APRIL 2017 LSCO ICCO EXAMPSION LETHBRIDGE Senior Citizens ORGANIZATION 500 - 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com

INSIDE THIS ISSUE

Executive Director
LSCO Contacts p.3
LSCO Self Help Groups p.4
From the Kitchen p.4
Message from the President p.5
LSCO Programs
Live Well Showcase Pull-Out p.9
LSCO Support Services p.15
Weekly Activity Schedule p.17
Adult Day Program Calendar p.19
LSCO Case Worker p.19
Volunteer Corner p.20







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Our Annual General Meeting in March marked the last official AGM for John Machielse as a member of our Board of Directors. John began his service on our Board in 2007 as an at-large Board member. He later became President-Elect, President and Past-

President. It was during John's term as Past-President that he truly exhibited his commitment to LSCO. Due to a perfect storm of Board resignations (for a variety of reasons) John's 1 year term as Past-President stretched into almost 4! On behalf of our Board, members and staff, I'd like to express my gratitude for the time and effort John has put in for LSCO, and wish him well on his "retirement" from the Board! And welcome to our new Board members (names unavailable at deadline) and thank you to our current Board for continuing to guide our organization.

This is a reminder that our Live Well Showcase will be held May 4 & 5. The trade show has over 65 exhibitors and a number of presentations over the 2 days, so please mark your calendars. \star



Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day! Register at the Administration Desk.

When:Tuesdays & Thursdays, AprilTime:12:00 – 1:00 pmApril Fee:\$15/personDaily Drop In:\$6 LSCO M: \$7 NM





This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When:	Mondays until April 24 (no class April 17)
Time:	12:00 – 12:55 pm
Drop-In Fee:	\$6 LSCO M; \$7 NM (pay prior to class at Admin. Desk)
Instructor:	June Dow

With Philips Lifeline help is within reach.



For almost 25 years Lifeline has been delivering peace of mind to families in Lethbridge and surrounding communities. Our Lifeline Response Associates understand the needs of seniors and are only a push of a button away.

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In recognition for the ongoing support of LSCO Meals on Wheels



Lifeline with AutoAlert^{*} provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button.

SAVE ON LIFELINE

Receive FREE installation (a \$90 savings) when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at I-800-LIFELINE (I-800-543-3546) Quote code 574 www.lifeline.ca

Available at local participating programs. Not to be combined with any other offer. Offer valid on new activations only.

*AutoAlert does not detect 100% of falls. If able, you should always press your button. Lifeline



A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

> Check out the newly revised website! www.lethseniors.com

The Officers of LSCO

Executive:

President – Bob Maslen Past President – Clifford (Charlie) Brown Secretary – Marnie Brown Treasurer – Irwin Wyrostok

Board of Directors:

Pamela Brown (President-Elect), Bill Hanson, Merri-Ann Ford, Robert Girard and Don McInnes

LSC0 403-320-2222

Staff Members:

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Food Services Coordinator – Farron Matthews catering@lethseniors.com
Assistant Food Services Coordinator Jody Gordonext. 27
Cook I – Rodrigo Castrillon ext. 27
Food Service Cashier – Georgette Mortimer ext. 27

LSCO Vision Statement

"An active, healthy community which is learning, growing and making a difference."

Welcome New Members!

Lorraine Leishman Terry Molnar James Thompson JoAnn Dunkin David Dunkin Roy Ermter Florence-Joy Clement Ruth Burt Anne Martens Sandy Brunelle Bruce Anderson Polly Ann Kellington Jim Kellington Betty Barrett Margaret Breuer Don Breuer Dora Kloepper Daryl Thompson Steve Meszaros Rhea Lacelle

A Smile is the Universal Welcome.

Watch for Quilt Raffle tickets on sale. Win one of 3 quilts made by our own LSCO Quilters.





LSCO will be closed Friday, April 14th through Monday, April 17th

Fitness Centre closed Saturday, April 15th



Kitchen Volunteers getting into the spirit on St. Patrick's Day



Adult Day Program Supervisor – Sharon Appelt sappelt@lethseniors.com.....ext. 32 Alberta Supports Call Centre1-877-644-9992 www.albertasupports.ca

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK(5465) It's free!

The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.

If anyone has any issues or concerns with any of the advertisers in LSCO Times, please let us know so we can address the issue.



Visit us on Facebook! http://www.facebook.com/pages/ Lethbridge-Senior-Citizens-Organization/149140883844

GOLDEN MILE SINGERS

Urgently needs a volunteer pianist and a conductor for the choir. Choir meets every Tuesday of the month (with the exception of July & August) from 10:00 am to 11:30 am at the Lethbridge Senior Citizens Centre (LSCO) 500 – 11th St. S in Rooms C & D. Position requires 5 to 8 hours a week. If you love to sing please join us or come in for a visit. For more information call Arleen at 403-327-1813 or Sylvia 403-320-9177.

LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm Holidays vary – watch our calendar.





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Publishing Schedule

Issue	Deadline
May 2017	Thursday, April 13
June 2017	May 19
Please have all ads	and articles in by these

dates to ensure inclusion in paper. Thank you.

LSCO TIMES

Self Help Groups

Lethbridge Stroke Recovery Association (LSRA)

LSRA meets regularly on the 2nd Wednesday of every month at 7:00 pm in Room A. The next meeting is **Wednesday, April 12th** at 7:00 pm. For more information about the group call Louise at 403-394-6495 or email at llandry@shaw.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and their family member are invited to attend the meetings. The next meeting is **April 8th** at 2:00 pm in Room C & D.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 p.m. in Room "A". The next meeting is **Monday, May 29th**.

Parkinson's Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. Next meeting is **Thursday**, **April 20th**. For more information call the Parkinson's office at 403-317-7710.

Alzheimer's Caregiver Support Group

The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The 7:00 pm.

group meets in Room B on **Tuesday**, **April 18th** at 7:00 pm. There is also an alternative meeting date for this group if you prefer meeting in the afternoon. (**There will be no afternoon group meeting because of it being Easter Monday**.) For more information about either group call Vedna at 403-329-3766.

Alcoholics Anonymous Saturday Morning Eye Opener Group

This group meets every Saturday morning at 9:00 am in Room C/D.

Sunset Alcoholics Anonymous

Meets in Room C/D Thursday evenings at 7:00 pm.

Does Parkinson's start with fungi in your gut?

For researchers who study Parkinson's disease, a new frontier of investigation is emerging: the micro-organisms, including viruses, bacteria and fungi that live in and on us.

With funding from Parkinson Canada and Parkinson Society British Columbia, Dr. Silke Appel-Cresswell at the University of British Columbia, is studying changes to our sense of smell and in our gut, which occur long before the tremor, stiffness and trouble walking that are the classic motor symptoms of Parkinson's.

Appel-Cresswell and her colleagues know that the internal surface of the nose and the entire gut are heavily

populated by microbes.

"It turns out that the microbes outnumber the number of cells that are human by a factor of 100," she says. "We have more microbes in our system than human cells."

Appel-Cresswell wonders if the fungi in the gut influence the development of Parkinson's disease. If she can establish a relationship between fungi and the symptoms of the disease, follow-up studies could examine the mechanisms by which fungi might influence the development of Parkinson's disease.

This line of research might eventually lead to treating the fungi with antifungal medications, for example, to see if

eliminating or reducing the fungus in the body also eliminates Parkinson's. Alternatively, it might also be possible to boost other microbes in the body, using non-invasive measures like probiotics.

"The really exciting thing would be if, in the future, we could look at people at high risk of Parkinson's and treat them early," Appel-Cresswell says. Identifying what role the human microbiome plays in disease is truly a new frontier for medicine, she adds.

