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Join Us for

ST. PATRICK FINE ARTS SCHOOL CHOIR
DECEMBER 7

GOLDEN MILE SINGERS
DECEMBER 10

CRAFT & BAKE SALE
DECEMBER 11

LCI JAZZ BAND
DECEMBER 11

LSCO SUNDAY BRUNCH
DECEMBER 13

CHRISTMAS DINNER
DECEMBER 25

Merry Christmas

*It is Christmas in the Heart
that puts
Christmas in the Air*

SHOPPERS HomeHealthCare®

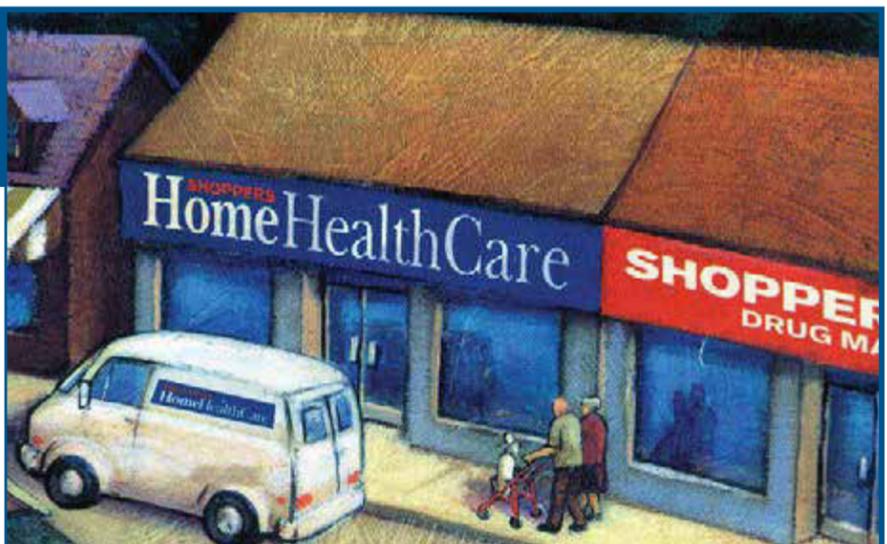
Monday - Friday
8:30 am - 5:00 pm

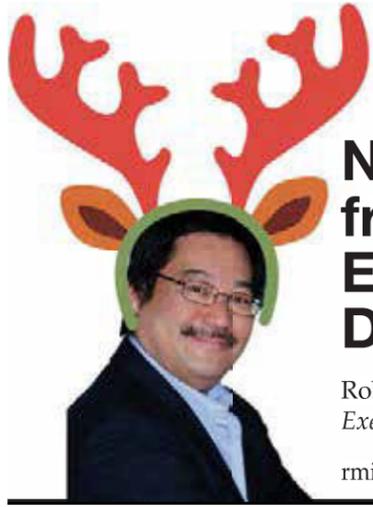
Saturday
10:00 am - 4:00 pm

119 STAFFORD DRIVE SOUTH
LETHBRIDGE, AB T1J 4N8
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FAX: (403) 327-6787
TOLL FREE: 1-800-661-1032

SENIORS DAY
Last Thursday of the Month
20% OFF
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Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

LSCO News

During our Provincial Government's recent budget announcement, one item of concern to Alberta charities was the re-instatement of the Charitable Tax Credit. Here's the Government's description:

"Reduce your taxable income and help a good cause or your favourite charity.

Alberta has one of the highest charitable tax credits in Canada. For every dollar you donate over \$200 total*, you can receive a non-refundable** tax credit of 50%. The amount of your charitable tax credit depends on the total value of your personal donations during the year.

When you make a donation to a Canada Revenue Agency registered charity, you receive an official income tax receipt. Each individual donation receives a separate receipt. Keep all receipts to claim your tax credit on your personal income tax return. Detailed instructions are provided with your income tax return forms."

How the Tax Credit Works

Total Annual Donations*	Alberta	Federal	Total Tax Credit**
\$500.00	\$83.00	\$117.00	\$200.00
\$1,000.00	\$188.00	\$262.00	\$450.00
\$2,000.00	\$398.00	\$552.00	\$950.00
\$5,000.00	\$1,028.00	\$1,422.00	\$2,450.00
\$10,000.00	\$2,078.00	\$2,872.00	\$4,950.00
\$25,000.00	\$5,228.00	\$7,222.00	\$12,450.00

Note: this tax credit percentage applies to Alberta taxpayers only.

*Total Donations over \$200 for the year.

**The charitable tax credit is non-refundable, which means you must be a taxpayer to benefit from the tax credit.

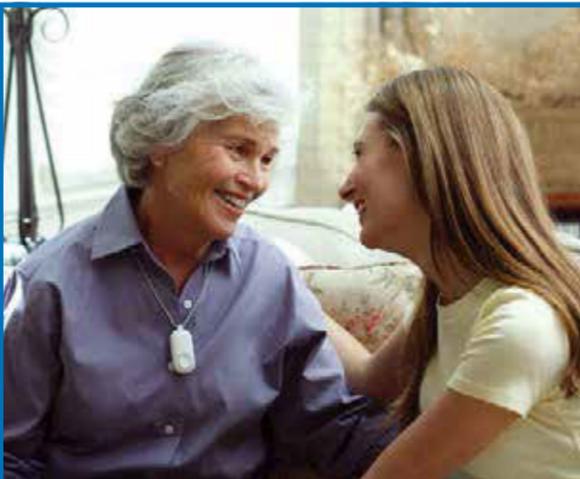
Calculate Your Charitable Tax Credit

1. Gather all your official charitable donation tax receipts and add them up. Follow the example below to learn how to calculate your tax credit.

- Add the \$100 you gave to a youth shelter
- Add the \$50 you gave to a local food bank
- Add the \$350 you gave to LSCO
- Equals \$500 in total annual donations
- Provincial tax credit:
 - On the first \$200, the tax credit rate is 10%, yielding a credit of \$20.
 - On the amount over \$200 (\$300 from the example above), the tax credit rate is 21%. This would yield a credit of \$63.
 - When you add \$20 + \$63, your total provincial charitable tax credit is \$83.
- Federal tax credit:
 - On the first \$200, the tax credit rate is 15%, yielding a credit of \$30.
 - On the amount over \$200 (\$300 from the example above), the tax credit rate is 29%. This would yield a credit of \$87.
 - When you add \$30 + \$87, your total federal charitable tax credit is \$117.
 - Your total combined provincial and federal tax credit is \$83 + \$117 = \$200.

Since LSCO is a registered charity, your donation to us not only benefits our members and the community, it can have a real effect on your bottom line! So please consider the LSCO when you're making your annual donations to charity. ★

With Philips Lifeline help is within reach.



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

Exclusively from Lifeline

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

SAVE ON LIFELINE

Receive **FREE installation** (a \$90 savings) when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at **1-800-LIFELINE (1-800-543-3546)**

Quote code 574

www.lifeline.ca

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

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



OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels



LSCO Times

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

Executive:

Acting President – Clifford (Charlie) Brown
Past President – John Machielse
Secretary – Marnie Brown
Treasurer – Irwin Wyrstok

Board of Directors:

John Baker, Colin Thompson, Bill Hansen, Bob Maslen, Carol Roesler and Merri-Ann Ford.

LSCO **403-320-2222**

Staff Members:

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
Support Services Coordinator – Marlene Van Eden
mvaneden@lethseniors.com ext. 25
LEARN Case Manager – Tanya Purdy-Fischer
learn@lethseniors.com ext. 57
LEARN Coordinator – Dan Walton
dwalton@lethseniors.com
Volunteer Coordinator – Teresa Ternes
tternes@lethseniors.com ext. 31
Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30
Information Specialist – Lisette Cook
lcook@lethseniors.com ext. 33
Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
MoW Client & Volunteer Support Worker
Kalila Sheldan-Pitt
mow@lethseniors.com ext. 34
Accounting Technician – Christine Toker
finance@lethseniors.com ext. 23
Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
Food Services Coordinator – Jennifer Harrison
jscott-harrison@lethseniors.com ext. 27
Assistant Food Services
Coordinator – Farron Matthews ext. 27
Cook I – Jody Gordon ext. 27
Prep/Line Cook – Blair Romaniuk ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor/
OPGT Support Services – Sharon Appelt
sappelt@lethseniors.com ext. 32
Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

Visit us on Facebook!

<http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844>



LSCO Vision Statement

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



Wednesday, December 23rd
Closed at 1:30 pm

Thursday, December 24th
Closed

Friday, December 25th
Free Community Christmas Dinner
11:00 am - 1:00 pm

Thursday, December 31st
New Year's Eve
Closed at 2:00 pm

Friday, January 1st
New Year's Day
Closed

Welcome New Members!

Nelly Joa
Jacqueline McKay
Weylna Vanteen
Trent Low
Steve Lea
Barbara Lea
Ken Huisman
Angela Huisman
Richard Blacker
Gail Rhains Welles
Terry Legg
Roy Urasaki
Rob Clifton
Valerie Clifton
Larry Klim
Levonne Andrus
Carol Kerr
Ken Sampson
Carolyn Van Mil
Peter Herauf
Peggy Miller
Shireen Hussain
Robert Hedrich
Clara Hollihan

"A Smile is the Universal Welcome."



THANK YOU

I have been at the LSCO for just over a year now, and an article in the paper is probably well overdue. Although I hope there will be more to come, this one will be short and sweet. There are currently over 60 Meals on Wheels volunteers, some of them are new and many have been doing it longer than I have been around. No matter how long or how frequently each one of them volunteers with Meals on Wheels, I want to dedicate this article to each and every one of them.

Thank you, all of you, for being the amazing people you are. Every day, every meal and every smile makes such a huge difference in our client's lives. I feel very blessed to know such a caring wonderful group of people. Thank you again and looking forward to many more deliveries to come.

Sincerely,
Kalila S
Meals on Wheels Support Worker

Merry Christmas!
from all of us at LSCO



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 Times Publishing Schedule

Issue	Deadline
January 2016	December 23
February 2016	January 15

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



From the Kitchen

Jennifer Harrison

jscott-harrison@lethseniors.com

Another Christmas season is upon us and we are once again completely booked for Christmas parties and luncheons! LSCO Sunday Brunch will be held on December 13th from 10:00 am-1:30 pm in the dining room, followed by a concert by the Lethbridge Symphony Orchestra (LSO) at Southminster United Church. Please contact the LSO for more information and tickets to the concert. Everyone is welcome!!! You do not have to be an LSCO member or a senior to attend.

As in past years, we are once again calling on the generosity of people and businesses for donations to our Christmas Dinner in the form of table sponsors. It is your support and the time put in by our volunteers that make this event possible. The donations of money, turkeys and time that we have received in past years is greatly appreciated by LSCO and by

the people who join us on Christmas Day, who may otherwise be spending the day at home alone. A Christmas greeting and acknowledgement of you or your business is placed on each table that you sponsor. Please contact the administration desk at 403-320-2222 or in person to re-sponsor a table(s) or for information on becoming a table sponsor. Thank you very much in advance for your generosity.

Please remember that we will be closed on Christmas Eve this year and serving a wonderful Christmas Dinner from 11:00 am-1:00 pm on Christmas Day. Like our Sunday Brunch, you do not have to be a member of LSCO or a Senior Citizen to attend this event. If you are a college or university student that can't make it home for the holidays, or a person who is working on Christmas Day to help make someone else's day a bit brighter and doesn't have the time nor the energy to get a turkey into the oven, please come and join us for a delicious served dinner of turkey with trimmings and dessert. Unlike our Sunday Brunch, this dinner is free of charge. We gratefully accept donations to LSCO and non perishable items for the food bank.

