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Join Us for

SUMMER NOON YOGA
ZUMBA GOLD
AUGUST 2ND

FOOT CARE
AUGUST 2ND & 16TH

INTRO TO IPAD
AUGUST 8TH

CIRCUIT TRAINING
AUGUST 4TH

MASSAGE THERAPY
AUGUST 12TH & 26TH

REFLEXOLOGIST
AUGUST 19

5th ANNUAL



Live Well Showcase
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Lethbridge Senior Citizens Organization

See you in September!

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Presented by
Cornerstone
Funeral Home & Crematorium

LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION

Thursday, September 15 10 am - 5 pm
Friday, September 16 10 am - 4 pm

Free Admission ☆ Over 60 Exhibitors ☆ Door Prizes
Speakers presented by Hosack Denture Clinic
Dr. Robbin Gibb – U of L Neurosciences
Amanda Porter, Ph.D. – Clinical Ethicist, South Zone, AHS
Travis Zentner – Cornerstone Funeral Home
Constable Dan Shurtz, LPS Economic Crimes Unit





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Executive
Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Rob is away on vacation. His article will return next month. ★



LETHBRIDGE
Senior Citizens
ORGANIZATION

is **open for business** as usual
during parking lot reconstruction.



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.
We will meet in the lobby and then take our walking outside. If you do not have poles they will be supplied.

When: Fridays, September 23, 30, October 7
Time: 10:30 – 11:15 am
Fee: \$6 LSCO M; \$12 NM
Register by: Tuesday, September 20 (after this date add \$5)

What is the difference between canola and rapeseed? *Nutrition: Canola is rapeseed with altered fatty acids.* Canola is a kind of rapeseed developed to have low levels of erucic acid, now considered a toxin. While rapeseed had been used as an edible oil for thousands of years, it was first grown in Canada as a source of high-quality engine lubricant. Health concerns related to its high levels of erucic acid led Canadian researchers to develop today’s canola plant.

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



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In recognition for the ongoing support of LSCO Meals on Wheels









A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Layout, Advertising
& Circulation. Lisette Cook (ext. 33)

Printed by. Lethbridge Herald

The Officers of LSCO

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Past President – John Machielse
Secretary – Marnie Brown
Treasurer – Irwin Wyrastok

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Merri-Ann Ford, Pamela Brown and Robert Girard

LSCO 403-320-2222

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**For all your health inquiries, call the Chinook
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no liability resulting from incorrect, incomplete
or misleading information or its improper use.
Articles may be edited for space requirements.*

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any of the advertisers in LSCO Times, please
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Visit us on Facebook!
http://www.facebook.com/pages/
Lethbridge-Senior-Citizens-
Organization/149140883844



Vector images designed by Freepik

LSCO Vision Statement

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



**LSCO Gym 1 & Gym 2
will be **CLOSED** from
August 15 – September 2
for maintenance**

**Year Round Program
Drop-In Fees**

*Fees must be paid prior to
attending program.*

**Please take till receipt to person
in charge of program
(if applicable)**

Badminton	\$2.50 member \$3.50 non-member
Keep Fit	\$2.00 members & non-members
Scottish Dance	Members give weekly donation \$3 non-member
Table Tennis	\$2 members & non-members
Billiards	\$6 members \$7 non-members (must be accompanied by billiard member)
Crib	\$2 non-member
Duplicate Bridge	\$2 non-member
Scrabble	\$2 non-member

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Senior Citizens
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LSCO Hours of Operation
Monday – Friday, 8:00 am – 4:30 pm
Holidays vary – watch our calendar.

**WE NOW ACCEPT VISA, MASTERCARD &
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*Welcome
New Members!*

Lawrence Hertz	Ramdasia Narain
Deborah Hertz	Kumar Narain
Sandra Baker	Sachi Scharf
Elaine May	Noel Burles
Lynn Ambedian	Vicki Scherban

*A Smile is
the Universal Welcome.*

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

(Fitness Centre closed Saturdays for June, July
& August).

**FITNESS CENTRE
SUMMER HOURS
JUNE, JULY, AUGUST
MONDAY ~ FRIDAY
8:00 AM ~ 4:15 PM
SATURDAYS & SUNDAYS
CLOSED**



**Fitness
PASS**

10X PASS

Fee: \$55 LSCO Members; \$65 Non Members
Expires December 31, 2016

**LSCO Times Publishing
Schedule**

Issue	Deadline
September 2016.	August 19
October 2016.	September 16

*Please have all ads and articles in by these dates
to ensure inclusion in paper. Thank you.*

I was thinking the other day about all the Pioneers in their different aspects and the many hardships they faced and endured throughout their lives. They are certainly the backbone of this country and also in many other countries. These strong people had a vision and worked until it was completed or passed it on to the next generation. When I think of them, I'm reminded of our fore fathers who first came to this country and area with virtually nothing. I know many of you can relate to this as so many of you would have uplifting and also heartbreaking stories to tell. These good people were resilient to everything life would hand them so I would just like to pay tribute to each of them and thank them for their integrity and and good example they left for all of us. In my life there are not many who are older than me I would still consider a pioneer. As I age, those that are older than me, pass on, and only good memories are left. My memories would be similar to yours with no electricity in the



President's Message

Clifford (Charlie) Brown

home and coal oil lamps; no running water; wood burning and coal stoves; getting warm water from the reservoir of the stove; small metal bathtubs; outhouses on a cold winter night; frost on the inside of the windows in the winter; and the list could go on and on. Many of you could go farther back in time and I'm grateful to your endurance and helping making this area such a wonderful place to live. Times have changed so much.


I googled LSCO and read it was introduced in 1974 and became a society in July of '75. I would consider those people a pioneer of sorts in starting what is now a wonderful organization with all its ideas and programs. May I thank all those early members and staff etc. For working hard and keeping LSCO progressing. Without you, the members, there would be no LSCO and if the thanks to you and the early organizers for good programs to build this organization to the high level it has become. Your time and work does not go unnoticed!

As August is here already, I hope you can still find time to drop on down for a coffee, lunch or just a visit to see how everything is progressing. I realize lives are busy so I do hope you keep safe and enjoy the summer with family and friends. ★

Closing Thought:
As we grow older and wiser, we slowly realize that wearing a \$3000 watch or a \$30 watch, they both tell the same time.

Yoga

FOR MEN



Do you need some time just for you? Have you always wanted to try a beginner 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, Sept. 21 – Nov. 2
Time: 8:30 – 9:30 am
Fee: \$28 LSCO Members; \$42 NM
Register by: Monday, September 19 (after this date add \$5)

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Candice Elliott-Boldt
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Jake Boldt
BC-HIS, Registered Hearing Aid Practitioner

Please visit www.lethseniors.com for a complete listing of our fall classes. You may register for classes as soon as they appear on the website. All fall classes will be included in the September issue of LSCO Times.

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100th Birthday Celebration for Kaye Otsuka

Saturday, August 6, 2016
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Which Canadian university is home to part of Einstein's brain? A neuropsychological team at McMaster University in Hamilton conducted the first in-depth anatomical analysis of the great physicist's brain and a small part of it still resides there.