"It is something that is easily accessible and modifiable, so it holds promise for treatment."

www.newscanada.com



The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice

Mo	onday, April 3	Tue	sday, April 4	Wed	nesday, April 5	Thu	rsday, April 6	Fr	iday, April 7
Entree:	Pork Cutlet	Entree:	Turkey Pot Pie	Entree:	Mild Homemade Chili	Entree:	Salmon Loaf/Dill Sauce	Entree:	Cabbage Rolls
Potato:	Steamed	Potato:	Mashed	Potato:	Corn Bread	Potato:	Seasoned Rice	Potato:	Perogy & Onions
Sandwich:	Grilled BLTC	Sandwich:	Grilled BLTC	Sandwich:	Grilled BLTC	Sandwich:	Grilled BLTC	Sandwich:	Grilled BLTC
Salad:	Garden Tossed	Salad:	Garden Tossed	Salad:	Garden Tossed	Salad:	Garden Tossed	Salad:	Garden Tossed

Moi	nday, April 10	Tue	sday, April 11	Wedn	esday, April 12	Thur	sday, April 13	Fri	day, April 14
Entree: Potato: Sandwich: Salad:	Crispy Chicken Potato Wedges Grilled Turkey Swiss Waldorf	Entree: Potato: Sandwich: Salad:	Pork Chops /Mushroom Sauce Mashed Grilled Turkey Swiss Waldorf	Entree: Potato: Sandwich: Salad:	Individual Quiche Hashbrown Style Grilled Turkey Swiss Waldorf	Entree: Potato: Sandwich: Salad:	Beef Stroganoff Egg Noodles Grilled Turkey Swiss Waldorf		CO CLOSED DR EASTER
Moi	nday, April 17	Tue	sday, April 18	Wedn	esday, April 19	Thur	sday, April 20	Fri	day, April 21
	CO CLOSED)R EASTER	Entree: Potato: Sandwich: Salad:	Veal Cutlets Mashed Chicken Caesar Wrap BLTC Salad	Entree: Potato: Sandwich: Salad:	Greek Lemon Chicken Oven Roasted Chicken Caesar Wrap BLTC Salad	Entree: Potato: Sandwich: Salad:	Campfire Wieners & Beans Potato Salad Chicken Caesar Wrap BLTC Salad	Entree: Potato: Sandwich: Salad:	Baked Picnic Ham Scalloped Chicken Caesar Wrap BLTC Salad
Moi	nday, April 24	Tue	sday, April 25	Wedn	esday, April 26	Thu	sday, April 27	Fri	day, April 28
Entree: Potato: Sandwich: Salad:	Turkey Schnitzel Fried Rice Smokie in a Bun Pasta w/Feta Olives	Entree: Potato: Sandwich: Salad:	Meat Sauce Spaghetti Noodles Smokie in a Bun Pasta w/Feta Olives	Entree: Potato: Sandwich: Salad:	Oven Roasted Chicken Half Baked Potato Smokie in a Bun Pasta w/Feta Olives	Entree: Potato: Sandwich: Salad:	Phyllo Roast Beef & Dill Bake Steamed Parsley Potato Smokie in a Bun Pasta w/Feta Olives	Entree: Potato: Sandwich: Salad:	Turkey Dinner Mashed/Stuffing Smokie in a Bun Pasta w/Feta Olives

s the new president of the LSCO Board, $oldsymbol{A}$ I feel I should introduce myself. I have lived in Lethbridge since 1960. I was the owner/manager of Bridgetown Messenger Service for 30 years. During that time I became acquainted with the city and many of its businesses and people.

After retiring and selling my business, I spent a few years not working and found that I wasn't ready for retirement so I went to work as a driver for RCS Cartage until I reached age 75.

I am a second generation Meals on Wheels volunteer following in my mother's footsteps. Meals on Wheels was originally organized by LSCO. Later it moved to Pemmican Lodge where it continued until 2014 when it returned to LSCO. It's good to be back.

I would like to thank the volunteers for all the hard work you have put in during the past year. Many hours have been donated and without these wonderful volunteers LSCO could not function.

I would also like to thank Bill Hanson and John Machielse, past presidents, for their long



service with the board. I have enjoyed serving with them. I'd also like to thank Charlie Brown for serving as a great president for the past year.

I would like to extend a warm welcome to the new members of the board. I am looking forward to working with them in the coming years.

Also, thanks to Rob Miyashiro and his staff for their countless hours serving our needs. LSCO I appreciate all that the centre provides for has 123 Golden/honorary members and 13 lifetime members. Stan Coxson became a life-



time member last year for sitting on the Board of Directors for over 10 years holding many positions including president and treasurer.

My association with LSCO was originally through my Mother. As I mentioned previously, she had been a volunteer for Meals on Wheels. Later, after my Dad passed away, LSCO became her second home. She spent part of each day at the centre. She rarely missed a day. She made many friends while playing scrabble, crib and carpet bowling. Mom celebrated her 90th birthday with a reception at the centre. She was a tiny woman only 4 feet, 10 inches tall but she was fiesty. I would sometimes meet her for lunch at the centre where she would eat every day. LSCO provided Mom with friendship and wholesome, happy activity until she passed away at 92 years of age. It was her friends from LSCO who let us know something was wrong when she didn't show up one day.

people in their older years and I am glad to be part of it. *

April 22 is Earth Day

This year marks Canada's 150th birthday! Celebrations across the country are highlighting our great outdoors. At a time when most children spend less than an hour per day outside, we're asking everyone to

EarthPLAY for Earth Day 2017: Connect to your nature!

For 2017, we're promoting EarthPLAY for Earth Day! Throughout the month of April there is a push to get everyone outside - playing and connecting to nature. Find out more at https://earthday.ca/



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Everyone welcome to the Faith Baptist Church – Sundays at 11:00 am at the Lethbridge Senior Citizens Organization (LSCO) at 500 - 11th St. South. Phone 403-381-8237.

FRESH PURE UNPASTEURIZED HONEY for sale. Various sizes from 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

Established Business – Naked Feet Mobile Foot Care: Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. These could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara 403-308-7654. Seniors may qualify for benefits. Bless Your Feet

using coloured pencil or even watercolour pencil with watercolour paints. This style of working can create more intense images, or more soft and sensitive images and you can create wonderful movement throughout your work. This is a great way to work on location or just for sketching. We will cover some basic watercolor techniques but mostly we will be mixing the two. Your choice of whether to use regular coloured pencils or watercolour pencils or both; each have different results. It's a little like drawing but much more dynamic after you add the paint. Wednesdays, March 29 - May 31 When: 10:00 am - 12:00 pm Time: \$40 LSCO M; \$60 NM Fee: Instructor: Donna Gallant **CLASS FULL**

Every Wednesday HALF PRICE **REGULAR CARDS**

Friday Nights FREE \$500 GAME

Sunday Afternoons FREE \$200 GAME

Call the Hotline: 403-327-7454 or Email: winners_bingo@telus.net

Step it Up in April at LSCO

REGISTRATION INFORMATION

- How do I register? In person, call 403-320-2222.
- How do I pay? By debit, cash, cheque, Visa or MasterCard.
- How do I find additional classes? Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.
- If making payment after register by dates \$5 will be added to course fee where indicated.
- **Refunds** will NOT be given after course start dates. For medical reasons credits may be given and a \$5 Administration Fee will be charged.
- Refunds will be given if LSCO cancels a course. Credits can also be taken.

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit www.lethseniors.com or call 403-320-2222.

SENIOR 12 Month Memberships

Individuals 55 years +

Renewal\$50
 New Member\$53

ADULT 12 Month Memberships

- Individuals 35 54 years
- Renewal/New Member \$90

FITNESS CENTRE

LS	CO Member F <mark>ees</mark>		
•	1 month	\$1	8
•	6 months	\$9	9
•	12 months	\$180	0
No	n-Member Fee		

1 month.....

Exercise & Movement

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

When:	Mondays & Wednesdays
	April 19 – May 31 (no class May 22)
Time:	8:00 – 8:55 am
Fee:	\$60 LSCO M; \$75 NM
Register by:	Tuesday, April 18

GENTLE NIA

The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility. You move to the music as you feel it is right. A completely, relaxing, joyful experience. Come give it a try! Wear comfortable clothes you can move in. We usually dance in barefeet.

10X CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the **Fitness Centre**. Pass holders have access to dropping into the following classes: **Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold** as well as using the **Fitness Centre**. Review the class information including the description to determine whether it is right for you. Present your pass to the instructor. **Note: If a class is canceled due to lack of registration or the session has ended you will not be refunded. It is the pass holders responsibility to use the pass prior to its expiration date.** This pass will expire June 30, 2017. Fee: \$55 LSCO Member; \$65 Non-Member

NON-MEMBER PARTICIPATION

Individuals under age 35 are welcome to participate in some evening classes offered at LSCO. Upon approval participants will be required to pay the non-member fee. Please ask at the Administration Desk for more information.

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PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket.

- Day Parking.....\$3

Check the next issue (MAY LSCO Times) and LSCO website

www.lethseniors.com for spring and summer programs and special events.

