


# LIFE AFTER FIFTY: SEPTEMBER - OCTOBER 2024

Life After Fifty - West Side Centre (WSC) - 635 McEwan Ave

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Sept. 2 &amp; Oct. 14</b>				
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) <b>Assistance available 10:00-11:30</b> <i>not avail Sept. 19, 26, Oct. 3</i>	Computer Lab (9:00-4:00)
Morning Indoor Walk (9:00-9:30)	Table Tennis (9:00-11:00)	Morning Indoor Walk (9:00-9:30)	Table Tennis & 4 Square Pickleball (9:00-11:00)	Pickleball For Fun (9:00-12:00) <i>-Sept. 20 -half gym.</i>
Cribbage (9:30-11:30)	Concert Band* (9:30 -11:30)	Coffee Social (9:00-10:30)	Advanced Sewing* (9:30-3:30)	Cribbage (9:00-11:30)
Artist Circle (9:30-3:30)	WHY KNOT Knit/Crochet (9:30-11:30)	Essentrics* (9:30-10:30) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	LAF Sing-a-long (10:00-11:00)	Beading Workshop* (9:30-11:00) Sept. 13 & Oct. 18 <b>See flyer for details</b>
FUNctional Circuit* (9:45-10:30) 7 weeks	Scrabble (9:00-12:30)	Craft Drop-in Social (10:00-12:00)	Coffee Social (9:30-11:00)	Scrabble (9:30-12:00)
Colouring Social (10:00-12:00)	Colouring Social (10:00-12:00)	LAF Fitness* (10:45-11:45) 8 weeks	Mahjong (10:00-12:00 / 12:30-	Sharing Dance (10:00-11:00)
Wii Bowling (league) (10:00- 12:00)	FUNctional Circuit* (11:15-12:00) 8 weeks	Wii Bowling (league) (10:00- 12:00)	FUNctional Circuit* (11:15-12:00) 8 weeks	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 7 weeks	Chair Yoga* (12:15-1:15) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Mexican Train Dominoes (12:30-3:30)	Chair Yoga* (12:15-1:15) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Members' Book Club (1:00) Sept. 27 & Oct. 25
Table Tennis (12:00-1:45)	Mahjong (10:00-12:00 / 1:00-3:30)	Line Dancing - Drop-in (1:00-3:00)	What's Your Tech Problem? (1:00-2:00)*	Table Shuffleboard (1:00-3:00)
Group Meditation* (12:30-1:00)	Pickleball For Fun (1:30-4:00)	<b>Craft Workshops*</b> Sept. 11, 25 Oct. 9, 23 <b>See flyer for details.</b>	Euchre (1:00-3:30)	<b>Dance &amp; Movement with ACWR (10:30am-12:00pm)</b> Sept. 20
Shuffleboard (12:30-3:30)	Conversational French* (1:00-2:00)	<b>Cooking Classes*</b> (2:00pm-3:30) \$15/class Sept. 18 & Oct. 23 <b>See flyer for details.</b> 	Qigong* (2:00-3:00) <b>Cost: \$14/7wks mem.</b> <b>\$49/7wks non-mem.</b>  Starts Sept. 19	<b>BE WELL EXPO!</b> Saturday Sept. 28 <b>See flyer for details.</b>
Mexican Train Dominoes (1:00-4:00)		<b>Powerful Tools for Caregivers*</b> (1:00pm-2:30) Oct. 9- Nov. 13	Tai-Chi Practice (3:00-4:00)	Did you know... LAF has various games (cards, board games, Wii) you can play anytime! Help yourself or ask a staff!
Advanced Sewing* (1:00-3:30)-no instructor		<b>Fundraiser: Mums Sale</b> Sept. 4 <b>See flyer for details.</b>	<b>National Urban Park Focus Group*</b> Oct. 3 (10:00am-12:00pm)	
Tai Chi* (2:00-3:00) <b>Cost: \$12/6wks mem.</b> <b>\$42/6wks non-mem.</b> Starts Sept. 16 <b>Mindful Mondays</b>  (1:00pm) Sept. 16, 23, 30, Oct. 7, 21, 28	<b>Therapeutic Touch**</b> By Appointment only.	<b>Chair Massage**</b> with Hot rocks By Appointment only	<b>Halloween Spooktacular</b> Oct. 31 <b>See flyer for details.</b>	
	<b>Foot-care**</b> By Appointment only	<b>Foot-care**</b> By Appointment only		<b>Foot-care**</b> By Appointment only