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Music Director: Ken Rogers

Choreographer: Joy Ackerman

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October, 13, 14 & 15 ~ 7:30 pm

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October 16 ~ 2:00 pm

Tickets on sale Friday, August 19, 2016

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Yoga Noon Hour * Yoga Blend * Yoga for Men
Active Yoga & Stretch * Gentle Yoga * Chair Yoga *

Breakfast Egg Muffins

Recipe by Markita

“A great weekday breakfast that can be made on the weekend. They will last a week in the fridge. Also a great way to get some extra veggies in your diet! You can use any type of meat you prefer. Change up the spices or vegetables if you prefer.”

Ingredients

Prep 20 min., Cook 25 min., Ready in 45 min., 12 servings, 157 cal

cooking spray

4 cups egg whites

9 eggs

1 pound turkey ham, diced

2 cups chopped spinach

2 red bell peppers, diced

2 green bell peppers, diced

2 fresh jalapeno peppers, seeded & diced

1 tablespoon minced garlic

1 tablespoon Italian seasoning

2 teaspoons onion powder

1/4 teaspoon cayenne pepper

salt and ground black pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C). Spray 24 muffin cups with cooking spray.

Beat eggs in a large bowl. Add egg whites to eggs and beat until smooth. Stir turkey ham, spinach, red bell peppers, green bell peppers, jalapeno peppers, garlic, Italian seasoning, onion powder, cayenne pepper, salt, and black pepper into the eggs. Ladle the egg mixture into prepared muffin cups to about 3/4-full.

Bake in preheated oven until firm in the middle, 25 to 30 minutes.

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Help Get The Word Out About LSCO

Do you know of any group, apartment building or complex, business, church or coffee shop that would like to receive LSCO Times each month?

Contact Lisette in the Admin. office at 403-320-2222 ext. 33 to make arrangements or pick up a few copies to take along with you.

Come to LSCO for the return of the

\$6 BREAKFAST

MENU FOR AUGUST 2016				
Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal • The dining room is CASH ONLY Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice				
Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5
LSCO CLOSED for Heritage Day	Entree: Pub-style Cod Potato: Fries Sandwich: Pizza Deli Sub Salad: Greek	Entree: Chicken Alfredo Potato: Egg Noodles Sandwich: Pizza Deli Sub Salad: Greek	Entree: Baked Ham Potato: Scalloped Sandwich: Pizza Deli Sub Salad: Greek	Entree: Roast Beef Potato: Mashed Sandwich: Pizza Deli Sub Salad: Greek
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
Entree: Lemon Pepper Sole Potato: Steamed Sandwich: Grilled Turkey Swiss Salad: Fresh Pasta	Entree: Spaghetti & Meatballs Potato: Grilled Turkey Swiss Sandwich: Grilled Turkey Swiss Salad: Fresh Pasta	Entree: Mushroom Gravy Pork Chops Potato: Mashed Sandwich: Grilled Turkey Swiss Salad: Fresh Pasta	Entree: Oven Roasted Chicken Potato: Pesto Pasta Sandwich: Grilled Turkey Swiss Salad: Fresh Pasta	Entree: Pulled Pork Potato: Fries Sandwich: Grilled Turkey Swiss Salad: Fresh Pasta
Monday, August 15	Tuesday, August 16	Wednesday, August 17	Thursday, August 18	Friday, August 19
Entree: Turkey Schnizel Potato: Half Baked Potato Sandwich: Chicken Salad Croissant Salad: Garden Tossed	Entree: Salmon Loaf Potato: Seasoned Rice Sandwich: Chicken Salad Croissant Salad: Garden Tossed	Entree: Beef Roulade Casserole Potato: Steamed Sandwich: Chicken Salad Croissant Salad: Garden Tossed	Entree: Pork Cutlet Potato: Oven Roasted Sandwich: Chicken Salad Croissant Salad: Garden Tossed	Entree: Baked Breaded Chicken Potato: Beans Sandwich: Chicken Salad Croissant Salad: Garden Tossed
Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
Entree: Sloppy Joes Potato: Kaiser Bun Sandwich: Tuna Melt Salad: Chicken Caesar	Entree: Pork Stew Potato: Mashed Sandwich: Tuna Melt Salad: Chicken Caesar	Entree: Parmesan Chicken Potato: Penne Noodles Sandwich: Tuna Melt Salad: Chicken Caesar	Entree: Meatloaf Potato: Steamed Sandwich: Tuna Melt Salad: Chicken Caesar	Entree: Turkey Dinner Potato: Mashed Sandwich: Tuna Melt Salad: Chicken Caesar
Monday, August 29	Tuesday, August 30	Wednesday, August 31		
Entree: Breaded Tilapia Potato: Oven Roasted Sandwich: Denver Salad: Cottage Cheese & Fruit	Entree: Salisbury Steak Potato: Garlic Mashed Sandwich: Denver Salad: Cottage Cheese & Fruit	Entree: Teriyaki Pork Potato: Fried Rice Sandwich: Denver Salad: Cottage Cheese & Fruit		

Volunteer Corner



Volunteer Coordinator

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

VOLUNTEERS

As you may know, we are going through parking lot growing pains for the next two months. In conjunction with this, we have adjusted our volunteer hours during construction so we are able to serve our members & guests with no disruption in service.

I would like to call out a big h-u-g-e thank you to our volunteers who are switching days, swapping shifts, and changing hours during construction. Thank you for your flexibility and dedication to LSCO especially during this time.

JESUS CHRIST SUPERSTAR

Believe it or not, I have had lots of people come forward to put their name on the list to volunteer during our production of Jesus Christ Superstar. The coordination of over 100 volunteers is required so even if you think it's too early to be thinking of what you will be doing in October, keep in mind it is only 3 short months away. ★

Which province was the first to try to separate from the rest of the country? Nova Scotia elected an anti-Confederate Provincial legislature in 1867 and chose members of the Anti-Confederation Party for 18 of its 19 federal seats in the same year. Britain did not allow Nova Scotia to secede, however. When the Anti-Confederation Party Leader, MP Joseph Howe, accepted Confederation and accepted a seat in John A. Macdonald's cabinet, the movement fell apart.

CLASSIFIED ADS

Fresh honey for sale: various sizes, including gift packages. From 300 grams to 10 lbs. Will deliver, call 403-381-1653.

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.

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. Theses 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 Mossa **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

FOR SALE: AQUATEC – FORTUNA BATH LIFT. Excellent condition. Was purchased for \$1495. Selling price: \$500. Phone 403-380-2027.

Five sustainable seafoods you need to try

Want to feed your family something that is delicious, nutritious and sustainable? Wild seafood is a renewable resource that requires minimal freshwater to produce, emits little carbon dioxide, uses no arable land, and produces a lean protein at a cost-per-pound that is lower than other animal proteins.

Canada has the world's longest coastline and is one of the world's major fishing nations, but our fish stocks are in bad shape — only 24 per cent are considered healthy, and the abundance of our marine stocks has declined by 55 per cent since 1970.

That's why it's important to make sure your seafood is sustainable. To find seafood that is healthy for the oceans, check with your local grocer and favourite restaurants to see if they buy from sustainable fisheries, or look for the SeaChoice logo. Also look for wild caught fish certified by the Marine Stewardship Council and farmed fish approved by the Aquaculture Stewardship Council.

A recent survey found that only 53 per cent of Canadians eat seafood regularly. Join them tonight with one of these five sustainable seafood products.

