








September & October 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 Sept. 5 & Oct. 10 all programs cancelled				
Billiards (9:00-3:30)	Billiards (9:00-3:30)	Billiards (9:00-3:30)	Billiards (9:00-3:30)	Billiards (9:00-3:30)
Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)	Computer Lab (9:00-3:30)
Morning Indoor Walk (9:00-9:45)	Silver Ambassador Band* (9:30-11:30)	Morning Indoor Walk (9:00-9:45)	MetalSmithing* (9:00-3:00)	Morning Indoor Walk (9:00-10:00)
LAF Fitness* (9:45-10:45) 7 weeks	WHY KNOT Knit/Crochet 9:30-11:30 	Coffee Social (9:00-10:30)	StrongerU Fitness* Hybrid (9:30-10:00)	Table Tennis (9:00-12:00)
Wii Bowling (10:00-12:00)	Wii Bowling (10:00-12:00)	LAF Fitness* (9:45-10:45) 8 weeks	Pickle-ball For Fun (9:30-12:00)	Scrabble (9:30-11:30)
Colouring Social (10:00-2:00)	Colouring Social (10:00-2:00)	Wii Bowling (10:00-12:00)	Coffee Social 	Mile at a Time (10:00-11:00)
Chair/Floor Yoga* (11:00-12:00) Cost: \$14/7wks member \$49/7wks Non-member	Pickle-ball For Fun (1:00-4:00)	Chair Yoga* -Hybrid (11:00-12:00) Cost \$16/8wks member \$56/8wks non-member	Sewing* (9:30-3:30)	Wii Bowling (10:00-12:00)
Shuffleboard (1:00-3:30)	Wall Ring-Toss (1:00-2:00)	Wall Ring-Toss (1:00-2:00)	Zumba Gold *  (11:00-11:30) Cost \$8/4wks member \$28/4wks non-member Sept. 8-29	LAF Sing-a-long  (10:00-11:30) Starts Oct. 7
Tai Chi Beginner* (1:00-2:00) Cost \$14 /7wks member \$49/7wks non-member	Mahjong (1:00-3:00)	Mexican Train Dominoes (1:00-3:00)	Colouring Social (11:00-2:00)	Pepper Lessons* (1:00-3:00) Sept. 16 & 23 
Tai Chi Advance* (2:00-3:00) Cost \$14 /7 wks member \$49/7wks non-member	Mums Sale Sept. 6 \$20/plant Must Pre-order	Line Dancing Beginner* (1:00-2:00) 8 weeks	Tai-Chi Practice (1:00-2:00)	Pepper (1:00-3:00) Starts Oct. 7
Halloween Spooktacular! Oct. 31 Details: TBA	Welcome Back Brunch! Sept. 13, 11:00-12:00 Cost: \$8	Line Dancing Advance* (2:00-3:00) 8 weeks	Mahjong (1:00-3:00)	LAF Fitness* -Hybrid (1:30-2:30) 8 weeks
	Craft Workshop* Sept. 13 (1:00-3:00) Oct. 18 (1:00-3:00) Cost: \$10/1 week		Euchre (1:00-3:00)	Shine Where You Are! Saturday Oct. 1 Cost: \$25 See Flyer for details.
	BINGO!* Sept. 20 & Oct. 18 (1:00pm) Cost: \$1/card		Therapy Dog visits starting in Sept. (mornings) 	
	Therapeutic Touch**  By Appointment only			
	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only

- LAF Membership is required to participate in all above programs.
- Non-member \$5 day pass available for select programs, see program descriptions for details
- *Pre-registration is mandatory for indicated program; capacity is limited.
*Pre-registration begins Aug. 29 @ 9:00am. Session runs Sept. 6 2022- Oct. 31, 2022.
- **Additional fees apply & appointments mandatory.
- **Hybrid** - Class is live and available on **Zoom**.
- 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 is open Monday-Wednesday, 11:30am-1:00pm. Sandwiches available Thursday-Friday 11:30-12:00.
- Coffee, snacks and pop available for purchase through-out the day.

