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AUGUST 8

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AUGUST 10

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Executive Director


Rob Miyashiro
rmiyashiro@lethseniors.com

You will often hear Seniors Services professionals discussing the benefits of physical activities as well as cognitive exercises for the long-term well being of older adults. At LSCO we believe the activities, classes and groups available here have a tremendous positive impact on our members and participants. Is this just our “gut” instinct or is there quantifiable evidence available to support our belief?

In a paper titled “Social Participation and Its Benefits” by Novek, Menec Tran and Bell (University of Manitoba Centre on Aging, 2013) the authors performed a literature review on the benefits of social participation generally and benefits of senior centres specifically, they interviewed 60 older adults who attended senior centres and they interviewed 10 Directors and Program coordinators of Senior Centres. This is what they found:

- Research demonstrates the benefits of social participation to older adults’ physical and mental health. The potential cost savings of enhancing social participation and consequent health benefits should be explored.
- Securing funding to support operations is an on-going challenge for senior centres. Ensuring that senior centres have sufficient funds ensures that they are able to provide the programs, services, and resources to promote the health and well-being of older adults which, in turn, could lead to cost savings in the health care sector.
- The availability of health and support services varied considerably between senior centres. Senior centres serve diverse populations of older adults, and members vary in terms of their age, health and support needs. Whether some senior centres would benefit from additional or specialized health services, including mental health services, should be explored.

This report, as well as several others, validates that our activities, services and supports can (and do) play a huge role in the well being of members and participants. Please pass this along to anyone who thinks that only “old people” attend LSCO. Perhaps it’s just the ones who understand the benefits and want to live a fuller, healthier life. ★



So long as we are human we need compassion. Compassion brings inner peace and whatever else is going on, that peace of mind allows us to see the whole picture more clearly. So, in our education we need lessons about developing warmheartedness and finding inner peace. I’m convinced that today’s young people can achieve a more peaceful world if they cultivate that as their vision and begin to work towards it now. ~ Dalai Lama

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





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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and Keith Sumner (Acting Board Member)

LSCO 403-320-2222

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Articles may be edited for space requirements.*

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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



LSCO Vision Statement

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

*Welcome
New Members!*

Edith Hepburn	Joseph Thompson
Liz Iwaskiw	Miriam Thompson
Carol Scott	Harold Plumpton
Helene Thompson	Edna Plumpton
Kerry Ailsby	Norma Zobell
Jim Ailsby	Laura Hoar

*A Smile is the Universal
Welcome.*

Sorry LSCO WILL BE
Closed
MONDAY, AUGUST 7

*Online registrations coming soon!
Watch for notices and information.*

Lawn Care Services

Did you know that the LSCO provides ***lawn care services*** for low income seniors who receive guaranteed income supplement?

If you qualify and would like more information, please contact Diane Legault at the administration desk at 403-320-2222.

COFFEE
IS ALWAYS
ON AT
LSCO

**GET YOUR 10X
FITNESS PASS**

Pass holders have drop-in access to the following:

Fitness Centre, Active Aging, Gentle Yoga, Noon Yoga, Zumba Gold and Active Yoga & Stretch.

LSCO Hours of Operation

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

WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!

LSCO Gym 1 & Gym 2 will be **CLOSED** from August 14 – September 5 for maintenance.

LSCO *Times* Publishing
Schedule

Issue	Deadline
September 2017.	August 18
October 2017.	September 15

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

Hooray! We're home. After the long (10 and a half hours) drive, followed by a very busy week, it's good to be home. It is also good to get back to delivering Meals on Wheels, then have a good lunch in the LSCO Dining room and meet with friends and staff and have a few laughs.

We were fortunate to get away for a while to visit family. We enjoyed spending time with our daughter and her family but while we were there we were close to where the fires were burning. Kamloops was the centre for the fire fighting in the Cache Creek area. There was a steady roar of fire bombing planes coming in to refill their supply of fire retardant and head out again. We could hear them as they flew over the house.



President's Message

Bob Maslen

People who had been evacuated were brought to Kamloops. Restaurants and hotels provided help at reduced rates. Many individuals very generously provided help to the evacuees. Many of the people did not know if they had

homes to go back to and other already knew their homes had been destroyed. It brings back memories of the fire here in Alberta at Fort McMurray.

It makes us realize how fortunate we are here to live in Lethbridge. We are still advised to keep a 72-hour kit in our homes that we can grab and go if calamity strikes here.

I remember when a water line Rio Vista condo complex broke in the garage area and people had to be evacuated. We never know when we may need help or need to help someone else. I know we have a very generous city so lets continue to enjoy our friends and families through the rest of the summer and be rested and ready for the Fall activities here at LSCO in September. ★

**ONE COUPON
PER PERSON
PER VISIT**

EXPIRES AUGUST 31, 2017

Does not apply to fitness equipment
(yoga mats, straps, poles, etc.)

Does not apply to snacks & beverages

**20%
OFF ONE
ITEM IN THE
BOUTIQUE**

What dreadful hot weather we have!
It keeps me in a continual state of inelegance.

~ Jane Austen

**LSCO Friday
Music Program**

August 18, 2017

Devon Lamont

Local Artist

Guitarist playing Folk & Classic Rock

12:30 ~ 2:00 pm
Stage Area
LSCO

August Hot Lunch Fridays

FRIDAY, AUGUST 4

Roast Beef Dinner

Mashed Potatoes & Corn \$9.00 M; \$10.95 NM

Chicken Veggie Soup \$3.15 M; \$3.75 NM

Large \$4.15 M; \$4.85 NM

FRIDAY, AUGUST 11

Ham Dinner

Scalloped Potatoes & Peas \$9.00 M; \$10.95 NM

Five Bean & Kale Soup \$3.15 M; \$3.75 NM

Large \$4.15 M; \$4.85 NM

FRIDAY, AUGUST 18

Turkey Dinner

Mashed Potatoes & Turnips . . . \$9.00 M; \$10.95 NM

Beef Barley Soup \$3.15 M; \$3.75 NM

Large \$4.15 M; \$4.85 NM

FRIDAY, AUGUST 25

Roast Lamb Dinner

Baby Potatoes & Spinach. \$9.00 M; \$10.95 NM

Clam Chowder \$3.15 M; \$3.75 NM

Large \$4.15 M; \$4.85 NM

Lunch Served 11:00 am 1:00 pm • Daily Sandwich & Salad Specials

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Volunteer & Fund Development

Someone told me the summer here would be quiet. Although there has been a little less traffic past my office door in the past few weeks, things have not slowed down for me one bit.

SO SHINY!

I have recently met a number of new volunteers who are interested in helping keep our building clean, can you imagine that? If you have noticed scuff marks washed off walls, glass doors and windows shined, and plants dusted, we have these newbies to thank! We also have a new plant caretaker, Diane, who has our atrium/greenhouse perked right back up.

BINGO VOLUNTEERS UPDATE

WOOHOO! Thank you to our newest Bingo Volunteers who have stepped up: Verl, Wayne, Cheryl and Heather. We also have a fab new “in-house” bingo volunteer: Louise. We would still love to welcome another two or three volunteers to our Winners’ Bingo Team (and another one or two to our in-house team). What do you say? Could you handle one or two walking workouts a month? Winners’ Bingo Volunteers get a free lunch, free t-shirt and every ten bingos you work gets you \$10 off next year’s LSCO membership.

PHOTO DIRECTORY PROJECT – PHONE CALL VOLUNTEERS

Have you heard that the LSCO is doing a photo directory this fall? All of our members will have the option to have their photos taken



Coordinator

Chelsea Sherbut
csherbut@lethseniors.com
403-320-2222 ext. 31

and included in the directory – and those who choose to participate will get a copy of the finished directory for free!

To make this happen, I need a LOT of volunteer help in the month of August. Are you good on the phone? Can you spare one hour (or more) to come in and make phone calls to members to schedule photo appointments? I would sure appreciate your help getting this big task done. In September I will also need volunteers to help with confirmation calls and the sign in process.

If you’d like to volunteer OR schedule your photo spot, give me a call (number at the top of this column).