Time: 5:15 – 6:15 pm Drop In Fee: \$8.50 LSCO M; \$12 NM

LINE DANCE (Experienced)

When:	Mondays, April 24 – June 26
	(no class May 22)
Time:	10:30 am – 12:00 pm
Fee:	\$25 LSCO M; \$37 NM
Register by:	Friday, April 21)

LINE DANCE (Beginner)

When:	Thursdays, April 27 – June 26
	(no class May 4 or June 1)
Time:	1:15 – 2:15 pm
Fee:	\$22 LSCO M; \$33 NM
Register by:	Tuesday, April 25)

THURSDAY Morning LINE DANCE

Have you been in the beginner class for a while or have had some line dance experience, but aren't quite ready to join the advanced dancers? You may want to try this class. Feel free to drop in to a class and see if it is for you.

und 000 m 11 10 101 you.				
When:	Thursdays until April 27			
Time:	10:30 am - 12:00 pm			
Drop In Fee:	\$6 LSCO M; \$7 NM			

If you do not have poles they will be supplied.When:Tuesday & Thursday, April 18 & 20Time:10:15 – 11:15 amFee:\$5 LSCO M; \$10 NMRegister by:Thursday, April 13

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Register today. You will be so glad you did. Wear comfortable clothes, indoor footwear and bring a water bottle.

When:	Tuesdays until April 25
Time:	11:00 – 11:45 am
Drop In Fee:	\$6 LSCO M; \$7 NM
Instructor:	Nicole Stratychuk



PILATES PLUS

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle. When: Mondays until April 24 Time: 12:00 – 12:55 pm Drop in Fee: \$6 LSCO M; \$7 NM (pay prior to class at Admin Desk) Instructor: June Dow

When:Thursdays until June 8Time:3:30 – 4:30 pmDrop In Fee:\$8.50 LSCO M; \$12 NMInstructor:Lise Schulze

CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you. Join Lise Schulze, certified 1st Black Belt, on a magical ride to unite body, mind, spirit. Allow yourself to remember the Joy of being Alive and feeling free in your body. When: Thursdays until June 8

THURSDAY Morning LINE DANCE*Note: In order for this class to run there must be 10pre-registered participants by Tuesday, May 9. Joinin on the FUN! You will be glad you did.When:Thursdays, May 11 – June 29(no class May 4 or June 1)Time:10:30 am – 12:00 pmFee:\$20 LSCO M; \$29 NMRegister by:Tuesday, May 9

Introduction to URBAN POLING NORDIC WALKING

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather.

CHAIR YOGA

When:

Time:

This is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

Wednesdays, April 5 – May 31 9:30 – 10:20 am

LSCO TIMES

Fee: \$22 LSCO M; \$36 NM Drop In Fee: \$3 LSCO M; \$5 NM (pay prior to class at Admin Desk) Register by: Tuesday, April 4

GENTLE YOGA

With a few modifications to poses, individuals can participate in this gentle, calming class. It is perfect for those who have not practiced for a while or those who enjoy soft flowing yoga movements and poses. Wear comfortable clothing; bring a mat, blanket (if you like) and water bottle.

When:	Tuesdays & Thursdays			
	April 4 – May 25			
Time:	9:30 - 10:30 am			
Fee:	\$64 LSCO M; \$80			
Drop in Fee:	\$6 LSCO M; \$7 NM			
	(pay prior to class at Admin Desk)			
Register by:	Monday, April 3			

ACTIVE YOGA

The instructor will lead participants through an active style of fitness and yoga movements creating heat throughout the body. We will be moving up and down off of the mat. It is recommended that you dress in layers. You may want to wear breathable clothing, even crops and short sleeves to help you stay cool. Bring a water bottle & your mat. A variety of props will be used.

When:	Fridays, April 7 – May 26
	(no class April 14, May 5)
Time:	9:00 – 10:00 am
Fee:	\$27 LSCO M; \$36 NM
Drop in Fee:	\$6 LSCO M; \$7 NM
	(pay prior to class at Admin Desk)

YOGA for MEN

Do you need some time just for you? Have you always wanted to try a yoga class? Do you want to improve your balance? Do you want to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today; you will be glad you did! Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.

When:Wednesdays until April 12Time:8:30 – 9:30 amDrop In Fee:\$6 LSCO M; \$7 NM

Special Classes

Join Skip April 19 & 26 FREE of charge.

DROP IN FEES

LSCO offers an opportunity to drop in to some of the many programs. Contact us for additional information at 403-320-2222.

YOGA WEDNESDAYS

Start your day with this yoga practice. You will be guided through a series of poses, breathing techniques, movements to help improve joint mobility, strength and flexibility. All levels welcome. Wear comfortable clothes, bring a yoga mat, water bottle a blanket/pillow if you like additional comfort.

 When:
 Wednesdays, April 5 – May 31

 Time:
 10:00 – 11:15 am

 Fee:
 \$41 LSCO M; \$58 NM

 Drop In Fee:
 \$6 LSCO M; \$7 NM

 Register by:
 Tuesday, April 4

YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When:	Tuesdays until April 25				
Time:	12:05 – 12:55 pm				
Drop In Fee:	\$8.50 LSCO M; \$12 NM				
Instructor:	Melanie Hillaby				

YOGA BLEND

Participants will enjoy this class as workouts vary weekly to improve concentration, flexibility, balance and more using a variety of props. Wear comfortable clothing; bring a mat, water bottle and any other props you may like to use. All skill levels welcome.

When:	Thursdays until April 27
Time:	12:05 – 12:55 pm
Drop In Fee:	\$8.50 LSCO M; \$12 NM
Instructor:	Melanie Hillaby

HIDDEN LANGUAGE HATHA YOGA

This gentle and meditative style of Hatha Yoga takes the asanas (poses) far beyond a series of physical exercises and respect the body as a spiritual tool. The asanas are practiced to help us understand the psychological and symbolic meanings and help us understand how each asana can increase spiritual awareness. Please bring a yoga mat, water bottle, pen and paper for writing personal reflections.

When:Fridays until April 28Time:10:15 – 11:15 amFee:\$6 LSCO M; \$7 NMInstructor:Leigh Monette

I 티시티 디 : 시

Sports

ADULT BASKETBALL

Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day! Register at the Administration Desk.

When:	Tuesdays & Thursdays, April
Time:	12:00 – 1:00 pm
April Fee:	\$15/person
Daily Drop In:	\$6 LSCO M: \$7 NM

PICKLEBALL

A friendly reminder: **Pickleball is CANCELLED** Good Friday, April 14, Easter Monday, April 17, and May 4 & 5 due to the Live Well Showcase.

Experienced/advanced players usually play early mornings and early afternoons, beginner/ intermediate players usually play afternoons starting at approximately 3:00 pm. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied.

Fee Monthly: \$15 LSCO M; \$30 NM Drop In Fee: \$2.50 M; \$3.50 NM

Creative Arts

SCRAP BOOKING Photos, Photos, Photos!

Let us show you quick and easy solutions to getting those photos and memories out of shoeboxes and into albums in 6 weeks. Experienced scrap bookers are welcome. If you have supplies please bring them along with your pictures. If not the instructor will spend time going over supplies you may like to purchase to complete your scrapbook.

When:	Wednesdays, April 26 - May 31
Time:	9:00 – 11:30 am
Fee:	\$20 LSCO M; \$30 NM
Instructor:	Joan Pittman
Register by:	Friday, April 21



On the last Saturday of April each year, the world is invited to join in on mass Tai Chi and Qigong teach-ins and exhibitions held in over 70 nations.

	IVIE
Active Aging	\$6
Morning Exercise	\$4
Chair Yoga	\$3
Gentle Yoga	\$6
Morning Yoga	\$6
Active Yoga	\$6
Noon Yoga	\$8
Yoga Blend	\$8
Yoga for Men	\$6
Nia	\$8
Pickleball	\$2
Pilates	\$6
Zumba	\$6
Fitness Centre	\$6

Member	Non-Member
\$6.00	\$7.50
\$4.00	\$5.00
\$3.00	\$5.00
\$6.00	\$7.00
\$6.00	\$7.00
\$6.00	\$7.00
\$8.50	\$12.00
\$8.50	\$12.00
\$6.00	\$7.00
\$8.50	\$12.00
\$2.50	\$3.50
\$6.00	\$7.00
\$6.00	\$7.00
\$6.00	\$7.00

Monday, Wednesday, Friday 8:00 am - 4:15 pm

Tuesday & Thursday 8:00 am - 5:45 pm

Beginning May 2 the Fitness Centre will close at 4:15 pm

Saturday 9:00 am - 12:00 pm Hours may change.