- 1. Dungeness crab.** Look for Dungeness crab trap caught in Canada, California, Oregon or Washington. Known for its sweet and tender flesh, try this sustainable seafood in pasta recipes or on its own with butter.
- 2. Sablefish.** This white-fleshed fish is considered a delicacy in many countries and is soft-textured and mildly flavoured. A great source of omega 3 fatty acids, sablefish is perfect for grilling, smoking, frying, or serving as sushi.
- 3. Swordfish.** This large fish is often sold as steaks and its relatively firm meat makes it ideal for cooking in ways more fragile fish can't withstand, like over the grill on skewers. Make sure your swordfish is caught by harpoon or handline and is from Canada or the United States.
- 4. Hand-dug clams.** This tiny seafood is a big source of iron, protein, calcium, zinc, vitamin B and omega-3 fatty acids. Clams are delicious eaten raw, steamed, boiled, baked, fried or in a hearty bowl of clam chowder.
- 5. Spot prawns.** These fascinating prawns are sequential hermaphrodites, meaning they start their lives out as male before becoming female. Trap-caught prawns from the Canadian Pacific are considered sustainable, cook quickly and easily and are great in soups, pastas, stir-fries or on their own with butter.

Learn more about how you can support sustainable Canadian fishing at www.oceana.ca.

www.newscanada.com

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classes returning this September.

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3 C's
In April LSCO and McKillop United Church embarked on a partnership. **The 3 C's – Cooking, Conversation & Companionship** program.

The program was geared to reach out to individuals who are living alone and have a difficult time meeting people. It was a six week cooking class where instruction was given each week to create simple, healthy meal to be taken home. These sessions offered the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships. The pilot program was a complete success and as such we are offering another chance for individuals to take part. The next session will run **Mondays, September 19th to October 31st** (with no class on October 10th, Thanksgiving Monday.) The cost for this 6 week session is \$50. The classes take place in the kitchen at McKillop United Church, 2329 15th Avenue South. Individuals needing more information or wanting to register can call LSCO 403-320-2222 ext 25. **Registration deadline is September 12th.**

Friday Music Program
Join us for the Friday Music Program held in the dining room (stage area) on Friday's from 12:30 pm – 2:00 pm. Performers for this month are: **August 5th: Hank Wiebe, August 12th: TBA, August 19th: Los Gringos and August 26th: Ray Sauer & Colin Towells.**



Support
Services
Coordinator

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

Community Partnerships
Information on Law
Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, September 14th** (the program does not run in July and August.) 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
Reflexologists, Brenda & Linda, will be here on **Friday, August 19th**. Individuals interested can book their 1-hour appointments at the administration desk with the first appointment starting

at 9:00 a.m. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO.

Hearing Screening
Candice Elliott-Boldt from **Lethbridge Hearing Centre** will be here the 2nd Thursday of every month from 10:00 am – 12:00 pm. Book your free initial test at the administration desk or by phoning 403-320-2222. The next clinic date is **Thursday, September 8th** (there will be no clinics in July and August).

Massage Therapy Appointments!
Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on **Friday, August 12th & 26th** 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. Book your appointment for **Tuesday, August 2nd & 16th** by calling the LSCO 403-320-2222. There is a fee for this service, with a portion of it going to LSCO. To book and appointment for a home visit, call 403-915-1800.

Live Well Showcase ~ September 15 & 16

CHECK OUT



ANNORA BROWN:
DAUGHTER OF THE PRAIRIES
JUN 11 – SEP 05.16



CHECK OUT



POWER OF THE HORSE
JUN 18 – SEP 25.16

AUGUST

*admission fees apply [incl. exhibit access] | free to annual pass holders

*Gardening with Native Plants

Sun AUG 07 | 2 – 3 pm



*Wednesdays at the Galt

1st and 3rd Wed | 2 – 3 pm
for ages 55+

03 University of Lethbridge Art Collection with David Smith

17 Annora Brown: Exhibit Tour

Tickets Go On Sale for Galt Beer Tasting Soirée

\$12/public | \$9/pass holders +gst | 10 am



*Thursdays at the Galt

Archives, Discovery Hall & Museum Store open until 9 pm

04 Silk Scarves | 7–9 pm

25 Conscientious Objectors in Canada During WW1 | 7–9 pm

Scenic Plaza Whoop-Up Days Block Party

\$3/person | 11:30 am – 1:30 pm



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

32 Movement Yang Style Tai Chi Sword

The 32 movement Tai Chi sword form has evolved from the traditional Yang Style Tai Chi Sword. The form follows the Yang Style's soft, flowing, graceful body movements as well swordsmanship skills. The movements are performed slowly and are evenly paced with a light soft feeling. The prerequisite for this course is having attended at least one course of Tai Chi and have developed a basic understanding of Tai Chi principles. It is important to register early so that equipment can be made available. If you have a sword please bring it.

When: Wednesdays, September 21 – December 7

Time: 12:30 – 1:45 pm (no class Oct. 12)

Fee: \$48 LSCO M; \$72 NM

Instructor: Dave Scotland

Register by: Monday, September 12 (after this date add \$5)



WHOOP-UP DAYS

PANCAKE BREAKFAST

AUG 24th

11:30AM - 1:30PM

BRING IN THIS INVITE FOR AN
EXTRA ENTRY INTO DOOR PRIZE

Promo Code: Yum102



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Move in BEFORE the
END of SUMMER
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BOOK A TOUR TODAY
(403) 320-9363

yoga blend

Participants will enjoy this class as instructor Melanie Hillaby will vary weekly routines 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, September 22 – October 27

Time:

12:05 – 12:55 pm

Fee:

\$33 LSCO M; \$42 NM

Register by:

Tuesday, September 20
(after this date add \$5)

morning
exercises

If you haven't had a chance to exercise in awhile this class may be just what you have been waiting for. The program is designed for individuals who prefer to stand, those who need support of a chair, those with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength, flexibility while having a great time. The class is lead by Recreation Therapist, Ashley McNutt. Wear loose, comfortable clothing and bring some water. Sign up for once or twice a week.

Tuesdays

Date: September 13 – October 25

Time: 9:15 – 10:00 am

Fee: \$20 LSCO M; \$28 NM

Register by: Friday, September 9
(after this date add \$5)

Thursdays

Date: September 22 – October 27

Time: 9:15 – 10:00 am

Fee: \$17 LSCO M; \$24 NM

Register by: Monday, September 19
(after this date add \$5)

RE: PAINT?

RE: TIRE?

RE: WIRE?











RECYCLE!

OLD PAINT CANS, TIRES AND ELECTRONICS ARE ACCEPTED
YEAR-ROUND AT THE LETHBRIDGE WASTE & RECYCLING CENTRE

FOR MORE INFO ON ACCEPTED MATERIALS, HOURS AND LOCATION, PLEASE
VISIT US ONLINE AT WWW.LETHBRIDGE.CA/WRS OR CALL 403-329-7367



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www.albertarecycling.ca

Upcoming Classes & a Sneak Peak for Fall

REGISTRATION INFORMATION

Please register early to ensure class is not canceled. Registrations can be made in person or by calling 403-320-2222. Payment can be made over the phone with your credit card. Check our website at www.lethseniors.com for additional courses.

Activity/Exercise

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week. Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: Tuesdays & Thursdays
August 4 – September 1
(no class August 16)

Time: 9:00 - 10:00 am

Fee: \$40 LSCO M; \$60 NM

Register by: Tuesday, August 2

SUMMER NOON YOGA

Individuals of all levels are welcome to attend this yoga class led by Melanie Hillaby.

When: Tuesdays, August 2 – 30

Time: 12:05 – 12:55 pm

Fee: \$25 LSCO M; \$35 NM

Register by: Friday, July 29

ZUMBA GOLD

Drop in and join the fun!

