




LIFE AFTER FIFTY: JANUARY 20 - FEBRUARY 28

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Feb. 17				Closed Jan. 24
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) Assistance available 10:00-11:30	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)
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 (9:00-11:30)	Essentrics* (9:30-10:30) Cost: \$16/8wks mem. \$56/8wks non-mem.	Coffee Social (9:00-11:00)	Beading Workshop* (9:30-11:00) TBA See flyer for details
FUNctional Circuit* (9:45-10:30) 5 weeks	Scrabble (9:00-12:30)	Craft Drop-in Social (10:00-12:00)	LAF Sing-a-long (10:00-11:00)	Scrabble (9:30-12:00)
Colouring Social (10:00-12:00)	Mahjong (10:00-12:00 / 1:00-3:30)	LAF Fitness* (10:45-11:45) 6 weeks	Mahjong (10:00-12:00 / 12:30-	Sharing Dance (10:00-11:00)
Wii Bowling (league) (10:00- 12:00)	Wii Bowling (league) (10:00- 12:00)	Wii Bowling (league) (10:00- 12:00)	Lapidary & Jewelry Arts* (10:00-3:00)	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 5 weeks	Lapidary & Jewelry Arts* (10:00-3:00)	Mexican Train Dominoes (12:30-3:30)	FUNctional Circuit* (11:15-12:00) 6 weeks	LAF Book Club* (12:30-1:30) Jan. 31, Feb. 28
Table Tennis (12:00-1:45)	FUNctional Circuit* (11:15-12:00) 6 weeks	Chair Yoga*  (12:15-1:15) Cost: \$12/6wks mem. \$42/6wks non-mem.	Core & Balance*  (12:15-12:45) 6 weeks	Table Shuffleboard (1:00-3:00)
Group Meditation* (12:30-1:00)	Chair/Floor Yoga* (12:15-1:15) Cost: \$12/6wks mem. \$42/6wks non-mem.	Line Dancing - Drop-in (1:30-3:00)	Euchre (1:00-3:30)	LAF Fitness via Zoom  (1:05-2:00) 5 weeks
Shuffleboard (12:30-3:30)	Conversational French* (1:00-2:00)	Craft Workshops* Jan. 29, Feb. 5 & 19 See flyer for details.	Tai-Chi Practice (1:05-1:45)	National Urban Park Focus Group* (10:00-12:00) Feb. 7
Mexican Train Dominoes (1:00-4:00)	Pickleball For Fun (1:30-4:00)	Cooking Classes* (2:00pm-3:30) \$15/class Jan. 22 & Feb. 19	Qigong* (2:00-3:00) Cost: \$12/6wks mem. \$42/6wks non-mem.	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	Information Table: UROSPOT Jan. 28			
Tai Chi Practice (2:00-3:00)				
Mini-Massage Sessions* (1:00-4:00) February 24	Therapeutic Touch** By Appointment only.	Chair Massage with Hot rocks** Jan. 22 & Feb. 22 By Appointment only		
Mindful Mondays (1:00pm) Jan. 20, 27, Feb. 3, 10, 24	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	Live, LAF, Love Feb. 27 See flyer for details