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Be a part of World Tai Chi & Qigong Day 2017

> "One World... One Breath"



403-320-2222 • 500 - 11th Street South

LSCO Tai Chi T-Shirts available for sale Short-sleeve \$12



Thank You to all the members and guests



Thank you to Lethbridge Mobile Shredding Derek and Ian

Criminal Justice Students Devon, Mon, Ian, Austin and Bryce for volunteering Constable Steve Baker and his family \$960 dollars were raised for the Food Banks

37 bins were filled to be shredded

Thank You!

that attended the St. Patrick's Day festivities. The event was a huge success thanks to everyone who pitched in to help.



Live Well Showcase

Page 9 • April 2017



The Live Well Showcase is a professional trade show for seniors and features over 75 exhibitors. It will be held May 4 and 5 at the Lethbridge Senior Citizens Organization. This show features all aspects of "active aging."

Ralph Zentner, owner of Cornerstone Funeral Home is again honoured to be the major sponsor of this event. "We are proud to be involved in the fifth annual showcase and firmly believe that educating yourselves and being prepared for your future is vital." Cornerstone is an avid community sponsor and realizes the importance of those in the community who are here to help. The Lethbridge Symphony's String Quartet "Musaeus" will provide entertainment and a beer and wine cash bar will be available. We thank your dinner sponsors; Kasko Cattle Company and Lethbridge Meat & Seafood for the beef and Blonduelle Canada for the vegetables. The supper is not only for the Live Well Showcase exhibitors but it is also open to the public. Everyone is welcome to attend at a cost of only \$12. Come and enjoy a fabulous meal prepared and served by our dining room staff and dedicated volunteers.

Admission to the show is free and takes place at Lethbridge Senior Citizen Organization, 500 - 11th Street South on: Thursday, May 4 from 10:00 am to 5:00 pm & Friday, May 5 from 10:00 am to 4:00 pm.

A roast beef dinner will be featured on Thursday evening from 5:00–7:00 pm in the Dining Room.

Rob Miyashiro, LSCO Executive Director, thanks all of the sponsors, vendors, the staff and volunteers for their support of this very worthwhile information session and fundraising effort. Learn about the services and opportunities that are available to everyone as we age. Anyone over 50 will get a great deal out of this special event whether planning for their own future or assisting loved ones. "Don't miss it."

LSCO Restaurant is one of Lethbridge's best kept secrets A Glimpse Behind-the-Scenes with Chef Farron Matthews

by Taylor Novakowski and Darcy Tamayose

Food can be offered as a source of nourishment, delight, and a way to bring people together. What you need are a few ingredients like a passion for cooking up a storm, a comfortable atmosphere, and a strong sense of community. The LSCO would like to invite you to visit the restaurant, and remind you that it is open to the public. Come alone or bring a friend to enjoy generous portions that are affordable. The food is well worth the visit. Behindthe-scenes you can find quality service and the heartfelt intentions of staff and volunteers ¬– with Chef Farron Matthews at the helm.

What are some of your significant memories of cooking?

I fondly recall growing up surrounded by meals created from the basics. My Czechoslovakian grandparents made dishes that incorporated traditional ingredients such as pot barley, pork, and cabbage. My grandpa was a coalminer, but he cooked, too. From an early age, I would experiment with an Easy-Bake Oven. At 8-years-old I was slicing up apples, arranging them into the small pan, and cooking them up.

Can you share some of your professional experiences as a chef?

These familial experiences with foods sparked my curiosity, and then ignited a passion for cooking. I entered the culinary arts program at Lethbridge College and attended school while working at the Onion Bar and Grill. From there I landed various cooking positions in Alberta, including a unique opportunity as head chef for the Oldman River Dam building project during the late 80's to early 90's. There was upwards to 3000 people working on that site. The enormity of the kitchen work was incredible as it was an actual camp environment. The workers went through lines and then were seated for meals - 600 men and women at a given time. Then they would clear out, the tables would be cleaned, and then the next group of 600 would be seated. I've also been in the food industry for the medical care system with 8 years at the Claresholm Care Centre, and then eventually came to Lethbridge. The last four years of my career has been here at the LSCO restaurant, teaching cooking classes at McKillop Church, overseeing the *Meals on*



the business.

Let's remind that the restaurant is open to the public. Can you tell us a little about the membership and the cost of meals?

LSCO membership is \$53 per year and it offers members 15% off of both the restaurant and the delivery of *Meals on Wheels* – by the end of the year you would likely see a return on your commitment of \$53. But that said, you don't have to be a member to partake in the restaurant or Meals on Wheels.

We have been trying to keep costs under \$10 per meal for our customers. But, like everyone else there are budgets to be concerned with at LSCO, the restaurant is a business after all. At the same time, we have a strong commitment to serving our patrons and keeping prices fair. We're trying our hardest to keep it affordable for those who have been coming here for many years and in back of mind, always consider their challenges, too. Food and meals are the heart of life in so many ways.

Can you tell us a little more about the LSCO food programs and the cornerstone volunteer base?

Well, at the heart of all the food work for the restaurant, *Meals on Wheels*, and catering is the volunteer base. They help with kitchen detail in the restaurant as well as deliver for Meals on Wheels. I can't say enough about our wonderful volunteers.

We do breakfast in the restaurant from 8:00 to 10:00 a.m., and a hot meal at lunch from 11:00 a.m. to 1:00 p.m. A lot of our senior members enjoy their big meal at lunch, then restaurant, or gather a group of your co-workers later on they have a light dinner at home. In *– spend a lunch hour in the abundantly-lit dining* the summer months, at our busiest times we room with a meal that just might reference a touch Wheels, as well as guiding the catering part of have served up to 200 people at lunch time. of comfort. *

It seems when we have roast beef or turkey dinner it's a full house.

With *Meals on Wheels* you don't have to be a member to have delivery to your door. We've been trying to spread the word about this. We serve Meals on Wheels to homes five days a week, and on Fridays we prepare extra meals for the weekend. There's anywhere between 45 to 60 people a day that we deliver food to. These people receive the same meals that we serve in the dining room – such as soup, sandwich, salad, hot dish, dessert. Our clients include seniors, City administrators and employees, police officers, firemen, and others. Meals on Wheels is a service offered to our community with a touch of kindness, too. I understand the need for this service to those who might have mobility challenges, and understand the peace of mind that nutritious meals can have. I have to mention that we also have a burgeoning catering business that functions through LSCO. The menu has become quite extensive for that and can be found online www.lethseniors.com.

What are some of the foods typically on your menu?

Some of the dishes draw upon my memories of eating foods in my grandparents' kitchen or from various Alberta restaurants including the Kilmorey Lodge in Waterton. There is integration of hearty dishes in the LSCO menu. Because of the diverse community that frequents the dining room, we like to do different types of dishes that they might enjoy at some point. For example, we do a Ukrainian sausage, or corned beef and sauerkraut, fresh manicotti and other dishes that appeal to our customers. There is also a great selection of sandwiches, baked goods, and we brew up a good cup of coffee, too.

The LSCO food services has much to offer the community. Consider LSCO the next time you would like to have Meals on Wheels delivery to your door, or to a loved one's door; if you require catering for an event that you're planning; or simply want a quick take-out. If you have time for a sit come to LSCO with a book and sit in a quiet corner of the

World Parkinson's Day and the Tulip backgrounder

World Parkinson's Day

World Parkinson's Day is celebrated annually on April 11, Dr. James Parkinson's birthday. The day is dedicated to advocating for people with Parkinson's disease. World Parkinson's Day increases awareness of Parkinson's and is intended to spur new research and treatment initiatives. Parkinson Canada works to educate the public, particularly during the month of April, Parkinson Awareness Month, by hosting fundraising and awareness events and reaching out to Canadians with Parkinson's and the general public in communities across Canada.

Parkinson's disease was first described by English physician Dr. James Parkinson in his work entitled An Essay on the Shaking Palsy (1817). In this short essay Parkinson wrote about: "Involuntary tremulous motion, with lessened muscular power, in parts not in action and even when supported; with a propensity to bend the trunk forwards, and to pass from a walking to a running pace: the senses and intellect being uninjured."

