaded bracelet.

Chair Yoga

Nicole Daignault: Coco Yoga/LAF **1:15pm**

Learn proper breathing and gentle stretching techniques designed for older adults to aid with daily movements. Movements can be done seated or on the floor.

Cooking for One

Chef Ahron Goldman: Amica **2:30pm**

Learn some quick tips from a professional chef in this cooking demonstration: Baked chicken thighs with couscous for one.

Colourful Gardening **9:45am & 11:00am**

Denise Butcher: Horticulturist, Arbor Memorial

Discover what annual & perennial combinations work well together for a full season of colour

Participant to keep this page.

Workshop Descriptions

Cupcake Decorating

Pauline Burnett: Icing Accents **1:15pm**

Learn professional icing piping & painting techniques to beautifully finish cupcakes for all occasions.

DIY Copper Bracelet

Carmen: Life After Fifty **9:45am & 11:00am**

Turn a piece of copper tubing into a beautiful bangle bracelet! Following this step by step processed and using a hammer and heat source you will be flattening, texturizing and shaping your very own copper bracelet.

Drumming Circle

Nelson Ing **11:00am**

Join in recreational music making with drums and percussion. Unite in the groove and have a lot of fun while experiencing the power of community.

Energy Therapy: What is it?

Dena Peifer: Harmony & Light Healing **11:00am**

Feel, play, experience your own energies as you learn how each person's energy field operates. Learn about the chakra system and the different techniques that can be used on one's self or family/friends.

Financial Literacy

RBC **1:15 pm & 2:30pm**

Join the professionals from RBC as they discuss ways to make informed decisions to manage your monies and keep them safe.

Glass Etching

Colin James: Life After Fifty **9:45am**

Learn this simple technique to make any item uniquely yours! With the use of the Cricut Maker Machine to design and cut vinyl, it will be up to you to etch it on to very own piece of glass!

Healthy Aging Through Daily Activities **2:30pm**

Nancy Drouillard: Wellness in Motion Physiotherapist

Participants will learn about simple exercises and activities they can perform at home to stay strong and improve balance. They will also be given guidelines to follow for the prevention of fragility fractures related to Osteoporosis. They can try a balance test and safe exercises geared to maintaining independent living.

Participant to keep this page.