When: Tuesdays, August 2 – 16

Time: 11:00 – 11:50 am

Fee/class: \$6 LSCO M; \$7 NM

Computer Classes

INTRODUCTION TO YOUR IPAD

If you need some assistance to learn how to connect to the Internet, find and install a variety of “Apps” this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Monday – Friday, August 8 – 12

Time: 10:00 – 12:00 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Thursday, August 4

IPHONE

You have an iPhone, now what? Register for this class if you need more information on how to connect to the internet, get mail, set up voice mail, add contacts and more. Bring your charged iPhone to class.

When: Wednesday, August 3, 10, 17

Time: 1:00 – 3:30 pm

Fee: \$20 LSCO M; \$30 NM

Register by: Tuesday, August 2
(after this date add \$5)

ANDROID SMART PHONES & TABLETS

Are you in need of basic information in order to operate your smart phone or tablet more efficiently? If so register for this 6 day course.

When: Tuesdays & Thursdays
August 2 – 18

Time: 1:30 – 3:30 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Friday, July 29
(after this date add \$5)

Fall Classes A Sneak Peek!

A complete listing of fall classes will be in the September issue of the LSCO Times and online. Please visit www.lethseniors.com. Interested individuals may register for a class as soon as they are shown.

GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays
September 6 – October 6

Fee: \$45 LSCO M; \$68 NM

Time: 9:30 - 10:30 am

Register by: Friday, September 2
(after this date add \$5)

CHAIR YOGA

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.

When: Wednesday, Sept. 7 – Oct. 5

Time: 9:30 - 10:20 am

Fee: \$13 LSCO M; \$20 NM

Register by: Tuesday, September 6
(after this date add \$5)

MORNING EXERCISES

If you haven’t had a chance to exercise in awhile this class may be just what you have been waiting for. The program is designed for individuals who prefer to stand, those who need support of a chair, those with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength, flexibility while having a great time. The class is lead by Recreation Therapist, Ashley McNutt. Wear loose, comfortable clothing and bring some water. Sign up for once or twice a week.

Tuesdays

Date: September 13 – October 25

Time: 9:15 – 10:00 am

Fee: \$20 LSCO M; \$28 NM

Register by: Friday, September 9
(after this date add \$5)

Thursdays

Date: September 22 – October 27

Time: 9:15 – 10:00 am

Fee: \$17 LSCO M; \$24 NM

Register by: Monday, September 19
(after this date add \$5)

YOGA

Yoga helps to improve physical & mental well being, using a combination of poses, breathing

& visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle. Classes will be held in the All Purpose Room.

Mondays

When: September 19 – November 28
(no class Oct. 10)

Time: 10:00 – 11:15 am

Fee: \$45 LSCO Members; \$65 NM

Instructor: Michael Pollard

Register by: Friday, September 16
(after this date add \$5)

Wednesdays

When: September 21 – November 30

Time: 10:00 – 11:15 am

Fee: \$45 LSCO Members; \$65 NM

Instructor: Barb Huston; Leigh Monette

Register by: Monday, September 19
(after this date add \$5)

YOGA for MEN

Do you need some time just for you? Have you always wanted to try a beginner 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, Sept. 21 – Nov. 2

Time: 8:30 – 9:30 am

Fee: \$28 LSCO Members; \$42 NM

Register by: Monday, September 19
(after this date add \$5)

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. You will be instructed you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated as a connection between movement and breath; total body mind connection. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Classes will be taught by Melanie Hillaby.

When: Tuesdays, Sept. 20 – Oct. 25

Time: 12:05 – 12:55 pm

Fee: \$33 LSCO M; \$42 NM

Register by: Friday, September 16
(after this date add \$5)

YOGA BLEND

Participants will enjoy this class as instructor Melanie Hillaby will vary weekly routines 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, Sept. 22 – Oct. 27

Time: 12:05 – 12:55 pm

Fee: \$33 LSCO M; \$42 NM

Register by: Tuesday, September 20
(after this date add \$5)

ACTIVE YOGA & STRETCH

Individuals participating in this class will move through a series of poses to help improve balance, strength, and flexibility while being conscious of the breath. At times we will be moving up and down off the floor; options are given and all participants are encouraged to do what is right for them. A variety of props may be used. Wear comfortable clothes; bring a mat & water bottle.

Wednesdays

When: September 28 – November 30
Time: 4:45 – 5:45 pm
Fee: \$45 LSCO M; \$60 NM
Register by: Monday, September 26
(after this date add \$5)

Fridays

When: September 23 – November 25
(no class Nov. 11)
Time: 9:00 – 10:00 am
Fee: \$41 LSCO M; \$54 NM
Register by: Wednesday, September 21
(after this date add \$5)

ACTIVE AGING

Let’s get the fall started with a total body workout. A variety of exercises and equipment will be used. Participants will be encouraged to work at their own pace. All fitness levels welcome.

When: Wednesdays, Sept. 7 – Oct. 5
Time: 8:15 – 9:00 am
Fee: \$25 LSCO M; \$34 NM
Register by: Tuesday, September 6

FIT BALL & More

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! You should be comfortable getting up and down off the floor. A variety of exercise equipment is also used. Wear comfortable clothing and footwear. Don’t forget to bring a water bottle and a yoga mat.

Tuesdays & Thursdays

When: September 20 – October 27
Time: 9:00 – 9:50 am
Fee: \$25 LSCO M; \$42 NM
Register by: Friday, September 16
(after this date add \$5)

LINE DANCING

Individuals with line dance experience will be kicking up their heels learning some new dances, reviewing the old, having a few laughs and as a bonus will be getting exercise.

Diane Holstine will be instructing line dancing.

Mondays

When: Sept.19 – Nov. 28 (no class Oct. 10)
Time: 10:30 am – 12:00 pm
Fee: \$33 LSCO M; \$50 NM
Drop In Not Permitted
Register by: Friday, September 16
(after this date add \$5)

Thursdays

When: September 22 – November 24
Time: 10:30 am – 12:00 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Monday, September 19
(after this date add \$5)

LINE DANCING BEGINNER

This is the perfect class for the beginner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that’s reason enough for men and women to get their dancing shoes on.

When: Thursdays, Sept. 22 – Nov. 24
Time: 1:15 – 2:15 pm
Fee: \$33 LSCO M; \$50 NM

Drop In Not Permitted
Register by: Monday, September 19
(after this date add \$5)

QIGONG

Qi means “life energy” and gong means “work”; together Qi Gong means working with life energy. The exercises are designed to improve flow and quality of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various QiGong exercises such as Tai Chi/ QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

When: Tuesdays & Thursdays
September 20 – December 8
(no classes Oct 11 & 13)
Time: 10:15 – 11:15 am
Fee: \$66 LSCO M; \$99 NM
Instructor: Dave Scotland
Register by: Friday, September 16
(after this date add \$5)

TAI CHI YANG 24 FORM PRACTICE

This is not a structured practice. It is an opportunity for past participants to practice themselves and with others to maintain their form. Dave Scotland will be on hand to answer any questions.

