



BETTER
Living
BODY & MIND



CELEBRATE SENIOR'S MONTH

Members of the community age 50+ are invited to celebrate Senior's Month and explore their passions or discover new ones through this month of fun, healthy and educational workshops.

June 3*

Backyard Birding
Mixed Media Art

June 7*

Happy, Healthy Feet

June 10*

Houseplant 101
Drum Circle

June 14

Financial Planning

June 17

Therapeutic Touch
Genealogy

June 22

Reiki

June 24

Cooking Demo

COST FOR THE MONTH:

\$15 LAF MEMBERS \$20 NON-MEMBERS

**Registration is required for each workshop. Can attend 1 or all.
Coffee and snacks provided.**

Limited Spaces available on a first come, first served basis.

Call to register: 519-254-1108

Registration begins Tuesday, May 24th

*Masks & proof of vaccinations required.

LEAD SPONSOR:



FUNDING SUPPORT ALSO PROVIDED BY:



WORKSHOP DISCRPTIONS

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

Backyard Birding (WSC - 10am)

Facilitator: Essex County Field Naturalist Club

This workshop will help you discover how to identify local birds, and how to best enjoy them in their natural area and how to protect them in the future.

Mixed Media Art (WSC - 1pm)

Facilitator: Kristi K.

Please bring your open mindset and artistic freedom to participate as you mix different objects with acrylic paint to make a canvas masterpiece!

Happy, Healthy Feet (ESC - 10am)

Facilitator: LAF Foot-care Nurse

Meet LAF's new Foot-care Nurse as you learn how to keep your feet healthy and enjoy an active life! Come ready to ask your questions as we discuss ways to happy, healthy feet.

Houseplant 101 (WSC - 10am)

Facilitator: Wheat & Thistle

Come learn the best practices to keep your houseplants happy! You will also learn hands on how to transfer your plants safely and take home your very own potted plant!

Drum Circle (WSC - 1pm)

Facilitator: Nelson Ing

Join us for an enjoyable afternoon of Recreational Music Making in a community setting.

Financial Planning (ESC & Zoom - 2:15pm)

Facilitator: Godroy Financial

Learn how to get the most from your Government Benefits.

Therapeutic Touch (WSC - 10am)

Facilitator: Therapeutic Touch Network Ontario

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.

Genealogy/Family Tree (WSC - 1pm)

Facilitator Name – Julie Magerka

Learn the basics of using online resources for your family history research. This will allow you to create a simple family tree of three to four generations in a short time.

Reiki (ESC - 10am)

Facilitator: Alicia F.

Learn about this ancient universal energy healing technique that promotes relaxation, reduces stress & anxiety through gentle touch.

Cooking Demo (WSC - 10am)

Facilitator: Dave, Chartwell Royal Marquis

Discover new techniques, as you watch and learn how to cook something up!

Rules and programs subject to change