BOUTIQUE COUPON

Did you already find the coupon for the Clever Crafter’s Boutique in this edition of the *LSCO Times*? Cut it out right away and bring it with you when you next visit! This is a rare chance to save some dough and support our consign-

ees and volunteers, valid only in the month of August. I’ve got my eye on a few things, and I plan to start my Christmas shopping.

EMERGENCY PROCEDURES FOR VOLUNTEERS

Thanks to our Member Services Volunteer, Jeanne, for the suggestion that we officially introduce and orient our volunteers to our Emergency Procedures. I have connected with many of our volunteers to make sure they know the scoop. Do YOU know the emergency procedures for our building? If you haven’t been oriented and would like to, please swing by my office or give me a call.

SCIP STUDENTS

In the coming months, we will have a few more young faces around the LSCO. SCiP stands for Serving Communities Internship Program and it is open to post-secondary students. If you have a grandchild or friend who is studying at Lethbridge College or the University of Lethbridge, encourage them to check out join-scip.ca to check out the opportunities offered. Interns get great experience with non-profit organizations AND get a \$1,000 bursary.

HAVE AN IDEA?

If you’ve got a brainstorm about a volunteer position you’d like to develop, call, email or drop in! csherbut@lethseniors.com or find me in my office next door to the Dining Room. ★

DID YOU KNOW: Only one McDonald’s in the world has turquoise arches. Government officials in Sedona, Arizona, thought the yellow would look bad with the natural red rock of the city.

Kindness Rocks!

Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness.

Kindness extended, received or observed beneficially impacts the physical health and feelings of everyone involved.

~ Dr. Wayne Dyer

Did you know ?

An act of kindness can:

- ✓ Decrease stress ✓ Boost happiness
- ✓ Lower blood pressure
- ✓ Release feel-good chemicals (serotonin & oxytocin)
- ✓ Inspire more kindness

Come in and join us on

Monday, August 14 & Wednesday, August 16

10:00 am – 12:00 pm in the Craft Room

Bring your own flat rock to paint your unique kindness message on it to share.

Paint and paint brushes available.

For more information please contact Lavonn Mutch or inquire at the front desk.

See you there!

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Self Help Groups

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 12th** at 2:00 pm in Room C & D.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. **The group does not meet for July and August.** For more infor-

mation about the group please call Kelly at 403-359-3811 or email: strokeresources@outlook.com

Sunset Alcoholics Anonymous

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

Alzheimer's Caregiver Support Group

The Alzheimer's Office is now located at #40 - 1202 2 Avenue South. The group does not meet during the summer months and starting in September they will be holding their meetings at their new location. For more information about the group and meeting times please call Vedna at 403-329-3766.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 pm in Room A. The next meeting is **Monday, September 25th, 2017.**

Parkinson's Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. **The group does not meet for July and August. The next meeting will be September 21st.** For more information call the Parkinson's office at 403-317-7710.

Alcoholics Anonymous

Saturday Morning Eye Opener Group

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

Intergenerational Program

Intergenerational Program in partnership with **Where the Wild Things Grow Early Learning Centre** is taking place at LSCO. This will give you our members a chance to interact and spend some time with some little people ages 3 to 6.

Where the Wild Things Grow staff will bring a variety of books, crafts, wooden blocks etc. for you to interact with the little ones for about an hour.

This program will run the 2nd Tuesday of every month from 9:00 – 10:00 am in Stage Area

Join us on
Tuesday, August 8th
and make the difference in the life of a little person who might not have any interaction with a Grandparent figure.

WINNERS BINGO

Volunteers Needed

Mondays & Thursday 11:00 am - 4:00 pm

FREE LUNCH

Variety of positions available

Please see Kari at the Admin Desk or call 403-320-2222

Seniors Fuel Pickleball Mania

Who would have believed that Pickleball, a game invented on Bainbridge Island fifty-one years ago, was destined to become the fastest growing sport in North America? The game owes its name to Pickle, a ball-retrieving cocker spaniel.

According to the US Pickleball Association (USPA) there are currently over 200,000 players in North America. Pickleball Canada reported six-thousand players in 2014 and twelve thousand in 2016, doubling in just two years – and the fastest growing group is 55+. Many cruise lines now offer pickleball as a guest activity.

Pickleball combines elements of tennis, badminton, and ping-pong. It's played on a badminton-sized court with a net a few inches lower than in tennis. Players use what looks like an oversized ping-pong paddle to send a wiffle ball back and forth across the net - until someone misses. Be careful not to step in to the kitchen!

To understand the popularity of the game, visit any pickleball venue. It's a very social game. You'll see people having a great time. One of the players will welcome you with a big smile, explain the game, and invite you to join in. You'll play with a variety of partners and get to know them better chatting between games. With the growing popularity of pickleball, chances are someone you know will be there.

Pickleball is a fun way to exercise. The bending, reaching and court positioning helps improve mobility and flexibility. Striking the ball enhances hand-eye coordination, while keeping score helps with short-term memory. I'm still working on that, but no one worries too much about the score. Time literally seems to fly by, and I always leave a session feeling tired, but exhilarated. To get started, all you need are court shoes, and gym attire or comfortable clothing. Most venues provide paddles for beginners.

Even if you haven't played racquet sports, pickleball basics are easy to learn, but a good place to start is at a beginner's drop-in clinic.

Whether you're a snowbird and flock south for the winter or travel close to home, there's probably a pickleball group nearby. When we visit family in Lethbridge, Alberta, I play with the **Lethbridge Senior Citizens Organization**. They have an active and welcoming group. No matter where you go in the Pickleball world, you won't be a stranger for long.

If serious competition is your forte, pickleball accommodates that, too. There's a range of fun and seriously competitive tournaments. A tournament listing is at www.victoriapickleball.org

Oh, yes. There's one other thing I should mention. Pickleball is highly addictive.

by John R. Paterson
INSPIRED Senior Living magazine
www.seniorlivingmag.com

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The Glendale-Dieppe Neighbourhood

Dieppe is commemorated in Lethbridge in the Glendale-Dieppe neighbourhood. Glen-

Cassino Street – Cassino was part of the Italian campaign in 1944 and is related to the fight for Cassino and its hill, Monte Cassino. Cassino war cemetery is the second largest

Throughout the Glendale-Dieppe area, there is a history lesson about the Second World War. As you walk or drive through the area, think of Merlin Crawford and all of the others from Lethbridge and Canada whose time in the Second World War is highlighted by the names of the streets. ★

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










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Friday Music Program
Hank Wiebe
FRIDAY, AUGUST 4
12:30 – 2:00 pm

Self-Compassion

“When you are compassionate with yourself, you trust in your soul, which you let guide your life. Your soul knows the geography of your destiny better than you do.”

~ John O’Donohue

Is it possible to treat ourselves with the same understanding and care in which treat our best friend or even a total stranger in need? How many of us carry the notion that being hard on ourselves will motivate us to make fewer mistakes or to act in a different way?

Dr. Kirsten Neff has researched self-compassion for decades. For caregivers, her definition includes showing self-kindness, like the way we would treat a friend. It’s giving ourselves, as caregivers, permission to meet our own needs rather than self-judging our perceived inability to cope. Dr. Neff encourages caregivers to see caregiving as a larger human experience and to know they aren’t alone. She also encourages caregivers to be mindful of feelings,

especially the painful and negatives ones. It’s about acknowledging that life is imperfect and to hold space and comfort for ourselves in the face of difficult times.

It turns out that when we are kind to ourselves or showing self-compassion, it leads to increased feelings of happiness, optimism, gratitude, and life satisfaction. It’s even linked to better coping and resiliency in the face of demanding life situations, such as caring for someone else.

For caregivers, self-compassion is shown to lead to more satisfaction caring for someone and decreases the chances of burnout. It helps deal with the grief or challenges by simply looking at ourselves in the mirror and saying, “This is hard right now. It’s only natural that I’m feeling sad or stressed.”

Gwyn Sproule has cared for her husband with Parkinson’s disease for over 10 years. She’s learning self-compassion every day. “I returned from a month-long trip in Asia. My husband is more diminished each time he comes back from respite, and I feel badly about that. But the fact is, he has a progressive disease and, no matter what I do or don’t do, he will diminish. Making an effort to take care of my needs through work and travel helps me be a better caregiver and wife.”