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

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

# LIFE AFTER FIFTY: SEPTEMBER - OCTOBER 2024

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

519-254-1108; Monday-Friday 9:00-4:00; [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Closed Sept. 2 &amp; Oct. 14</b>				
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00) <i>no class Oct. 22</i>	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00)
Canasta (10:00-12:00)	Craft Social (9:30-3:30)	Power Up Circuit*  (10:05-10:50) 8 weeks	Craft Social (9:30-3:30)	Power Up Circuit*  (10:05-10:50) 8 weeks
Computer 1on1 (Digital Basics)* (10:30-11:30)	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Sharing Dance (10:30-11:30)Sept.5-Oct.3	Qigong Practice (11:00-12:00)
Sport Conditioning & Performance*  (10:00-11:00) Beg. Sept.30 <b>\$20/10wks mem.</b>	Sharing Dance (10:15-11:15) 3 weeks Oct. 8, 15 & Oct. 29 <i>no class on Oct. 22</i>	Pickleball-Rec. Play* (11:00-12:55) <b>Sept.11-Oct.2: \$16/4wks</b> <b>Oct.9-30: \$16/4wks</b>	Belly Dancing*  (10:30-11:30 ) Oct. 10-Nov. 28 <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Pickleball-Rec. Play* (11:00-12:55) <b>Sept.13-Oct.4: \$16/4wks</b> <b>Oct.11-Nov.1: \$16/4wks</b>
Pickleball-Rec. Play* (10:00-11:25)  <b>Sept.: \$16/4wks</b> <b>Oct.: \$12/3wks</b>	Zumba Gold* (11:30-12) Beg. Sept. 17 <b>Cost: \$12/6wks mem.</b> <b>\$42/6wks non-mem.</b> <b>No class on Oct. 22</b>	Mahjong (12:15-3:45)	Computer 1on1 (Digital Basics)* (11:30-12:30)	Euchre (1:00-3:30)
Pickleball-Rec. Play* (11:30-12:55)  <b>Sept.: \$16/4wks</b> <b>Oct.: \$12/3wks</b>	Mexican Train Dominos (12:15-4:00)	LAF Fitness* - Hybrid (1:05-2:00) 8 weeks	Pickleball-Beg. Lvl Play* (no lessons) (12:00-2:00) <b>Sept.12-Oct.3: \$16/4wks</b> <b>Oct.10-31: \$16/4wks</b>	LAF Fitness* - Hybrid (1:05-2:00) 8 weeks
Painting Club (no instructor) (12:30-3:00)	Essentrics* (1:00-2:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Yoga (Floor)* (2:30-3:30) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Line Dancing* (11:45-1:30) <b>Cost: \$16/8wks mem.</b> <i>No class Oct. 17</i>	Yoga (Chair)* (2:30-3:30) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>
Pepper (12:30-4:00)	Harvest Lunch & Bingo (12:30 - 2:30) Oct. 22 <i>See flyer for details</i>	LAF Book Club* (2:45-3:45) Sept. 11 & Oct. 9	Scrabble (1:00-4:00)	Craft Workshop* Sept. 27 <i>See flyer for details.</i>
LAF Fitness* - Hybrid (1:05-2:00) 7 weeks		Your Story, Your Legacy* (11:00-12:00)  Starts Sept. 25	Tai Chi Advance* (1:00-2:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Mahjong Learn to Play* (10:00-12:00) Thurs. & Fri. 3wks/ Oct. 17, 18, 24, 25, 31 & Nov. 1
Did you know... LAF has various games (cards, board games, Wii) you can play anytime! Help yourself or ask staff!		Pepper Learn to Play* (10:00-12:00) Sept. 11-Sept. 25	Tai Chi (Beg.)* (2:00-3:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	Falls Screening** Nov. 1 (10:00-1:00) <i>See flyer for details.</i>
	Foot-care** By Appointment only	Chair Massage** By Appointment only	Foot-care** By Appointment only	BE WELL EXPO! Saturday Sept. 28 <i>See flyer for details.</i>