When: Wednesday, Sept. 21 – Dec. 7
(no class Oct. 12)
Time: 11:45 am – 12:15 pm
Fee: \$10 LSCO M; \$15 NM
Register by: Monday, September 19

32 MOVEMENT YANG STYLE TAI CHI SWORD

The 32 movement Tai Chi sword form has evolved from the traditional Yang Style Tai Chi Sword. The form follows the Yang Style’s soft, flowing, graceful body movements as well swordsmanship skills. The movements are performed slowly and are evenly paced with a light soft feeling. The prerequisite for this course is having attended at least one course of Tai Chi and have developed a basic understanding of Tai Chi principles. It is important to register early so that equipment can be made available. If you have a sword please bring it.

When: Wednesdays, Sept. 21 – Dec. 7
Time: 12:30 – 1:45 pm (no class Oct. 12)
Fee: \$48 LSCO M; \$72 NM
Instructor: Dave Scotland
Register by: Monday, September 12
(after this date add \$5)

TAI CHI PRACTICE

Participants in past winter and spring session of the morning Tai Chi program (lead by Steve Burger) are encouraged to register for practice sessions. Additional information will be in the September *LSCO Times*.

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.

We will meet in the lobby and then take our walking outside. If you do not have poles they will be supplied.

When: Fridays, Sept. 23, 30, Oct. 7
Time: 10:30 – 11:15 am
Fee: \$6 LSCO M; \$12 NM
Register by: Tuesday, September 20
(after this date add \$5)

GENTLE NIA

Gentle Nia is all things deliciously Nia - joy, pleasure, ease, grace, flexibility, agility, mobility but with less

choreography and more focus on sensing joy and play. 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.

When: Thursdays, Sept. 29 – Dec. 1
Time: 3:30 – 4:30 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Tuesday, September 27
(after this date add \$5)

CHAIR NIA

Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual well-being.

When: Thursdays, Sept. 29 – Dec. 1
Time: 2:30 – 3:30 pm
Fee: \$55 LSCO M; \$82.50 NM
Where: Gym 2
Register by: Tuesday, September 27
(after this date add \$5)

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. You will be sure to have a great time with instructor Tine Gulbrandsen.

When: Tuesdays, Sept. 20 – Oct. 25
Time: 11:00 – 11:45 am
Fee: \$27 LSCO M; \$36 NM
Register by: Friday, September 16
(after this date add \$5)

COLOURED PENCILS with WATERCOLOURS

You asked for it, here it is – coloured pencil and watercolour. Tired of the same old techniques in watercolour painting, well this is the class for you. One can achieve such interesting results 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 watercolour 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. Ask for a supply list upon registration.

When: Wednesday, Sept. 28 – Nov. 30
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Wednesday, September 21
(after this date add \$5)

DRAWING ANIMALS

Animals make such interesting subjects to draw. They have different body parts than us humans and their fur and skin have patterns and textures that are second to none.

We will learn to draw both four legged, two legged animals and creatures, expressive faces, some unusual poises and movement. We will also learn some interesting techniques in creating fur and feathers as well as understanding their skeletal structure works. Basic drawing techniques like contour lines, shading and how to create patterns will also be covered. Here’s your chance to draw your favourite animal. Ask for a supply list upon registration.

When: Thursdays, Sept. 29 – Dec. 1
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, September 22
(after this date add \$5)

August LSCO Weekly Activity Schedule				
Programs in Gym 1 & 2 from August 15 - September 2 are cancelled due to gym maintenance. If you have any questions, please ask at Administration Desk. For more information regarding programs contact the Administration Desk at 403-320-2222. Schedule may change without notice.				
Note: Some programs are for members only while others are open to the community. • Drop In Fee options available.				
Monday	Tuesday	Wednesday	Thursday	Friday
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am
	Advanced Photography 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am	
Keep Fit 10:00 – 10:50 am	Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am
	Lapidary 10:00 am		Badminton 10:00 – 11:50 am	
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm		Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm	
Pickleball 1:00 – 4:50 pm	Quilting 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 – 4:50 pm
	Pickleball 1:30 – 4:50 pm	Pickleball 1:00 – 3:30 pm	Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am -4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm



Store Hours:
Monday ~ Thursday 10:00 am - 6:00 pm
Friday ~ 10:00 am - 8:00 pm
Saturday ~ 10:00 am - 6:00 pm
Sunday ~ Noon - 5:00 pm

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JESUS CHRIST Superstar ~ Tickets on Sale Friday, August 19, 2016

TRIVIA: Did you know?
The recipe for hamburger pie, first published 50 years ago, has been requested most frequently through the years by the readers of “Better Homes and Garden”? The recipe has been updated and republished a number of times over the years.

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FROM THE GALT

The Day Barbara Ann Scott Came to Lethbridge

Did you have (or do you still have) a Barbara Ann Scott doll?

Even if you didn't, you may recall Barbara Ann Scott for she is one of Canada's best-remembered athletes and was known as Canada's Sweetheart.

The 1940s really were all about Barbara Ann Scott.

Born in Ottawa in 1928, Barbara Ann Scott worked hard for her success. By the age of nine, she was practicing seven hours a day. She actually quit school and worked with a tutor so she would have enough time to practice. In 1940, at the age of eleven, she became the youngest ever to win the junior champion in Canadian skating, even though she was competing against women who were sometimes twice her age. When only thirteen, she became the first female skater to land a double lutz jump during completion.

She was the Canadian figure skating champion from 1944 to 1948, the North American champion from 1945 to 1948 and the world/ European champion in 1947 and 1948. She was also named Canada's top athlete in 1945, 1947 and 1948, winning the Lou Marsh Trophy. Then there was her Olympic win in February 1948 where she brought home gold for Canada.. Barbara Ann Scott graced the cover of *Time Magazine* that same year.

After her gold medal at the 1948 Winter Olympics in St. Moritz, Barbara Ann Scott went

professional as a figure skater joining the Ice Revues. Whether as an amateur or professional, she certainly could draw a crowd. When the show came to Lethbridge in November 1949, approximately 7,500 spectators came over the two nights of the performance. Considering that Lethbridge's population was only around 21,000 people at the time, this is a significant turn-out.

"Every available seat in the Lethbridge arena was jammed Tuesday evening as Canada's skating sweetheart, Miss Barbara Ann Scott, thrilled a sellout crowd of about 4,000 fans as she starred in the final appearance of 'Skating Sensations of 1950.'" (16 November 1949 *Lethbridge Herald*)

This was the second night of her performance and she drew a sell-out crowd each evening. In fact, the arena, which normally sat 3,100 people, had 550 seats added along the edge of the ice to allow as many people as possible to see her perform. Fans came from wide and far, from Bow Island to the Crowsnest Pass and even from Montana to watch the performance. But even with the additional seating, another 500 fans were turned away from the show.

Of course, hopeful young skaters besieged her after the show. Though the show had 55 performers, it was obvious whom precisely they came to see.

Now what about the doll? In 1948, the Reliable Toy Company made the Barbara Ann

Scott doll to honour her and her gold medal. The doll was designed by well-known American doll designer, Bernard Lipfert. The 1948 doll wore a lace skating costume trimmed with marabou. The doll was very popular for a number of years and each year a new costume was created, always trimmed with marabou. The dolls came with a letter from Barbara Ann Scott, a pair of shoes and, of course, white skates. There were also Barbara Ann Scott skates and Barbara Ann Scott teddy bears and, not surprisingly, a large number of girls born in the 1940s and 1950s were also named Barbara Ann.