Please see newsletter & flyers for ALL Special Events & Workshops

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

LIFE AFTER FIFTY: JANUARY 20 - FEBRUARY 28

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Closed Feb. 17				Closed Jan. 24
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)	Mile at a Time (9:00-10:00)
Sharing Dance (11:00-12:00)	Craft Social (9:30-3:30)	Power Up Circuit* (10:05-10:50) 6 weeks	Craft Social (9:30-3:30)	Power Up Circuit* (10:05-10:50) 5 weeks
Sport Conditioning & Performance-Beg. lvl*  (10:00-11:00) Jan.20-Feb. 24 Cost: \$10/5wks mem.	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Belly Dancing* (10:30-11:30) Jan. 23-Feb. 27 Cost: \$12/6wks mem. \$42/6wks non-mem.	Qigong Practice (11:00-12:00)
Pickleball-Rec. Play* (11:00-12:55) Cost: \$20/5wks	Intro to Line Dancing - Absolute Beg. - Level 1* (10:15-11:15) Jan. 14-21	Pickleball-Rec. Play* (11:00-12:55) Cost: \$24/6wks	Computer 1on1 (Digital Basics)* (11:30-12:30)	Pickleball-Rec. Play* (11:00-12:55) Cost: \$20/5wks
Painting Drop-In (no instructor) (1:00-3:00)	Zumba Gold* (11:30-12) Cost: \$12/6wks mem. \$42/6wks non-mem.	Mahjong (12:15-3:45)	Pickleball-Beg.+ Lvl Play* (no lessons) (12:00-2:00) Cost: \$24/6wks	Euchre (12:30-3:30)
Pepper (12:30-3:45)	Mexican Train Dominos (12:15-4:00)	LAF Fitness* - Hybrid (1:05-2:00) 6 weeks	Line Dancing - Levels 2-3* (11:45-1:30) Cost: \$10/5wks mem. No class Feb. 27	LAF Fitness* - Hybrid (1:05-2:00) 5 weeks
LAF Fitness* - Hybrid (1:05-2:00) 5 weeks	Essentrics* (1:00-2:00) Cost: \$18/9wks mem. \$63/9wks non-mem.	Yoga (Floor)* (2:30-3:30) Cost: \$12/6wks mem. \$42/6wks non-mem.	Scrabble (1:00-4:00)	Yoga (Chair)* (2:30-3:30) Cost: \$10/15wks mem. \$35/5wks non-mem.
Hearing Screening* Feb. 10 (10:00-12:00) by appointment only	Information Table: UROSPOT Jan. 21	LAF Book Club* (2:15-3:15) Feb. 12	Tai Chi Advance* (1:00-2:00) Cost: \$12/6wks mem. \$42/6wks non-mem.	Craft Workshop* Jan. 31 (10:30-12:30) <i>See flyer for details</i>
Did you know... LAF has various games (cards, board games, Wii) you can play anytime! Help yourself or ask staff!	Mini-Massage Sessions* (1:00-4:00) Feb. 11	Your Story, Your Legacy* (11:00-12:00)	Tai Chi - Beg.* (2:00-3:00) Cost: \$12/6wks mem. \$42/6wks non-mem.	Live, LAF, Love Feb. 27 <i>See flyer for details</i>
	Living Well with Chronic Pain* (1:00-3:30) March 4-April 8	Powerful Tools for Caregivers* (11:15-12:45) Feb. 26-April 2		
	Foot-care** By Appointment only	Chair Massage** By Appointment only	Foot-care** By Appointment only	

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

* Session for registered programs runs Jan. 20 - Feb. 28, 2025. Registration begins Tuesday January 7, 2025 at 6:30pm
Please be aware of registration process: Registration from January 7 - January 13 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 Jan. 20-Feb. 28, 2025

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)

Core & Balance: Enhance stability, flexibility, and body awareness through lower-intensity (but not easy!) core and balance exercises. This class is designed to prevent falls and improve daily movement, with progressions that build week by week. Suitable for all levels and fully modifiable to meet your needs. **Space is limited - Pre-registration required.* (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! ****Space is limited - 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)

Lapidary & Jewelry Arts: Discover the art of transforming raw gemstones and metals into jewelry and unique pieces of art in this hands-on experience. Whether you're a beginner or an experienced artisan, this program offers the tools and guidance needed to bring your creative visions to life. Supplies will need to be brought in or purchased. ****Additional registration and fee applies.*** (WSC)
****Beginners will need to enroll in a "learn to" introductory course before participating. Please call/see reception for details.**** (WSC)

Line Dancing: Join in for a fun & fit way to learn some of the most popular line dances.

- **Beginner (level 2) to Improver (level 3) Line Dancing:** Beginner level classes require students to have some knowledge of basic line dance steps (e.g. vine, rocking chair, weave, jazz box..). *If new to line dancing, must complete the **Introduction (level 1)** class prior to attending.* The last half hour of class will be the improver level instruction for students with experience of 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. (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)

Painting Drop-in: This self-led program allows you to express your imagination by painting within the company of others. Please bring your own supplies. (ESC)

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. ***Registration & additional fees apply.** (WSC).

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

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! 4-Square pickleball gives 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. 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 40+-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 beginner 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

LAF Program Descriptions Jan/Feb 2025 Updated: 12/19/24



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)

Therapeutic Touch: Make an appointment for a session with a trained practitioner for this holistic therapy. ***Appointment required. Additional fees apply.** (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)

Tai Chi Practice: No instructor, participant led. (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 improving cardiovascular health.* *Registration & additional fees apply.* (ESC)

PROGRAM REGISTRATION INFORMATION

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 & Jewelry Art; 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/program knowledge is learned: Cribbage; Euchre; Mahjong; Pepper and Qigong.

REGISTRATION PROCESS FOR *INDICATED PROGRAMS: TELEPHONE REGISTRATION BEGINS Jan. 7 @ 6:30PM FOR PRE-REGISTERED* PROGRAMS for the Jan. 20 - Feb. 28 SCHEDULE. To register call: 519-254-1108, press extension 6 for East side programs and 7 for West side programs. Press either 6 or 7 for multiple site registration. Your voicemail must include:

- Your name; phone #
- Program name, location (east or west centre), day and time of program. Repeat for each program you want to register.
- You can register up to 1 other person per call.

January 14: IN PERSON REGISTRATION BEGINS (IF PROGRAM AVAILABILITY ALLOWS).