On behalf of myself, Farron, Jody, Georgette and Blair, we wish you all a very Merry Christmas and a Healthy and Happy New Year!!! ★

TRIVIA ~ Why do cash registers ring? A cash register rings to announce someone has opened the cash drawer and has access to the cash and, as a result, to draw attention to the opening of the cash drawer. This bell was enacted in order to discourage employee theft. One of the first cash registers with a bell was called a "thief catcher."

facebook

& Social NETWORKING

This 4 day course focuses primarily on Facebook with some discussion on other ways to use social networking (Pinterest, Instagram). You will be shown how to set up Facebook, set up your profile, find and add friends, how to make sense of privacy options, what to avoid, much more.

When: Tuesdays & Thursdays
January 5 – 14

Time: 1:30 – 3:30 pm

Fee: \$36 LSCO M; \$54 NM

Register by: Thursday, December 31
(after this date add \$5)

MENU FOR DECEMBER 2015

Lunch served from 11 am ~ 1 pm • Soup is not included with meal • The dining room is CASH ONLY • Menu subject to change without notice

Monday, November 30	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
Entree: Battered Fish Potato: Fries Veg: Coleslaw Soup: Beef Barley Sandwich: Seafood Croissant Salad: Spinach Salad	Entree: Oven Roasted Chicken Potato: Oven Roasted Veg: Corn Soup: Tomato Vegetable Sandwich: Seafood Croissant Salad: Spinach Salad	Entree: Roast Beef Potato: Steamed Veg: Garden Mixed Soup: Cream of Potato Bacon Sandwich: Seafood Croissant Salad: Spinach Salad	Entree: Filet of Sole Potato: Buttered Rice Veg: Dilled Carrots Soup: Turkey Vegetable Sandwich: Seafood Croissant Salad: Spinach Salad	Entree: Pork Cutlet Potato: Mashed Veg: Peas Soup: Chicken Rice Sandwich: Seafood Croissant Salad: Spinach Salad
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Entree: Turkey Stew Potato: Mashed Veg: Green Beans Soup: Beef Vegetable Sandwich: Grilled Beef & Cheddar Salad: Assorted Cold Plate	Entree: Glazed Ham Potato: Scalloped Veg: California Mixed Soup: Cream of Carrot Sandwich: Grilled Beef & Cheddar Salad: Assorted Cold Plate	Entree: Chicken Marinara Potato: Egg Noodles Veg: Wax Beans Soup: Split Pea Sandwich: Grilled Beef & Cheddar Salad: Assorted Cold Plate	Entree: Cabbage Rolls Potato: Perogies Veg: Corn Soup: Borscht Sandwich: Grilled Beef & Cheddar Salad: Assorted Cold Plate	Entree: Battered Fish Potato: French Fries Veg: Coleslaw Soup: Corn Chowder Sandwich: Grilled Beef & Cheddar Salad: Assorted Cold Plate
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Entree: Veal Cutlet Potato: Steamed Veg: Peas Soup: Turkey Vegetable Sandwich: Deli Sub Salad: Garden Salad	Entree: Mushroom Burger Potato: Oven Roasted Veg: Carrots Soup: French Onion Sandwich: Deli Sub Salad: Garden Salad	Entree: Turkey a la King Potato: Fettuccini Veg: Garden Mixed Soup: Chicken Noodle Sandwich: Deli Sub Salad: Garden Salad	Entree: Beef Stew Potato: Mashed Veg: Broccoli Soup: Tomato Vegetable Sandwich: Deli Sub Salad: Garden Salad	Entree: Chicken Risotto Potato: Buttered Rice Veg: PEI Mixed Soup: Five Bean Sandwich: Deli Sub Salad: Garden Salad
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
Entree: Turkey Cutlet Potato: Steamed Veg: Garden Mixed Soup: Cream of Mushroom Sandwich: Grilled Ham & Cheddar Salad: Assorted Cold Plate	Entree: Crab Stuffed Pollock Potato: Brown Rice Veg: Peas Soup: Beef Barley Sandwich: Grilled Ham & Cheddar Salad: Assorted Cold Plate	Entree: BBQ Beef on a Bun Potato: French Fries Veg: Corn Soup: Chicken Rice Sandwich: Grilled Ham & Cheddar Salad: Assorted Cold Plate	<p style="text-align: center;">LSCO CLOSED FOR CHRISTMAS EVE</p>	<p style="text-align: center;"><i>LSCO Annual FREE Christmas Dinner</i> 11:00am – 1:00pm</p>
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	Friday, January 1
Entree: Lemon Fillet of Sole Potato: Mashed Veg: Carrots Soup: Beef Vegetable Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Turkey Pot Pie Potato: Oven Roasted Veg: Squash Soup: Turkey Noodle Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Pork Roast & Apple Sauce Potato: Mashed Veg: Green Beans Soup: Tomato Vegetable Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Baked Ham Potato: Scalloped Veg: Baked Beans Soup: Split Pea Sandwich: Egg Salad Croissant Salad: Chicken Caesar	<p style="text-align: center;">LSCO CLOSED FOR NEW YEAR'S DAY</p>

In a recent article the author suggested we simplify our lives to be better acquainted with ourselves and everything around us. The world is very complex and sometimes confusing but it is also very simple. So can it also be with our lives.

It feels like we just took down Christmas ornaments and all that goes with this beautiful season, and it's here again. I want to try to simplify this season and not get caught up in the rush of the world. Even some of the commercials on television are telling us to keep Christmas simple. Presents are not the most important part of Christmas. Christmas is more than that, more than trees and twinkling lights, more than toys and presents or going into debt to be applauded by others. It is about love and giving and kindness to others. Two quotes I read "You may be sorry that you spoke, sorry you stayed or went, sorry you won or lost, but you'll never be sorry you were kind." The second quote is "Kindness



Acting President's Message

Clifford (Charlie) Brown

is the language deaf people can hear and blind people can see." I felt that this was such good advice to me that I wanted to share it with you. I hope we can all take some time to remember them and give of our time to make them feel important also. Hopefully our feelings of including others will extend beyond our familiar and inner circles. Probably the greatest gift we can give this Christmas season is the gift of our time. Everyone leads busy lives and our

time is precious to each of us. Giving of our time will and can make this world a happier place to live for everyone.

Every year LSCO has a Christmas dinner for anyone who wants to attend, along with it's many other events, making this a wonderful organization. Please make sure no one is alone this year and also knows about the events planned.

On behalf of the LSCO Board, I wish each and every one a Merry Christmas with peace and happiness in your homes and with your families. May the magic of the season fill your hearts with love and forgiveness and if there are any grudges, you can let them go. This is a special time when hearts are softened and friendships are renewed. Be safe and enjoy this wonderful Merry Christmas.

Closing thought – If you are always finding fault, you will seldom find anything else. ★

Embracing Life's Changes Coffee & Conversation Support Group

This is an on-going drop-in group. Participants are welcome to drop-in whenever they are available.

Participants share concerns/worries when they are comfortable to talk in the group. Support and encouragement is offered to all participants.



Every Wednesday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization
500 – 11th Street South
403.320.2222

There is no charge to participate in the group.
Everyone is welcome and membership at LSCO is not required.

Coffee is supplied by LSCO but donations are accepted.



LETHBRIDGE
Senior Citizens
ORGANIZATION



Are you getting frustrated on not knowing how to mix the colours you need to paint or draw correctly? Well here is the class for you. This 6 week class will provide you with a better understanding of colour theory and basics concepts to help you understand colour better. As a painter you will spend half of your time mixing colours, so take the guess work out of it and save some time with this class. With certain colour exercises designed for you, Donna will guide you through, to help give you more confidence in this critical part of painting.

When: Wednesdays, January 27 – February 24
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$55 NM
Register by: Wednesday, January 20 (after this date add \$5)

TRIVIA ~ Did you know? The word "Checkmate" in chess comes from the Persian phrase "Shah Mat," which means "the king is dead."

8 tips for green gifting this holiday season

The holiday season is a time filled with joy and giving, but it can also be a time of great waste as packaging and wrapping from gifts finds its way into landfills. This year, follow these eight tips to spread the joy without the extra waste.

1. Don't leave home without a healthy supply of reusable shopping bags.
2. Look at opportunities to car pool or use public transit when shopping during the holiday season. When ordering gifts online find retailers that use packaging and delivery options that are better for the environment.

3. Use reusable gift bags, newspaper or even fabric to wrap gifts instead of wrapping paper, which often cannot be recycled.
4. Send greeting cards electronically or make your own cards out of recycled materials.
5. Consider giving an experience, such as tickets to a local attraction or the movies, or something that's homemade, like baked goods made from locally sourced ingredients.
6. If giving a physical gift, look for items that use minimal packaging or have

packaging that can be recycled. Consider gifts made from sustainable and responsibly sourced material, choose electronics that are energy-efficient and opt for edible gifts that are organic or locally sourced.

7. In lieu of a gift, make a donation to a charitable organization that supports green initiatives, like TD Friends of the Environment Foundation.

By following this list and checking it twice, it will be easy to have a festive and green gift-giving season.

www.newscanada.com

From the Volunteer Corner



Volunteer News

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

CHRISTMAS TURKEY DINNER

It is the 31st Anniversary of our traditional community Christmas Turkey Dinner.....how truly wonderful. In 4 ½ hours 500 people + partake of a turkey dinner prepared & served by over 100 volunteers.

It is through the generous in-kind and cash donations we receive that we are able to serve so many people. This tradition was born in part so no one was left alone on Christmas Day; so everyone could have a hot turkey dinner. The LSCO is proud to continue this tradition. All the volunteer positions are not filled so if you are able to give us 2 ½ hours of your time please call LSCO.

CLEVER CRAFTER'S BOUTIQUE

The new 2016 Consignee Contracts for the Clever Crafter's Boutique will be available December 1st to LSCO members. If you are a member of the LSCO and have handcrafted items for sale we would love to have you as a Consignee. Boutique renewals are payable for 2016 before January 31st.

On behalf of the Boutique Consignees I would like to say thank you for your patronage in 2015. For handcrafted socks, dishtowels, place settings & table runners, slippers, baby sweaters, fingerless gloves and quilts, look no further than the Clever Crafter's Boutique for your perfect Christmas gift.

The Clever Crafter's Boutique will be closed starting on Thursday, December 24th through the holidays until Monday, January 4th, 2016.

CHRISTMAS WISHES

It has been an extraordinary year, full of extraordinary events, presented by extraordinary volunteers. I would like to take this time to wish you all a Merry Christmas and a Blessed New Year. ★



1710 Mayor Magrath Drive South



**Proud to Support
LSCO Volunteers**

**NOVEMBER 2015
Volunteer
of the Month
Muriel Rodzinyak**

Muriel Rodzinyak has been a dedicated volunteer here at the LSCO for 24 years. We've all heard the saying "the trick to staying young is to stay active"; well Muriel is proof of that. Since retiring as a booking clerk at the Lethbridge Regional Hospital, that's exactly what Muriel has done..... stay active. All in the course of one week you will find Muriel working in the kitchen in the food prep area, manning a Bingo and serving food and clearing plates at one or two weekly catering events. And if that isn't enough, you can find Muriel exercising her brain power at the weekly Scrabble tables. We could all hope to have Muriel's enthusiasm and energy some day.

Muriel, with a smile on your face, you continue to contribute to the success of so many areas within the LSCO, and I sincerely thank you for having given almost 400 hours of volunteer time in 2015.

Muriel you are very much appreciated....
you **ROCK!!!**



MERRY CHRISTMAS

*LSCO 31st Annual
Christmas Turkey Dinner*

*Join us for a free
Christmas Dinner on Christmas Day
Friday, December 25th
11:00 am ~ 1:00 pm*

Dinner is open to everyone in the community.