Four decades later, Dr. Jean-Martin Charcot added rigidity to Parkinson's clinical description and attached the name Parkinson's disease to the syndrome.

What is the Parkinson Tulip?

On April 11, 2005, the red tulip was launched as the worldwide symbol of Parkinson's disease at the 9th World Parkinson's Disease Day Conference in Luxembourg.

The story of the Parkinson Tulip began in 1980 in the Netherlands when J.W.S. Van der Wereld, a Dutch horticulturalist who had Parkinson's disease, developed a red and white tulip.

In 1981, Van der Wereld named his prized cultivar, the 'Dr. James Parkinson' tulip, to honour the man who first described his medical condition and to honour the International Year of the Disabled.

The tulip received the Award of Merit that same year from the Royal Horticultural Society in London, England, and also received the Trial Garden Award from the Royal General Bulb Growers of Holland. It is described as a flower: "exterior, glowing cardinal red, small feathered white edge, outer base whitish; inside, currant-red to turkey-red, broad feathered white edge, anthers pale yellow."

http://www.parkinson.ca/

Live Well Showcase



INTRODUCTION to NORDIC WALKING

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather. If you do not have poles they will be supplied.

When: Time: Fee: Register by:

LSCO TIMES

Tuesday & Thursday, April 18 & 22 10:15 – 11:15 am \$5 LSCO M: \$10 NM Thursday, April 13



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Lethbridge Elder Abuse Response Network Case Manager 403-394-0306 learn@lethsenior.com

Be the first to see our upcoming events, classes and programs. https://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844 Page 12 • April 2017

Live Well Showcase

LSCO TIMES



Dying with Dignity Lethbridge Elim Village **Evergreen Golf Centre** Expedia CruiseShip Centers Faculty of Health Sciences, U of L Galt Museum & Archives Gladium Green Acres Foundation Heather L. McCuaig Professional Corp. Helen Schuler Nature Centre Hosack Denture Clinic Kalispell Regional Health Kiss The Sky Balloons La Chapeau Elegante Leisters Home Care Equipment Lethbridge Community Network Lethbridge Elder Abuse Response Network

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41	Respiratory Homecase Solutions	
38	Roost 2 Roost	
11	S & S Property Check	
45	Saftey Bath Walk-in-Tubs	
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57	Servus Credit Union	
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47	Sunshine Senior Services	
44	Synchronizing Connections	
32	The Gardens at West Highlands	
22	The View at Lethbridge	
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Administration Desk

Stop in at the Boutique to see the new fitness & exercise supplies. We carry yoga mats, nordic walking poles, yoga straps and more. Economic Crimes Unit, Tactical Unit Lethbridge Police Service

"Frauds and Scams"

Constable Shurtz will discuss online classified and overpayment scrams, phishing, social media and "The Big Three" – lottery scams, Microsoft scam and Grandparent scam.



Cheris Samuels-Murdoch, BKines/MEd Land/Aquatic Personal Trainer | Educator | Presenter | Lifestyle Consultant f 2 in C: 403.360.9337 E: sportswoman.csm@gmail.com T: @cherisbree

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Live Well Showcase

LSCO TIMES

Fabulous Roast Beef Dinner

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LSCO Dining Room

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Don't Miss This Event in May

Dr. Ikuta "Care for the Caregiver"

For those of you who missed Dr. Ikuta's "Care for the Caregiver" presentation here at LSCO in January he will be presenting it again. Everyone one is invited to come listen to Dr. Ikuta speak at the Buddhist Temple of Southern Alberta located at 470 - 40 Street South on **Thursday, May 4th** at 7:00 pm.

Important Dates in April

Compass for the Caregiver

Compass for the Caregiver encourages caregivers to balance their own well-being with challenges of caregiving. Caregiving can be stressful, isolating and overwhelming experience. This often results in a negative impact of the caregiver's physical and mental health. Compass for the Caregiver offers a 9-module program facilitated by individuals who understand how difficult caregiving can be. Topics covered are: the emotional journey, improving communication, putting yourself first, managing stress, navigating the system and planning the journey ahead. The 8-week sessions will run starting on Wednesday, April 12th until May 31st at 9:30 am in Room B Individuals will be required to register for this 8 week course by calling 403-320-2222 or at the Administration desk.

Friday Music Program

The Friday Music Program will run from **12:30** – **2:00 pm** in the stage area of the dining room. April 7th – Hank Wiebe; April 14th – Good Friday, LSCO CLosed; April 21st – Los Gringos; April 28th – TBA.

Tax Time

It is an important time of year for seniors. If migraines, cleans up urinary tract conditions. There is a fee for this service, with you are a low income senior and are receiving Reflexologists, Brenda & Linda, will be here on it going to the LSCO. To book and a the supplement Guaranteed Income Supple- **Thursday, April 20th**. Individuals interested for a home visit, call 403-915-1800.



Support Services Coordinator

Marlene Van Eden mvaneden@lethseniors.com 403-320-2222 ext. 25

ment (Federal). If you are and individual who is receiving Alberta Seniors Benefit (Provincial pension). Filing your income tax on time is very important. Make sure to have them done before the end of April.

Community Partnerships

Legal Advice

Doug Alger from the law firm of Alger Zadeiks Shapiro will be here on **Wednesday, April 12th**. The law firm of Alger Zadeiks Shapiro offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.

Wellness

Reflexology Appointments

Did you know the benefits of reflexology include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, prevents migraines, cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be here on Thursday, April 20th. Individuals interested

can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO.

Hearing Screening

Are you missing part of the conversation? Do you continually have to ask people to repeat what they have said? Have your hearing checked for free. Candice or Jake from Lethbridge Hearing Centre will be here on Thursday, April 13th from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the administration desk or by phoning 403-320-2222.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on **Friday April 28th** from 9:00 am – 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to the LSCO.

Serenity Foot Care

The care provider for this service is Mercy Lar, LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Serenity offers one-hour appointments. *Refer a friend and book your appointment together and each save* \$5. Book your appointment for **Tuesday**, **April 4th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to the LSCO. To book and appointment for a home visit, call 403-915-1800.

Explore Canada's hidden gems for its 150th

With Canada's 150th birthday festivities taking place throughout the year, there's never been a better time to celebrate all our beautiful country has to offer. This is the perfect year to travel and explore new places from coast to coast. Whether you're a nature lover who wants to visit the west coast or are looking to experience city life in Toronto or Montreal, check out these five hidden gems that will have you asking why you waited so long.

- 1. Goose Spit Regional Park. Beaches. Bon fires. What's not to love? Located in Comox,
- Crescent Heights Stairs. Calgarians swear by this local treasure when they want to get their sweat on. The winding wooden stairs at McHugh Bluff Park get the heart pumping and lead to a gorgeous view of the city's skyline.
- 3. Gibraltar Point Lighthouse. Get your spook on at Centre Island in Toronto. Built in 1808, the lighthouse is the city's oldest landmark and undoubtedly one of its most macabre. Legend has it that its original keeper, John Paul Radelmüller, was thrown from the top of the lighthouse and murdered by soldiers from Fort York, and that his ghost still haunts the

Offering sleigh and wagon rides, Quebecois feasts, live music and maple treats, it is an official Quebec Heritage Site that welcomes visitors year-round.

5. Purcell's Cove Road. Halifax locals know that one of the perks of living there is the great outdoor space. When visiting the city, be sure to take the scenic route along the cove. You'll find a small parking area, which makes for the perfect lookout spot. Cozy up on a rock and watch the sunset.

From Vancouver to Halifax and everywhere in between, Canada is full of scenic strolls, breathtaking bike rides and more. Catch up on some rest and relaxation in between your next Canadian adventure at a local Holiday Inn Express hotel.

BC, this park will force you to forget the hustle and bustle of everyday life and unwind. Open 5 a.m. to 11 p.m., this is the perfect place to enjoy a beach fire with family and friends. The picturesque park also links to walking trails along Hawkins Road. place.

4. Sucrerie de la Montagne. Sweeten your senses at this authentic sugar shack in the midst of a 120-acre forest of maples atop Mont Rigaud, west of Montreal, Quebec.

www.newscanada.com



The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility. You move to the music as you feel it is right. A completely, relaxing, joyful experience. Come give it a try! Wear comfortable clothes you can move in. We usually dance in barefeet.

When:	Thursdays until June 8
Time:	3:30 – 4:30 pm
Drop In Fee:	\$8.50 LSCO M; \$12 NM
Instructor:	Lise Schulze

CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you.

