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*Join Us for*

<b>TAX FREE SAVINGS PRESENTATION</b>
DECEMBER 6
<b>CHRISTMAS CRAFT &amp; BAKE SALE</b>
DECEMBER 9
<b>CHRISTMAS MUSIC LCI JAZZ BAND &amp; CHOIR</b>
DECEMBER 16
<b>HOLIDAY STRESS LESS</b>
DECEMBER 5 & 12
<b>CHRISTMAS DINNER</b>
DECEMBER 25

## SHOPPERS HomeHealthCare®

Monday - Friday  
8:30 am - 5:00 pm  
Saturday ~ Closed

Vendors For: AADL, DVA, WCB  
119 Stafford Drive South  
Lethbridge, AB T1J 4N8  
Phone: 403-327-4511  
Fax: 403-327-6787  
Toll Free: 1-800-661-1032

### Health & Wellness Information

**Tuesday, December 6th**  
**11:00 am - 1:00 pm**

**Stop by our table  
at LSCO and see our  
Aids to Daily Living Items**







Executive  
Director

Rob Miyashiro  
rmiyashiro@lethseniors.com

As we approach the end of another year, I'd like to extend my thanks to a number of people:

- To the LSCO Board of Directors for volunteering their time and energy to ensure our organization continues to move forward;
- To our members for attending our programs and classes, for being an active part of the community;
- To our volunteers who give and give and give to LSCO without asking for anything

- in return, and without whom we would cease to function;
- To our sponsors and donors who provide much needed support to us by tangible, concrete means;
  - To our professional and community partners with whom we work closely and collaborate with on issues affecting seniors, for being collaborative and working for a common good;
  - To our funders for being able to see the value in our services and supports;
  - And to the staff at LSCO for working tirelessly to ensure we are providing appropriate, timely, necessary, supportive and fun services for our members and the community.

Many thanks to all of you for your contributions to one of the most inclusive, vibrant, forward thinking, supportive, engaged organizations of its kind anywhere! Merry Christmas, Happy Hanukkah, Season's Greetings, Happy Milad un-Nabi. ★

St. Patrick's Fine Arts  
Elementary Choir  
under the direction  
of Jessica Ens  
will be performing  
in the Stage Area  
at 10:45 am  
December 13th

They will be performing  
for 20 minutes before their  
performance at City Hall

**PERSONAL  
Disaster Preparedness**

**Do you know what to do  
in the event of an emergency?**

The Canadian Red Cross wants to encourage all Canadians to **Be Ready: Know the Risks, Make a Plan and Build a Kit**. Please stop by the information table on December 5th to talk with Red Cross personnel about how you can be prepared to take care of the basic needs for yourself and your loved ones, in the event of an emergency.

When: Monday, December 5  
Time: 10:00 am – 12:00 pm  
Where: LSCO Lobby

I left Santa gluten-free  
cookies and organic soy  
milk and he put a solar  
panel in my stocking.  
~ Earthman Adam

**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.

**PHILIPS  
Lifeline**

**OUR COMMUNITY  
PARTNERS**

*In recognition for the  
ongoing support of LSCO*

**Lethbridge  
HEARING CENTRE**

**Cornerstone  
Funeral Home & Crematorium**

**FOX DENTURE  
CLINIC**

**Hosack  
DENTURE CLINIC LTD.**

**AgeCare**

**GREEN HAVEN  
GARDEN CENTRE**

*In recognition for the ongoing support  
of LSCO Meals on Wheels*

**teamworks  
career centre**

**SELECT  
PEOPLE SOLUTIONS**

**urban grocer**

**Mirage Laser Design**

**CrazyCakes**

**CUPPER'S COFFEE & TEA  
TASTE THE WORLD IN YOUR CUP**



# 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:**  
President – Clifford (Charlie) Brown  
Past President – John Machielse  
Secretary – Marnie Brown  
Treasurer – Irwin Wyrstok

**Board of Directors:**  
Bob Maslen (Acting President-Elect), Bill Hansen,  
Merri-Ann Ford, Pamela Brown and Robert Girard

**LSCO** . . . . . **403-320-2222**

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Jody Gordon . . . . . ext. 27

Food Service Cashier – Georgette Mortimer . . . . . ext. 27

Adult Day Program Supervisor – 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.”*



*Friday, December 23rd*  
Closed at 2:00 pm

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

*Monday, December 26th*  
Closed

*Tuesday, December 27th*  
Closed

*Friday, December 30th*  
Closed at 2:00 pm

*Monday, January 2nd*  
Closed



**EXTENDED Fitness Centre HOURS**

**Tuesdays & Thursdays**  
8:00 am – 5:45 pm

**Saturdays**  
9:00 am – 12:00 pm

Usage of the Fitness Centre will be tracked. If participation is low during the extended hours they will be adjusted.