- Rides to the dinner can be booked one week in advance.
- If you are unable to attend, meals can be delivered to your home with one week advance booking.
- There are a variety of volunteer positions for this event so please call for information on volunteer opportunities.

Call us at 403-320-2222 for more information.



**LETHBRIDGE
Senior Citizens
ORGANIZATION**

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





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Christmas is a time for me to reflect back on the year and realize how grateful I am to be a part of such a special group of people in the Adult Day Program.

The Adult Day Program, in its 31st year, has continued to be one of the niceties of the Lethbridge Senior Citizens Organization with a diverse group of individuals with different backgrounds and personalities.

Thank you for sharing your stories of your life. We have enjoyed each other's laughter and shared each other's tears. We have given freely of our hugs and our smiles. Within this group are the many volunteers and entertainers that donate countless hours to make sure that everyone that comes through that door is able to have an afternoon where they can enjoy a little bit of happiness. To these special individuals, I would like to say thank you for your time, dedication and the love you show towards each and every one of our members.

I wish for everyone, a wonderful Christmas Season, full of love and happiness, good friends and good health with enough special memories tucked into your memory bank to bring you sunshine every day and keep you warm at night.

May you always have the Magic of Christmas in your heart.

~ Sharon



TRIVIA ~ Did you know? Cranberries are sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.

Christmas Music at LSCO

LCI JAZZ BAND

under the direction of Ken Rogers
Friday, December 11th
1:15 pm ~ LSCO Gym 2
 500 - 11th Street South

Gift Certificate

GIFTS FOR EVERYONE

A GREAT DEAL FOR THE MONEY /100

500 - 11th Street South
 Lethbridge, Alberta T1J 4G7
 403-320-2222

Certificate is not redeemable for cash.

COMPUTER BASICS

This class is perfect for seniors new to the use of computers. You will learn how to turn it on, use the start menu, how to work a mouse, identify icons, open programs, print a document, shut down the computer and more. If you are in need of financial assistance to register please ask at the Administration Desk or call 403-320-2222.

When: Tuesdays & Thursdays
 February 23 – March 3

Time: 1:30 – 3:30 pm

Fee: \$12 LSCO M; \$20 NM

Register by: Thursday, February 18

CLASSIFIED ADS

PAPPY'S HANDYMAN SERVICE. Local, Reliable, Friendly. All types of jobs can be done. Proudly serving Lethbridge and surrounding area. 403-942-6533. www.pappys-handyman.ca or e-mail: greg@pappys-handyman.ca

INVACARE PEGASUS 4 WHEEL SCOOTER. Gently used. Purchased new July 2014. \$3,100. Adjustable suspension, storage compartment, pneumatic tires, battery charger, speed reduction technology. Estate sale. \$1,900 or best offer. 403-393-2376.

Established Business – **Naked Feet Mobile Foot Care:** nail trim & callus removal \$30. 1 hour Thai reflexology foot massage \$50. Benefits include reduce pain & stiffness, better & deeper sleep, improved circulation in feet & legs just to name a few. Certified Advance Pedicurist & Certified Thai Reflexologist. For more information call Barbara Mossa **403-308-7654**. Seniors may qualify for benefits.

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.

HAIRCUTS IN YOUR HOME Service plus perms and colours. Licensed Barber/Hairdresser. Please call 403-942-7712.

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.

DOUG'S HANDYMAN SERVICES. 403-331-6433 Odd jobs of any size starting at \$20 per hour. Yard maintenance, snow removal, interior painting, assembling furniture, demolition, caulking, running errands, changing light bulbs, moving & packing contents.

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FRESH HONEY FOR SALE: various sizes, including gift packages. From 300 grams to 10 lbs. Will deliver, call 403-381-1653.

Triple D Tours

Triple D Tours would like to Thank everyone who has travelled with us this past year.

We would like to take this opportunity to wish everyone a very Merry Christmas, and a Happy New Year.

Please watch for our Up and Coming trips for 2016.

Donna, Bob and Ian Dobra

Call Donna Dobra: 403-394-0349
E-mail: tripledtours@hotmail.com

PLAY HEAR

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TRIVIA ~ Did you know? Bullet proof vests, fire escapes, windshield wipers, and laser printers were all invented by women.

**A Lawyer
 who makes House Calls?**

Yes! for Seniors

Let's use the kitchen table!



R. Roy Davidson, Lawyer
 Wills & Estate Planning
403-327-1605

The Lawyer who makes House Calls.

4 remarkable ways to give back



In the midst of fun filled parties, gift shopping, family events and crossing things off of our seemingly endless to-do list, many of us can forget the true meaning of the season. There are some amazing ways that you can make it more than just about getting presents and eating until you're a new level of full.

Give Miles. Aeroplan's Beyond Miles program partners with Canadian non-for-profit organizations dedicated to improving lives and enriching communities at home and around the world. Aeroplan members can donate miles to 10 charitable partner organizations such as War Child Canada and MusiCounts and more than 450 grassroots charities to help them offset costs related to travel.

Think global. Make an impact that extends around the world and consider a charity like Engineers Without Borders which looks to break the cycle of poverty by funding ventures that work with thousands of entrepreneurs, business leaders, planners and engineers in sub-Saharan Africa.

Shop for a cause. Honour your loved ones in a meaningful way with a beautiful holiday card from the Stephen Lewis Foundation. Your donation will help with various programs, including giving children orphaned by AIDS access to education; providing support for grandmothers caring for their orphaned grandchildren; offering counselling and education about HIV prevention, care and treatment; distributing food, medication and other necessities; and reaching the sick and vulnerable through home-based health care.

Look to the community. Make a change in your own neighbourhood by volunteering at the local shelter and donating clothing and gifts. Also look to empower communities around the world through organizations like Free the Children. You can give a gift such as \$50 for a dairy goat that will provide a family with a source of nutritious milk and sustainable income, or \$125 for clean water for a family for life.

More information on donating Aeroplan Miles to these organizations is available online at aeroplan.com/donate.



www.newscanada.com

Self Help Groups

Touched by Cancer Support Group

An opportunity for any age individual and their loved ones to come together to talk, share experiences about their cancer journey. The chance to offer support to each other whether newly diagnosed, undergoing treatment or in remission. The group's next meeting is **Wednesday, January 13, 2016** (there will be no meeting in December) For more information please call 403-320-2222 ext 25.

Parkinson's Alberta Society Support Group

The group is having a Christmas Luncheon on **Thursday, December 17th** at 12:00 pm in Room "A". Please RSVP by calling 403-317-7710.

On Our Own: A Group for Widows, Widowers and Divorcees

Meet weekly for a coffee social hour every Wednesday in the dining room at 2:00 p.m. New member are welcomed.

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 group will meet on **December 15th** at 7:00 pm. For more information call Vedna at 403-329-3766.

Lethbridge Stroke Recovery Association (LSRA)

The group will be having a Christmas potluck supper on **Wednesday, December 2nd** at 6:00 pm in Room A. Please bring a hot dish or a salad to share. Dessert, beverages, plates and cutlery will be provided. For more information or to RSVP please call Louise at 403-394-6495 or by email at llandry@shaw.ca.

Sunset Alcoholics Anonymous

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

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

Alcoholics Anonymous Saturday Morning Eye Opener Group

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

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 p.m. in Room "A". The next meeting is **Monday, January 25th.**

Embracing Life's Changes Coffee and Conversation Group

This is an ongoing 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.



Beginner Oils In Landscape

This is an 8 week beginner oil painting class with instructor Donna Gallant. We will cover simple techniques in painting with oils with the minimal amount of using turpentine and other cleaning products that have a strong odour. Learn how to mix colours, define land formations, and achieve the right lighting effects and many other oil painting techniques and basic principles in painting a landscape. This should be a great experience for the novice.

When: Wednesdays, March 2 – April 20, 10:00 am – 12:00 pm
 Fee: \$40 LSCO M; \$65 NM
 Register by: Wednesday, February 10 (after this date add \$5)

Did you know?

the Dining Room at LSCO is open to the public and serves breakfast and lunch?

TRIVIA ~ Did you know? Canada makes up 6.67 percent of the Earth's land area.

Christmas Carols

St. Patrick's Fine Arts Choir,
under the direction of
Jessica Ens,
will be performing
Monday,
December 7th
11:00 a.m.
Stage Area





GIRLS WEEKEND

Get together your best gal pals, leave the guys behind, and plan a great weekend with us!

- Gateway Lodging, Casino Bucks and Great Shopping. It's enough to make every girl swoon!
- Overnight deluxe accommodations
- The Garden Inn Sleep System Bed
- Hot cooked-to-order breakfast buffet for 2 in our Garden Grill

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December is the month of business, festiveness and wonder, it is truly my most favorite time of the year. I was looking at some Christmas poems the other day and came across one written by Joanna Fuchs titled, "Recipe for Christmas All Year Long" and I thought to myself wouldn't that be wonderful. Two verses in the poem go like this "stir it up with human kindness; wrap it up in love and peace, decorate with optimism, and our joy will never cease. If we use this healthy recipe, we know we will remember, to be in the Christmas spirit, even when it's not December".

I would like to wish everyone a very blessed Christmas. May you experience love, peace and joy in the coming Christmas season and in the coming New Year.

Christmas Music at the LSCO!

Once again LSCO is the recipient of talent from the youth of our schools. We have 2 schools coming to perform for us this year.

Division 1 choir from **St. Patrick's Fine Arts School** under the direction of Jessica Ens will be here on **Monday, December 7th** at 11:00 am in the Dining Room (stage area). The choir will perform a selection of Christmas Carols for us.

We will also have our very own **Golden Miles Singers** leading a Christmas Carol Sing a long on **Thursday, December 10th** at 11:30 am in the dining room (stage area). Bring your singing voices and come join them.

LCI Jazz Band under the direction of Ken Rogers will be here on **Friday, December 11th** at 1:15 pm in Gym #2 to perform a selection of Christmas music for you.

Randy Epp & Friends will be at LSCO on **Wednesday, December 16th**. Come listen to a selection of Jazzy Christmas Music in the stage area from 11:00 am – 1:00 pm.



LSCO Support Services

Marlene Van Eden
Support Services Coordinator

mvaneden@lethseniors.com
403-320-2222 ext. 25

COMMUNITY PARTNERSHIPS

Information on Law

Ms. Christina Lam with the law firm of **Alger Zadeiks Shapiro** will be here on Wednesday, January 13th. (Please note that Christina will not be here in December.) 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.

Chat with a Councilman Coffman!

Jeff Coffman will be at the centre to meet with members, to listen to your views and exchange ideas about city issues. This is a good opportunity to share your thoughts or discuss projects or ideas of interest to you. Come talk to Jeff on **Friday, December 11th** from 11:30 am – 1:00 pm in the dining room.

WELLNESS

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on, **Friday December 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 the LSCO.

Reflexology Appointments

Brenda & Linda, both Reflexologists, will be here on **Friday, December 11th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO..

Hearing Screening

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, December 10th**.

Grateful Feet: Nursing Foot Care

The care provider for this service is Tina Huckabay, RN. 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. *Grateful Feet* offers one-hour appointments. Book your appointment for **Tuesday, December 1st & 15th** by calling the LSCO 403-320-2222. There is a fee for this service, with a portion of it going to the LSCO. To book your appointment or for more information call 403-320-2222 ext. 25. For home visits, call 403-894-9667.

An LSCO Gift Certificate can be used for breakfast, lunch, the fitness centre, creative art class, yoga, tai chi or pickleball. Give a gift to last throughout the year!



