


# LIFE AFTER FIFTY: NOVEMBER 4 - JANUARY 17

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
<b>Closed Nov. 11 &amp; Dec. 30</b>	<b>Closed Dec. 24 pm, Dec. 31</b>	<b>Closed Dec. 25</b>	<b>Closed Dec. 26</b>	<b>Closed Dec. 27</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 Nov. 7 &amp; Jan. 2</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) Nov. 15 - <i>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 (9:00-11:30)	Essentrics* (9:30-10:30) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Coffee Social (9:00-11:00)	Beading Workshop* (9:30-11:00) Nov. 22 <b>See flyer for details</b>
FUNctional Circuit* (9:45-10:30) 9 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) 9 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 & Jewlery Arts* (10:00-3:00) Dates TBA	Pepper (12:30-3:30)
LAF Fitness* (10:45-11:45) 9 weeks	Lapidary & Jewlery Arts* (10:00-3:00) Dates TBA	Mexican Train Dominoes (12:30-3:30)	FUNctional Circuit* (11:15-12:00) 10 weeks	Table Shuffleboard (1:00-3:00)
Table Tennis (12:00-1:45)	FUNctional Circuit* (11:15-12:00) 10 weeks	Line Dancing - Drop-in (1:00-3:00) <i>Cancelled Dec. 4</i>	What's Your Tech Problem? (1:00-2:00)* <i>No class Dec. 12 &amp; 19</i>	Falls Prevention Screening** Nov. 15 (10:00-1:00)
Group Meditation* (12:30-1:00)	Chair Yoga* (12:15-1:15) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b> <i>No class Dec. 24</i>	Craft Workshops* Nov. 13, 27 & Dec. 11 <b>See flyer for details.</b>	Chair Yoga* (12:15-1:15) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b> <i>No class Jan. 2</i>	Craft Workshops* Dec. 6 (9:30-12:00) <b>See flyer for details.</b>
Shuffleboard (12:30-3:30)	Conversational French* (1:00-2:00)	Cooking Classes* (2:00pm-3:30) \$15/class Nov. 20	Euchre (1:00-3:30)	Life After Fifty's Annual Craft Sale @ Devonshire Mall: Nov. 3 – Nov. 10
Mexican Train Dominoes (1:00-4:00)	Pickleball For Fun (1:30-4:00)	Powerful Tools Caregivers* (1:00- 2:30) Oct. 9- Nov. 1. <b>FULL</b>	Tai-Chi Practice (1:25-1:55)	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)- <i>no instructor</i>		Members' Holiday Party* Dec. 4 <b>See flyer for details.</b>	Qigong* (2:00-3:00) <b>Cost: \$20/10wks mem.</b> <b>\$70/10wks non-mem.</b>	
Tai Chi* (2:00-3:00) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>				
Hearing Screening** Nov. 18 (10:00-12:00) by appointment only	Therapeutic Touch** By Appointment only.	Chair Massage** with Hot rocks By Appointment only		
Mindful Mondays  (1:00pm)Nov.4, 18, 25** Dec. 2, 9, 16, Jan. 13	Foot-care** By Appointment only	Foot-care** By Appointment only	Foot-care** By Appointment only	