*Watch for Holiday Closures*

*Welcome New Members!*


Jack Van Eden	Dan Sullivan	Rita Johnston	Susan Roth
Eric White	Arnold Follinglo	Don Brewer	John McColl
Sandy White	Keith Nalder	Bryan Ellefson	James Miles
Wayne Aikins	David Mereski	Dwayne Leavesley	Deb Ash McKenzie
Larry Kerr	Teresa Mereski	Linda Adams	
Karen Dixon	Michael Wagner	Brenda McIntyre	
Jeanette Greeno	Dianne Wagner	Bernard Elder	

*A Smile is the Universal Welcome.*

**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!**



**Publishing Schedule**

<b>Issue</b>	<b>Deadline</b>
January 2017 . . . . .	December 23
February 2017 . . . . .	January 20

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





## Food Services Coordinator

**Farron Matthews**  
catering@lethseniors.com  
403-320-2222 ext. 27

Well folks, another year is closing in on us fast and, as you know, lots of positive projects have been completed. Thank you for all your support and understanding in the completion of these projects. From a new parking lot, a change in our menu and even classes having to be moved to accommodate everyone’s needs, LSCO members, staff and non-members came together like family and friends to make it through these changes.

We in the kitchen would like to send a special thanks, from the bottom of our hearts, to all the volunteers for all the hours of their time to make the dining room work. If it wasn’t for the volunteers, the kitchen would not be where it is.

We have a busy December coming up including our 32nd Annual Christmas Day Community Turkey Dinner. Thank you to all the individual, family and business sponsors. This event, similar to volunteering, would not be possible if it wasn’t for the sponsor’s generosity. Each year we feed approximately 340-400 people including the Police and the Fire Department members working on Christmas day. We invite everyone to join us for a warm and friendly community gathering. Once again, donations are graciously accepted and appreciated. Contact LSCO administration office at 403-320-2222 for more information. ★

Merry Christmas to you all from the Kitchen Crew.



Thursdays for the Month of December Only

\$5

**COUPON**

\$5

\$5

**SENIOR THURSDAY**

\$5

**SMALL POPCORN & TICKET**

Redeem Coupon at Concession for \$1.50 SAVINGS

**Best Popcorn in Town**

**Big Movies ... Small Prices**

**Tuesdays \$3 Movies**

**Thursday \$3 Senior Tickets**

1710 Mayor Magrath Drive South  
403-381-6455 • moviemill.com

## Delight with a peppermint candy cane dessert

Peppermint candy cane could be the official taste of Christmas. For added whimsy, add a sprig of holly and a bow to make this dessert look like a festive wreath.

**Candy Cane Pavlova**  
Serves: 8  
Ingredients:

- 6 egg whites
- 1 3/4 cups (425 mL) granulated sugar
- 1 tsp (5 mL) white vinegar
- 1 tsp (5 mL) cornstarch
- 2 cups (500 mL) whipping cream
- 3 tbsp (45 mL) granulated sugar
- 1/4 tsp (1 mL) peppermint extract (optional)

• 12 to 15 mini candy canes (about 100 g)  
• Dark chocolate curls

Directions:

1. Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper. Trace a 10 inch (25 cm) circle with a marker on the parchment, then add a 4 inch (10 cm) inner circle. When marker dries, flip it over so that the marked side is facing down.
2. Whisk egg whites using an electric mixer until foamy. With mixer running, gradually add sugar. Increase speed to high and whisk until egg whites are glossy, thick, and hold stiff peaks; about 4 to 7 minutes. Stir vinegar with cornstarch until smooth. Whisk into egg whites.
3. Spoon mixture onto prepared sheet following the marker lines to create a wreath. Use the back of a large spoon to create indentations for the whipped cream.
4. Place pan in the oven and reduce temperature to 250°F (120°C). Bake 90 minutes or until meringue is golden and cooked through. Let cool completely.
5. Using an electric mixer on high, whip cream with sugar and peppermint until it forms soft peaks. Spoon into indentations in meringue. Roughly crack 4 candy canes into large pieces and sprinkle over whipped cream, then place 8 whole ones evenly apart so each serving gets a candy cane.