CITY OF
Lethbridge

Keeping You on the Move

When it snows, the City of Lethbridge plows, sands and de-ices roads based on a priority system.

What can you do to help?

- Slow down and drive with care
- Keep a safe distance from the vehicle in front of you
- Stay a safe distance behind snow plows and sand trucks
- Never pass a snow plow or sanding truck



For more information, including a priority map, visit www.lethbridge.ca/WinterRoads or follow us on Facebook and Twitter.



Do you live on a snow route? Find out what you need to know and sign up for email alerts at www.lethbridge.ca/SnowRoutes.

BASIC SELF DEFENSE for WOMEN Rape Aggression Defense Training



The RAD Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. Participants will be given a manual for future reference and will be able to join future RAD classes free of charge.

When: Tuesday, February 2 & 9
Time: 1:00 – 4:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Tuesday, January 6 (after this date add \$5)
Instructor: Dan Walton (retired police officer, certified instructor)

Come Join us this Winter & Spring 2016

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.
- If making payment after registration date \$5 will be added to course fee where indicated.

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 Membership – Individuals 35 – 54 years

- Renewal/New Member \$90

FITNESS CENTRE

- LSCO Member Fee: \$18/month
\$99/6 months
\$180/12 months
- Non Member Fee: \$27/month

NEW – 10X CLASS/FITNESS PASS

This Pass is the perfect solution for LSCO members who enjoy participating in a variety of classes or working out in the Fitness Centre. Pass holders have access to dropping into the following classes: Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold, Zumba. Review the class information including the description to determine whether it is right for you. Please ask for additional information.

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

NON-MEMBER PARTICIPATION

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

PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket. You must show your vehicle registration.

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

Legend

LSCO M – LSCO Member; NM – Non Member

Special Interest

BASIC SELF DEFENSE for Women Rape Aggression Defense Training

The RAD Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. Participants will be given a manual for future reference and will be able to join future RAD classes free of charge.

When: Tuesday, Feb. 2 & 9; 1:00 – 4:00 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Tuesday, Jan. 6 (after this date add \$5)
 Instructor: Dan Walton (retired police officer, certified instructor)

Fee: \$55 LSCO M; \$82.50 NM
 Where: Gym 2
 Register by: Session 1: Monday, Jan. 11
 Session 2: Monday, April 4
 (after these dates add \$5);

CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you. No pushing or forcing. Nia honors the bodies' way. You can do it at high octane to get your fitness on OR you can take it to level 1 and enjoy self healing ~ or anywhere in between. Join Lise Schulze, certified 1st Black Belt, on a magical ride to unite body, mind, spirit. Allow yourself to remember the Joy of being Alive and feeling free in your body.

When: **Session 1:** Thursdays, Jan. 14 – March 24
Session 2: Thursdays, April 7 – June 16
 Time: 5:15 – 6:15 pm
 Fee: \$65 LSCO M; \$97.50 NM
 Register by: Session 1: Monday, Jan. 11
 Session 2: Monday, April 4
 (after these dates add \$5);

FITBALL

Participants NEW to the oversized inflatable ball will work on improving balance, strengthen a variety of muscle groups and improve flexibility. This class is designed for the beginner and will be held upstairs in the small exercise room.

When: Wednesdays, Jan. 13 – Feb. 10
 Time: 10:00 – 10:30 am
 Fee: \$10 LSCO M; \$15 NM
 Register by: Thursday, Jan. 7

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 foot wear. Don't forget to bring a water bottle and a yoga mat.

Tuesdays & Thursdays

When: **Session 1:** Jan. 12 – Feb. 25
Session 2: March 1 – April 28
 (no classes March 29, 31)
 Time: 9:00 – 9:45 am
 Fee: Session 1: \$35 LSCO M; \$53 NM
 Session 2: \$40 LSCO M; \$60 NM
 Register by: Session 1: Thursday, Jan. 7
 Session 2: Feb. 25
 (after these dates add \$5)

Exercice & Fitness

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

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: **Session 1:** Thursdays, Jan. 14 – March 24
Session 2: Thursdays, April 7 – June 16
 Time: 3:30 – 4:30 pm
 Fee/session: \$65 LSCO M; \$97.50 NM
 Where: Gym 2
 Register by: Session 1: Monday, Jan. 11
 Session 2: Monday, April 4
 (after these dates 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: **Session 1:** Thursdays, Jan. 14 – March 24
Session 2: Thursdays, April 7 – June 16
 Time: 2:30 – 3:30 pm

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 dance classes.

Mondays

When: **Session 1:** Jan. 4 – March 21
 (no class Feb. 15)
Session 2: April 4 – June 27
 (no class May 23)
 Time: 10:30 am – 12:00 pm
 Fee/session: \$33 LSCO M; \$50 NM
 Drop In Not Permitted
 Register by: Session 1: Thursday, December 31
 Session 2: March 31
 (after these dates add \$5)

Thursdays

When: **Session 1:** Jan. 7 – March 24
Session 2: April 7 – June 23
 Time: 10:30 am – 12:00 pm
 Fee/session: \$33 LSCO M; \$50 NM;
 Drop In Not Permitted
 Register by: Session 1: Monday, Jan. 4
 Session 2: April 4 (after these dates add \$5)

LINE DANCING

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: **Session 1:** Thursdays, Jan. 7 – March 24
Session 2: Thursdays, April 7 – June 23
 Time: 1:15 – 2:15 pm
 Fee/session: \$33 LSCO M; \$50 NM
 Drop In Not Permitted
 Register by: Session 1: Monday, Jan. 4
 Session 2: April 4
 (after these dates add \$5)

MORNING TAI CHI PROGRAM

FREE New Beginner Introductory Demonstration

Tai Chi is a moving meditation with many health benefits. It is a system of physical exercises based on the principals of effortless breathing, rhythmic movement and weight equilibrium. If you would like to try Tai Chi; a FREE introductory demonstration will be held **Monday, Jan. 4 from 9:00 – 10:00 am in Gym 2.** You will have an opportunity to join the instructor, Steve Burger. No registration required for this.

TAI CHI BEGINNER PRACTICE

This practice session is for individuals registered in the Beginner, Intermediate or Advanced classes.

When: **Session 1:** Mondays, Jan. 11 – March 21
Session 2: Mondays, April 4 – June 13
 Time: 9:00 – 10:00 am
 Fee/session: \$12 LSCO M; \$18 NM
 Register by: Session 1: Friday, Jan. 8
 Session 2: Thursday, March 31

TAI CHI BEGINNER CLASS

This class is for you if you are new to Tai Chi or haven't been practicing for a while. Wear comfortable clothing and inside footwear.

When: **Session 1:** Thursdays, Jan. 7 – March 24
Session 2: Thursdays, April 7 – June 16
 Time: 9:00 – 10:00 am
 Fee/session: \$36 LSCO M; \$54 NM
 Register by: Session 1: Monday, Jan. 4
 Session 2: April 4
 (after these dates add \$5)

TAI CHI INTERMEDIATE CLASS

Students who have taken the beginner class and are ready to learn additional steps are encouraged to register for this intermediate class.

When: **Session 1:** Tuesdays, Jan. 5 – March 22
Session 2: Tuesdays, April 5 – June 14
 Time: 9:00 – 10:00 am
 Fee/session: \$36 LSCO M; \$54 NM
 Register by: Session 1: Thursday, December 31
 Session 2: March 31
 (after these date add \$5)

TAI CHI ADVANCED CLASS

If you have completed Steve's Intermediate class and are ready to move on register for this class. Advanced students should also register.

When: **Session 1:** Wednesdays,
 Jan. 6 – March 23
Session 2: Wednesdays
 April 6 – June 15
 Time: 9:00 – 10:00 am
 Fee/session: \$36 LSCO M; \$54 NM
 Register by: Session 1: Monday, Jan. 4
 Session 2: April 4
 (after this date add \$5)

TAI CHI PRACTICE

This practice session is for intermediate and advanced students. Please register 1 week prior to start dates.

When: **Session 1:** Fridays, Jan. 8 – March 18
Session 2: Fridays, April 8 – June 17
 Time: 9:00 – 10:00 am
 Fee: \$12 LSCO M; \$18 NM
 Register by: Session 1: Wednesday, Jan. 6
 Session 2: April 6

CHI GONG

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

When: **Session 1:** Tuesdays & Thursdays
 Jan. 5 – March 24
Session 2: Tuesdays & Thursdays
 April 12 – May 26
 Time: 10:15 – 11:30 am
 Fee: Session 1: \$66 LSCO M; \$99 NM
 Session 2: \$42 LSCO M; \$63 NM
 Instructor: Dave Scotland
 Register by: Session 1: Monday, Jan. 4
 Session 2: April 11
 (after these dates add \$5)

TAI CHI YANG STYLE (simplified 10 form)

The Yang 24 Tai Chi form was developed in 1956 by the Chinese Sport Committee and Tai Chi masters as a health exercise. The form introduces the beginner to essential elements of Tai Chi Chuan yet retains the traditional flavour of longer forms. The Yang 24 Tai Chi is considered the most widely practiced form in the world and takes about 5 minutes to perform once learned. Some Chi Gong (health exercises) will also be included. Wear comfortable loose clothing and footwear.

When: **Session 1:** Mondays & Wednesdays
 Jan. 4 – March 23 (no class Feb. 15)
Session 2: Mondays & Wednesdays
 April 11 – May 25 (no class May 23)
 Time: 12:45 – 1:45 pm
 Fee: Session 1: \$66 LSCO M; \$99 NM
 Session 2: \$39 LSCO M; \$58.50 NM
 Instructor: Dave Scotland

Register by: Session 1: Thursday, December 31
 Session 2: March 31
 (after these dates 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.

Mondays
 When: **Session 1:** Jan. 4 – Feb. 29
 (no class Feb. 15)
Session 2: March 7 – April 25
 (no class March 28)
 Time: 9:30 - 10:20 am
 Fee/session: \$20 LSCO M; \$30 NM
Wednesdays
 When: **Session 1:** Jan. 6 – Feb. 24
Session 2: March 2 – April 27
 Time: 9:30 - 10:20 am
 Fee/session: \$20 LSCO M; \$30 NM
 Register by: 2 days prior to start dates

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: **Session 1:** Tuesdays & Thursdays
 Jan. 5 – Feb. 25
Session 2: Tuesdays & Thursdays
 March 1 – April 28
 (no class Mar 29 & 31)
 Fee/session: \$72 LSCO M; \$108 NM
 Time: 9:30 - 10:30 am
 Register by: Session 1: Thursday, December 31
 Session 2: March 1
 (after these dates 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: **Session 1:** Jan. 11 – March 21
 Time: 10:00 – 11:15 am
 Fee: \$45 LSCO Members only
 Drop In Not Permitted
 Instructor: Michael Pollard
 Register by: Thursday, Jan. 7 (after this date add \$5)
 Note: Please watch for Session 2 listed in future publications

Wednesdays
 When: **Session 1:** Jan. 6 – March 9
Session 2: March 16 – May 18
 Time: 10:00 – 11:15 am
 Fee/session: \$45 LSCO Members only
 Drop In Not Permitted
 Instructor: Leigh Monette; Barb Huston
 Register by: Monday, Jan. 4 & March 14

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 because the teacher will instruct 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.

Tuesdays
 When: **Session 1:** Jan. 5 – Feb. 23
Session 2: March 1 – April 26
 Time: 12:05 – 12:55 pm
 Fee/session: \$45 LSCO M; \$68 NM
 Register by: Session 1: Thursday, December 31
 Session 2: Feb. 25
 (after these dates add \$5)

Thursdays
 When: **Session 1:** Jan. 7 – Feb. 25
Session 2: March 3 – April 28

Time: 12:05 – 12:55 pm
 Fee/session: \$45 LSCO M; \$68 NM
 Register by: Session 1: Tuesday, Jan. 5
 Session 2: March 1
 (after these dates add \$5)

ACTIVE YOGA & STRETCH

Individuals participating in this class will move through a series of yoga 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.