Showing ourselves self-compassion isn’t an overnight fix. There is no magic. It takes practice and patience.

Dr. Neff has a website devoted to research, tips for self-compassion and a variety of practical exercises. She has one specifically for caregivers called, “Taking Care of the Caregiver.” For more information, please visit <http://self-compassion.org/exercise-8-taking-care-caregiver/>

by Wendy Johnstone
INSPIRED Senior Living magazine
www.seniorlivingmag.com



Fitness PASS

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. This pass will expire December 31, 2017.

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

How is your hearing?

Do you need a **Hearing Test?**



Candice from **Lethbridge Hearing Centre** will be here **Thursday, August 10**

Book your free initial test at the admin desk or phone 403-320-2222

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.

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Morning Exercise	\$4.00	\$5.00
Chair Yoga	\$3.00	\$5.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Yoga Blend	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Pilates	\$6.00	\$7.00
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

Go to our website at www.lethseniors.com to view all our exercise and fitness classes as well as upcoming events, creative arts classes, year-round classes and general information.

You can also purchase a 10X pass to use for drop-in classes. See the administration desk for details.



WINNERS

Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

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Sunday Afternoons **FREE \$200 GAME**

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

CLASSIFIED ADS

THINKING OF PAINTING?

Give us a call. We’ve painted some of the largest and smallest homes in Lethbridge. Our painting service is Affordable, Fast, and Reliable. Call Rena today for a free estimate. 403-795-9554.

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.

For Sale: Power Wheelchair \$2,000 HS-2850 **SOLD** drive, new May/16 used **SOLD** ph, capacity 300lbs, swing-away joystick Call 403-752-4953 after August 13.

Serving Lethbridge and area for 7+ years. **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**

A floor to ceiling super pole with horizontal bar that provides assistance when getting up or transferring. \$140. 403-308-0916

For Sale: Lift-out Chair \$700 Pride LC570L–purchased new Jan/16 used until Oct/16. Capacity: 375 lbs, height range: 5’9”-6’2” Call 403-752-4953 after August 13.

DID YOU KNOW:

When asked if he knew the speed of sound, Einstein said he “didn’t carry such information in my mind since it’s readily available in books.”



EverReady Plumbing

Providing Hot Water on Demand is a “Tankless” Job!

Tankless “Rinnai” Water Heaters
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Service Work • 49 Years Experience
Prompt, Reliable, Honest

Terry Phillips
403-360-4966 10% Seniors Discount

Join us and stay cool 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 and visit www.lethseniors.com.
- If making payment **after** "register by dates" **\$5 will be added to course fee.**
- **Refunds** will **NOT** be given after registration has been made. For medical reasons credits may be given and a \$5 Administration Fee will be charged.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

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

LSCO Member Fees

- 1 month..... \$18
- 6 months..... \$99
- 12 months\$180

Non-Member Fee

- 1 month..... \$27

PARKING PASSES

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

- Renewal\$10 (when returning past years pass)
- New\$13
- Day Parking.....\$3

NOTE: Check the bulletins, websites often for upcoming classes. Sometimes they don't make the paper!

Sports

GOLF FOR SENIORS 55+

Cara Vanderham, Assistant Golf Professional will instruct the lessons. Please bring your golf clubs. If you don't have any, they will be made available. We will review the basics and give one on one tips to help improve your skills and swing, helping to make you even more comfortable on the golf course. Perfect for the beginner or for those who haven't golfed in awhile. Space is limited so register at LSCO soon! Lessons are held at Evergreen Golf Centre.

- When: Wednesdays, August 9 – 30
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$40 NM
Register by: Tuesday, August 8
OR
When: Fridays, August 11 – September 1
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$40 NM
Register by: Thursday, August 10

GOLF FOR LADIES & GENTLEMEN 55+

Dave Nelson, Head Golf Professional will instruct this 4 week class. Space is limited so register at LSCO soon! Lessons are held at Evergreen Golf Centre.

- When: Tuesdays, August 15 – September 5
Time: 1:00 – 2:00 pm
Fee: \$35 LSCO M; \$40 NM
Register by: Monday, August 14

Exercise & Movement

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 so glad you did. Wear comfortable clothes, indoor footwear and bring a water bottle. Class is taught by Nicole Stratychuk.

- When: Tuesdays, July 4 – August 29
(no class August 8)
Time: 11:00 – 11:45 am
Drop in Fee: \$6 LSCO M; \$7 NM

FITNESS CENTRE

Need to get out of the heat to get your exercise in? The LSCO Fitness Centre has a variety of easy to use weight resistance machines, treadmills and bikes.

- When: Monday-Friday
Time: 8:00 am – 4:15 pm
Fees: \$18 per month LSCO Members
\$27 per month Non Members
Drop In Fee: \$6 LSCO M; \$7 NM

Yoga

CHAIR YOGA

This is a unique style of yoga that adapts yoga positions and poses using a chair. 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: Wednesdays, August 2 – 30
Time: 9:30 - 10:20 am
Fee: \$12.50 LSCO M; \$20 NM
Drop In Fee: \$3 LSCO M; \$5 NM

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
August 1 – 31
Time: 9:30 – 10:30 am
Fee: \$45 LSCO M; \$65 NM
Drop In Fee: \$6 LSCO M; \$7 NM

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, July 11 – August 29
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

Adult Day Program

ADULT DAY PROGRAM

This program offers individuals with physical and/or mental limitations the opportunity to participate with other adults in a variety of activities. Weekly entertainment, pet therapy, games, cards, exercises are some of the planned programs. Refreshments included. Caregivers are free of charge when supporting clients however, refreshments are not provided. Drop ins are welcome. For more information contact 403-320-2222.

- When: Tuesdays, Wednesdays, Thursdays
Time: 1:00 – 4:00 pm
Fee/day: \$3 LSCO M; \$5 NM
10 x Pass: \$30 LSCO M; \$50 NM



The following programs have ceased for the summer.

Ceramics & China Painting, Karaoke, Keep Fit, Golden Mile Singers, Paper Tole, Digital Photogrpahy & Wood Carving.

They will begin again in September.

If you are uncertain please call 403-320-2222.

one of the greatest moments in life is realizing that two weeks ago you body couldn't do what it just did.

AgeCare Columbia

Discover all-inclusive retirement living for one affordable monthly fee at AgeCare Columbia

- Spacious suites with kitchenette
- Weekly housekeeping and utilities included
- 3 delicious meals; plus coffee, tea and snacks
- Daily social and recreational activities
- Pet friendly
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- Short term, recovery and respite care options
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ONE BEDROOM SUITES

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ONLY 3 LEFT!

Market Rate \$2300/month
Subsidized Rate \$1950/month

STUDIO SUITES

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AVAILABLE

Market Rate \$1950/month
Subsidized Rate \$1687/month

Ask About Our Summer Move-In Incentives!
(403) 320-9363 | www.agecare.ca/Columbia

Friday Music at LSCO

August 25, 2017

David Mikuliak and his daughters,
Makita & Mataya, will be
performing music
& songs

12:30 ~ 2:00 pm
Stage Area
LSCO

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

Chair Yoga

This is a unique style of yoga that adapts yoga positions and poses using a chair. 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: Wednesdays, August 2 -30
Time: 9:30 - 10:20 am
Fee: \$12.50 LSCO M; \$20 NM
Drop In Fee: \$3 M; \$5 NM

Watch for the September issue for all our Fall Programs & Classes.

Caregivers
Alberta | CARING FOR CAREGIVERS

LSCO
LETHBRIDGE Senior Citizens ORGANIZATION

Compass for the Caregiver

Compass 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 10 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 9 week sessions will start on Tuesday,
September 19 until November 14 ~ 1:30 pm ~ Board Room.

Individuals will be required to register for this 9 week course by calling 403-320-2222 or at the Administration desk.

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Make an appointment at the front desk for your FREE Hearing Consultation at LSCO on the 2nd Thursday of every month.

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Lethbridge, AB

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

Jake Boldt
Hearing Technician

YEAR ROUND PROGRAMS

Members may choose to sign up for year round programs listed here provided they are not full. Non members are welcome to participate in some of them on a drop in basis. Certain restrictions apply. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, summer, etc. Call 403-320-2222 to confirm. See page 9 for additional programs.