September & October 2022

Life After Fifty - East Side Centre (8787 McHugh Ave)

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Sept. 5 & Oct. 10 all programs cancelled				Closed - Virtual programs only. See WSC for details.
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)	Shine Where You Are! Saturday Oct. 1 Cost: \$25 See Flyer for details.
Mahjong (10:00-12:00)	Craft Social (9:30-3:00)	Cribbage (10:00-12:00)	Craft Social (9:30-3:00)	
Qigong Fundamentals* (10:30-12:00)	Mahjong (10:00-12:30)	Pepper Lessons* (10:00-12:00) Sept. 14-28	Mexican Train Dominos (9:30-12:30)	
Pickleball-Intermediate (11:00-1:00) starts Oct. 17 Cost: \$15/3wks member	NEW Wii Bowling (10:00-11:15)	NEW Pickleball-Intermediate (10:30-12:30) Starts Oct. 5 Cost: \$20/4wks member	NEW Wii Bowling (10:00-12:00)	
Pepper (12:30-3:30)	Table Tennis (10:00-11:15)	Coffee Social (11:30 - 12:30)	Table Tennis (10:00-12:00)	
Watercolour Painting Club (no instructor) (12:30-3:30)	Zumba Gold* (11:30-12:00) Cost: \$16/8wks member \$56/8wks non-member	Mahjong (12:15-3:45)	Computer 1on1* (10:00-11:00) (11:00-12:00)	
LAF Fitness* - Hybrid (1:30-2:30) 7 weeks	Mexican Train Dominos (1:00-3:30)	Table Tennis (12:30-2:15)	Intro to Pickleball* (11:00-1:00) Cost: \$20/2wks member Sept. 22-29	
Chair Yoga (Beginner)* (2:00-3:00) starts Sept. 12 Cost: \$6/3wks member \$21/3wks non-member	Essentrics* (1:00-2:00) Cost: \$16/8wks member \$56/8wks non-member	Computer 1on1* (1:00-2:00)	Pickleball-Beginner* (12:30-2:30) Starts Oct. 6 Cost: \$15/3wks member cancelled Oct. 20	
Chair/Floor Yoga* (2:00-3:00) starts Oct. 3 Cost: \$8/4wks member \$28/4wks non-member	Table Tennis (1:30-3:30) cancelled Sept. 20 & 27	LAF Fitness* - Hybrid (1:30-2:30) 8 weeks	Tai Chi Beginner* (1:00-2:00) Cost: \$14/7 weeks \$49/7wks non-members no class Oct. 20	
	Pizza and Movie* (12:00pm) Sept. 20 Cost: \$8.00	Yoga (Floor)* (2:30-3:30) Cost: \$16/8wks member \$56/8wks non-member	Tai Chi (Advance)* (2:00-3:00) Cost: \$14/7wks member \$49/7wks non-members no class Oct. 20	
	Tax and Retirement* (2:00pm) Sept. 27	LAF Book Club* (2:30-3:30) Oct. 5	Scrabble (1:00-3:30)	
			Harvest Lunch&Bingo* October 20 (12:00pm) Cost: \$10	
	Foot-care** By Appointment only		Foot-care** By Appointment only	

- LAF Membership is required to participate in all above programs.
- Non-member \$5 day pass available for select programs, see Program Descriptions for details.
- *Pre-registration is mandatory for indicated program; capacity is limited.
*Pre-registration begins Aug. 29 @ 9:00am. Session runs Sept. 6 2022- Oct. 31, 2022.
- **Additional fees apply & appointments mandatory.
- Hybrid - Class is live and available on Zoom.
- 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.

Life After Fifty - Program Descriptions Sept/Oct 2022

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.**
- **Refillable water bottle with lid is encouraged to bring from home.**
- **Proper athletic foot-wear is required for all physical activity, no sandals, slip-ons or open toe shoes.**

Billiards: Members can enjoy playing Snooker with a partner. Participants are encouraged to bring their own pool cue. Experienced players only. (WSC)

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 \$\$ (ESC, WSC)

Computer Lab: Come and use the Centre's desktop computers with internet access. (WSC)

Computer 1 on 1: Make an appointment for a computer volunteer to assist you with basic questions. Limited booking restrictions in place. *By appointment only.* (ESC)

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

Cribbage: This is a card game traditionally for two players, but commonly played with three or four. It 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! Ability to get down on the floor is required. *Pre-Registration & Additional fees apply.* (ESC)

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

LAF Book Club: In our first meeting we will discuss future books, meetings and ideas to launch a successful in-person book-club! Space is limited. *Pre-registration required.* (ESC)

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)

LAF Sing-a-long: Have fun singing your favorite in a group setting. No singing experience necessary. (WSC)