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

**\* Session for registered programs runs Sept. 9-Nov. 1, 2024. Registration begins Tuesday August 27, 2024 at 6:30pm**

**Please be aware of registration process: Registration from Aug. 27- Sept. 3, will be via telephone only.**

**\*\*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.
- WSC Café is open Monday-Thursday, 11:30am-1:00pm. No Café on Fridays.
- All program enrollment is final, no refunds. If LAF cancels a program/class, credits will be issued for future programs.
- All programs, rules, hours are subject to change without notice.
- **Please see newsletter & flyers for ALL Special Events & Workshops.**

## Life After Fifty - Program Descriptions Sept/Oct 2024

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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)

**Belly Dancing-Bollywood Fusion:** Enjoy this gentle, low-impact workout that focuses on improving flexibility, balance, and core strength. Set to upbeat rhythmic music, this class features slow, fluid movements that are easy on the joints, making it perfect for all fitness levels. **\*Pre-Registration & Additional fees apply.** (ESC)

**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)

**Chair Massage-with Hot Rocks:** Book your appointment for a 10-minute hot rocks Chair Massage. **\*Appointment required. Additional fees apply.** (WSC/ESC)

**Coffee Social:** Come for a morning coffee (or tea or water) and enjoy conversations with friends - old and new! Coffee and a snack are available for an extra \$. (WSC)

**Computer Lab:** Come and use the Centre's desktop computers with internet access. (WSC - assistance available on *Thursdays*, please inquire within.) (ESC)

**Computer/Digital Device 1 on 1:** Make an appointment for a tech 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)

**Conversational French:** Bonjour! Join us in this fun and informal setting, where you'll speak French in a relaxed atmosphere. This program is for those who want to brush-up on or use their French more frequently. This is a group-led program where resources are available, no formal instructions. (WSC)

**Concert Band:** The Silver Ambassadors Concert Band meets 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)

**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 Workout:** 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 levels. *\*Space is limited - Pre-Registration is required.* (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. (WSC)

**LAF Fitness:** This class is a total body workout for *any fitness level* through cardio, strength & balance training. Class 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 for a fun & fit way to learn some of the most popular line dances.

- **Beginner to Improver Line Dancing:** Start the class off with beginner level instruction. Beginner level classes require students to have some knowledge of basic line dance steps (e.g. vine, rocking chair, weave, jazz box..). Then end the last half hour of class with improver level instruction. Students staying for the Improver level are expected to have some experience with more advanced steps and more complex routines. *\*Pre-Registration is required.* (ESC)
- **Drop-in Line Dancing:** Swing on by and dance to beginner to intermediate line dancing videos. No formal lessons. Guest instructors will be available on occasion. (WSC)

**Mahjong:** An ancient Chinese tile game that is of both strategic skill and luck. Experienced players only. (ESC, WSC) Watch and learn opportunities available at WSC, workshops available at ESC.