CREATIVE ARTS

CERAMICS & CHINA PAINTING

If you are new to painting ceramics china painting or are a veteran you will enjoy the information Gladys will share with you to either learn or improve your brush stroke techniques. Beginners are very welcome. Supplies for your first project will be provided.

When: Mondays
Time: 9:00 am – 12:00 pm
Fee: \$22 & LSCO membership
Firing Fee: Nominal fee charged on each piece
Instructor: Gladys Larson

CRAFTING WORKSHOP

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found.

When: Thursdays
Time: 9:00 am – 12:00 pm
Fee: \$22 & LSCO membership

KNIT, CROCHET, NEEDLEWORK

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome.

When: Thursdays
Time: 1:00 – 4:00 PM
Fee: \$6 & LSCO membership
Instructor: Gladys Larson

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. Newcomers are welcome; times for instruction will be arranged. Supply costs extra.

When: Tuesdays,10:00 am - 12:00 pm
Wednesdays, 1:00 - 3:00 pm
Fee: \$35/yr & LSCO membership

PAPER TOLE WORKSHOP

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. If you are interested in learning this art please leave your name on the interest list at the Administration Desk.

When: Fridays
Time: 9:00 am - 3:00 pm
Fee: \$22 & LSCO membership

QUILTING

Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Administration Desk.

When: Tuesdays
Time: 12:00 – 3:00 pm
Fee: LSCO membership

WOOD CARVING

Wood carving is a form of working with wood using cutting tools. If you are interested in learning this craft pay \$5 at the Administration Desk. Newcomers will be loaned equipment needed to complete a small project. If you choose to continue you will be required to purchase your own tools, wood, etc. and pay the remainder of the fee (\$9).

When: Thursdays
Time: 12:30 – 2:30 pm
Fee: \$14 & LSCO membership

WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:00 am – 3:00 pm
Fee: \$44 & LSCO membership

PHYSICAL ACTIVITES

At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.

BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Drop in fee is \$3.50 for non members. Pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri
Time: 11:10 am – 12:30 pm
When: Tuesdays & Thursdays
Time: 10:30 am – 12:00 pm
Fee: \$66 & LSCO membership

KEEP FIT

Staying active is important at any age. Start your day by participating in this gentle program. Everyone is welcome and encouraged to exercise at your own level. LSCO volunteers lead this 50-minute class. Wear comfortable clothes and clean, non-marking indoor footwear. Non-member drop in fee is \$2. Pay at the Administration Desk.

When: Mon, Wed, Fri
Time: 10:00 – 10:50 am
Fee: \$22 & LSCO membership

SCOTTISH COUNTRY DANCE

Both men and women are welcome to participate in this low impact style of dance. Wear comfortable clothes and non-marking soled shoes. Please register at the Administration Desk.

When: Fridays
Time: 10:15 am – 11:45 am
Fee: \$2 donation & LSCO membership
Non-member fee: \$3.50 weekly donation

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet. Non-member drop in fee is \$2. Pay at the Administration Desk prior to playing.

When: Mon & Fri: 3:00 – 4:30 pm
Wed. 2:45 – 4:25 pm
Fee: \$44 & LSCO membership

TAI CHI CLUB

LSCO Members with a great deal of Tai Chi experience may be interested in joining this Tai Chi session. If you are unsure whether this is a good fit for you leave your phone number and you will be contacted.

When: Mon/Wed/Fri
Time: 8:30 – 9:30 am
Fee: \$17 & LSCO membership

GENERAL INTEREST

ADVANCED PHOTOGRAPHY

If you are an experienced photographer & enjoy going on outings to take photos you will enjoy participating in this group.

When: Tuesdays
Time: 9:30 – 12:00 pm
Fee: \$22 & LSCO membership

AMATEUR HAM RADIO

This group meets daily to socialize, provide emergency communication services and provide other assistance as required. Newcomers welcome.

When: Monday – Friday
Time: 9:00 am – 12:00 pm
Fee: \$28 & LSCO membership

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member. Fee: \$6 M; \$7 NM.

When: Monday – Friday
Time: 8:15 am – 4:00 pm
Fee: \$53 & LSCO membership

COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. A variety of workshops are offered through out the year. The Computer Lab is available for club members 2 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays & Wednesdays
Time: 1:00 – 4:00 pm
Fee: \$20 & LSCO membership

CRIB

Please register at the Administration Desk. Non-member drop in fee is \$2.

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: \$11 & LSCO membership or \$2 NM

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in expertise.

When: Fridays
Time: 9:00 am
Fee: \$10 & LSCO Membership

DUPLICATE BRIDGE

Non-member daily drop in fee is \$2. Pay at the Administration Desk.

When: Tuesdays
Time: 1:00 – 3:00 pm
Fee: \$11 & LSCO Membership or \$2 NM

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a couple desktop computers for use however; it is recommended that you bring along your lap top. Newcomers are welcome.

When: Wednesdays
Time: 10:00 am – 3:00 pm
Fee: \$20 & LSCO membership

GOLDEN MILE SINGERS

If singing and entertaining are passions of yours, we welcome you. Throughout the year performances are given at a variety of locations. You must register at the Administration Desk.

When: Tuesdays
Time: 10:00 – 11:30 am
Fee: LSCO membership or \$2 NM

KARAOKE

The karaoke singers meet weekly at LSCO and twice a year produce wonderful concerts for the community to enjoy.

When: Tuesdays
Time: 1:00 – 3:00 pm
Fee: \$17 & LSCO membership or \$2 NM

SCRABBLE

Please register at the Administration Desk. Non-member drop in fee is \$2.

When: Wed/Thurs.
Time: 9:30 – 11:00 am
Fee: \$11 & LSCO Membership or \$2 NM

COMMUNITY PROGRAMS

At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.

BINGO

Everyone is welcome to come play bingo regardless of whether a member of LSCO or not.

When: Wednesdays
Time: 1:00 – 3:00 pm
Fee: \$5/booklet; \$1/bonanza
Register by: Drop In

JAM SESSION

Bring your instruments and jam with others who enjoy the beautiful sound of music. You may want to have a few dances too. Time and location may change.

When: Thursdays
Time: 6:45 pm
Fee: \$2/person
Register by: Drop In

August LSCO Weekly Activity Schedule				
All programs scheduled in Gym 1 & 2 from August 14 – September 4 are cancelled due to maintenance.				
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	Amateur Ham Radio 9:00 am Digital Photography 9:00 am
		Scrabble 9:30 am	Scrabble 9:30 am	
	Lapidary 10:00 am	Genealogy 10:00 am		
	Badminton 10:30 – 11:50 am Ends August 11		Badminton 10:30 – 11:50 am	Scottish Country Dance 10:15 am
Badminton 11:10 am – 12:30 pm Ends August 11		Badminton 11:10 am – 12:30 pm Ends August 11		Badminton 11:10 am – 12:30 pm Ends August 11
	Quilting 12:00 pm			
Pickleball 12:45 pm – 4:50 pm		Beginner Pickleball 1:00 – 3:30 pm Ends August 11		Pickleball 12:45 – 4:50 pm Ends August 11
Computer Club 1:00 – 4:00 pm		Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 – 4:00 pm	Needlework 1:00 pm Crib 1:00 pm	
	Pickleball 1:15 – 4:50 pm Ends August 11		Pickleball 1:15 – 4:50 pm Ends August 11	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Jam Session 5:30 pm Dining Room Stage Area Starting August 17	
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
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.				
NOTE: REGULAR PROGRAMS BEGIN IN SEPTEMBER. For information about LSCO programs go to www.lethseniors.com				



GOLF FOR LADIES 55+

Cara Vanderham, Assistant Golf Professional, will instruct the lessons. Please bring your golf clubs. If you don't have clubs, they will be made available. Space is limited so register at LSCO soon! Held at Evergreen Golf Centre.

GOLF Lessons Ladies Level 1

We will review the basics and give one on one tips to help improve your skills and swing, helping to make you even more comfortable on the golf course. Perfect for the beginner or for those who haven't golfed in a while.