The doll remains a wonderful collectible and Barbara Ann Scott remains the only Canadian woman to win an Olympic Gold in women's figure skating. Following her figure skating career, Barbara Ann Scott became a horse trainer and worked in the equestrian world for decades. In 1991, she was awarded an Order of Canada and in 1995 she was inducted into the Canada Sports Hall of Fame. Barbara Ann Scott passed away in 2012.

Considering everything she had achieved, even at the young age of 21 when she performed in Lethbridge, it is easy to see why so many Lethbridgians and southern Albertans came to see her perform and dreamed of getting a Barbara Ann Scott doll for themselves. ★

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

Who said we need a new parking lot ~ the flood of 2016

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Probate Matters – Part 2

I often receive the question of whether one should transfer your home and or bank accounts into joint names with your children to avoid probate costs and delays.

For example, just today I received a call from a daughter who indicated her mother was in hospital and her mother wanted to transfer her home from her name only to her name and that of her daughter. The reason being is that they wanted to avoid the cost and delay of probate. The answer is, it depends.

First off let's discuss the cost associated with probate. As indicated in last month's article, there is a court fee for probate and the lawyer charges a fee to do the probate work. The court fee depends on the value of the estate, but the maximum chargeable is \$525.00. Alberta has the lowest court fees for probate in the country. The legal fee is typically \$2250 base fee, plus 1% of the value of the assets of the estate. Legal fees are negotiable with the lawyer. For example, an estate worth \$300,000.00 would have a legal fee of \$5250 plus court fees of \$525.00. This is fairly reasonable considering that the fees are shared amongst a few beneficiaries.

Secondly, probate need not be a lengthy drawn out process, typically the application can be



Legal
Tips and
Information

Douglas Alger

made with 1 to 2 months after the death of the testator, the person who made the will in question. Although an estate can take months to finally wrap up, the probate has little to do with the delay.

So armed with this information, should one do a transfer of title or assets into joint names? In most cases, one should proceed with caution. As the owner of the asset, you have the right to maintain that ownership unfettered from claims from your children or beneficiaries. Further if you do the transfer to one child or beneficiary only, they can claim that the property was gifted to them only and not the other children or beneficiaries. This can be difficult to undo once you have passed away and

could tie up your estate in litigation for years to come.

I think that before you make this decision you should consult with your lawyer and possibly your accountant, to determine if this is a good idea. The reason why I mention your accountant, is that there may be unintended tax consequences to your actions. In my experience, your lawyer should be able to give you an opinion after a short consultation and to be perfectly honest with you, I usually don't recommend that you do this, but I can be persuaded after reviewing the facts of each case.

It has been quite a summer so far in this world of ours. We in Southern Alberta seem to be living in an area that has been blessed with a steady economy, predictable weather, and lack of natural disasters. Southern Alberta seems also to be blessed with a great deal of citizens who have common sense and a live and let live attitude. We should be ever mindful of what we have here and continue to nurture our great community. Get out and enjoy our summer weather and see a little of what we have in Lethbridge and area. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Circuit Training

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week. Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please Note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: Tuesdays & Thursdays, August 4 – September 1 (no class August 16)

Time: 9:00 - 10:00 am

Fee: \$40 LSCO M; \$60 NM

Register by: Tuesday, August 2

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TRIVIA: Did you know?

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TRIVIA

Did you know?

Erma Bombeck wrote the book "When You Look Like Your Passport Photo It's Time To Go Home?"

Self Help Groups

Embracing Life’s Changes Coffee and Conversation Group

This is a drop-in support group that meets every Wednesday at 1:15 pm in Room B. Participants will share concerns, worries when they feel comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required. **The group will be taking a break for the summer and will resume on September 14th.**

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 **August 13th** at 2:00 pm in Room C & D.

Parkinson’s Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. The next meeting will take place on **Thursday, September 15th** as they do not meet through the summer months. For more information call 403-317-7710.

Alzheimer’s Caregiver Support Group

The Alzheimer’s Caregiver Support Group is now meeting at the LSCO. 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 group meets in Room B the 3rd Tuesday of the month. The next meeting is **Tuesday, September 20th**. For more information call Vedna at 403-329-3766.

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, September 26th**.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. The group will not be meeting during the summer months. The next meeting is **September 14th**. For more information about the group call Louise at 403-394-6495 or by email at llandry@shaw.ca.

Alcoholics Anonymous Saturday Morning Eye Opener Group

This group meets every Saturday morning at 9:00 am in Rooms C & D.

Sunset Alcoholics Anonymous

Meets in Rooms C & D Thursday evenings at 7:00 p.m.

Why don’t men embrace yoga?

Reasons for men to start doing what women already love

Why are men afraid of yoga?

People who practice yoga are generally happier, feel better throughout their body and are able to pull themselves out of the downward spiral of negative thoughts. Once you experience this for yourself, you want to share it with the people you love. So, why is it so damn hard to convince your guy to come to yoga with you?

It’s no secret that the majority of yoga practitioners here in North America are women. Drop into any yoga class and the number of women will greatly outweigh the number of men in class. Younger guys seem more open and willing to step on the yoga mat, but men over 40, the ones who need it the most, are few.

As men age, it becomes more important than ever before to find an activity they can maintain throughout their lifetime that will benefit the entire system, body, breath and soul, yet we when yoga is suggested, many roll their eyes.

Men, what are you so afraid of?

Here are my top 10 reasons why men are afraid of yoga.

1. Most of your “manly” activities involve time to sit and socialize, analyze the play, maybe slap each others bums (think golf, baseball or football). Yoga practice is about you on your yoga mat and keeping your focus on where to put your foot, your hand, your gaze and your breath. At the beginning, all that may feel way to confusing and way too flowy than anything you have previously done.
2. You are used to muscling and “manning” your way through pain and reps, but yoga is about moving slowly and mindfully and the complete opposite of what you are used to.
3. Yoga asks you to listen to your breath and relax your tight muscles which means you actually may have to admit that you are tighter than you realize.
4. Taking your shoes and socks off and sitting on the floor just seems weird.
5. Yoga is harder than it looks and its tough to admit that you may not be naturally good at something.
6. Lying on the floor in savansana at the end of class feels like a big waste of time and makes no sense. Stick with it and after a few times doing it, you will come to see its value and may actually like it.
7. It seems too much like dance class, just too weird or not manly enough.
8. You feel self-conscious being one of the few men in the class.
9. You’re scared, nervous, inhibited, self-conscious, and don’t want to feel vulnerable.
10. You are embarrassed at how little flexibility you have and would rather not deal with it in front of your partner.

To combat those ideas, here are 10 general reasons men should get on the yoga mat:

1. Relieve stress.
2. Increase flexibility.
3. Build strength in places you didn’t know needed strengthening.
4. Heal and prevent injuries.
5. Share something with your spouse that they love and grow something together.
6. Take yourself out of your comfort zone.
7. Challenge yourself.
8. Calm your mind.
9. Feel better everyday.
10. Have better sex because you are both more connected to the body, breath and soul.

Here are 10 practical reasons why you should get on the yoga mat:

1. Be able to put on your pants one leg at a time without having to sit down.
2. Be able to take care of your own toenails.
3. Continue to be able to shoulder check when driving.
4. Be able to bend down and pick things off of the floor without hurting yourself.
5. Continue doing the activities you love to do without worrying about injury.
6. Be able to lower and raise yourself up and down off the couch or toilet without assistance or without crashing down on the final few inches.
7. Be able to squat down in the garden with your children and grandchildren.
8. Acquire knowledge on how to take care of yourself when you do have an injury.
9. Be able to keep your body strong and flexible until the day you die.
10. Have better sex because you feel better and are able to change position without wrenching your back.