When: Wednesdays, Jan. 13 – Feb. 24
 Time: 4:45 – 5:45 pm
 Fee: \$32 LSCO M; \$48 NM
 Register by: Monday, Jan. 11
 When: Fridays, Jan. 15 – March 4
 Time: 9:00 – 10:00 am
 Fee: \$36 LSCO M; \$54 NM
 Register by: Wednesday, Jan. 13

ZUMBA GOLD

A FREE Demonstration/class will be held Tuesday, Jan. 5 at 11:00 am in Gym 2. Everyone welcome!

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: **Session 1:** Tuesdays, Jan. 12 – March 1
Session 2: Tuesdays, March 8 – April 26
 When: **Session 1:** Thursday, Jan. 14 – March 3
Session 2: Thursday, March 10 – April 28
 Time: 11:00 – 11:45 am
 Fee/session: \$36 LSCO M; \$54 NM
 Register by: Session 1: Thursday, Jan. 7
 Session 2: April 21
 (after these dates add \$5)

ZUMBA

If you were to peek inside a class you would describe Zumba as a party! Upbeat music plays and you are guided through an energetic workout while having a lot of fun. Tine Gulbrandsen will ensure you have a great time.

When: **Session 1:** Tuesdays, Jan. 12 – March 1
Session 2: Tuesdays, March 8 – April 26
 Time: 5:30 – 6:30 pm
 Fee/session: \$36 LSCO M; \$54 NM;
 10xClass Pass: \$55 LSCO M; \$65 NM
 Register by: Session 1: Monday, Jan. 11
 Session 2: March 7

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

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

When: **Session 1:** Mondays & Wednesdays
 Jan. 11 – Feb. 29 (no class Feb. 15)
Session 2: Mondays & Wednesdays
 March 2 – April 20 (no class Mar. 28)
 Time: 8:00 – 8:50 am
 Fees: Each Session 1, 2: \$63 LSCO M;
 \$95 NM
 Instructor: Deb Palmer
 Register by: Session 1: Wednesday, Jan. 6
 Session 2: Monday, Feb. 29
 (after these dates add \$5)

Sports

BASKETBALL

Friendly pickup games of basketball are played twice a week. Shower facilities are available. Please do not leave valuables unattended. There will not be basketball in August when floors are being resurfaced or September 15. Watch notices for additional date. Individuals can play as a LSCO member or nonmember.

When: Tuesdays & Thursdays, beginning Jan. 5
 Time: 12:00 – 1:15 pm

Fee: \$15/month or \$120/year
 NM fee: \$30/month or \$240/year

PICKLEBALL for BEGINNERS

Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun. Instruction will begin at 1:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration. Drop in participants not accepted Wednesdays.

When: **Session 1:** Wednesdays, Jan. 6 – 27

Session 2: Wednesdays, Feb. 3 - 24

Time: 1:00 – 3:30 pm

Fee/session: \$15 LSCO M; \$30 NM

Register by: Session 1: Monday, Jan. 4

Session 2: Monday, Feb. 1

PICKLEBALL

Pickleball players can pay monthly or by drop in. LSCO members will be charged a \$2.50 drop in fee. Non-member drop in fee is \$3.50. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Some equipment supplied. *There a few times a year the gym is not available for play. These dates will be posted.*

When: Mondays & Fridays; 1:00 – 4:50 pm

Tuesdays & Thursdays; 1:30 – 4:50 pm

Fee/session: \$15 LSCO M; \$30 NM; Yearly Fee: \$120

Creative Arts

WATERCOLORS with Connie

This free and easy approach to watercolors will encourage students to experiment with not only how to use the brush and medium but different styles of painting. Landscape, abstract floral and nature will be some of the topics covered. All levels welcome.

When: Tuesdays, Jan. 19 – Feb. 23

Time: 1:00 – 3:00 pm

Fee: \$30 LSCO M; \$45 NM

Instructor: Connie Furgason

Register by: Thursday, Jan. 14 (after this date add \$5)

“BRING IN SOME SPRING”

Banish the winter blahs with painting florals and other lovely nature bits during this one day workshop! We'll create some floral designs both with very simple pencil drawing and freeform brush strokes. Some paper for purchase as well as some greeting cards that are suitable for painting on. Supply list available upon registration. There will be a break for lunch.

When: Friday, January 29

Time: 9:30 am – 4:00 pm

Fee: \$25 LSCO M; \$38 NM

Register by: Monday, January 25

Instructor: Connie Furgason

COLOR MIXING

Are you getting frustrated on not knowing how to mix the colors you need to paint or draw correctly? Well here is the class for you. This 6 week class will provide you with a better understanding of color theory and basics concepts to help you understand color better. As a painter you will spend half of your time mixing colors, so take the guess work out of it and save some time with this class. With certain color exercises designed for you, Donna will guide you through, to help give you more confidence in this critical part of painting.

When: Wednesdays, Jan. 27 – Feb. 24

Time: 10:00 am – 12:00 pm

Fee: \$30 LSCO M; \$55 NM

Register by: Wednesday, Jan. 20

(after this date add \$5)

ABC's of WATERCOLOR (#2)

Beginner class for people that would love to learn how to paint in watercolor, even if you have taken the first class it will be a refresher with a few new twists.

Several different watercolor techniques and styles will be covered in this an 8 week class. This course will also include basic elements of art making such as composition, color theory, perspective & proportion, identifying shapes, creating textures & patterns and most important how to see. A little bit of drawing will be required so bring your sketch book and pencils.

When: Thursdays, Jan. 28 – March 17

Time: 1:00 – 3:00 pm

Fee: \$40 LSCO M; \$65 NM

Register: Thursday, Jan. 21

(after this date add \$5)

CROSSING THE LINE (beginners drawing)

Not just another beginner's drawing class but a class shaped towards using a more linear approaches to drawing. Yes, we will cover value, perspective, shapes, space, textures, mass and form but we will achieve this through understanding the most basic element of the line. This is a 10 week class full of interesting concepts, exercises and fun crossing the line.

When: Saturdays, Jan. 30 – April 16

(no class Feb. 13 or Mar. 26)

Time: 10:00 am – 12:00 pm

Fee: \$40 LSCO M; \$65 NM

Register by: Friday, Jan. 22 (after this date add \$5)

BEGINNER OILS IN LANDSCAPE

This is an 8 week beginner oil painting class with instructor Donna Gallant. We will cover simple techniques in painting with oils with the minimal amount of using turpentine and other cleaning products that have a strong odor. Learn how to mix colors, define land formations, and achieve the right lighting effects and many other oil painting techniques and basic principles in painting a landscape. This should be a great experience for the novice.

When: Wednesdays, March 2 – April 20

Time: 10:00 am – 12:00 pm

Fee: \$40 LSCO M; \$65 NM

Register by: Wednesday, Feb. 10

(after this date add \$5)

NATURE in PEN & INK

If you have taken a pen & ink class before or even if you haven't, in this class we will concentrate on subjects found in nature like landscape, animals, plants and water. Some pen & ink techniques will be covered but mostly we will learn how to create the textures found in nature and how to create a realistic rendering of our subjects.

When: Thursdays, March 31 – May 19

Time: 1:00 – 3:00 pm

Fee: \$40 LSCO M; \$65 NM

Register by: Thursday, March 24

(after this date add \$5)

FLOWERS

Here's an opportunity to work with fresh flowers and your favorite painting medium. This 8 week class will concentrate on the wonderful structures and colors of flowers. Basic flower arrangements and compositions will be covered as well as color mixing to achieve those brilliant and vibrant colours that flowers give us. Techniques and approaches will be covered including layering to maximize color intensity, painting the outside shapes first and analyzing flower shapes. All levels of students are invited to join.

When: Wednesdays, April 20 – June 8

Time: 10:00 am – 12:00 pm

Fee: \$40 LSCO M; \$65 NM

Register by: Wednesday, April 13

(after this date add \$5)

DRAWING & PAINTING LANDSCAPES

In this short 5 week class learn quick techniques to drawing and painting landscapes. We will cover various ideas and approaches to seeing and understanding landscapes. You may use any medium you like but we will always start off with a drawing and then continue to a finished painting or drawing which the student will proceed with. It is preferred that the student already knows how to use their preferred medium since we will be concentrating the subject and its components. But beginners are still welcomed and will be encouraged to work along. Hopefully we will have more opportunities to do more on location work than last year.

You will find that drawing on location is more challenging than working in the studio but you can see so much more and it makes your drawings richer and more expressive. Working from life is a good teacher.

When: Thursdays, May 26 – June 23

Time: 1:00 – 3:00 pm

Fee: \$25 LSCO M; \$37.50 NM

Register by: Thursday, May 19 (after this date add \$5)

LEARN TO KNIT SOCKS

If you are interested in learning how to knit socks please register at the Administration Desk. It's the perfect project to use up leftover wool. Participants must have paid the

yearly knitting fee and know how to knit.

When: Thursdays, Jan. 14

Time: 1:00 – 4:00 pm

Fee: LSCO Membership & Knitting Fee

Register by: Wednesday, Jan. 13

Seniors & Technology

Program funding from Alberta Innovation & Advanced Education through Lethbridge Lifelong Learning.

COMPUTER BASICS

This class is perfect for seniors new to the use of computers. You will learn how to turn it on, use the start menu, how to work a mouse, identify icons, open programs, print a document, shut down the computer and more. If you are in need of financial assistance to register please ask at the Administration Desk or call 403-320-2222.

When: Tuesdays & Thursdays, Feb. 23 – March 3

Time: 1:30 – 3:30 pm

Fee: \$12 LSCO M; \$ NM

Register by: Thursday, Feb. 18

(after this date add \$5)

APPLE COMPUTERS

Basic and simple instructions on how to use Apple Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Wednesdays & Fridays March 2 – 18

Time: 1:30 – 3:30 pm

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

Register by: Friday, February 26

(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, Jan. 26 – Feb. 11

Time: 1:30 – 3:30 pm

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

Register by: Thursday, Jan. 21

(after this date add \$5)

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: Wednesdays & Fridays, Jan. 6 – 22

Time: 2:00 – 4:00 pm

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

Register by: Thursday, Dec. 31

(after this date add \$5)

FACEBOOK & SOCIAL NETWORKING

This 4 day course focuses primarily on Facebook with some discussion on other ways to use social networking (Pinterest, Instagram). You will be shown how to set up Facebook, set up your profile, find and add friends, how to make sense of privacy options, what to avoid, much more.

When: Tuesdays & Thursdays, Jan. 5 – 14

Time: 1:30 – 3:30 pm

Fee: \$36 LSCO M; \$54 NM

Register by: Thursday, Dec. 31

(after this date add \$5)

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: Wednesdays Jan. 13 – Feb. 24

(no class Feb. 17)

Time: 4:30 – 6:30 pm

Fee: \$35 LSCO M; \$53 NM

Register by: Monday, Jan. 8

(after this date add \$5)

Programs & Workshops

Non members are welcome to participate in some of the following programs and workshops. Drop in fees are listed. See below. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc.

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, beginning Jan. 18
Time: 9:00 am – 3:00 pm
(9:00 – 12:00 instructor available)
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, beginning Jan. 14
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, beginning Jan. 14
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. Starts the second week in January.