www.newscanada.com



# MENU FOR DECEMBER 2016

Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal

**The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards**

Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice





## Merry Christmas

Monday, December 5		Tuesday, December 6		Wednesday, December 7		Thursday, December 8		Friday, December 9	
Entree:	Roast Chicken	Entree:	Pork Chops with Mushroom Gravy	Entree:	Roast Beef	Entree:	Turkey Casserole	Entree:	Baked Ham
Potato:	Egg Noodles	Potato:	Roasted	Potato:	Mashed	Potato:	Mashed	Potato:	Scalloped
Sandwich:	Caesar Wrap	Sandwich:	Caesar Wrap	Sandwich:	Caesar Wrap	Sandwich:	Caesar Wrap	Sandwich:	Caesar Wrap
Salad:	Garden Salad Blue Cheese Dressing	Salad:	Garden Salad Blue Cheese Dressing	Salad:	Garden Salad Blue Cheese Dressing	Salad:	Garden Salad Blue Cheese Dressing	Salad:	Garden Salad Blue Cheese Dressing
Monday, December 12		Tuesday, December 13		Wednesday, December 14		Thursday, December 15		Friday, December 16	
Entree:	Baked Tilapia	Entree:	Mayo Chicken Breast	Entree:	Pork Loin	Entree:	Liver & Onions	Entree:	Fried Chicken
Potato:	Rice	Potato:	Baby Potatoes	Potato:	Steamed	Potato:	Mashed	Potato:	Wedge Fries
Sandwich:	Grilled Turkey Swiss	Sandwich:	Grilled Turkey Swiss	Sandwich:	Grilled Turkey Swiss	Sandwich:	Grilled Turkey Swiss	Sandwich:	Grilled Turkey Swiss
Salad:	Taco Salad	Salad:	Taco Salad	Salad:	Taco Salad	Salad:	Taco Salad	Salad:	Taco Salad
Monday, December 19		Tuesday, December 20		Wednesday, December 21		Thursday, December 22		Friday, December 23	
Entree:	Corned Beef	Entree:	Quiche Lorraine	Entree:	Beer Battered Cod	Entree:	Meatloaf	Entree:	Turkey Dinner
Potato:	Colcannon	Potato:	Pan Fries	Potato:	Steamed	Potato:	Mashed	Potato:	Mashed / Stuffing
Sandwich:	Philly Cheese Steak	Sandwich:	Philly Cheese Steak	Sandwich:	Philly Cheese Steak	Sandwich:	Philly Cheese Steak	Sandwich:	Philly Cheese Steak
Salad:	Deli Cold Plate	Salad:	Deli Cold Plate	Salad:	Deli Cold Plate	Salad:	Deli Cold Plate	Salad:	Deli Cold Plate
Monday, December 26		Tuesday, December 27		Wednesday, December 28		Thursday, December 29		Thursday, December 30	
LSCO CLOSED for Boxing Day		LSCO CLOSED		Entree:	Veal Cutlet	Entree:	Pork Roast	Entree:	Roast Beef
				Potato:	Mashed	Potato:	Roasted	Potato:	Mashed
				Sandwich:	Tuna Croissant	Sandwich:	Tuna Croissant	Sandwich:	Tuna Croissant
				Salad:	Greek Salad	Salad:	Greek Salad	Salad:	Greek Salad



As November is past and our beloved December is here, I feel the relationship of one month to the other. One of many freedoms we enjoy is that this month of December we can each enjoy and celebrate it in our own way. The valour and good works of our Veterans, are endless and we benefit continually. Again, thank you to all Veterans here and not here.

Because December is such a beautiful month with its special meaning to many, many celebrate Christmas as the birth of of Jesus Christ and I join in with them in this celebration. Because of November and our Veterans, those who do not believe in this tradition, also have the freedom to do as they wish, celebrate as they wish, making believers and non believers equal in this wonderful country.

For the believers, we celebrate his birth and it's a time, among other things, of giving to those we know but also to those who we are not yet acquainted.