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)

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)

Metalsmithing

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. *Experienced participants only. Classes will be starting in 2023.* (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/WSC)

Morning Indoor Walk: Socialize with friends as you increase your overall fitness as you walk the perimeter of the auditorium. This is a great warm-up for the fitness classes that follow. (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)

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

Introduction to Pickleball: Learn the rules, strategies & techniques in this 3 week course. Equipment provided. *Pre-Registration & Additional fees apply.* (ESC)

Pickleball- Beginner: For players who have completed the Intro course or have played before. Some assistance provided. *Pre-Registration & Additional fees apply.* (ESC)

Pickleball- Intermediate: For experienced 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. (WSC)

Qigong (pronounced Chi Gong): Holistic system of coordinated body posture/movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong can help improve your circulation, balance, alignment and help restore your energy (chi). *Pre-Registration required.* (ESC).

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

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)

ShuffleBoard: Looking for something to improve your hand –eye coordination? Try Shuffleboard! This activity mixes fun, the use of strategies and sportsmanship all into one program. Ideal for any activity level. (WSC)

StrongerU Fitness: Performed seated or standing, this program engages the heart, lungs, and brain, through movement combinations set to music. This program is in collaboration with the StrongerU Senior Fitness Student Sponsorship Program. *Pre-Registration is required.* (WSC, ZOOM)

- **StrongerU Cardio:** Sept. 8th - Oct. 13th **StrongerU Strength:** October 17th to November 25th

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

LAF Program Descriptions Updated: 08/28/22



Tai Chi: Come practice an ancient form of Chinese exercise that helps with health, balance, breathing and concentration. 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. *Space is limited - Pre-Registration required.* (ESC)

Wall Ring Toss (Hookey): Enjoy this popular Australian game that develops hand-eye coordination and is very addicting. This ring toss game hangs on the wall and is similar, but different and safer than darts. (ESC/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 crafting in this social setting. Make your own projects or create ones for the Centre. *Pre-registration required.* (WSC)

Yoga

Yoga Floor - This is a great class 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)

Yoga Chair – Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated, however participants may choose to do movements on the floor. *Registration & additional fees apply.* (WSC, ZOOM)

Zumba Gold

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. Join us for a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health. *Registration & additional fees apply.* (ESC, WSC)

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-Intro, Beginners & Intermediate; LAF Book Club; Pepper Lessons; Zoom programs.
- The following programs must be registered for and paid in advance:
Tai-Chi- Beginner & Advance; Zumba Gold; Yoga (all classes); Essentrics; Craft Workshops (day pass + class fee applies).

WORKSHOPS & SPECIAL ACTIVITIES

Fall Mums sale – Pre-order your fall mums in August and pick-up Sept 6 or 7. All proceeds go back to LAF programs. (WSC)

Welcome Back Brunch – On Tuesday Sept 13th, a brunch buffet will be served! Cost \$8. (WSC)

Bingo! – Under the B....Be Social and have fun playing for small prizes. \$1/card. *Pre-Registration required.* (WSC)

Pizza & A Movie – Join your LAF Friends on Sept. 20th as you enjoy a pizza lunch and a movie. Cost \$7. *Pre-registration required.* (ESC)

Presentation: Taxes & Retirement: Join Godfroy Financial on Sept. 27th, as they explain how to get the most out of your tax benefits in your retirement. *Pre-Registration required.* (ESC)

Craft Workshops:

- **Fall Pine Cone Door Hanger: Sept. 13.**– Create your own décor to take home and hang on your front door. Cost \$10: includes instructions and supplies. *Pre-Registration required.* (WSC)
- **Handmade Cards: Oct. 18** – Design & make your own Birthday and Holiday cards. Cost \$10: includes instructions and supplies. *Pre-Registration required.* (WSC)

Harvest Lunch & Bingo! – Join us October 20th for a wonderful fall lunch followed by a fun game of Bingo! Cost \$15. *Pre-Registration required.* (ESC)

Halloween Spooktacular! – Join us On October 31st for some eerie-sistable fun! Creep an eye-out for the flyer for more thrillin' details. (WSC)

Therapy Dog visits! – Hang out Thursday mornings with our canine volunteer Abby! Dates TBA.

Shine Where You Are! – LAF fundraising event. See flyers for details.

*See our e-newsletter for more upcoming fun activities and events!