When: Tuesdays, beginning Jan. 13
Time: 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, beginning Jan. 8
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, beginning Jan. 7
Time: 12:00 – 3:00 pm
Fee: LSCO membership

WATERCOLOUR Workshop

Kaye's Wednesday Watercolor painters are encouraged to register for 2016. You must be experienced as there will not be any formal instruction.

When: Wednesdays, Jan. 6 – June 29
Time: 1:00 – 3:00 pm
Fee: \$25 & 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 Admin. 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, beginning Jan. 7
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.

When: Monday – Friday, beginning Jan. 4
Time: 8:00 am – 3:00 pm
Fee: \$44 & LSCO membership

PHYSICAL ACTIVITIES

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. Beginner players should come Tuesdays & Thursdays at 10:00 am for instruction. Drop in fee \$2.50 members, \$3.50 for non-members. Pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri.; 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 keep fit 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. Drop in fee is \$2. Pay at the Administration Desk.

When: Mon, Wed, Fri.; 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. Drop in fee is \$3.

When: Fridays, beginning January 8
Time: 10:30 am – 12:00 pm
Fee: Weekly donation & LSCO membership

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. Begins Jan. 6. Drop in fee is \$2. Pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri.; 3:00 – 4:30 pm
Fee: \$44 & LSCO membership

TAI CHI

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

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

GENERAL INTEREST

Please ask for start dates.

ADVANCED PHOTOGRAPHY

If you are a fairly experienced photographer, enjoy going on outings to take photos leave their name and phone number. You will be contacted.

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

DIGITAL PHOTOGRAPHY

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

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

DUPLICATE BRIDGE

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

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

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a couple desk top computers for use however; it is recommended that you bring along your lap top if you have one.

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.

When: Tuesdays; 10:00 – 11:30 am
Fee: LSCO membership

KARAOKE

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

When: Tuesdays; 1:00 – 3:00 pm
Fee: \$17 & LSCO membership

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

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.

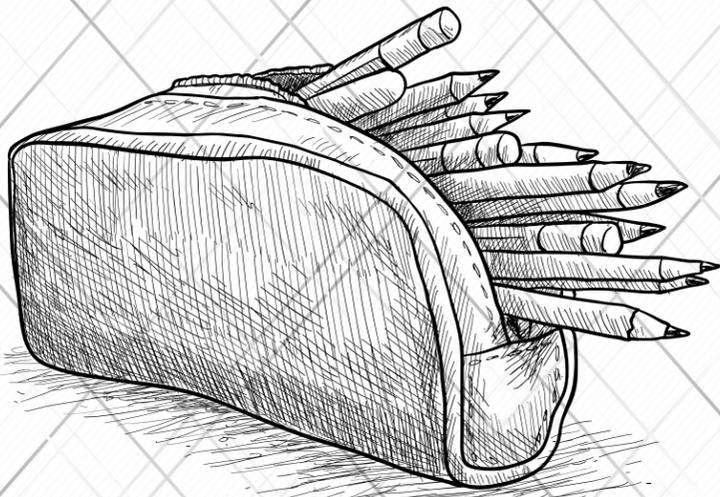
When: Thursdays
Time: 6:00 – 8:00 pm
Fee: Donation
Register by: Drop In

CROSSING THE LINE

Beginners Drawing

Not just another beginner's drawing class but a class shaped towards using a more linear approaches to drawing. Yes, we will cover value, perspective, shapes, space, textures, mass and form but we will achieve this through understanding the most basic element of the line. This is a 10 week class full of interesting concepts, exercises and fun crossing the line.

When: Saturdays, January 30 – April 16
(no class Feb. 13 or Mar. 26)
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$65 NM
Register by: Friday, January 22 (after this date add \$5)



Digital health on the horizon for consumers

If you have had an x-ray in the last few years, chances are, the image was viewed on a computer screen rather than film. This is important because it provides clinicians with your results much more quickly than in the past, reducing the amount of time spent waiting for the care you need.

There are many ways the health care system has been transformed through the use of digital health, and according to Michael Green, president and CEO of Canada Health Infoway, there is still more potential to provide Canadians with access to digital health tools and capabilities.

“The core systems of the electronic health record are now in place to digitally and securely collect, store and share the health information of 91 per cent of Canadians,” says Green. “This sets the stage for inviting patients to also benefit from the progress that has been made by using digital health tools themselves, the next step in the evolution of digital health.”

According to a Harris/Decima survey, we will need little convincing. Not only does the survey reveal that 96 per cent of Canadians think it's important that the health care system make use of digital health tools and capabilities, the vast majority want access to their own health records and other consumer health services.

Judith Morley, a cancer survivor from Thornhill, Ontario, couldn't agree more. Access to an online patient portal helped Judith and her family manage her care and treatment, and she thinks every Canadian should have access to digital health tools.

“Digital health greatly improves the patient experience,” she says. “Whether you're waiting to learn how your cancer treatment is progressing or you're booking your child's medical appointment, who wouldn't rather have the ability to do those things online, quickly and securely?”

“While Canadians are ready for e-booking and viewing lab results online, only 6 per cent to 10 per cent have access now,” added Green. “The potential to enhance Canadians' patient experience by improving care and reducing the amount of time required to renew prescriptions, book appointments and manage illness has never been greater than it is today.”

Think digital health isn't making a difference? Think again:

- 80-90 per cent of Canadians want access to their health records and other consumer health solutions.
- Canadians could gain 70 million hours per year using digital health solutions to help manage their own care.
- Electronic drug information systems reduce prescription errors and result in fewer adverse drug events with estimated benefits of \$436 million in 2010.

Leading Canadian health care organizations have established Digital Health Week (November 16 – 22, 2015) to recognize how digital health is transforming care and helping to improve delivery of care across the country.

More information is available at www.betterhealthtogether.ca.

www.newscanada.com

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WINNERS



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or Email: winners_bingo@telus.net

DROP IN FEES

	Member	Non Member
Active Aging	\$6.00	\$7.50 <small>(pay after to Admin Desk)</small>
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle 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

(must be purchased before 4:15 weekdays for use after 4:30 or Saturdays).

FROM THE GALT



Lethbridge at Christmas

Lethbridge is one of the prettiest cities at Christmas in Alberta. Every store in the downtown section is decorated beautifully with colored lights and decorations. The lights around the stores are blue, red, yellow and green. Outside of some of the shops, there are very beautifully decorated Christmas trees in tubs full of sand. In the Herald there is a little Christmas field with Santa's factory and other pretty things in it. There are nice little Christmas trees on the lamp posts also. I think that Lethbridge is a fairy city at Christmas time." (Mavis, Age 9)

"Christmas Time

I love the streets at Christmas time
The newly fallen snow
The Christmas trees
The colored lights
And windows all aglow.
In nearly every house I pass
The Christmas lights shine clear
They light the gloom
Like stars at night
And bring us Christmas cheer.



At home we hang our stockings up
For Santa Claus to fill
The baby too
Hangs up her sock,
It gives her quite a thrill.

I always try to stay awake
"Till Santa Claus is near,
But though I try,
I never yet
Have seen him any year." (Gordon, Age 11)

This letter and poem were shared in the December 21, 1939, *Lethbridge Herald*. Gordon and another young Lethbridgian, Gwendolyn (Age 13), were Happy Herald Christmas contest winners for their poems. But for the people of 1939 who read these words of local children, the words must have been especially poignant as the Second World War had started just three months prior. No one knew what was ahead. But many were already separated from their loved ones and, over the next few years, many others would have loved ones volunteer for the military and be gone for several Christmases.

Throughout the war years Christmas took on a special meaning. Over the next several years people had to plan far ahead for Christmas to ensure that packages and presents arrived in time.

By the fall of 1940 various stores were running ads with suggestions and ideas for what to send overseas, both for families in England and Europe and for soldiers. By 1944 the stores were quite organized. An Eaton's ad in September 1944 provided dates for when parcels

had to be mailed: October 5th for The Middle East, October 10th for Central Mediterranean Forces and October 25th for the UK and France. There were also several parcel suggestions so families would find it easier to send packages. The packages included everything from Ritz biscuits, chocolate bars, hot chocolate, razor blades, handkerchiefs, soap, playing cars, writing pads and sardines.

It wasn't only the families who were busy mailing things overseas. Various organizations such as the Red Cross volunteered to make socks and scarves and sent packages to prisoners and soldiers.

But the sending of presents and packages wasn't only in one direction.

The 11 December 1943 *Lethbridge Herald* noted that servicemen overseas were keeping florists busy by sending in telegrams orders for flowers. So many orders were coming in that "nearly every flower estimated to be ready for sale at Christmas has already been spoken for." Roses particularly were limited and only those servicemen who got their orders in early would be guaranteed to get roses for their loved ones. ★

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

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MONDAY ~ FRIDAY: **8:00 AM ~ 4:15 PM**
SATURDAYS: **9:00 AM ~ 12:00 PM**
DECEMBER 23: **CLOSED AT 1:00 PM**
DECEMBER 28: **OPEN AT 8:00 AM**
DECEMBER 31: **CLOSED AT 1:30 PM**
JANUARY 4: **OPEN AT 8:00 AM**

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Flowers
Here's an opportunity to work with fresh flowers and your favourite painting medium. This 8 week class will concentrate on the wonderful structures and colors of flowers. Basic flower arrangements and compositions will be covered as well as color mixing to achieve those brilliant and vibrant colours that flowers give us. Techniques and approaches will be covered including layering to maximize color intensity, painting the outside shapes first and analyzing flower shapes. All levels of students are invited to join.
When: Wednesdays, April 20 – June 8
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$65 NM
Register by: Wednesday, April 13 (after this date add \$5)

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CARING GROUP

December LSCO Weekly Activity Schedule

For more information regarding programs contact the Administration Desk at 403-320-2222.

During the Christmas and Holiday Season many programs will not run the entire month. Please check.

Monday	Tuesday	Wednesday	Thursday	Friday
Active Aging 8:00 am		Active Aging 8:00 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	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 Ceramics & China Painting 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 Paper Toile 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	Christmas Craft & Bake Sale Dec. 11 – 10:00 am
Keep Fit 10:00 – 10:50 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am Lapidary 10:00 am	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
			Badminton 10:00 – 11:50 am	Scottish Country Dance 10:30 am
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am ends Dec. 10	Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am ends Dec. 10	Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm	
			Wood Carving 12:30 pm	
Pickleball 1:00 – 4:50 pm	Quilting 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Computers 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 – 4:50 pm
	Pickleball 1:30 – 4:50 pm		Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Jam Session 5:00 pm	

Saturday Fitness Centre 9:00 am – 12:00 noon • For information about LSCO programs go to www.lethseniors.com

Did you know?

that LSCO Fitness Centre memberships are available to anyone 35 years and over.

LSCO Christmas Craft & Bake Sale

FRIDAY, DECEMBER 11, 2015

10:00 am ~ 2:00 pm • Everyone Welcome!

Bake Sale in Rooms A & B • Craft Sale in Card Area

Great Gift Giving Items & Christmas Goodies!



Baking donations requested by Thursday, December 10th • Pick up Craft Sale table registration at the administration desk or boutique.

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or visit
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Understanding Canada's Refugee System - Part 1

Of the various promises made along the 2015 campaign trail, one of the most widely discussed was newly elected Prime Minister Trudeau's promise to settle 25,000 Syrian refugees by the end of 2015. To give readers a better base for understanding the complexity of this promise, this two-part article will attempt to briefly introduce the key players, laws and policies within Canada's refugee system.

Who is a Refugee?

In everyday language, the term refugee may be used casually to describe persons who have been forced to leave their country for a number of serious reasons. However, not all persons forced to leave are refugees in the eyes of decision makers within international and Canadian regimes.