January 20: ALL PROGRAMS FOR THE JAN.20-FEB.28 SESSION BEGIN.

LAF Program Descriptions Jan/Feb 2025 Updated: 12/19/24



- *All programs are non-transferable. If the agency must cancel a program, then a credit will be given towards a future program or towards membership fees. If after the first class the member chooses to withdrawal from a program, they will receive a pro-rated credit from the date of notification towards future programming. After the second day the program is offered if the member chooses to withdrawal from the program no refund or credit will be provided. The agency reserves the right to withhold credit and or refunds if cancellation is due to a Code of Conduct violation.*

SPECIAL EVENTS & ACTIVITIES Jan. – Feb. 2025

WSC = West Side Centre, 635 McEwan Ave. ESC = East Side Centre, 8787 McHugh Ave.

LAF Hockey Nights with Windsor Spitfires: Cheer on our local Spits against various rivals while supporting LAF Fitness programming! Join fellow fans for fun-filled game days. See the flyer for game dates and times as well as the promo codes to ensure LAF gets \$5 back on every ticket purchase.

Live LAF Love: Valentine's themed Dance & Dinner Fundraiser: Back for another year! Celebrate love and community at our Valentine's themed Live LAF Love evening. Enjoy dinner, dancing, silent auction, and fun Photo Booth. Don't miss this night of connection and support - join us on **Thursday February 27th** at the Ciociaro Club. Check flyer for more information.

COOKING CLASSES WITH CHERYL:

Join us for group cooking classes with LAF's chef, 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)

- **Jan 22- Gnocchi Making Class with tomato sauce**
- **Feb 19- Pie Making 101**

CRAFT & ART WORKSHOPS:

Pre-registration required for all workshops.

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

- * **Van Gogh Paint Class** – Jan. 29, 1:00pm – WSC; Cost: \$10
- Jan. 31, 10:30am – ESC; Cost: \$10
- * **Winter Pinecone Centerpiece** – Feb. 5, 1:00pm – WSC; Cost: \$10
- * **Decoupage Seashell Art** – Feb. 19, 1:00pm – WSC; Cost: \$10

SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS

Your Story, Your Legacy: Preserving Memories Workshop: 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; WSC: Last Monday of the Month**

Introduction to Line Dancing: If you're interested in joining the Beginner Line Dancing class but haven't learned the basic steps yet, or if you're wondering if line dancing is for you, then this two-week session is for you! These one-hour classes – held January 14 and 21 will provide a good base of basic steps, allowing you to mix in with the beginner class with ease. We'll cover steps like the grapevine, rocking chair, K-step, weave, V-step, forward and back shuffles, right and left Lindy and more. Members only. **Space is limited. Pre-registration is required.*** (ESC)

January Sponsor - UROSPOT: Come meet our January Sponsor, UROSPOT, a company that offers services to restore pelvic health. **ESC: Jan. 21; WSC: Jan. 28**

Massage Therapy – Mini Sessions: SIGN-UP in advance for free 15-minute massage sessions given by Massage Therapy Students from Trios College. **Appointment Required.**

Dates and Times: ESC: Tuesday Feb. 11, 1-4pm; WSC: Monday Feb. 24, 1-4pm

Hearing Screening: Sign up for your free hearing screening. **Appointment Required.**

ESC: Feb. 10 (10:00-12:00); WSC: Monday TBA (10:00-12:00)

February Sponsor - Kinetic Konnection: Come meet our February Sponsor, Kinetic Konnection, a company that offers innovative bracing, compression, and recovery tools to keep you living actively.

WSC: Feb. 10, ESC: TBA

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. **Feb. 7 (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, February 26 to April 2, 11:15am-12:45pm. See flyer for more information and details on how to register. (ESC)

Living Well with Chronic Pain: This 6-week educational workshop series will be offered at LAF by staff from weCHC (Windsor Essex Community Health Centre). Tuesdays, March 4 to April 8, 1:00pm-3:30pm. See flyer for more information and details on how to register. (ESC)

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

- **Jan. 6 – Understanding and Supporting Your Grown Children** – Presented by our U of W 4th year Social Work Students, on ways to create lasting connections with your adult children.
- **Jan. 13 – Healthy Food Bingo** - Learn healthy food choices and healthy eating habits all while having fun playing BINGO!
- **Jan. 20 – TBA**
- **Jan. 27 – Reminiscing group**
- **Feb. 3 – TBA**
- **Feb. 10 – Brace Yourself!** – Gather insight (whether you're managing, recovering from, or preventing an injury) about bracing, compression, and recovery tools that provide effective solutions to keep you moving and living actively.
- **Feb. 24 – Reminiscing group**

***See our flyers & e-newsletter each month for more upcoming fun activities and events! And check us out on our website lifeafterfifty.ca**