When:

Time:

Fee:

Register by:

Wednesdays, August 9 – 30

10:30 – 11:30 am

\$35 LSCO M; \$40 NM

Tuesday, August 8

OR

When:

Time:

Fee:

Register by:

Fridays, August 11 – September 1

10:30 – 11:30 am

\$35 LSCO M; \$40 NM

Thursday, August 10



Foot health is the root to a happy healthy life. Your feet are the ground floor to your body's health.

10% OFF

ANYTHING IN STORE for LSCO MEMBERS

Shoe Solutions would like to offer all LSCO Members a 10% discount off anything in the store. Please have your membership fob present at time of purchase (no exceptions).

542 13th Street North

Lethbridge, AB T1J 2P8

403-380-2213

Looking for Justice in all the Wrong Places

It seems that a lot of my cases have a unique problem and that is the fact that it costs a lot of money to get a Judge to render an opinion on a case. A lot of clients think going to court is an easy, cost effective manner of resolving disputes. The truth is anytime you want to take something to court, it takes time, money, and patience.

The price of justice has always been expensive, but nowadays costs have gone through the roof. Further, the time it takes to get something in court is lengthy, except for the simplest of applications. Take for example a relatively simple case of varying child support. If someone wishes to drag this out, it can take can literally take months to get before a judge to decide the matter and the cost of doing so simply outweighs the amount in extra child support that you gain. Sure, a judge can award costs, but it is uncertain whether they will and costs only represent a fraction of your actual legal costs.

Clients often tell their lawyer it is a matter of principle that they want to go to court. Sure it would be nice to have that Judge Judy moment where she tells the other side they are despicable and a judgment is granted in your favour, but those sort of moments only happen on television. The real justice system is a far cry from Judge Judy.



Legal
Tips and
Information
Douglas Alger

One of the problems is that sometimes you are faced with an opposing party with lots of money, that wants to drag the matter out, knowing that you cannot afford to go to court. It is like a poker game and they are calling your bluff and you are stuck with letting the matter go or coming up with a lot of money to bring your case to court. There is no good answer to this problem, other than lawyers advising clients of the economic cost of going to court and working with other lawyers who recognize this as well. Justice, particularly for matters involving family and estate matters, should not be complicated by lawyers who simply want to get their billings up. A lawyer who takes advantage of a client and drains their bank account for a matter that offers an

economic reward of far less than what they paid in legal fees is not doing a service to their client or to the justice system.

Granted not all cases are based on money, but a lot of them are. This is why you need lawyers who work with their fellow lawyers in coming up with solutions that work for both of their clients. Sure, not everybody is going to be happy, but rarely is that the case when you go to court. One of a lawyer’s biggest concerns is when they get a file who is the opposing lawyer, as this will often dictate the future course of that file. There are lawyers that are willing to work with you and know that a compromise between the clients is usually the best course of action. On the other hand, there are lawyers that will fight a matter to the court house and spend all kinds of money on a matter, just for the sake of lining their pockets.

So when you are looking for justice, don’t expect that a judge will ultimately decide your case. In most situations you have to work it out on your own and with the assistance of lawyers who are willing to help you in this regard. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

FITNESS CENTRE HOURS

Monday – Friday 8:00 am – 4:15 pm

Fitness Centre closed Saturday until September, 2017

WATER IN A DRY LAND
MAY 20–SEP 09.17

Galt
MUSEUM & ARCHIVES
stories unfolding...

Kiipaitapiiyssinnooni
Our Way of Life & Our History
JUN 03–SEP 17.17

AUGUST

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

Special Events

Get Outta Town Bus Tours
presented with *red arrow*
Sat **AUG 12** | **Hutterites & History** | 9 am – 2 pm
Half day | \$50 (+GST) | Register by **AUG 05**

2017 Beer Tasting Soirée
Fri **SEP 08** | 5–10 pm
Tickets on sale Tue **AUG 08** at 10 am | available at the Galt Museum Store and online | Sample tickets \$1 each (only sold at event) | **must be 18+**

Scenic Plaza Whoop-Up Days Block Party
Tue **AUG 22** | 11:30 am

Summer Cemetery Tours
\$4/ticket; \$3/Galt pass holders

***Adult Programs**

WEDNESDAYS AT THE GALT *fe Galt* **STIMULATE YOUR MIND**

archives programs

***Family Programs**
check website for details

summer family fun

Tue **AUG 15** | 7 pm | **St. Patrick's Cemetery**
meet at west end 5 ave North.

Thu **AUG 17** | 7 pm | **Mountain View Cemetery**
meet at Eternal Flame on Scenic Dr S.

Wed **AUG 02** | 2–3 pm **SMRID: Past, Present, & Future**

Thu **AUG 03** | 7–8:30 pm **Downtown Walking Tour**

Thu **AUG 10** | 7–9 pm **Watercolour Painting**

Wed **AUG 16** | 2–3 pm **Southern Alberta's History Through the Oldman's Eyes**

Thu **AUG 31** | 7–9 pm | **Just Scan It**

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

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, August 1 - 31
Time: 9:30 - 10:30 am
Fee: \$45 LSCO M; \$65 NM
Drop In Fee: \$6 M; \$7 NM

LSCO GIFT CARD

Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, memberships fees and meals in the Dining Room.

Friday Music Program

The Friday Music Program takes place in the stage area of the LSCO dining room. On **August 4th Hank Wiebe** will be playing. **Classic Legends** will be here on **August 11th. Devon Lamont**, a local singer/guitarist, will be here on **August 18th. David Mikuliak, his daughters Makita and Mataya**, will be here to entertain on **August 25th**. The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music.

Intergenerational Program



Intergenerational Program in partnership with **Where the Wild Things Grow Early Learning Centre** is taking place at LSCO. This will give you, our members, a chance to interact and spend some time with some little people ages 3 to 6. **The Where the Wild Things Grow** staff will bring a variety of books, crafts, wooden blocks, etc. for you to interact with the little ones for about an hour. This program will run the 2nd Tuesday of every month from 9:00 am – 10:00 am in Room A of the centre. Join us on **Tuesday, August 8th** and make the difference in the life of a little person who might not have any interaction with a Grandparent figure.

Community Partnerships

Legal Advice

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, August 9th**. 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



Support
Services
Coordinator

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

desk or by phoning 403-320-2222. These appointments are for information only.

Wellness

NEW! Mobile Dental Hygiene

LSCO has a new wellness service being offered. **Direct Dental Hygiene**, a mobile dental hygienist service, will be here at the LSCO on **Monday, August 14th & 28th** from 9:00 am till 3:00 pm. Olivia Fletcher, RDH, is offering one hour appointments. Olivia offers the following services; preventative cleaning, fluoride, oral cancer screening, patient specific care, adjunctive services and she will refer if needed to other Health Care providers. Direct billing is done to Blue Cross or other providers. Appointments can be booked at the LSCO Administration desk or by calling 403-320-2222. For more information about this service call Olivia at 403-694-1346.

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 and cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be

here on **Friday, August 25th**. 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 LSCO.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on, **Friday, August 11th & 25th** 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 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, August 10th** from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the administration desk or by phoning 403-320-2222.

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 8th** by calling LSCO at 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.

Alberta Senior Benefits

As some of you may or may not be aware of the new year has started for the Federal and Provincial governments. The government year runs from July 1, 2017 to June 30, 2018.

The new threshold for Alberta Senior Benefits are the following.

Thresholds to receive the monthly supplement

Single	\$0 to \$27,300
Couple	\$0 to \$44,335

Threshold for Special Needs Assistance

	Primary/Secondary	Primary Only	No Funding
Single	\$0 to \$22,900	\$22,901 to \$27,300	Over \$27,300
Couple	\$0 to \$36,135	\$36,136 to \$44,335	Over \$44,335

Thresholds for Dental and Optical Assistance

	Maximum Coverage	Partial Coverage	Not Eligible
Single	\$0 to \$27,300	\$27,301 to \$31,675	Over \$31,675
Couple	\$0 to \$54,600	\$54,601 to \$63,350	Over \$63,350

Navigating the Senior World can be difficult for seniors and their loved ones. If you have any questions, need assistance with forms, not sure how to access certain services please call LSCO Support Services 403-320-2222 ext 25.