At the international level, a refugee is defined by the United Nations Convention Relating to the Status of Refugees (the "Convention") as a person who, due to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his or her nationality and is unable or, owing to such fear, is unwilling to seek the protection of that country, or who, not having a nationality, is unable or, owing to such fear, is unwilling to return to it.

This lengthy definition has been adopted by a number of nations, including Canada and the United States. Canada's *Immigration and Refugee Protection Act* uses the operative term "Convention Refugee" to describe such persons.

Legal Tips and Information

Christina Lam

The Immigration and Refugee Protection Act

The Immigration and Refugee Protection Act (or "IRPA") functions in Canada as the primary source of law governing the refugee system. *IRPA* establishes the jurisdiction of decision-making bodies such as the Immigration and Refugee Board of Canada and sets out the process by which applications are made, reviewed and in some cases, appealed.

Under *IRPA*, protection is made available to persons who fall into two categories:

1. Convention Refugees according to the above described definition; and
2. Persons in Need of Protection due to persecution, danger of torture, or risk to life or risk of cruel and unusual treatment.

Although the qualifications for the two categories differ, the protection granted under the *IRPA* is ultimately the same.

Making a Claim for Protection

The broadness of these definitions means that a person can apply for protection within Canada or from any other place in the world other than their home nation or place or country of regular residence. Depending on the location of the applicant, the process varies.

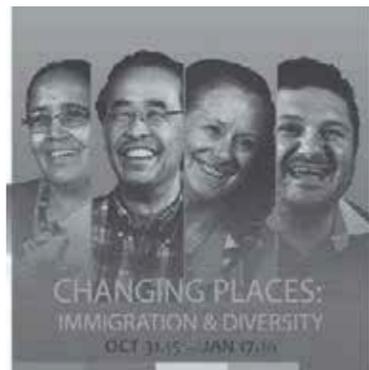
Persons currently located outside Canada, such as those displaced from Syria and scattered across Europe or on the African continent residing in refugee camps, can apply for protection as a Convention Refugee. These persons must be referred to Canada by an organization such as the United Nations Refugee Agency or be sponsored by a private sponsorship group such as the private community groups now surfacing across Canada. Within Canada's Refugee regime, these groups are referred to as Government Assisted Refugees and Privately Sponsored Refugees, respectively.

Persons located within Canada who arrive by land, sea or air are able to apply to the Canada Border Services Agency for protection as a Convention Refugee or Person In Need of Protection. The Canada Border Services Agency alongside the Immigration and Refugee Board of Canada (the IRB) then decide whether that person is eligible to receive protection under the *IRPA*.

There are numerous factors that affect a person's eligibility for protection as a Convention Refugee or Person in Need of Protection. Next month, our article will continue our discussion on refugee status. For now, Alger Zadeiks Shapiro LLP would like to wish the LSCO community and our readers a safe and happy holiday season. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Galt
MUSEUM
& ARCHIVES



until JAN.15

* Wednesdays at 2:00

1st & 3rd Wed 2:00 pm
twice monthly program for 55+

- ▶ 02 CMARD Lethbridge—"Building welcoming and inclusive community" with Roy Pogorzelski of Municipalities Against Racism and Discrimination (CMARD)
- ▶ 16 Immigrant Settlement in Lethbridge with Sarah Amies, Program Director of Lethbridge - Immigrant Services

* Daytime Galt Workshops

weekly Wed 10:30 am-noon
for seniors, and adults requiring
an accessible environment

- ▶ 04 Pajaki Chandeliers
- ▶ 09 Holiday Cards

Saturdays at 1:00

weekly family program 1-2 pm | details online

- ▶ 05 Pajaki Chandeliers
- ▶ 12 Driedel Game
- ▶ 19 Holiday Ornaments



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program information & event tickets:
information desk 403.320-3954 | info@galtmuseum.com



www.galtmuseum.com

Drawing & Painting LANDSCAPES

In this short 5 week class learn quick techniques to drawing and painting landscapes. We will cover various ideas and approaches to seeing and understanding landscapes. You may use any medium you like but we will always start off with a drawing and then continue to a finished painting or drawing which the student will proceed with. It is preferred that the student already knows how to use their preferred medium since we will be concentrating the subject and its components. But beginners are still welcomed and will be encouraged to work along. Hopefully we will have more opportunities to do more on location work than last year. You will find that drawing on location is more challenging than working in the studio but you can see so much more and it makes your drawings richer and more expressive. Working from life is a good teacher.

When: Thursdays, May 26 – June 23
Time: 1:00 – 3:00 pm
Fee: \$25 LSCO M; \$37.50 NM
Register by: Thursday, May 19 (after this date add \$5)

GLADIUM

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MISSION STATEMENT: To provide quality service to seniors and disabled individuals in order to help them to live a decent and human life with dignity and respect.

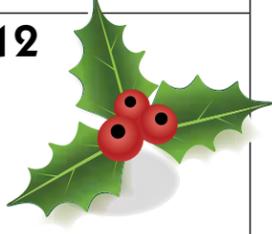
OUR SERVICES: PCA, Med. Adm. Cooking, Light Cleaning, Laundry, and other services as they are required. We also work overnight shifts.

WHERE: Services will be provided at the individual's residence.

CONTACT: gladiumsedi@gmail.com

403-393-0393

December 2015 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Rudy & the Classic Legends 1:00 pm Chair Exercises 2:45 pm	2 Fun with Wii 1:00 pm	3 Music with Sandy 1:00 pm	4 Music Program Classic Legends 12:30 ~ 2:00 pm	5
6	7 	8 Music with Hank 1:00 pm Chair Exercises 2:45 pm	9 Bowling Holiday Bowl 1:00 pm	10 Christmas Party Justine & Frank 1:00 p.m.	11 LSCO Craft & Bake Sale 10:00 ~ 2:00 pm	12 
13 	14	15 Music with Keith 1:00 pm Chair Exercises 2:45 pm	16 Fun with Wii 1:00 pm	17 Christmas Carols Marg & John 1:00 pm	18 Music Program Barry 12:30 ~ 2:00 pm	19
20	21 	22 Music with Alex & Bill ~ Los Gringos 1:00 pm Chair Exercises 2:45 pm	23 LSCO Closed 1:30 pm No Adult Day Program	24 LSCO Closed	25 Merry Christmas Free Christmas Dinner 11 am ~ 1 pm	26 
27 	28	29 Movie Time 1:00 pm	30 Movie Time 1:00 pm	31 LSCO Closed 2:00 pm No Adult Day Program	1 Happy New Year LSCO Closed	

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.

LSCO LETHBRIDGE Senior Citizens ORGANIZATION **CATERING**

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CALL 403-320-2222 TO BOOK YOUR EVENT

ABC's of Watercolour

Beginner class for people that would love to learn how to paint in watercolor, even if you have taken the first class it will be a refresher with a few new twists. Several different watercolor techniques and styles will be covered in this an 8 week class. This course will also include basic elements of art making such as composition, color theory, perspective & proportion, identifying shapes, creating textures & patterns and most important how to see. A little bit of drawing will be required so bring your sketch book and pencils.

When: Thursdays, January 28 – March 17
 Time: 1:00 – 3:00 pm
 Fee: \$40 LSCO M; \$65 NM
 Register: Thursday, January 21 (after this date add \$5)

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- Genuine Companionship

Phone: 403-715-6263
 Website: www.acompanyme.ca

Wish List
 Name: Emily, Age 83
 ✓ Peace of mind, ALL INCLUSIVE
 ✓ Bring my Dog Molly with Me
 ✓ Live in a Supportive Caring Community
 ✓ Relax, Socialize, make New Friends
 ✓ Fun Outings and Activities! Keep Fit!
 ✓ Weekly Housekeeping & Laundry
 ✓ Nutritious and Delicious Meals
 ✓ 24hr Emergency Response System

Santa's Suggestion:
 Contact Chloe at AgeCare Columbia
 (403) 320-9363
 Tell them Santa sent you!

AgeCare COLUMBIA
 agecare.ca/Columbia

SANTA NICE LIST APPROVED

A Christmas to Remember
CARE THIS CHRISTMAS

3 WAYS you can show **SENIORS** that *you care* **THIS CHRISTMAS**

- * 1 REGISTER A SENIOR IN NEED
- * 2 BECOME A SECRET SANTA
- * 3 VOLUNTEER TO WRAP & DELIVER

CareThisChristmas.com

Cute Snowman Project




Get into the winter spirit and learn how to create a beautiful snowman indoors! "Makes a great gift or a beautiful addition to your winter decor." Supplies needed for this project are minimal. You may even already have them. A list will be provided upon registration.

When: Thursday, December 10
 Time: 10:00 - 11:30 am
 Fee: FREE
 Register by: Tuesday, December 8

Season's Greetings

COME AND JOIN
THE GOLDEN MILE SINGERS
 FOR SOME FESTIVE
 CHRISTMAS CAROLLING
THURSDAY, DECEMBER 10TH
 11:30 AM ~ STAGE AREA

Breakfast for Everyone at LSCO

8:00 – 10:00 a.m.
 Monday – Friday
\$5.75

~ Cash Only ~
Non-Members add 15%

APPLE COMPUTERS

Basic and simple instructions on how to use Apple Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Wednesdays & Fridays
 March 2 – 18
 Time: 1:30 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, February 26
 (after this date add \$5)

Senior-Friendly Resolutions for 2016

Here we are already counting down the final days of 2015, preparing for the holiday season and the new year to come. As we say goodbye to what was and look forward to what will be, I thought it fitting to share a few ideas for New Year's resolutions designed with seniors in mind.

If you are a senior, or are nearing that age, here are some simple and practical ideas to consider for 2016:

- 1. Commit to taking care of your health** – Look for little ways to begin or make improvements to your healthcare routine. Kick start an exercise program by taking a short, 20 minute walk every day. Schedule regular medical checkups to stay on top of age-related health changes. If you don't have a family doctor, check with the clinics to see which doctors are accepting new patients.
- 2. Get tech savvy** – Find out where computer classes are offered in your community and stay up-to-date on the basics. Learn how to use programs that let you stay in touch with friends and loved ones who don't live close to you.
- 3. Participate in cognitive health activities** – Take part in classes that spark your creative side and challenge your mind. Go through old photos and share memories and stories with your loved ones. Find time to volunteer if you are able.
- 4. Get your affairs in order** – Make sure your house is safe and set up to meet your health needs. Organize your legal and financial documents. Talk about the tough stuff.

For those that are providing care to an elderly person, keep in mind the following:



LEARN More

Tanya Purdy-Fischer
LEARN Case Manager

Meeting Room E
2nd Floor, LSCO
403-394-0306

- 1. Educate yourself** – Learn more about your loved one's issues and how to cope. Read a book for inspiration or new ideas. Look for a support group – this is an excellent way to meet others who are facing similar challenges and may have meaningful ideas to contribute.
- 2. Ask for help if you need it** – Tending to the needs of an elderly person can be daunting. Don't wait until things become overwhelming or get out of hand. Deal with the emotions that crop up, especially if they include anger, confusion, frustration or despair.
- 3. Don't forget about you** – It is important to ensure your own needs are not overlooked when caring for someone else. Remember to take care of your own health and find ways to maintain a balanced existence. Ensure your day-to-day includes personal time to relax and recharge. Remember to thank yourself in case no one else does.