Please see newsletter & flyers for ALL Special Events & Workshops

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

# LIFE AFTER FIFTY: NOVEMBER 4 - JANUARY 17

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 Nov. 11 &amp; Dec. 30</b>	<b>Closed Dec. 24 pm, Dec. 31</b>	<b>Closed Dec. 25 &amp; Jan. 1</b>	<b>Closed Dec. 26</b>	<b>Closed Dec. 27</b>
Mile at a Time (9:00-10:00)	Mile at a Time (9:00-10:00) <i>cancl'd Dec. 10</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) 9 weeks	Craft Social (9:30-3:30)	Power Up Circuit* (10:05-10:50) 8 weeks <i>cancelled Nov.22 &amp; Dec. 6</i>
Computer 1on1 (Digital Basics)* (10:30-11:30)	Mahjong (10:00-12:00)	Cribbage (10:00-12:00)	Computer 1on1 (Digital Basics)* (11:30-12:30)	Qigong Practice (11:00-12:00)
Sport Conditioning & Performance* (10:00-11:00) <b>FULL</b> Sept.30-Dec.16 <b>\$20/10wks mem.</b>	Line Dancing Practice* (10:15-11:15) <i>cancelled on Dec. 10, 17, 24 &amp; Jan. 7</i>	Pickleball-Rec. Play* (11:00-12:55) <b>Nov.6: \$16/4wks</b> <b>Dec.4-Jan. 15: \$20/5wks</b>	Belly Dancing* (10:30-11:30) <b>FULL</b> Nov.7 - Dec.19 <b>Cost: \$14/7wks men.</b> <b>\$49/7wks non-mem.</b>	Pickleball-Rec. Play* (11:00-12:55) <b>Nov: \$12/3wks</b> <b>Dec.6 - Jan.17: \$20/5wks</b> <i>cancelled Nov.22 &amp; Dec. 6</i>
Pickleball-Rec. Play* (11:00-12:55) <b>Nov 4-25: \$12/3wks</b> <b>Dec 2-Jan.13: \$24/6wks</b>	Zumba Gold* (11:30-12) <i>Cancl'd Dec. 10</i> <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Your Story, Your Legacy* (11:00-12:00) <i>*no class Dec. 11-Jan. 1</i>	Line Dancing* (11:45-1:30) <b>Cost: \$16/8wks mem.</b> <i>No class Dec. 18 &amp; Jan. 2</i>	Euchre (12:30-3:30)
Sharing Dance (11:15-12:15)	Mexican Train Dominos (12:15-4:00) <i>Cancl'd Dec. 10</i>	Mahjong (12:15-3:45)	Pickleball-Beg.+ Lvl Play* (no lessons) (12:00-2:00) <b>Nov.7: \$16/4wks</b> <b>Dec.5-Jan.16: \$24/6wks</b>	LAF Fitness* - <b>Hybrid</b> (1:05-2:00) 8 weeks <i>cancelled Nov.22 &amp; Dec. 6</i>
Pepper (12:30-3:45)	Essentrics* (1:00-2:00) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	LAF Fitness* - <b>Hybrid</b> (1:05-2:00) 9 weeks	Scrabble (1:00-4:00)	Yoga (Chair)* (2:30-3:30) <b>Cost: \$20/10wks mem.</b> <b>\$70/10wks non-mem.</b>
Painting Drop-In (no instructor) (1:00-3:00)	<b>Members' Holiday Party*</b> <b>Dec. 10</b> <b>See flyer for details.</b>	Yoga (Floor)* (2:30-3:30) <b>Cost: \$18/9wks mem.</b> <b>\$63/9wks non-mem.</b>	Tai Chi Advance* (1:00-2:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	<b>Hearing Screening**</b> <b>Nov. 15 (10:00-12:00)</b> <b>by appointment only</b>
LAF Fitness* - <b>Hybrid</b> (1:05-2:00) 9 weeks	<b>Mini Massage Therapy Sessions**</b> <b>(1:00-3:30) Nov. 19</b> <b>by appointment only</b>	LAF Book Club* (2:15-3:15) Nov. 13, <i>no mtg in Dec.</i>	Tai Chi (Beg.)* (2:00-3:00) <b>Cost: \$16/8wks mem.</b> <b>\$56/8wks non-mem.</b>	
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) November 20-Dec. 4	Craft Workshop* Nov. 14 (1:00-2:30) <b>See flyer for details</b>	<b>Life After Fifty's Annual Craft Sale @ Devonshire Mall: Nov. 3 – Nov. 10</b>
		Living Well with Chronic Pain* (10:30am-1:00pm) Nov. 6- Dec. 11	Service Canada Info Table* Nov. 28 (11:00-1:00)	
	<b>Foot-care**</b> <b>By Appointment only</b>	<b>Chair Massage**</b> <b>with Hot rocks</b> <b>By Appointment only</b>	<b>Foot-care**</b> <b>By Appointment only</b>	

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

\* Session for registered programs runs Nov. 4-Jan. 17, 2025. **Registration begins Tuesday October 22, 2024 at 6:30pm**  
Please be aware of registration process: Registration from Oct. 22 - 29 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 programs, rules, hours are subject to change without notice. See Program Descriptions for details.
- Please see newsletter & flyers for ALL Special Events & Workshops.

# Life After Fifty - Program Descriptions Nov. 4, 2024-Jan. 17, 2025

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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! **\*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)

**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)

**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)

**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)

**“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 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; 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: TELEPHONE REGISTRATION BEGINS OCTOBER 22 @ 6:30PM FOR PRE-REGISTERED\* PROGRAMS for the NOV.4-JAN.17 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 above for each program you want to register.
- You can register up to 1 other person per call.

**OCTOBER 29: IN PERSON REGISTRATION BEGINS (IF PROGRAM AVAILABILITY ALLOWS).  
NOVEMBER 4: ALL NOV/DEC/JAN PROGRAMS BEGIN.**

- *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 NOV. 2024 - JAN. 17, 2025

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

## **Life After Fifty's Annual Craft Sale @ Devonshire Mall: Nov. 3 – Nov. 10, during regular mall hours.**

Our members have been working very generously all year to have their crafts for sale. All item sales will come back to support Life After Fifty programs. Interested in volunteering, please contact reception.