Communities thrive when you support local businesses

Minimum wage increases have everyone worrying about how small businesses are going to survive. However you can make a difference with your everyday decisions about where to spend your money. From the coffee shop in the morning, to the landscaper for your garden or the restaurants and the retail stores you go to, you can choose to support a local spot.
To make your community a vibrant one, consider spending your dollars locally. Here are three reasons why it pays to support small businesses where you live.

1. **Uniqueness.** When you're asked to name your favourite restaurant or café in your neighbourhood, it's often a unique local business. A one-of-a-kind store is able to capture the flavour of your community and cater to its distinctive tastes and needs — something impossible for a big box retailer to do.
2. **Better service.** When you connect with a business owner directly, you can feel the difference. They are more invested in your happiness and work to personalize your experience. It doesn't take long to think of an example of a business that knows you by name and remembers what

- you like. Plus, most small businesses will special order items for you to keep you coming back.
3. **Stimulate the local economy.** When you support local businesses, you keep dollars within your community and an abundance of job opportunities are created. It can also attract a range of other local businesses and residents to the area. Mobile payment company, Square, helps people participate in their local economy by making it easy and affordable for small businesses to accept a range of payments.
- www.newscanada.com

Kindness

2017 is interesting and challenging times and it can feel overwhelming some days. I ask myself how can I make an impact in the world for better? I recognize there are so many groups and individuals that take it upon themselves to do good and make positive contributions in our world. I particularly remember one statement my grandmother used to say to myself and siblings; “Kindness never goes out of style and it does not have to cost you anything”.

An act of kindness is a spontaneous gesture of goodwill towards someone or something, our fellow humans, the animal kingdom, and the kingdom of nature.



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



Kind words and deeds come from a state of benevolence generated by a core response deep within all of us.

Lao Tzu:
Kindness in words creates confidence
Kindness in thinking creates profoundness
Kindness in giving creates love

I would like to invite you to create your own August kindness by bringing your own flat rock to paint your kindness message on and join me in the craft room Monday, August 14th and Wednesday, August 16th from 10:00-noon. ★

Exercising Your Personality

Choose an activity suited to your personality. You’re more likely to enjoy it and therefore stick with it longer. Most of us realize this, but character traits are often overlooked when we’re searching for exercise choices.

Extroverts (the highly sociable type) will, of course, enjoy team sports or group activities: aerobic dance, bowling, golf, curling, skiing, baseball, etc. Introverts will choose activities they can do alone or with one other person: walking, running, hiking, weight training, kayaking and racquet sports.

Aggressive and competitive individuals would enjoy Tae-Bo, kick-boxing, powerlifting, weight training, all team sports and contact sports like baseball, soccer, football or hockey.

Non-competitive activities include brisk walking, hiking, boating, aerobic dance, golfing or other activities where you are not necessarily competing with others and there’s no pressure to please teammates.

Creative individuals would suit ballet, tap dancing or jazz. Yoga and Tai Chi are other suggestions, as is bodybuilding. Training with weights allows you to “sculpt” your physique (no matter your age). Bodybuilders say their sport is truly an art.

The chronic worrier, or very organized person should choose full-attention sports and activities, where strategy is used. Concentration is needed in golf

or tennis, and the strategy needed in many team activities (like basketball, curling or bowling) could keep the “deep thinker” from dropping out of their fitness quest. A chronic worrier may also benefit from relaxation activities like meditation, yoga or Tai Chi.

Highly disciplined and meticulous people will enjoy strict activities like martial arts, Tai Chi, bodybuilding and other sports that require persistence and dedication.

Swimming is an ideal activity for any type of individual. It’s especially beneficial to those who are overweight or injured. The water’s buoyancy allows for safe, slower motions and cushions the joints. Whether you’re the sociable type, or you like to be left alone, a day at the beach or pool can suit you.

If you have trouble staying physically active, experiment with an activity suited to your personality. You may be in for a pleasant – and lasting – surprise!

by Eve Lees, INSPIRED Senior Living magazine
www.seniorlivingmag.com

Eve Lees is a Certified Nutrition Coach, a Health Writer & Speaker, and a former Personal Trainer with over 30 years experience in the health/fitness industry.
www.artnews-healthnews.com

Adult Day Program: nurturing place for those who take part in them and a respite for caregivers

The **Lethbridge Seniors Centre Organization (LSCO) Adult Day Program** has been in operation since 1984. The service was initially spearheaded by the community-care organization, the Victorian Order of Nurses (VON). The LSCO later took over the program. The current supervisor, Sharon Appelt, took on a supervisory role in 1992 after volunteering in the program. “I enjoy my relationship with the members,” she says. “Some of them have been with me for twenty years.”

The program offers individuals with physical or mental challenges an opportunity to participate in various activities with others in the community. “We are open to any adult who is interested in taking part in a social program within a safe and friendly environment,” says Appelt. “We currently have about 40 members that are assisted by experienced staff and volunteers amid the thriving LSCO environment.”

Ellie Gerhardt expresses how grateful she is for the Adult Day Program. “It has been a godsend for me and my husband, who is in the mid to late stage of early-onset Alzheimer’s Disease,” says Gerhardt. “My husband, Ed, is no longer able to play cards because of his confusion, but a volunteer sits with him and helps him with his decision making. Though it is not him actually playing his hand, he is happy to feel included and to socialize.”

Appelt encourages individuals, as well as organizations that currently caregive to consider the levels of recre-

ation offered at the Adult Day Program. The program supports the kind of experiences that can contribute to an increased sense of self-worth while being cognizant of individual needs and abilities. “Our clientele is diverse,” says Appelt. “The population of those now living with dementia is growing, and it is becoming more common for people to care for those with onset dementia in a home setting.” The program presently addresses the needs of members living at different stages of dementia. “I would like to stress that our activities are open to adults with varying limitations – participants may attend with a support staff or family member if supports are needed.” We currently have in place a morning exercise program that is modified to meet specific needs of individuals with some limitations. This program is offered Wednesday mornings from July 12 – August 2 from 11:00-12:00 a.m. For more information on this new program, you may contact administration at the Lethbridge Senior Citizens Organization.

The program is fundamentally designed to consider therapeutic benefits, cognitive functioning, and social needs of the participants. Some of the activities at this time include: pet therapy, bowling, musical entertainment, chair exercises with weights, and games. The Adult Day Program is flexible enough that members can ultimately shape their own weekly or monthly schedule. They may come as often or as little as they would like.

Another benefit of the program is that it allows family members regular respite from the demands of care-



Painting eggs at the Adult Day Program

giving for their loved ones. While at the program, caregivers have some time for themselves to maintain a healthy work/life balance.

Fees: \$5 per visit (members are invoiced for only days attended); \$3 per visit if individual is a member of LSCO

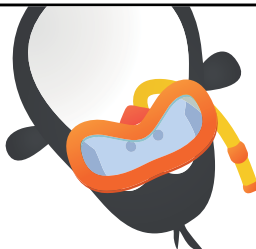
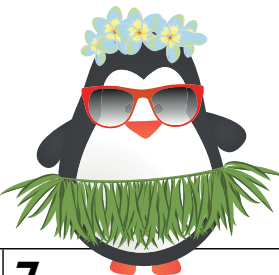


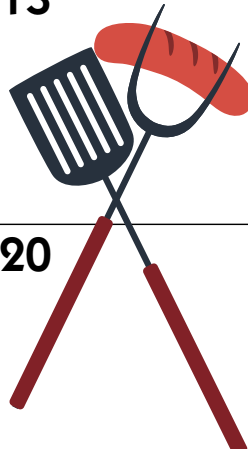
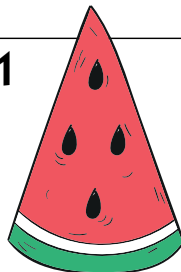
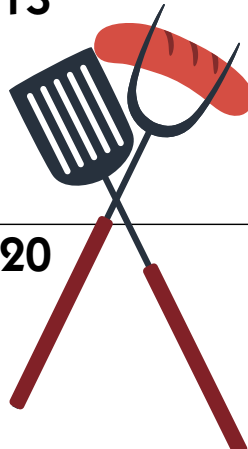
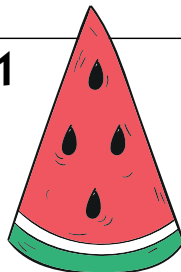