Taking care of our senior population requires commitment and action from many. For those that work directly with or in programs that support seniors, or for those who just care, please consider the following as you ring in the new year:

1. Seniors deserve to be treated as fully valued and respected members of our communities for their experiences and wisdom. They should never be considered as obsolete due to age. This should be forefront in the minds of those responsible for programming and decision making around seniors issues.
2. Services for seniors need to be accessible, affordable and meaningful. Seniors should not have to fear losing what is most important to them in order to pay for personal needs.
3. Family connections need to be appropriate and supportive, and created out of love, not a sense of duty.
4. Investments in home care need to be strengthened to help seniors live as independently as possible for as long as possible. Seniors need affordable, age-friendly housing options.
5. Out-of-home care environments should be supportive and enriching. Changes need to be made to ensure residents feel cared for, have access to high quality medical care, healthy, fresh and tasty food and opportunities for outing, whether they have family support or not.

Adapted from <http://www.griswoldhomecare.com>,
<http://www.comfortkeepers.com>,
<http://seniorcarecorner.com>,
<http://www.sheknows.com> and
<http://www.huffingtonpost.ca>.

All of us here at LEARN wish you peace and happiness this holiday season. And remember, if you or someone you know is experiencing abuse, please give LEARN a call. **When it comes to Elder Abuse, silence is not an option.** ★

Computer Corner by Sjoerd Schaafsma

The Christmas Mobile Stocking Stuffer Issue

I'm a sucker for the \$\$ stores, Bianca Amor's liquidation center, and the surplus section at Princess Auto. Every once in a while I find something cheap that's actually useful sooner rather than later. Here are a few goodies I've found for the computer crowd, or maybe their grandkids. I can't say where these items came from, I've gone shopping, and the same item that was on the shelf the day before was gone the next, or maybe I lost track of which store I found an item in a few months ago. You can usually get these items online as well.



How about . . . a Bluetooth camera shutter for your mobile device. It works better than a self timer. Set up your device and click the button.



Sticky or cold fingers?? A tiny stylus or a set of conductive gloves can help you type on your mobile as well as keep your screen clean.



To add variety to your mobile pictures: a clip on lens adapter to take fish eye, wide angle, or macro shots. I found mine for \$5.



Want to get more of yourself and your favorite companions into the picture? You'll want that selfie stick. It's often sold online in combination with the Bluetooth shutter.

A wireless mouse? It may not be the same quality as a top end product, but sometimes you just need a functional spare for on the go when you don't feel like using your laptop's touch pad.

The Monthly Tip: If you are copying or moving files or pictures in a list, you can usually hold down the control key and left click on the file names to select more than one item at a time.

Watch for upcoming workshops in the new year on how to prepare your computer for Windows 10, and avoid the possible pitfalls.

For a complete listing of courses and club offers check out our website or the Computer Club bulletin board in the downstairs foyer. The Computer Corner is online at <http://members.shaw.ca/lscocc>

Direct comments to: saltidae@gmail.com

TRIVIA ~ Did you know? Although many believe the Friday after Thanksgiving is the busiest shopping day of the year, it is not. It is the fifth to tenth busiest day. The Friday and Saturday before Christmas are the two busiest shopping days of the year.

TRIVIA ~ Did you know? Animal Crackers are not really crackers, but cookies that were imported to the United States from England in the late 1800s. Barnum's circus-like boxes were designed with a string handle so that they could be hung on a Christmas tree.

Computer Club WORKSHOPS

December 2 – Dan Murach
Housekeeping: Learning how to clean your computer

December 9 – Garth de Heer from CIBC
On-line banking: Safeguards and Instructions
How to safely set up on-line banking, how to pay bills on-line, do e-money transfers and e-deposits if interested and cover all the ins and outs of banking. If a member brings their debit card with them Garth will help them get set up on-line banking with their very own bank. It does not matter if they deal with CIBC as he will assist them with any bank.

January 13, 2016
Music: Using iTunes and Audacity to manage your digital music (hands on session)
A series of Workshops on Preparing for Windows 10
Preview of Windows 10, Deciding if you can, or want to upgrade, Safely Installing Windows 10

January 20 – Windows 10 Installation
How to prepare for a Windows 10 installation (to install Windows over a Windows 7 or 8 installation)

January 27
Backing up your hard drive on Windows 7

Join Us for our December Brunch

Sunday, December 13th
10:00 am ~ 1:30 pm

Made to order omelette station,
eggs, bacon, sausage, hash
browns, pancakes, turkey and
dressing, salad bar, desserts,
coffee and tea.

Lethbridge Senior Citizens Organization (LSCO)
500 - 11th St. South • 403-320-2222
OPEN TO THE PUBLIC • Cash Only
Adult \$16 / 11 & Under \$8



Nord-Bridge Centre & 1st Choice Savings
Presents...

"Old Favourites" (5)

Tickets go on sale December 1, 2015

Nord-Bridge Senior Citizens Association and 1st Choice Savings & Credit Union will present a fifth edition of "Old Favourites" - a music and comedy revue featuring our favourite music selections from the 50's, 60's and 70's. This is a family show and is appropriate for ALL ages.

There will be **ONLY** three performances at the Yates Theatre. The evening performances are scheduled at 7:30 p.m. on Friday, February 19, and on Saturday, February 20, 2016. A matinee performance is scheduled for 1:30 p.m. on Saturday, February 20, 2016.

Just in time for Christmas giving, tickets will be available at the Ticket Centre or call 403-329-SEAT (7328). **Early bird tickets purchased before December 31 are \$28. Regular priced tickets purchased in 2016 are \$33. All ticket prices include Ticket Centre fee of \$3.00. A discount of 10% will apply on purchases of 10 or more REGULAR PRICED tickets. Proceeds from this major fundraiser go toward Nord-Bridge Centre.**

TRIVIA ~ Did you know? In an effort to solicit cash to pay for a charity Christmas dinner in 1891, a large crabpot was set down on a San Francisco street, becoming the first Salvation Army collection kettle.

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 4 day course.

When: Tuesdays & Thursdays
Jan. 26 – Feb. 11
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M;
\$60 NM
Register by: Thursday, Jan. 21



Chi Gong

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

When: Session 1: Tuesdays & Thursdays, January 5 – March 24
Session 2: Tuesdays & Thursdays, April 12 – May 26
Time: 10:15 – 11:30 am
Fee: Session 1: \$66 LSCO M; \$99 NM
Session 2: \$42 LSCO M; \$63 NM
Instructor: Dave Scotland
Register by: Session 1: Monday, January 4
Session 2: April 11
(after these dates add \$5)

Lethbridge HEARING CENTRE

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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www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB

Candice Elliott-Boldt
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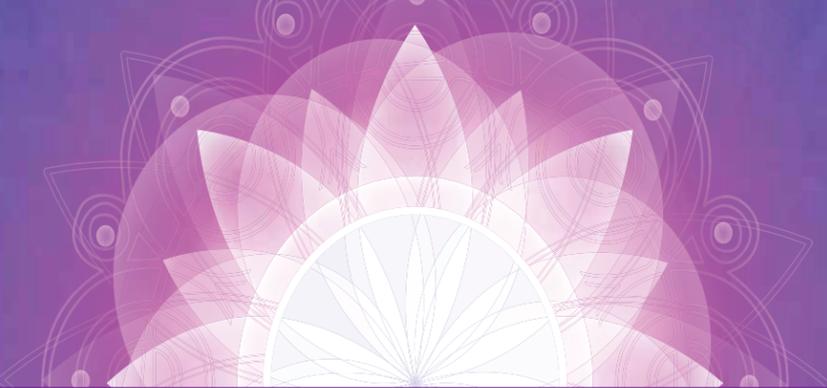
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Thank You

Thank you to the Zentners, their families and staff. LSCO and LSCO Meals on Wheels were pleased to be a part of Cornerstone Funeral Home 20 Days of Giving. We applaud you for giving back to the community and thank you for all that you do for LSCO.

ACTIVE YOGA & STRETCH



Individuals participating in this class will move through a series of yoga 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.

When: Wednesdays, January 13 – February 24
 Time: 4:45 – 5:45 pm
 Fee: \$32 LSCO M; \$48 NM
 Register by: Monday, January 11

When: Fridays, January 15 – March 4
 Time: 9:00 – 10:00 am
 Fee: \$36 LSCO M; \$54 NM
 Register by: Wednesday, January 13

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When: **Session 1:** Tuesdays, January 12 – March 1
Session 2: Tuesdays, March 8 – April 26

Time: 11:00 – 11:45 am
 Fee/session: \$36 LSCO M; \$54 NM
 Register by: Thursday, January 7 & April 21 (after these dates add \$5)

zumba.com

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TRIVIA ~ Did you know? It is a British Christmas tradition that a wish made while mixing the Christmas pudding will come true only if the ingredients are stirred in a clockwise direction.

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'Tis The Season to Shop, Shop, Shop

*If it's worth doing, it's worth doing poorly
– but it is worth getting done.*

Pia Mellody

That's me, folks! I fool myself into thinking that Christmas is still a month away and find myself scrambling at the last minute to get my gift shopping list completed. It seems to me that Christmas has become a gift-giving frenzy rather than the calm, peaceful, music-filled holiday that I remember from my childhood (and my children's childhood). What-ever happened to homemade gifts? Some of my favourites, (some I still have), were products of handiwork by people who made them with love and care.

Christmas was often the opportunity for my parents to fulfill their own childhood dreams. My mother loved dolls – so I always got a doll for Christmas. My Dad loved watches – so I could be assured that I would get a new watch most years. However, they did make many things for me that were special and very much loved. Mom once made a sailor dress that I treasured, and both of them made a doll's house complete with miniature, upholstered furniture. Both of my grandmother's made beautiful aprons, some with hand embroidery and crochet work that must have taken hours to finish. Grandma Smith recognized very early in my life that books were a passion for me and she started my collection of the Bobbsy Twins books.



The Widow's Walk

Kay Long, B.S.W., R.S.W.

What is a gift? It is an object given with love and care from one individual to another. Somehow we seem to have lost something in the message when we fill our shopping carts with a few pieces of plastic, wrapped and encased in a yard of paper and cardboard covered with brightly colored images. Most "toys" these days offer less than an hour's entertainment, then they sit on a shelf (or in a toy box) and are soon forgotten.

The art of gift giving, like so many other things in our world today, seems to suffer from a lack of time and energy to do a thoughtful, proper job. The most important part of giving a gift is to know the person who is receiving the gift. Most of us have, once or twice, given a gift that simply didn't suit the person who received it. I know that I have made that kind of blunder a time or two. It takes knowing someone well to make the right choice.

Of course, some people are impossible when it comes to giving them a gift; I have reached that stage of life myself. I need nothing and I'm at that time in life when I am cutting back on everything I own. I'm hard to buy for, I know, because I have everything I need and, if I want something, I buy it for myself before anyone has a chance to give it to me. I think many of us elders are like that. We'd rather have some of our loved ones time and attention than an object that we don't need.

Through the years I have had friends who tell me they have their Christmas shopping all done, usually sometime in late October. I think they miss out on a lot of the Christmas fun. There's nothing like shopping the week before Christmas with the crowds, the decorations, the music and the joy of finding the gift that one of the grandsons mentioned he wanted just yesterday. When that happens I know it is Christmas and I can go home and collapse in contentment. I may not be the greatest when it comes to Christmas shopping but I do get it done, sometimes poorly, but done.

Have a wonderful holiday, Dear Readers, and may we all look forward to a beautiful, peaceful New Year. ★

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.

Learn to knit socks

If you are interested in learning how to knit socks please register at the Administration Desk. It's the perfect project to use up leftover wool. Participants must have paid the yearly knitting fee and know how to knit.

When: Thursdays, January 14
Time: 1:00 – 4:00 pm
Fee: LSCO Membership & Knitting Fee
Register by: Wednesday, January 13

TRIVIA ~ Did you know? The abbreviation of Xmas for Christmas is not irreligious. The first letter of the word Christ in Greek is chi, which is identical to our X. Xmas was originally an ecclesiastical abbreviation that was used in tables and charts.

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