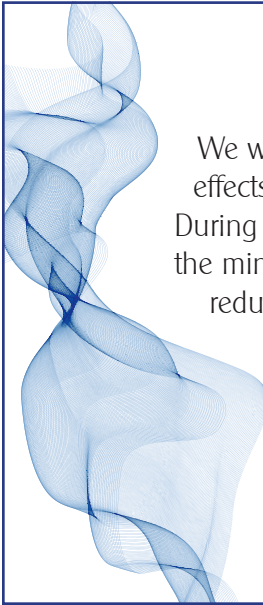
In a recent article the author asked a close colleague to peruse his essay for correctness and composition. Upon doing so, the colleague gave the essay back and said these two words



President’s Message  
Clifford (Charlie) Brown

– “Therefore What”?  
So to us who celebrate Christmas, Therefore What? What are we going to give to those we know, to those who we don’t know, and to those who are struggling for many reasons to make their life happier? You must decide for yourself, but might I suggest something we can all give and come away uplifted and enlightened. “Our time”.  
Precious as it is, our own time given to someone else is not only rewarding to the receiver but also to the giver. I must confess I have often thought of things to do for others but

have put it off and have a pocket full of “Good Intentions”.  
My thoughts for this Christmas month is let us make LSCO a better place for those who are members, and for those who are not members, and let us try to make them feel welcome and a part of this great organization. Take a little time this month, not just on Christmas Day, but any day or many days, to give to someone something you deem will lift them and make their day brighter. Maybe even make this a month of giving and helping others less fortunate or even just close friends. I know you will be rewarded in this endeavour.  
On behalf of the LSCO board, we wish each and everyone a very Merry Christmas to you and your families and friends and do hope as you contemplate this message, you will consider others for this month to reach out and give what you can to make them happy and feel the joy of the season. A good deed is never unrewarded. ★  
*Closing Thought:*  
*Never look down on anyone unless you are helping them up. ~ Author Unknown*



### Somatic Yoga Release

We will learn how our bodies filter our lives and how the effects of our lives result on how we carry our bodies forward. During this class we will learn techniques to better connect the mind to the body to help decrease muscle stiffness, reduce pain, learn proper recovery and self maintenance. Somatics can be done standing, laying or sitting. Wear comfortable clothes and bring your yoga mat

When: Tuesday, December 13  
Time: 12:05 – 1:30 pm  
Fee: \$8 LSCO M; \$10 NM  
Register by: Friday, December 9 (after this date add \$5)




★ ★ ★ ★ ★

### Give the Gift of Fitness!

Pass holders have drop-in access to the following:  
Fitness Centre, Active Aging, Gentle Yoga, Noon Yoga and Active Yoga & Stretch.

**10X PASS**  
\$55 LSCO Member / \$65 Non-Member  
Expires June 30, 2017



## HOLIDAY STRESS LESS

### Tips for Enjoying the Holiday Season

LSCO and AHS Addiction and Mental Health Program



**Monday, December 5 & 12, 2016**  
**1:30 – 2:30 pm ~ Room C & D ~ LSCO**

What to expect:


- Reminders and Re-thinkers for the holidays
- Suggested hints and tips to take home and use
- Circles of Support
- Why are we stressed this time of year?
- Holiday laughter!!

Join us to learn tips to deal with the stress during the holiday season and have the opportunity to socialize and gain a sense of support and well-being.

For more information or to register for the sessions, call 403-320-2222 or stop by the Administration Desk.



LSCO ~ 500 - 11th Street South ~ 403-320-2222



# BINGO!

## SUPER VOLUNTEERS

**Who and what are SUPER VOLUNTEERS?**

These are people in every organization who are ready and able to fill-in when needed. These are the people who have made themselves available for training in most positions. These are the people who will come in on short notice and be willing to fill-in were necessary to ensure a smooth operation.

We at the Lethbridge Senior Citizens Organization (LSCO) have people whom we can class as **Super Volunteers**. I, Dick Gaff, would like to highlight four such individuals, who have chosen to work at the Lethbridge Community Bingo Association (Winners Bingo) raising funds for the LSCO on Mondays and Thursdays. They are Joanne and Ben Lydum and sisters, Audrey Kayfish and Irene Burdon-Murphy. Joanne and Audrey fill-in all positions at the bingo hall and not only for the LSCO but do work for other organizations when asked. Irene does all positions except Pay Master and again helps other organizations when asked. Ben is our super ball seller and is ready and able to fill-in when necessary.

To these people and every other **SUPER VOLUNTEER** in any organization, we thank you for your dedication, and to volunteers everywhere a big thank you.



