

BETTER LIVING DAY – JUNE 19, 2025

WORKSHOP DESCRIPTIONS

Beading

Nancy Blair: Life After Fifty

9:45am

Learn the fine art of beading by creating your very own pendant.

Cooking for One

Executive Chef Norman: Amica

2:30pm

Learn some quick tips from a professional chef in this cooking demonstration as he serves up a Mediterranean shrimp canape.

Drum Circle

J.D.

9:45am & 2:30pm

Drumming is known for its health benefits, such as relieving stress, improving mental well-being, releasing emotions and improving endurance. Playing drums in a group brings people together by fostering positive social interaction and creating great vibes. For this drum session, we will be using the Djembe, a versatile African hand-drum with several warm tones.

Eat to Live Better: How Functional Nutrition Enhances Quality of Life

Maria Hernandez: *Healing with food* By Maria H.A.

1:15 pm

Food can be one of the most powerful tools for aging well. In this engaging workshop, we will explore how functional nutrition supports digestion, memory, energy levels, and emotional wellness in adults over 50. Participants will learn simple and effective ways to improve their diet with purpose, pleasure, and vitality leaving with practical tips and inspiration to take charge of their health with food.

Financial Literacy for Older Adults - Your Goals, Your Future!

Canadian Foundation for Economic Education

9:45am

This engaging workshop is designed to help seniors navigate the increasingly complex world of personal finance. Participants will explore practical strategies for managing retirement, budgeting, and setting financial goals in the face of life changes. Topics include wills, power of attorney, estate planning, and coping with the loss of a partner. This workshop will help you to DO rather than simply PLAN TO DO!

Financial Literacy: Empowering Your Tomorrow

Canadian Foundation for Economic Education

11:00am

This in-depth workshop will focus on learning essential budgeting, borrowing and other financial tips to navigate YOUR changing financial reality.

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Hand Bell Ringing

Silver Bells Hand Bell Choir

11:00am

Learn how to ring hand bells of different sizes with a number of techniques for various sound effects, and how a hand bell choir works together to create a song. Hand bell ringing can provide both physical and mental exercise as well as the pleasure of making music.

Healthy, Happy Hips

Darrin John: Life Enhancing Training

2:30pm

Join Darrin for the power of healthy and happy hips. Learn simple, practical methods to maintain or regain pain-free hip mobility.

Intro to Printmaking

Joanne Carr: Life After Fifty

2:30 pm

Learn to make prints using layers of acrylic paints, masks, stencils and embellishments.

Introduction to Therapeutic Touch

Therapeutic Touch Network Ontario

11:00 am

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.

Lawn Bowling

Windsor Lawn Bowling Club

1:15pm

You can be active and social at the same time through Lawn Bowling. Learn a new sport and do it in an indoor facility. Short Mat is a shorter version of the outdoor game. All you need to bring is a smile and a willingness to have fun!

Laughter Yoga

Renée Murdock: Alzheimer Society of Windsor/Essex County

9:45am

Laughter Yoga is a great way to do some exercise while feeling like you're not doing any at all. Laughter yoga involved physical movement and breathing exercises in a fun unique way.

Legacy Scents: Blending Memory-Inspired Aromas:

Nancy Labombard, Certified Aromatherapist

1:00pm & 2:30pm

In this gentle and creative session, we'll explore the powerful connection between scent and memory. Guided by meaningful reflection, you'll craft a personalized aromatherapy blend inspired by a cherished moment from your life—a scent that tells your story. Whether it's the aroma of fresh garden blooms, warm holiday baking, or a beloved family home, you'll leave with a beautiful keepsake bottle of your custom blend and a renewed sense of connection, comfort, and joy.

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Metal-Smithing: Textured Metal Jewelry

Lapidary & Jewelry Arts: Life After Fifty

11:00am & 1:00pm

Learn basic metal-smithing techniques while creating a beautiful earring/pendant set. You will use hammers and stamping tools to create unique surface designs. No experience necessary, must have dexterity/strength to hammer—all materials and tools provided.

Pilates for Functional Strength and Balance

Grace Bakker

9:45am & 11:00am

If you don't use it you lose it! This full body Pilate's class will help to improve your body awareness, posture, balance and functional strength. Exercises will be performed standing and seated.

Reflexology

Aliphatic Ambrosia, School of Natural Therapies

2:30 pm

Learn how this gentle therapy supports relaxation, improves circulation, and helps ease common conditions like stress, headaches, and digestive issues. We'll demonstrate reflexology on two randomly selected participants, and more if time allows.

Restoration of Windsor's Lancaster FM212

Canadian Aviation Museum

11:00am

You will have the opportunity to learn about the remarkable restoration project associated with Windsor's Lancaster FM212. You will learn the long history of the Lancaster from its manufacture at Victory Aircraft Ltd in 1945 to its current world-class restoration condition. You will also hear about the history of the land that the Canadian Aviation Museum now sits on. A video presentation will be included followed by a Q & A session. All participants will also receive a complimentary pass to visit the museum and see the Lancaster up close and personal. Passes sponsored by Canadian Aviation Museum.

Smart Container Gardening

Denise Butcher: Horticulturist, Arbor Memorial

9:45 am & 1:00 pm

Discover how to create stunning patio planters that thrive all year long! You'll learn hands on how to mix perennials and annuals in containers for seasonal interest, learn which plants to keep, which to swap out, and how to design planters that evolve beautifully with the seasons.

Smart Phone Photography

Ted Kloske: Henry's Camera Shop

9:45am OR 11:00am

This 1-hour workshop looks at the advantages of using your smartphone camera to record beautiful lasting memories. Together we will explore many of the important features your cameras may have and help you to better understand your smartphone cameras features as well as many tips and tricks for creating beautiful images.

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Super Charge!

Dr. Madeline Crnec, D.C

2:30pm

Battery running low? Stuck in a rut? Take charge of your health by discovering easy, fun, life affirming food and exercise tips. Including dancing your way to wellness with Belly Dance for all stages!

Urban Birding for Everyone

Suzanne Friemann: Pelee Island Bird Observatory

1:15pm

An introduction to getting started watching birds wherever you are. Information about equipment, locations, and ways to help our urban bird populations.

Wearable Novelty Button Making

Colin James: Life After Fifty

9:45am & 11:00am

Design and assemble, with the use of a button maker, your own wearable novelty buttons, all materials provided.