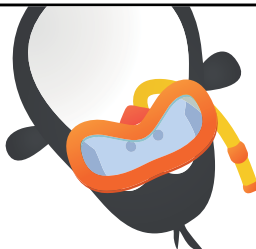

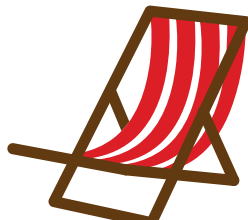
Times: Tuesday, Wednesday, and Thursday from 1:00 pm to 4:00 pm

Online: lethseniors.com/programs/adult-day-program

Contact: Sharon Appelt at 403-320-2222

by Taylor Novakowski and Darcy Tamayose

August 2017 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Rudy & Friends 1:00 pm Chair Exercises 2:45 pm	2 Morning Exercise & Activities Fun with Wii 1:00 pm	3 Music with Sandy 1:00 pm	4 Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	5 
6	7 LSCO Closed for Heritage Day	8 Music with Hank 1:00 pm Chair Exercises 2:45 pm	9 Bowling Holiday Bowl 1:00 pm	10 Music with Floyd Sillito 1:00 pm	11 Music Program in Stage Area Classic Legends 12:30 ~ 2:00 pm	12 
13 	14 	15 Cards & Dice 1:00 pm Chair Exercises 2:45 pm	16 Horse Racing 1:00 pm	17 Movie Time 1:00 pm	18 Music Program in Stage Area Devon Lamont 12:30 ~ 2:00 pm	19
20 	21 	22 Day Program Outing 1:00 pm	23 Bowling Holiday Bowl 1:00 pm	24 Music with Ray Sauer 1:00 pm	25 Music Program in Stage Area David, Makita & Mataya Mikuliak 12:30 ~ 2:00 pm	26 
27 	28 	29 Movie Time 1:00 pm Chair Exercises 2:45 pm	30 Fun with Wii 1:00 pm	31 Cards & Dice 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 \$3/day if individual is a member of LSCO and \$5/day if not a member of LSCO.						

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"Summer was on the way; Jem and I awaited it with impatience. Summer was our best season: it was sleeping on the back screened porch in cots, or trying to sleep in the tree house; summer was everything good to eat; it was a thousand colors in a parched landscape; but most of all, summer was Dill."

~ Harper Lee, To Kill a Mockingbird

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DID YOU KNOW: In 19th-century Britain, opium for babies was marketed under the name "Quietness."



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Happiness Challenge

You do not need to deserve happiness. Happiness is free. There are no conditions.

What was your reaction when you read those first seven words? There are times in our lives when we believe they are true. BUT, the next seven words change the whole concept of those first seven words. So, this month, I want you to focus on happiness. Your happiness, the happiness of your friends and, if you push yourself out of your comfort zone, the happiness of the people around you.

Your happiness is a gift to you and to others. Think of what happens when you are happy – what happens around you? Seriously, think about it. Think about how the atmosphere changes, how people change, how everything seems to lighten up.

Ask yourself, from 0 to 100% how open am I to happiness? Your challenge this month: What would it take for me to be 100% open to happiness? Start with now as you are reading this issue of the magazine. “Today, I am going to be more open to life.” Today, I set my intention. Not only will I be happier, I want to ensure those around me will also be aware of their potential for happiness. I will become a happiness agent.

We begin with only four intentions. In each of them, we are only looking to notice the effect that our intention has on us, on others around us, and on our day as a whole.

Accepting: Today I will be 10% more accepting of myself, of others, and of my life.

Receptive: Today I will be 10% better at receiving help, love and support from others.

Grateful: Today I will be 10% more grateful for everything that is happening in my life right now.

Present: Today I will be 10% more open to the idea that I really am in the right place at the right time.

There, your challenge for the month. I want to hear from you as to how you do with this experiment in happiness.

Happiness is not a search, it is a choice. Choose to be happy.

by Pat Nichol
INSPIRED Senior Living magazine
www.seniorlivingmag.com

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Practicing Happiness

How mindfulness can help free us from stress, anxiousness and depression.

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **September 6 – October 11**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

For more information or to register for the group call 403-320-2222 or stop by the LSCO Administration desk.

Lethbridge Senior Citizens Organization
500 - 11th Street South



GOLF

for Ladies & Gentlemen 55+

Dave Nelson, Head Golf Professional, will instruct this 4 week class. Space is limited so register at LSCO soon! Lessons are held at Evergreen Golf Centre.

When: Tuesdays, August 15 – September 5
Time: 1:00 – 2:00 pm
Fee: \$35 LSCO M: \$40 NM
Register by: Monday, August 14



Lethbridge Senior Citizens Organization • 403-320-2222
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The Human Odyssey

As I begin to venture into my work with seniors I see how so very important relationships are.

In his book *The Human Odyssey: Navigating the Twelve Stages of Life* – Thomas Armstrong writes about the wonderful stages of life. I thought that this would be an interest read to understand where you yourself fit in the stages of life and where your children, grandchildren, family or friends fit and how one relates to the other:

- 1. **Prebirth: Potential** – The child who has not yet been born could become anything – a Michaelangelo, a Shakespeare, a Martin Luther King – and thus holds for all of humanity the principle of what we all may yet become in our lives.
- 2. **Birth: Hope** – When a child is born, it instills in its parents and other caregivers a sense of optimism; a sense that this new life may bring something new and special into the world. Hence, the newborn represents the sense of hope that we all nourish inside of ourselves to make the world a better place.
- 3. **Infancy (Ages 0-3): Vitality** – The infant is a vibrant and seemingly unlimited source of energy. Babies thus represent the inner dynamo of humanity, ever fueling the fires of the human life cycle with new channels of psychic power.
- 4. **Early Childhood (Ages 3-6): Playfulness** – When young children play, they recreate the world anew. They take what is and combine it with the what is possible to fashion events that have never been seen before in the history of the world. As such, they embody the principle of innovation and transformation that underlies every single creative act that has occurred in the course of civilization.
- 5. **Middle Childhood (Ages 6-8): Imagination** – In middle childhood, the sense of



LEARN
Case
Manager

Joanne Blinko
learn@lethseniors.com
403-394-0306

- an inner subjective self develops for the first time, and this self is alive with images taken in from the outer world, and brought up from the depths of the unconscious. This imagination serves as a source of creative inspiration in later life for artists, writers, scientists, and anyone else who finds their days and nights enriched for having nurtured a deep inner life.
- 6. **Late Childhood (Ages 9-11): Ingenuity** – Older children have acquired a wide range of social and technical skills that enable them to come up with marvelous strategies and inventive solutions for dealing with the increasing pressures that society places on them. This principle of ingenuity lives on in that part of ourselves that ever seeks new ways to solve practical problems and cope with everyday responsibilities.
 - 7. **Adolescence (Ages 12-20): Passion** – The biological event of puberty unleashes a powerful set of changes in the adolescent body that reflect themselves in a teenager’s sexual, emotional, cultural, and/or spiritual passion. Adolescence passion thus represents a significant touchstone for anyone who is seeking to reconnect with their deepest inner zeal for life.
 - 8. **Early Adulthood (Ages 20-35): Enterprise** – It takes enterprise for young adults to accomplish their many responsibilities, including finding a home and mate, establishing a fam-

- ily or circle of friends, and/or getting a good job. This principle of enterprise thus serves us at any stage of life when we need to go out into the world and make our mark.
- 9. **Midlife (Ages 35-50): Contemplation** – After many years in young adulthood of following society’s scripts for creating a life, people in midlife often take a break from worldly responsibilities to reflect upon the deeper meaning of their lives, the better to forge ahead with new understanding. This element of contemplation represents an important resource that we can all draw upon to deepen and enrich our lives at any age.
 - 10. **Mature Adulthood (Ages 50-80): Benevolence** – Those in mature adulthood have raised families, established themselves in their work life, and become contributors to the betterment of society through volunteerism, mentorships, and other forms of philanthropy. All of humanity benefits from their benevolence. Moreover, we all can learn from their example to give more of ourselves to others.
 - 11. **Late Adulthood (Age 80+): Wisdom** – Those with long lives have acquired a rich repository of experiences that they can use to help guide others. Elders thus represent the source of wisdom that exists in each of us, helping us to avoid the mistakes of the past while reaping the benefits of life’s lessons.
 - 12. **Death & Dying: Life** – Those in our lives who are dying, or who have died, teach us about the value of living. They remind us not to take our lives for granted, but to live each moment of life to its fullest, and to remember that our own small lives form of a part of a greater whole.