If your partner is already practicing yoga and has asked you to join and come too, then you are one lucky guy! Say yes next time and embrace what your partner is saying to you. ‘I feel good and want you to feel good too.’ Having something you can do together that is beneficial for your health is what will keep you both healthy, strengthen your relationship and improve your sex life, At the end of the day, aren’t these things the most important?

by Johanna Steinfeld, For the Calgary Herald 08.05.2014

Johanna Steinfeld teaches yoga to men and women in Calgary’s southwest. www.itsjustyoga.com.

PLAY HEAR

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TRIVIA: Did you know? In Italian, Mafia means swank? **TRIVIA: Did you know?** Pogonophobia is the fear of beards.



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In honour of National Seniors Day October 1st, AgeCare Columbia along with very committed partners have come together to create the Seniors of Distinction Awards.

September 30th ~ 2 pm – 4 pm
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NOMINATE A SENIOR OF DISTINCTION TODAY!
Deadline for nominations is August 15th.
Winners will be notified by September 1st.

NOMINATE ONLINE
agecare.ca/SeniorAwards
OR
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I WISH TO NOMINATE THIS SENIOR OF DISTINCTION

Name: _____ Age: _____

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Please attach a brief statement (*no more than 2 pages*) about the nominee's contribution and why they deserve the award.



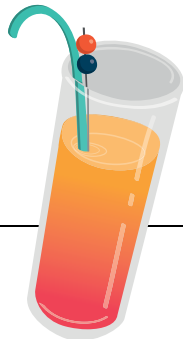
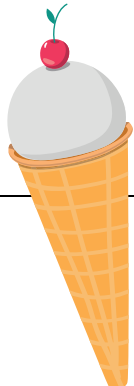
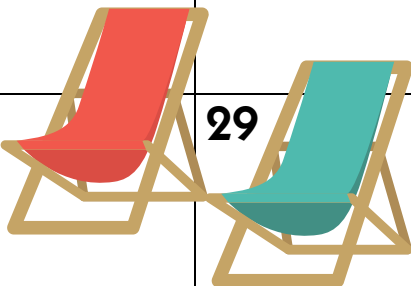

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August 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Heritage Day</i> LSCO Closed	2 Movie Time 1:00 pm Chair Exercises 2:45 pm	3 Fun with Wii 1:00 pm Fit Walk 1:45 pm	4 Music with Sandy 1:00 pm	5 Music Program Hank Wiebe 12:30 ~ 2:00 pm	6 
7 		9 Music with Hank 1:00 pm Chair Exercises 2:45 pm	10 Bowling Holiday Bowl 1:00 pm	11 Music with Don Robb & Randy Epp 1:00 pm	12 Music Program TBA 12:30 ~ 2:00 pm	13
14	15 	16 Music with Floyd Sillito ~ 1:00 pm Chair Exercises 2:45 pm	17 Fun with Wii 1:00 pm Fit Walk 1:45 pm	18 Music with Barry 1:00 pm	19 Music Program Los Gringos 12:30 ~ 2:00 pm	20 
21	22 	23 Pet Therapy with Heather ~ 1:00 pm Chair Exercises 2:45 pm	24 Bowling Holiday Bowl 1:00 pm	25 Music with Alex, Bill & Roy Los Gringos 1:00 pm	26 Music Program Ray Sauer & Colin Towells 12:30 ~ 2:00 pm	27
28	29	30 Music with Marg Chubb ~ 1:00 pm Chair Exercises 2:45 pm	31 Carpet Bowling 1:00 pm			
Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$5 per visit.						

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Better Choices, Better Health is a free 6-week course that offers support to people who have ongoing chronic health conditions, or are at risk of developing a condition like:

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- and many others

Adult family members and caregivers are also welcome.

The course covers how to deal with depression and difficult emotions, how to think positively, improving your communication skills, eating healthier, working on weight issues, controlling pain and fatigue, being active, preventing falls, breathing easier, using distraction, making action plans, solving problems, brainstorming ideas, ways to improve sleep, and how to work better with your Health Care Provider.

Tuesdays, September 13 to October 18

9:00 to 11:30 am

LSCO ~ Room A ~ 500 - 11th Street South


Individuals wanting to take part in the course need to register in advance. No cost. **To register please contact South Zone Registration in Lethbridge 403-388-6654 or toll free 1-866-506-6654.**

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LEARN More: Frauds and Scams

One of the most common concerns that LEARN receives reports about is financial abuse. There are many different scenarios that fall under the umbrella of this kind of abuse, but lately I have been hearing from a number of seniors that have been targeted by or caught in some type of fraud or scam. These situations fall outside of the LEARN mandate, but in the name of prevention I thought it would be appropriate to share some basic information and tricks that I have come across.

Frauds and scams have occurred for years and can fool adults of all ages and from all walks of life, although seniors may be particularly vulnerable. Scams can occur by mail or email, over a land-line or cell-phone, in person at your front door or out in the community. Some are quite sophisticated, others are simple in nature, but all can be equally devastating. Scammers are imaginative and manipulative, and use a variety of techniques to get us to pick up the phone or open the mail, or convince us to buy into their requests. A call may appear local but be based overseas. A letter or email may use graphics or logos that appear to be genuine or come in an envelope with stylized and personalized handwriting. They may use high pressure or fear-based tactics, exploit emotions or personalize the request by making you believe that you know them (one senior I spoke to said the caller asked for them by name). They may also try to legitimize their request by exploiting a local or global issue. As an example, I was recently approached by a man claiming to sell raffle tickets to benefit



LEARN
Case
Manager

Tanya
Purdy-Fischer
learn@lethseniors.com
403-320-2222 ext. 31

people affected by the Fort McMurray fire. I have also heard from several people who were approached with a “rent-to-own” offer on new furnaces and/or water heaters to avoid paying more once Alberta introduces the carbon tax. Some of the more common scams to watch out for include:

- Lottery/Sweepstakes/Inheritance/Contest
- Grandparent or Emergency Scam
- Canada Revenue
- Romance Scams
- Health scams
- Charity scams
- Service scams

According to *The Little Black Book of Scams*, a publication put out by the Federal Government, there are several “golden rules” you should always follow in an effort to protect yourself from scams. First, seek independent advice anytime an offer or demand involves money, personal information, time or commit-

ment. Never send money or give credit card or online account information to anyone you do not know and trust. Second, do not agree to offers or deals right away. Insist on time to get independent advice before making a decision. Third, do not hand over money, personal information or sign anything until you have done your homework and checked the credentials of the company or individual you are dealing with. Fourth, do not rely on glowing testimonials. Find evidence of a company’s success.¹ I have also found it is good to pay attention to the details, or lack thereof, as the case may be. In one situation, a senior received a personalized letter, addressed to the wrong gender, with the first and last name mixed up. In another, a woman received a letter from an American company with a request to deposit a cheque from a bank in British Columbia. If the details are vague or don’t make sense, get more information from a credible source (eg. The Better Business Bureau). Finally, don’t be afraid to ask questions, and trust your instincts. If it seems too good to be true, it usually always is.