 When:
 Thursdays until June 8

 Time:
 5:15 - 6:15 pm

 Drop In Fee:
 \$8.50 LSC0 M; \$12 NM

Live Well Showcase

LSCO TIMES



Servus

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her category (Master 60+ Women) at the Provincial Indoor 3D Championship. On March 4, 2017, she won the Canadian Indoor Target Championship in the Women's Master 60+ category setting three National records and one Provincial record in the process.

as she continues to excel both Provincially

and Nationally. In February 2017, she won

Congratulations Jude!





10X PASS

Pass holders have access to dropping into the following classes: Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold as well as using the Fitness Centre. Review the class information including the description to determine whether it is right for you. Please ask for additional information. This pass will expire June 30, 2017.

Fee: \$55 LSCO Member; \$65 Non-Member



This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Drop in today. You will be so glad you did. Wear comfortable clothes, indoor footwear and bring a water bottle.

When:Tuesdays until April 25Time:11:00 – 11:45 amDrop In Fee:\$6 LSCO M; \$7 NMInstructor:Nicole Stratychuk

April LSCO Weekly Activity Schedule For more information regarding programs contact the Administration Desk at 403-320-2222. Note: Some programs are for members only while others are open to the community. Schedule may change without notice. Monday Tuesday Thursday Wednesday Friday Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Tai Chi Club 8:30 am Billiards 8:30 am Woodworking 8:30 am Woodworking 8:30 am Billiards 8:30 am Woodworking 8:30 am Billiards 8:30 am Billiards 8:30 am Billiards 8:30 am Amateur Ham Radio 9:00 am **Ceramics & China Painting** Paper Tole 9:00 am 9:00 am Scrabble 9:30 am **Advanced Photography** Scrabble 9:30 am 9:30 am Keep Fit 10:00 – 10:50 am **Keep Fit** 10:00 – 10:50 am **Golden Mile Singers Badminton** 10:30 – 11:50 am **Keep Fit** 10:00 – 10:50 am 10:00 am Genealogy 10:00 am **Digital Photography** Badminton 10:30 - 11:50 am 10:00 am Lapidary 10:00 am **Scottish Country Dance** If you are reading this schedule 10:15 am let us know if you find this useful. **Badminton** Badminton Badminton 11:10 am - 12:30 pm 11:10 am - 12:30 pm 11:10 am – 12:30 pm **Basketball** 12:00 – 1:00 pm **Basketball** 12:00 – 1:00 pm Quilting 12:00 pm Wood Carving 12:30 pm Needlework 1:00 pm **Pickleball** 12:45 pm – 4:50 pm Karaoke 1:00 pm **Bingo** 1:00 pm **Pickleball** 12:45 – 4:50 pm Lapidary 1:00 pm Crib 1:00 pm Pickleball 1:15 - 4:50 pm **Computer Club** 1:00 – 4:00 pm **Computer Club** 1:00 – 4:00 pm **Pickleball** 1:15 – 4:50 pm Table Tennis 3:00 pm Table Tennis 3:00 pm Table Tennis 3:00 pm Jam Session 6:45 pm **Fitness Centre Fitness Centre Fitness Centre Fitness Centre Fitness Centre** 8:00 am - 5:45 pm 8:00 am - 4:15 pm 8:00 am - 5:45 pm 8:00 am - 4:15 pm 8:00 am - 4:15 pm

Fitness Centre extended hours: Saturday, 9:00 am – 12:00 pm. ~ Tuesdays & Thursdays Fitness Centre open until 5:45 pm NOTE: LSCO CLOSED FRIDAY, APRIL 14 – 17 FOR EASTER. FITNESS CENTRE CLOSED SATURDAY, APRIL 15th.

For information about LSCO programs go to www.lethseniors.com

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When:Wednesdays, April 26 - May 31Time:9:00 - 11:30 amFee:\$20 LSCO M; \$30 NMInstructor:Joan Pittman

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geCare creates more affordable options for seniors through its retirement living subsidy program.

AgeCare, an operator of industry leading seniors communities that emphasizes 'aging in place', has further demonstrated its commitment to local seniors by introducing an internally funded subsidy program, separate from any financial supports available to seniors through the Alberta Government.

The AgeCare Affordable Retirement Living Program is being offered to low to moderate-income seniors who may require subsidized rates in order to live in AgeCare," informs Dale Forbes, President of AgeCare. "We are proud to be able to provide a substantial reduction of up to \$350 off our already competitive rates for our retirement living suites, particularly in this challenging economic time."

AgeCare is founded on the belief that all seniors are entitled to a rich quality of life, and regardless of economic conditions this holds true," says Dr. Hasmukh Patel, Chief Executive Officer of AgeCare.

"Without sacrificing the quality of programs and services offered at our communities that have become the AgeCare difference, the company is leveraging its position as an industry leader to support Albertans who are

presently struggling to find affordable retirement housing."

Since opening in 1998, AgeCare Columbia has become an integral part of the community, providing resident-centered programs and services that continuously support the needs of the community. "Prior to Christmas, we were very pleased to inform all of our independent retirement living residents at AgeCare Columbia that we were lowering their monthly rental rates. Now, with the introduction of the AgeCare funded subsidy program, we are further addressing the financial pressures facing many seniors and their loved ones," says Forbes.

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LSCO TIMES

I am excited to join the Lethbridge Senior Citizen Organization as the newly-hired case worker and LEARN coordinator. My job as one of the LSCO staff will be to use my skills and training to provide supports and resources to individual members and their families. This can include a wide range of concerns or social needs that are impacting their day to day living and well-being. My office is located on the 2nd floor. Please stop in and say hello, I look forward to meeting the members of LSCO.

As the LEARN coordinator I will be moving forward the Elder Abuse Education and Awareness Program. This very important program has provided timely information and resources to our community members. It stresses the importance of being vigilant and aware. Seniors need our support and can be vulnerable and taken advantage of by others. My role is to continue to keep the LEARN profile visible and accessible to the community



LSCO Case Worker/ LEARN Coordinator Lavonn Mutch Imutch@lethseniors.com 403-320-2222 ext. 57

through reaching out to a wide age group i.e. High school students as well as our many cultural and faith groups.

I grew up and received my early school years in Lethbridge and then my college and university training in Edmonton and Calgary. I have two adult children and am a proud grandparent to my first grand-daughter. I enjoy walk-

ing with family and friends on our wonderful paths and parks here in Lethbridge. When the weather cooperates, I enjoy gardening.

I have worked as a social worker in both the Northern and Southern parts of our province for community agencies/health unit, youth treatment centers and schools. I have provided counselling support to parents with children of all ages, from toddlers to teens and young adults.

I must thank those important role models in my life who helped me prepare for my current job now. That includes my parents and grandparents who always said; "go out and do your best, be kind, and never be afraid to ask for help."

As a new staff of LSCO I want to say I have received wonderful support and feel very welcome to this organization from staff and members. Thank you! *



DID YOU KNOW LSCO operates an Adult Day Program which offers an opportunity for individuals who have physical or mental limitations. See the calendar of events below.

April 2017 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3	4 Music with Alice 1:00 pm Chair Exercises 2:45 pm	5 Marbled Eggs 1:00 pm	6 Music with Sandy 1:00 pm	7 Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	8
9	10 *******	11 Music with Hank 1:00 pm Karaoke Spring Concert 1:30 pm Chair Exercises 2:45	12 Bowling Holiday Bowl 1:00 pm	13 Music with Floyd & Jill 1:00 pm	14 LSCO Closed	15
16	17	18	19	20	21	22
Нарру	LSCO	Adult Day Program	Horse Racing	Music with Los Gringos	Music Program in Stage Area	Volunteer Appreciation



Volunteer Corner



Volunteer Coordinator

Teresa Ternes tternes@lethseniors.com 403-320-2222 ext. 31

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." ~ Barack Obama

In 2016 our 252 active volunteers logged 29,566 volunteer hours. How's that for filling the world with hope.....and making good things happen here at the LSCO and in our community. All LSCO volunteers should be **VOLUNTEER SURVEY** extraordinarily proud your accomplishments and contributions, we sure are. Thank you all very much.