**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 aerobic 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 while walking 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)

**Power-UP Circuit Workout:** Start your morning off by powering up with this exciting workout! You will go through a series of aerobic, strength, balance, and flexibility exercises and can be modified for all levels. *\*Space is limited - Pre-Registration is required.* (ESC)

**Qigong (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. (WSC).

**Qigong Practice:** No instructor, participant led. (ESC)

LAF Program Descriptions Sept/Oct 2024 Updated: 08/21/24



**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)

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

**Seniors' Centre Without Walls (SCWW):** A free telephone-based activity offering a world of fun, engaging conversations, and exciting learning opportunities—all from the comfort of your home. Join us to chat with friends, play interactive games, and explore new topics together. All are welcome, no membership required. ***Check out our SCWW calendar!***

**Sewing - Advanced:** 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:** Sharing Dance Older Adults is an on-demand virtual high-quality dance program led by a professional dance instructor. This 60-minute class developed by the National Ballet School fosters creative self-expression and fun! Can be done standing or 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)

**Sport Performance & Conditioning:** This 10 week performance & conditioning course is an introduction to improved co-ordination, balance, footwork, speed and agility for pickleball and all activities in general. Learn movement skills to help improve your performance and hopefully prevent injuries too. Whether you're seasoned in or just beginning pickleball or any sport this course will help build a solid foundation for movement and awareness to feel confident. Remember, you're an athlete and will achieve your next level of athleticism. ***\*Pre-Registration & Additional fees apply.*** (ESC)

**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. ***\*Appointment 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. (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:** A virtual bowling experience that's entertaining and easy to play. Perfect for all skill levels, this game combines the excitement of bowling with the fun of video gaming. (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 & 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.** (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, WSC)

## 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 Concert Band; Line Dancing; Tai-Chi Practice; Pickleball; LAF Book Club; Mahjong & Pepper Learn to Play; Sewing; Lapidary; Zoom programs.
- All programs indicated with \* on schedule must be registered and paid for in advance.
- The following programs can **only** be observed until the game knowledge is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.

## **REGISTRATION PROCESS FOR \*INDICATED PROGRAMS:**



- **For Sept/Oct Programs – registration will begin: Tues, August 27 at 6:30pm**
- **Registration will be done via telephone ONLY: 519-254-1108; prompt 6 (ESC) or 7 (WSC).**
- **Your voicemail must include:**
  - **Your name; phone #**
  - **Program name, location (east or west centre), day and time of program**
  - **Repeat above for each program you want to register.**
  - **You can register up to 1 other person per call.**

## SPECIAL EVENTS & ACTIVITIES SEPT & OCT

**Fall Mums!** – Purchases begin for our annual fundraiser on Sept 4<sup>th</sup> for our beautiful mums supplied by The Bloomin' Gardener. (WSC)

**Be Well Expo:** Join us on Sept 28<sup>th</sup> from 9am – 2pm for our 2<sup>nd</sup> annual wellness expo featuring class demos, expert speakers, interactive tables, wellness products, and services. Enjoy craft and jewelry sales, a free light lunch, and a fundraising walk benefiting programs & services at LAF.

**Location: Arbor Memorial.** Shuttle Bus Service available. Pre-booking required

**Harvest Luncheon:** Join us for a delicious meal and Bingo! **Oct. 22 (ESC)** *See flyer for details.*

**Spooktacular Halloween Skelebration! October 31<sup>st</sup>!** (WSC) *See flyer for details.*

### COOKING CLASSES WITH CHERYL:

Join us for group cooking classes with LAF's cook, Cheryl. Sign up for 1 or as many classes as you choose. **One Wednesday a month at 2:00pm. Cost \$15/class mem; \$20/non. Sign up at reception. Limited # of participants.** (WSC)

**Spice it UP!:** (Sept 18 – 2pm-3:30pm) You'll create your own spice blend and use it to prepare a delicious chicken dish, accompanied with rice and a seasonal fall vegetable to complete your meal. Everyone takes home a custom spice bag to use in future cooking adventures!

**Soup Du Jour:** (Oct 23 – 2pm-3:30pm) Explore various fall vegetables from the local farmers' market and learn how to incorporate them into your meals. At the end of the class, you'll take home a bowl of your delicious soup and a selection of fall vegetables to make your own dish.