## **Holiday Parties at LAF**

Save the dates for our annual holiday get-togethers! Look for flyers and details to follow.

**Wednesday December 4 @12:30 – WSC, Cost: \$20 members, \$25 non-members**

**Tuesday December 10 @12:30- ESC, Cost: \$20 members, \$25 non-members**

Tickets to be purchased in advance.

**Closures:** Nov. 11 and Closed 1:00pm Dec. 24 – Jan. 1. See flyer and schedule for further details.

**LAF Night at the Detroit Pistons Game in January** – stay tuned for more information.

## **COOKING CLASSES WITH CHERYL:**

**Pantry to Plate:** (Nov. 20 – 2pm-3:30pm) Join us for group cooking classes with LAF's cook, Cheryl and learn some tips & tricks to turn your pantry staples into tasty meals. **Cost \$15/class mem; \$20/non. Pre-Registration required. Limited # of participants.** (WSC)

## **CRAFT & ART WORKSHOPS:**

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

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

**\*Ceramic Christmas Ornament** –Nov 13, 1:00pm – WSC; Cost: \$12  
- Nov 14, 1:00pm – ESC; Cost: \$12

**\*3-D Christmas Wooden Decor** – Nov. 27, 1:00pm – WSC; Cost: \$10

**\*Soap Making** – Dec. 6, 9:30am – WSC; Cost \$20

**\* Winter Scene Paint Pour** –Dec. 11, 1:00pm – WSC; Cost: \$10

**\*Beading Workshops**– Nov. 22, 9:30am – 11am – WSC; see flyer for details.

## **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**

**Service Canada Info Table:** A representative of Service Canada will be available to offer info on new dental insurance benefit and other services available to seniors.

**ESC: Thursday Nov. 28 (11:00-1:00)**



## SPECIAL PRESENTATIONS & EDUCATIONAL WORKSHOPS Continued

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

**ESC: Tuesday Nov. 19 (1:00-3:30); WSC: Monday Nov. 25 (1:00-3:30)**

**Living Well With Chronic Pain:** Living with chronic pain can be challenging, let the team from WeCHC help you learn how to manage pain, cope with challenges to your mental health, improve sleep and set realistic goals. ***Pre-registration Required.***

**ESC: Wednesday's November 6th - December 11th, 2024 10:30am-1:00pm**

**Falls Prevention Screening:** LAF welcomes the WeCHC team as they provide a free falls risk assessment. Book your appointment today and plan to decrease your risk of falling!

**ESC: Friday Nov. 1 (10:00-1:00); WSC: Friday Nov. 15 (10:00-1:00)**

**Call 519-997-2827 ext. 341 to pre-register.**

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

**ESC: Friday Nov. 15 (10:00-12:00); WSC: Monday Nov. 18 (10:00-12:00)**

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

- **Nov 4 – History of the Spirit of Windsor:** Windsor historian, Bob Mitchell will inform us of the history of the locomotive: Spirit of Windsor and of the property that it sits on at Goyeau Ave. This is where the city of Windsor began as the first train came to the city in 1854. The Spirit of Windsor marks a very historic place and commemorates the birthplace of Windsor.
- **Nov 18 – Benefits & Tax Credits: presented by Service Canada & Canada Revenue Agency.** Join us as we provide updates regarding Canadian Dental benefits, Disability tax credit and other benefits for older adults.
- **Nov 25 – 1:00pm – Benefits of Massage Therapy & FREE Massage sessions available. –** Enjoy a presentation of the whys and benefits of massage therapy and SIGN-UP in advance for free 15 minute massage sessions given by Massage Therapy Students from Trios College.
  - **2:00 pm - Your Story, Your Legacy: Preserving Memories Workshop**
- **Dec. 2 – Diabetes & Nutrition Wellness** - We welcome Registered Dietician from WeCHC as she discusses ways to manage your diabetes and eat healthy throughout the holidays and everyday!
- **Dec. 9 – Your Brain Health** – Enjoy this interactive session as we have fun learning to keep a happy healthy brain!
- **Dec. 16 – Fraud Prevention** – Join the Windsor Police Services as they provide ways to recognize and protect yourselves against potential fraud situations.
- **Jan. 13 – Healthy Food Bingo** - Learn healthy food choices and healthy eating habits all while having fun playing BINGO!

**\*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)**