QUILT RAFFLE

Many loving hands from the LSCO Quilt Club has made 3 very beautiful quilts which we are raffling. The Queen topper called "Modified Charms" measures 68" x 80" and is the first prize quilt. Second prize is a chesterfield throw called "Stacked Coin with Flowered Vines" which measures 48" x 69.5". The third



prize quilt is a single topper called "Scrapaholic" which measures 64" x 71". Tickets will be available at the LSCO on different days throughout the week as well as Monday through Friday in the Boutique.

As part of our obligation to the funding we receive through Family and Community Social Services program, the LSCO evaluates outcomes every year provided to us by our volunteers. Please take a few minutes to complete our Volunteer Survey for 2016 so the LSCO may continue to receive this important Provincial funding. LSCO coordinators will be handing out surveys plus I also have them in my office. Your participation is appreciated in advance. Thank you. *

Volunteer Appreciation

Free Movie at the Movie Mill on Saturday, April 22nd. Show (yet to be determined) starts at 10 am. A Free Junior Combo is included.

Appreciation Supper on Wednesday, April 26th. Cocktails at 5:30 pm, Roast beef supper at 6:00 pm. Guest tickets are available at the main administration office for \$24.00 each.

We will be entertained by the Winston Churchill High School Jazz band.

Volunteer Tickets for the Supper are available from Teresa until Wednesday, April 19th.





Did you know? LSCO has Lawn and Snow Removal Service? Eligible seniors may qualify for subsidy.



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DID YOU KNOW? The Dining Room at LSCO is open to the public and serves breakfast and lunch? Only steps from downtown!





Sun APR 02 | 2–3 pm Old Man's Garden Wed APR 05 2–3 pm Memories of Anne Campbell Sun APR 09 | 2–4 pm Vimy Ridge: The Lost Victory Wed APR 19 2–3 pm *The History of Rock 'n' Roll* Fri APR 28 | 2–3 pm From Inspiration to Art Quilt

Thu APR 06 | 7–9 pm | Uncovering Court Secrets with Michael Gourlie



Sat APR 01, 08, 22, 29 | 1-2 pm

*Family Programs check website for details

FOR MORE INFORMATION | www.galtmuseum.com | 403.320-3954

FROM THE GALT April 9 is Vimy Ridge Day

men who died at Vimy Ridge in 1917 and all are engraved on the Lethbridge Cenotaph.

Launcelot Maurice Attwood, Earl Ernest Betts, Cyril Arthur Gooding, Spurgeon Banks Mackenzie McKay, George Falconer Blaik, William John Bartlett, George Henry Simmons, George Brown Piper, Arthur Johnson Hawkins, Jacob Baxter, Harry Cheesman, Jacob Marion Brown, Paul Theodore Paulson, John Harvie, Charles Barnabus Searle, Thomas Williams, Walter Edward Colledge, Archibald Clayton During the unveiling in 1931, Lieutenant-Gov-Cornell, Edward Laurie Jackson, Frank Fernie McGowen, Norman Jennings McBean.

The battle of Vimy Ridge lasted from April 9 to human nature that we often neglect or entirely 12, 1917, as the Canadian Corps fought to take the high ground of Vimy Ridge from the Germans during the First World War. The battle, a defining moment in the development of the Canadian identity, is often called Canada's greatest military victory and as fundamental in the development of a Canada separate from Britain.

The success came at a high cost. By the time the battle was finished, 3598 Canadians were killed and another 7000 wounded.

In this battle and in the four years of the war, communities such as Lethbridge lost many young men. The communities wished to honour and remember the men who died. Many memorials were created across Canada. One of the most numerous ways the fallen were remembered was in the creation of cenotaphs

The Lethbridge Cenotaph was unveiled in 1931 to honour the men listed above and the other 240 or so from Lethbridge and area who perished in the First World War.

The following names have at least two impor- Originally set in the centre of Galt Gardens, Also at the ceremony were the Memorial Comtant things in common – all are names of the Cenotaph was dedicated in a ceremony on June 7, 1931. Called at that time the War Memorial, the monument was designed by Montreal sculptor Coeur De Leon McCarthy at a cost of \$10 232. The design represented a soldier in position of reversed arms. The memorial was built of selected granite with a bronze wreath of maple leaves and poppies. To this original structure was later added memorials for Lethbridge fallen from the Second World War and the Korean War.

ernor Walsh stated:

"Unfortunately it is one of the frailties of our forget events and persons whom we should hold in *imperishable memory.*

The erection of this splendid memorial and unveiling today, in such an impressive ceremony in the presence of the large concourse of people, is conclusive evidence that no reproach can be laid at the doors of the people of this district that they have forgotten the men who, leaving their homes and their families and everything else near and dear to them, cheerfully laid down their lives in defence of the cause which they believed to be that of right and justice against the forces of tyranny and oppression."

The Anglican bishop of Calgary, the Right Rev. Ralph Sherman, noted:

"One thing that the memorial must stand for is responsibility. The war made the world fit for democracy, and we must not neglect our responsibilities in this connection.

Unemployment troubles and other matters must be solved if the world is to continue in the way they died to make it."

mittee Chairman, G.E.A. Rice, Mayor Robert Barrowman, Major-Gen Ormond of Military District 31, Col, D.J. Macdonald, Major Harcourt, Supt. Junget of the RCMP and various aldermen and civic officials. The groups involved in the event included city chapters of the Imperial Order Daughters of the Empire, the Canadian Legion, the Army and Navy Veterans, Boy Scouts, Girl Guides, school choirs and the Salvation Army Band.

On the front side of the monument are inscribed:

IN HONOR OF THOSE WHOSE NAMES ENDURE THE GREAT WAR 1914-1918 THEY HAVE PASSED IN LEAVING THE HERITAGE OF A GLORIOUS MEMORY ERECTED BY THE CITIZENS OF LETHBRIDGE AND DISTRICT

The Cenotaph was moved to its present location near City Hall in 2000.

In 2003, the Government of Canada identified April 9 as Vimy Ridge Day, a day to honour and remember the battle and the thousands who died in the battle and the war. On April 9, think about the battle, the men whose names are on the Cenotaph, and the responsibilities those of us today owe to their memory and their work. ★

Belinda Crowson is a local historian and Museum Educator at the Galt Museum & Archives.

5 ways to tap into the benefits of volunteering

Vear-round, volunteers enrich their communities, help their neighbours and make positive changes. Once a year in April, Canadians take time during National Volunteer Week to recognize the enormous impact of volunteers in our communities.

Studies have estimated that the work of volunteers delivers billions of dollars in benefits to municipalities across Canada. At the same time, volunteers themselves also benefit by gaining work experience, developing a skill set, and

decide which causes are most meaningful for you.

- 2. Think about where you want to make a difference. Are you looking to give back to your immediate community, or are you more globally-minded? The good news is that the two can often go hand-in-hand when you connect with local volunteers with an eye on international development.
- Think about how much time you can give. It is important to think about how much time you

time. Volunteering should be fun, as well as fruitful.

5. Connect with an organization. With so many different ways to volunteer, donating your time to a grassroots organization can add some structure and inspiration. Organizations like Amnesty International, for example, offer opportunities and resources ranging from letter-writing to event organizing and many other forms of volunteering.

However you may decide to volunteer, one thing is clear - volunteers help strengthen communities and make the world a better place. Even if you are not in a position to donate your time, be sure to thank someone who does make a contribution in your community.

meeting new people.

Volunteering comes in many forms and it can be tough to know how to start. Here are five quick tips on how to choose the right opportunities for you:

1. Think about the causes you care about. Think back on the work or experiences you have had that were the most meaningful to you. This kind of reflection may be a helpful way to

can spare and it is worth reviewing your weekly schedule before making a commitment.

4. How can you contribute most effectively? It is always a good idea to volunteer your time doing something that you are skilled at or have some experience with. That does not necessarily mean volunteering to do the same work you have done in your career. It could also be a skill you developed through a hobby or pas-

Find more information at www.amnesty.ca/ get-involved.

www.newscanada.com



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Wills and Estate Planning to Avoid Family Disputes After You've Gone

 \mathbf{N} othing brings out the best and worst in a family when a family member passes away. The best when a family gets together to support one another after a loss and helps each other through the hard times that follow. The worse when a family gets into a major argument about the distribution of the deceased's estate.

Is there anything that can be done to avoid a family feud? Sometimes very little, because despite out best efforts as parents, sometimes our children just don't get along very well.

Having a well written will, prepare with the assistance of a lawyer, is a good start to avoiding this problem.