As always, if you, or someone you know is experiencing abuse, please give me a call. *When it comes to Elder Abuse, silence is not an option.* 403 394-0306 or drop by on the 2nd floor. ★

The Lethbridge Elder Abuse Response Network is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Joanne Blinco, at 403-394-0306 or learn@lethseniors.com.

DID YOU KNOW: Athazagoraphobia is the fear of being forgotten or ignored by someone who you care strongly about.

Computer Corner by Sjoerd Schaafsma

Bookmarks on your Tablet

On your tablet or phone, Android or iOS, favorites can be pinned to your homepage. Whichever system you are using, first go to the webpage you want to save, and then:

iOS (iPad, iPhone) – Safari

Click on the share icon  be patient.... a drop down menu should appear.



Slide the bottom row to the left until you see *Add to Home Screen* tap the icon, then click **Add**. The icon linking to the saved web page is now on your home screen. However, if you have more than one screen of icons, it may show up on the last one.

Android Chrome

Tap the menu button (probably an ellipsis [3 dots] in the upper right hand corner, it varies by device) and tap Add to homescreen. The icon will appear on your home screen.

Windows 10 – Tablet Mode

Tap the ellipsis [3 dots] in the upper right hand corner, of the Edge Browser and tap Pin this page to start. The icon will appear on your start menu.

For the full story with all the pictures and more detail visit:
<https://www.howtogeek.com/196087/how-to-add-websites-to-the-home-screen-on-any-smartphone-or-tablet/>
Tiny URL: <https://tinyurl.com/y9mcqbzt>

The Monthly Tip: If you can’t resize an app in Windows 10 tablet mode, turn off tablet mode.

To take a screenshot in iOS. Press the Home and Sleep/Wake buttons at the same time. The picture is saved to the Photos album.

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

Computer Club WORKSHOPS


August 2017

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 - 4 PM.

This time may be pre-empted for other events.

This fall the Computer Club is planning to present lessons on Basic Computing using Windows, as well as workshops on financial fraud, social media scams, genealogy, and Open Office. If we find presenters we may also offer refresher workshops on Android and Apple tablets, and Google docs. Dates will be posted once they are finalized. Suggestions for other workshops are welcomed.

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.




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**Friday
Music Program**

August 11, 2017
Classic Legends

12:30 ~ 2:00 pm
Stage Area
LSCO

500 - 11th Street South

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. Class registrations will be available online this Fall.

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3 iconic Canadian foods we're not sorry about

Enjoy some classic national treasures the next time you visit a local restaurant, diner or food truck. Learn more about favourites we love eating again and again and get some patriotic inspiration for your next meal.

Poutine. Created in rural Quebecois snack bars in the 1950s, this national staple is now adapted in many weird and wonderful ways, like Mexican-inspired pulled pork and guacamole variations. Data from mobile payments company Square shows that only about 20 per cent of poutine sold in Quebec is traditional style, with the most popular poutine twists being chicken and sausage.

Nanaimo bars. Named after the city of Nanaimo, British Columbia on Vancouver Island, sales data shows London, Ontario actually sells most of these sweet treats. While British Columbians prefer the traditional layer of custard-flavoured butter icing, only 40 per cent of Londonites bought Nanaimo bars in the traditional style. Most prefer a mint flavour for the middle layer instead.

Maple syrup. A popular souvenir for tourists, Toronto surprisingly sells the most maple syrup in Canada. But getting your maple syrup here will set you back \$28, whereas if you're in Quebec you get a better deal at \$18 a bottle. In Quebec, most sales happen during the month of April, the sugaring season, whereas in Toronto most sales happen in the summer month of August. Drizzle some on top of your pancakes at brunch or ask for some to add to your salad for a little sweetness.

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Blessed Be the Caregivers

*He prayeth best, who loveth best, All things both great and small;
For the dear God who loveth us, He made and loveth all.*

~ Rime of the Ancient Mariner by Coleridge

We have among us a group of unsung heroes that deserve more recognition than they get. I’m talking about our veterinarians – those wonderful people who keep our much-loved pets healthy. While doctors work on only one species (humans), veterinarians must train to work on many species of the animal kingdom from pet mice to elephants. Most vets specialize: some have primarily dogs and cats as patients while others (in our area) limit their practice to cattle only. Since our dog was diagnosed as diabetic (with cataracts) and our old cat has made it to 20+ years, our vet has become a close contact, more than just our vet, she is a friend who truly cares. Recently I’ve noticed that there are many television shows that are about veterinarian services in a variety of world locations. Several that specialize in particularly interesting animals. These are some of my favorite programs:

Pegasus Vet Clinic – reruns only now because Dr. Scott Sims (the barefoot vet) passed away from bladder cancer on July 25, 2015. He lived on Kauai, Hawaii, but flew his own airplane (which he built) to help other patients on islands located close by. I loved his calm, matter-of-fact attitude and understand what he means when he talks about “warm fuzzies”, when things go right with treatment. Even though Dr. Sims is gone his program continues and I am a fan, even though the shows are reruns.

Bondi Vets & SASH (small animal specialists hospital) – an Australian show with a stunning cast of very special people who happen to be veterinarians.



The Widow’s Walk

Kay Long, BSW, RSW

Chris Brown – a tall (6’6”), blond, young man who melts your heart when you see him handle the pets who need his help and the owners who love them. Chris grew up as a vet-in-training at his father’s veterinarian practice. I’ve seen him remove a huge tumor off a mouse (owner was a little girl) and a marble egg from a snake. All with the same care and expertise as he shows to every patient who comes through the door of his office. The building may be old and rickety but the service is guaranteed the best.

Lisa Chimes – a petite, blond doctor who loves every dog and cat she sees in her practice. She once sewed up a wound on a bearded dragon and that was the one patient she couldn’t kiss after she worked on him. During the run of the show we have also met Lisa’s husband (Brad), her two dogs (Nelson and Lucas) and witnessed the pregnancy of her first baby, Hudson Gus.

Andrew Marchevsky – The surgeon at SASH who performs miracles for many animals who have experienced terrible accidents. It is hypnotic to watch him drill holes in bones and drive metal pieces into the leg or spine of an animal – all with miraculous results. Andrew has had at least one dog named after him after he saved the little Shih Tzu’s life.

Tim Faulkner – Director of the Australian Reptile Park and devoted father to two little boys.

Tim amazes me when he handles the venomous snakes that are housed at the Park for milking. The milked venom, processed into anti-venom, saves many lives of people who have been bitten by snakes in the Australian bush. The Park also keeps alligators (from hatchlings to large monster-size) in a variety of ponds on site.

The Incredible Dr. Pol – Dr. Jan Pol’s practice is located in central Michigan and has support from his wife, Diane, and son, Charles. This man should be retiring but has more energy than any other senior I’ve ever seen. Dr. Pol originated from the Netherlands, but has been practicing veterinary medicine in Michigan for many years. This 75 year old vet has been televised on the National Geographic channel for 11 years now.

Dr. K’s Exotic Animal ER – Dr. Susan Kelleher is the fantastic lady who operates Broward Avian & Exotics Animal Hospital in Florida. It amazes me that there is such a variety of birds and other exotic animals that people keep as pets and that this vet clinic can care for any animal that “can make it through the door” except dogs and cats. Both Susan and her associate, Lauren Thielen, care for and about any strange creature that finds their way to their vet service but both say that they just love bunnies. On one episode Dr. K once even operated on a goldfish which seemed to be almost impossible task.

There are many other shows that I enjoy but there’s just not enough room to list them all. If you love pets or even wild creatures try tuning into one of the veterinarian shows. I’m sure you will find the hour interesting and informative. ★

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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