For more information or to report a concern, you can contact the following agencies:

- Lethbridge Police Service (look online at www.lethbridgepolice.ca for local scams that have been identified)
- Your local RCMP station or online at www.rcmp-grc.gc.ca
- The Canadian Anti-Fraud Centre (www.antifraudcentre.ca or 1-888-495-8501)
- The Competition Bureau’s Information Centre (www.competitionbureau.gc.ca or 1-800-348-5358).
- Service Alberta Consumer Contact Centre (www.servicealberta.ca or 1-877-427-4088).

Computer Corner by Sjoerd Schaafsma

Transferring Photos from a Mobile Device to a PC – Part One

Summer is here and the cameras and smart phones will undoubtedly be filling up with photos. The computer club has had several workshops on transferring files and photos between devices, but the questions keep coming.

There are many ways to transfer files, many of them free, and some ways are better suited to certain situations. Some of these methods work only for certain devices, others can be used across different operating systems and devices. The speed of transfer is determined by things such as; the type and age of device, (camera, smart phone, tablet, computer) the method of connecting devices, (memory card, cable, wifi) and the speed of your internet or wifi connection.

So, down to specifics, hardware first, fastest first. This article assumes you are familiar with basic file transfer and copy techniques in your operating system of choice, either Windows or Mac. If you are running Linux... please, write a guest article for the Computer Corner.

Secure Digital Card: Usually just called an SD card, it comes in two sizes, regular and micro. This is the flat black chip with gold contacts on one side and a little corner cut out. Remove it from your device and put it into the SD card reader in your computer. A thin little slot usually on the front of your computer labeled “MMC, or SD”. There may be a group of slots on your computer, pick the right one. If you have a micro SD card (about the size of a fingernail) it probably came with a carrier or adapter to let you plug it into either a USB slot or an SD card reader on your computer. If your computer is too old to have an SD card reader built in, you may find one in your printer. They are available at computer stores for a reasonable price, ask for a memory card reader. If you’re lucky you might find one at the dollar store. If you’re patient you can get them on Ebay for as little as a dollar, free shipping. The reader plugs into an existing USB port.

If your device is a camera, the pictures are usually in a folder called DCIM, which stands for Digital Camera IMages. The photos can now be copied to your PC or Mac. Photo folders for other devices vary.

Next month: More storage and transfer options.

This month’s tip:

Sticky Notes: In Windows 7 and higher there is a program called sticky notes which you can use to leave messages to yourself on the screen.

The computer club is taking a break from regular workshops during the summer months.

The lab is available to members on Monday and Wednesday afternoons, unless it has been pre-empted by a class. Check the Computer Club Bulletin Board in the downstairs foyer for a list of unavailable dates.

Past issues of the Computer Corner can be read online at <http://members.shaw.ca/lscocc> or the Computer Club tech site <http://tinyurl.com/hzwnhbt>

Direct your comments to: saltidae@gmail.com



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TRIVIA: Did you know?

Mosquitoes have teeth and dragonflies have
the best eyesight in the insect world.

Computer Club
WORKSHOPS

September 2016

The first two workshops of September will deal with the lab
setup and Windows 10 question and answer sessions.
September 7 & 14 – Windows 10 question and
answer sessions

Please jot down some questions you have about Windows
10 to help the workshop run smoothly. Emailing them
ahead of time, would be even better. It would be great to
have a list of questions so the presenter(s) can be more
prepared.

During the summer club members will be setting up the 6
new computers the LSCO purchased for the lab and getting
the entire lab ready for fall workshops and classes. The
new computers will have Windows 10 installed. If you have
suggestions for workshops or classes please email saltidae@gmail.com or computerclub@lethseniors.com.

foxdenture5@telus.net

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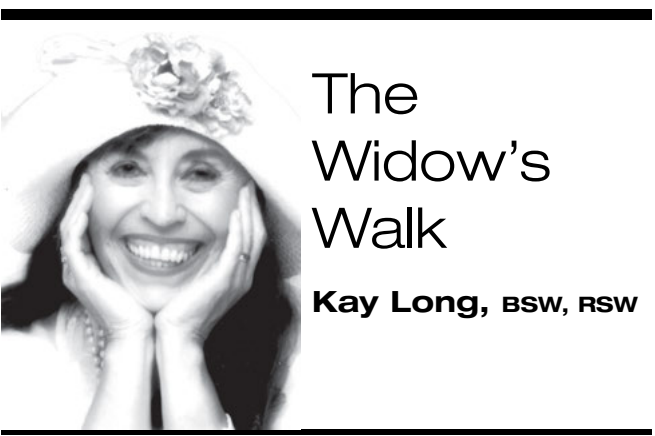
Pain, Pain, Go Away!

It is better to wear out than rust out.
~ Mae West (a sign that hangs in my kitchen)

Like many other seniors I live with pain. I have a peculiar type of arthritis that also affects the gastro-intestinal system so I can't use the usual kinds of pain medication (anything with ASA). Chronic pain also causes depression for many and, since my #1 job is to care for me and mine (Husband, dog, cat) I need to find a way to cope with the daily grind of pain. My counselor suggested the "Chronic Pain Self-Management Group" provided through Alberta Health Services. It is an 8-week program and I found it to be both helpful and enjoyable.

First of all I have to say that they do not have a delete button to take away the pain but attending the group was helpful, informative and interesting. The curriculum presented information about self-management, making changes in our lives to cope with pain, and acceptance that, for most of us, the pain is not going to go away. Pain management is, in many ways, like going through loss and grief. Loss of the person we used to be who was not in pain, and grief that we must learn to live with the loss of our once healthy, pain-free self. We learn to develop our own coping mechanisms other than, or along with, pain medication.

Some of what was presented in the Program was a reminder of things I had once learned but had forgotten to use and I especially appreciated what the other group members mentioned. They shared their own ways of coping



The Widow's Walk

Kay Long, BSW, RSW


with chronic pain and some of the ideas were new and useful. Here are a few of our collective methods shared:

1. *Distraction from pain helps.* Concentrating on anything else will change the direction of your thoughts. Several of the group members use the new adult coloring books.
2. *Keep moving* – sure it hurts, but if you walk, swim, garden, practice yoga or any other way to keep your body moving the pain will minimize with repetition of movement.
3. *Medication* – used as prescribed will allow you to move. My own GP says, "You don't want to chase pain - stay ahead of it."
4. *Laughter abates pain* – even a forced smile will promote healing endorphins. Read any of Norman Cousins's books. He used laughter to manage his pain after he was diagnosed with a debilitating disease.
5. *Love nature* – just going outside will often interrupt a pain "hurricane". Walking (if

- possible) is even better. I walk daily at the insistence of my Husband and dog.
6. *Have a "pain buddy",* someone that you can talk to when the going gets tough and will not judge or offer solutions – they just listen.
 7. *Pet a pet,* if possible. Just stroking a critter can ease pain and depression and they appreciate the extra attention.
 8. *Meditation/mindfulness* – deep breathing exercises, self-evaluation and guided imagery are all helpful to alleviate pain. Any book (or tape) by Dr. Jon Kabat-Zinn is good. I started with *Full Catastrophe Living* many years ago and then discovered *Wherever You Go There You Are*.
 9. *Rocking* – I have a rocking chair that is very soothing for my back pain and I was surprised to hear that others use rocking. Continuous movement is a form of self-soothing and it works.
 10. *Acceptance* – for many of us the pain is there and will continue to be there. The trick is to find our own way to live with it and to accept that, while we cannot cure we can learn to endure.

I enjoyed this experience and the eight weeks went by too quickly for me. Anyone who is interested in attending this Alberta Health Services program should contact their own health care provider. ★

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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