One of the things I encounter as a lawyer is the person who wants to write a will based on dividing up his assets, by saying my daughter gets this and my son gets that. The person writing his will thinks that he wants to be fair by dividing up his assets in the will and giving them out piecemeal. The problem with this approach is you may think you are being fair, but rarely are assets of a same value and one child will likely end up with an asset that is worth more than the other asset. This is often the case when farm property is involved and one child gets the farm land and the other get equivalent assets in an effort to be fair to the broach, but in most cases, can't hurt. Tell your Law Firm.



other child or children. Most of the time this approach backfires. The general answer is to this question is to simply divide up your estate in percentages and give your children an equal share of the estate. If one child wishes to get an asset of the estate then they will have to buy out the other sibling's interest in that asset. Of course, in this case, the use of life insurance can be an aid in achieving an equal split, without having to make the one child come up with money to buy out the other's interests.

Bottom line, if you can, keep your will simple in terms of how you divide up your assets.

The next strategy is to have a conversation with your children as to what your estate plans are. This can be difficult subject to Alger Zadeiks Shapiro LLP is a local Lethbridge

children you have done a will, who the executor is and what the distribution of the estate is. If it is going to be an equal split, there should be no surprises. At the very least you should tell the executor you have appointed that they have been appointed in your will and that you would appreciate it if they would act as diplomatically as possible when distributing your estate. An executor should not be a dictator.

I have mentioned this before, but it bears repeating, try not to store large sums of cash in your home, especially coin collections. No good can come from this, especially if your beneficiaries get into a dispute as to whether some of the cash is missing. These types of disputes can get ugly in a hurry and the hurt can last a lifetime.

In the end, be as fair as you can, open as you can, and get a lawyer to draft your will. It will help you rest in peace and not have to be concerned that you have left a mess for your beneficiaries. Granted you will be gone, but wouldn't it be nice to think that people will remember you fondly and not be cursing your name. Despite your best efforts, your family may still squabble, but at least it would not be your fault if you did everything you could. *



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Computer jargon can be a very murky swamp. If you think English spelling is confusing, well.... Computer terms can be even worse.

This month's column is in response to a suggestion I received after a friend read an online computer help article about email terms. AskLeo!, (https://newsletter.askleo.com), has been mentioned before in this column but, bears repeating. It covers many simple topics in easy to read language. The article in question refers primarily to confusion about email terms, but I'll broaden the scope a little.

It's not uncommon to ask people what their computer problem is, and they can't say what program they are having trouble with. A common reply might be 'Microsoft', which could include any of many programs that Microsoft produces, and doesn't help to narrow down the problem. Windows is another common answer, which has even more options. This is like asking a mechanic for car advice and not knowing the make of your car.

TRIVIA: Did you know? Plonk, meaning wine, originally came from Australia.

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like to present a workshop please email computerclub@

To an Australian a portable beer cooler is an esky?

Most software has a help label either on the top bar or in a drop down menu \equiv . One of the help items will be About (name of your program) and the version of the program.

Now, email terms:

Email service: e.g., Outlook.com, Yahoo! Mail, Gmail, Telus or Shaw – the company that takes care of sending and storing your mail. In most cases it may be accessed via an email program, or a browser.

Email address: the address your email is sent to e.g. computerclub@shaw.ca, joeblow@telus.net, sweetsally@shaw.ca, or imconfused@gmail.com .

Email program: The software used to access your email; this could be Outlook, Mail, Thunderbird, Microsoft Office, Incredimail, Livemail, Eudora or many more. The email program downloads the email to your computer. Depending on how your email program is configured your mail may stay on your computer, or remain on the mail server, which is the computer where your email service stores the mail until you deliberately delete it.

The Monthly Tip: Stop wifi nagging in iOS. If your iPad or iPhone bugs you with messages asking if you'd like to join this or that Wi-Fi network, head to Settings, Wi-Fi and turn off *Ask to Join Networks* (which may be at the bottom of a long list). You can still join any network manually. The device just won't bug you constantly to join another network.

The Computer Corner can be read online at the Computer Club tech site https://goo.gl/pjZz3J, which is the short form of https://sites.google.com/site/oldfolkscomputers/home

To subscribe to the computer club email list: or if you have questions about the Computer Club contact - computerclub@lethseniors.com



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Water, Water, Everywhere?

Facts do not cease to exist because they are ignored.

~ Aldous Huxley

ife on earth cannot exist without water and Lhumankind has done a terrible job of preserving the purity of our oceans, rivers and other tributaries that ensure all living creatures have clean water. We have done a great job contaminating the water that we are dependent upon even though we have been warned that what we were doing was harmful to the earth and thus harmful to all living things.

Rachel Carson's book, Silent Spring (published in 1962), describes the harmful effects of synthetic pesticides on the environment. The book ultimately launched the environmental movement. While a single book would not prove to be enough of a warning we had other voices echoing much the same message from different directions. Jacques Cousteau, a French naval officer, explorer, and conservationist, thought that "it was a conceit of humans that the oceans are endless and that we can keep turning to them as an unending source of food and anything else we wanted." He led a movement to stop the dumping of nuclear waste in the ocean and the careless harvesting of marine life. While a late environmentalist himself he did eventually become a strong voice to support the need to preserve the oceans and the wildlife that live within. A stand that his sons, and grandson continued to encourage.

One of my favorite environmentalists is Richard Attenborough, the famed British broadcaster and naturalist who said in January 2013, while being interviewed by Radio Times, "We are a plague on the Earth. It's coming home to roost over the next 50 years or so." He has also quoted another scientist who said, "The living ocean is very fragile. Don't for a minute believe that we can't screw it up much worse than it is today." Con- The Great Pacific Garbage Patch (discovered in sidering some of the damage already done these 1997) is comprised mainly of plastic material



wise people may have been too late with their messages. There are dead zones in the oceans and seas, islands of garbage and microchips of plastic and we have relocated some sea life to the detriment of the waters they now inhabit. These disasters mentioned are a small representation of what is happening in our oceans but let's expand on these particular problems.

The Dead Zones

The dead zones in the oceans are low-oxygen areas caused by pollution. Very little marine life can survive in these dead zones and the zones are growing in size and numbers throughout the coastal regions in the world. There are currently 405 identified dead zones in the oceans, predominantly off shore close to areas that are fed via the rivers that are close to large populated areas. There was a time when The City of New York would haul the city's garbage on large barges out to sea and dump it all overboard. That's one very small example of how the dead zones evolved. We once had the idea that anything dumped in the oceans would not do harm - the oceans were just too big. Every continent has dead zones with the majority being along the east and west coast of North America, the coastal areas of Europe and Japan.

The Garbage Islands



of all shapes and sizes and is divided into the Western G.P. located near Japan and the Eastern G.P. located between Hawaii and California. What we don't often hear about is the Atlantic Garbage Patch, smaller but just as deadly. Most of the garbage is in small pieces that weigh less than a paperclip but there are also large pieces, most of which are not biodegradable. Not only are these islands of garbage large enough to be seen from a great distance, there is a funnel shape of debris that goes down all the way to the ocean floor. The most alarming bit of information is that these microchips of plastic are now showing up in the flesh of the fish and seafood. Micro-plastics are now in the food chain of all living creatures, including ourselves.

Relocated Sea Life

In our lack of wisdom we have relocated some sea life that are now causing major problems in their new environment. Lion Fish, while lovely in a home aquarium, have taken over the waters in the Eastern U.S. area. Not only are they devouring the local marine life, they are growing bigger because they are eating better. They originated in the tropical coral reefs of the Indo-Pacific waters. They have also been spotted in Mediterranean waters. They reproduce quickly and have no natural predators in their new locations. Fishermen are reluctant to fish for them because of their venomous spines although the meat is quite edible. If you have seen films of fish jumping out of the water as a boat goes by you are likely seeing what is now termed the "invasion of Asian carp". In the 1970s some types of carp, which originate in the Orient, were transplanted in some southern States to help aquaculture and wastewater treatment facilities keep retention ponds clean. Floodwaters carried them into other streams and rivers and they have been traveling north since then. They are large and reproduce quickly. They destroy aquatic plants which makes it difficult for native fish to spawn.

A lot is being done to halt the damage already done to the oceans, rivers and lakes in our world and we are fortunate that there are so many scientists and volunteers who are working on solutions. Is it too late? Let's hope for humanities' sake that the seas are not too far gone already. ★

The Widow's Walk: A Survivor's Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@ shaw.ca. The book is \$15 which covers mail or delivery.



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