### CRAFT & ART WORKSHOPS:

**\*Pre-registration required for all workshops.\***

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

**\*Tic Tac Toe Bags**–Sept. 11, 1:00pm – WSC; Cost: \$8

**\*Pinecone Succulents Workshop**–Sept. 25, 1:00pm – WSC; Cost: \$12

**\*Custom Sea Glass Design Workshop**–Sept. 27, 10:30am – ESC; Cost: \$10

**\*Tie Die Shirt**–Oct. 9, 1:00pm – WSC; Cost: \$15

**\*Scary Apothecary Bottles**–Oct. 23, 1pm-3pm – WSC; Cost: \$10

**\*Beading Workshops**–Sept. 13 & Oct. 18, 9:30am – 11am – WSC; see flyer for details.

### SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

**Pepper-Learn to Play:** This class offers a thorough introduction to the game, combining enjoyment with learning. Regular participation is recommended to fully understand key techniques and strategies. **Wednesdays (3 wks): Sept 11, 18, 25 (10am–12pm) \*Pre-registration required.** (ESC)

### **Dance & Movement with ACWR:**

Life After Fifty is excited to host the Arts Council Windsor & Region (ACWR) as they introduce a Senior Community Arts Program dedicated to empowering and engaging adults fifty and up. Join us at the West side location on Friday **Sept. 20 at 10:30 am for the Dance & Movement “Tea & Chat”** ran by the ACWR. All are welcome! (WSC)

**Your Story, Your Legacy: Preserving Memories Workshop:** Join us for a heartwarming weekly workshop where you'll create a lasting gift for your loved ones. Together, we'll explore ways to capture your personal stories and treasured memories with love and care. Through thoughtful exercises and gentle guidance, you'll learn to express your experiences and values in a way that resonates deeply. (ESC) **Wednesdays Starting Sept. 25**

**National Urban Park Focus Group:** This two-hour focus group will be hosted by the University of Windsor National Urban Park Hub. By participating in this focus group, your voices will help inform research on the development of the National Urban Park policy and provide input to Parks Canada on the creation and operation of the proposed Ojibway National Urban Park. **Oct.3 (10:00am)**  
**\*Pre-registration required.** (WSC)

**Powerful Tools for Caregivers:** This 6 week educational workshop series will be offered at LAF by staff from weCHC (Windsor Essex Community Health Centre). **Wednesdays, Oct. 9- Nov. 13;** 10:30am-1:00pm. See flyer for more information and details on how to register. (WSC)

**Mahjong - Learn to Play:** Learn the ancient Chinese tile game that blends strategic skill with luck. This workshop offers a comprehensive introduction to the game, with regular attendance highly encouraged to truly grasp understanding, along with key strategies and nuances. **Thursdays & Fridays (3 wks): Oct 17, 18, 24, 25, 31 & Nov 1 (10am – 12pm) \*Pre-registration required.** (ESC)

**Mindful Mondays:** Join Us at **1 PM on Mondays** for Engaging Workshops at the West Side Centre Library!

**Sept. 16: Windsor Fire & Rescue Services:** Join the conversation, led by our local Fire Prevention Officer, about how to prevent and be prepared for emergencies.

**Sept. 23: Get The Most of Your Healthcare Appointment:** Join the team from WeCHC (Windsor-Essex Community Health Centre) as they discuss how to prepare for your appointment, communicate with your provider and what to do next.

**Sept. 30 & Oct. 28: Reminiscing Session:** Join us on the last Monday of every month to share and recollect memories on prepared themed topics.

**Oct. 7: Falls Prevention:** Take the next step to preventing a fall and learn tips and ideas from an Occupational Therapist from WeCHC.

**Oct. 21: Power of Attorney:** Join the team from Community Legal Aid as they discuss what to consider when preparing a will and power of attorney.

**\*See our flyers & e-newsletter each month for more upcoming fun activities and events! And check us out on our website [lifeafterfifty.ca](http://lifeafterfifty.ca)**

LAF Program Descriptions Sept/Oct 2024 Updated: 08/21/24