# Self Help Groups

**Embracing Life’s Changes Coffee and Conversation Group**  
This is a drop-in support group that meets every Wednesday at 1:15 pm in Room B. Participants will share concerns, worries when they feel comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required. *This group will not be meeting on December 28th and January 4th.*

**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 10th** at 2:00 pm in Room C & D.

**Alzheimer’s Caregiver Support Group**  
The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B on **Tuesday, December 20th** at 7:00 pm. There is also an alternative meeting date for this group if you prefer meeting in the afternoon. Come join them on **Monday, December 19th** at 1:00 pm in Room F (upstairs). For more information about either group call Vedna at 403-329-3766.

**Celiac Support Group**  
They meet the last Monday of January, May & September at 7:15 p.m. in Room A. The next meeting is **Monday, January 30, 2017.**

**Parkinson’s Alberta Society Support Group**  
Meets regularly the 3rd Thursday of every month at 2:00 pm. A *Christmas Luncheon* with

will take place on **Thursday, December 15th** at 12:00 pm. For more information call the Parkinson’s office at 403-317-7710.

**Lethbridge Stroke Recovery Association (LSRA)**  
The group will be having a *Christmas potluck supper* on **Wednesday, December 7th** at 6:30 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 about the group call Louise at 403-394-6495 or by email at llandry@shaw.ca.

**Alcoholics Anonymous Saturday Morning Eye Opener Group**  
This group meets every Saturday morning at 9:00 am in Room C/D.

**Sunset Alcoholics Anonymous**  
Meets in Room C/D Thursday evenings at 7:00 pm.

## Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life’s ups and downs. The group will run Wednesdays for six weeks from **January 11 to February 15**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization  
500 - 11th Street South

## Beginner/Intermediate Pickleball

If you have taken lessons or are learning to play pickleball gym time has been scheduled for you.

When: Wednesdays  
December 7 – 28  
Time: 1:00 – 3:30 pm  
Fee: \$2.50/day or monthly pass

play  
**PICKLEBALL**

Registration Forms for A Christmas to Remember are located in the Lobby. Show Seniors you care this Christmas.

## 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!

**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**



# Volunteer Corner



## Volunteer Coordinator

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

**TO PARK OR NOT TO PARK**  
I have seen a few vehicles that have door panels with a smudge of another color on it. It no doubt belongs to a different vehicle. Can I kindly ask that if you should notice when you get out of your vehicle that you have not parked within the parking stall lines.....could you give it another go please. ☺

**CLEVER CRAFTER’S BOUTIQUE**  
New Christmas items handcrafted every week. Come have a look at a wonderful selection of items that would make the perfect Christmas present.

### CONSIGNEE’S IN THE BOUTIQUE

By the time you read this, the Boutique Contracts for 2017 Consignee’s will be available at the Administration desk. Current Boutique Consignee’s are responsible to have new contracts signed by the end of January (2017). If you are thinking of becoming a Consignee in the Boutique, I would love to speak with you. New, handcrafted, unique items are always in demand in our Boutique.

**CHRISTMAS TURKEY DINNER**  
Volunteers have been stepping up to the plate once again to assist with the many positions needed for our annual Christmas Turkey Dinner on December 25th. I am very proud to be associated with this event and I know many volunteers who have been coming back to help year after year must feel it as well. We certainly welcome new volunteers, so if you are thinking of helping us serve turkey dinner on Christmas Day, please don’t take too long to decide, positions are filling in quickly.  
I would like to take this time to thank all the amazing volunteers we have here at LSCO, for their dedication, enthusiasm and kindness.....all year long.

*I wish you a Blessed season and may next year be filled with health and happiness.*  
*Merry Christmas and Happy New Year to you and yours.*

## LSCO 32nd Annual Christmas Turkey Dinner

Join us for a free Christmas Dinner on Christmas Day  
**Sunday, December 25th**  
11:00 am ~ 1:00 pm  
Dinner is open to everyone in the community.

### Merry Christmas

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.

*Donations for the dinner are greatly appreciated.*

**Stand up for someone’s rights today!**  
Human Rights Day is observed every year on 10 December. It commemorates the day on which, in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights.  
“It’s time for each of us to step up for human rights. There is no action that is too small: wherever you are, you can make a difference. Together, let’s take a stand for more humanity.”  
– UN High Commissioner for Human Rights  
Zeid Ra’ad Al Hussein

## CLASSIFIED ADS

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

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

**GROCERY SHOPPING, ERRANDS, PICK-UP AND DELIVERIES.** Serving Seniors, people with limited mobility, those who do not drive, and small businesses. Pick-up and delivery in Lethbridge, Coaldale and Coalhurst. Call Jake de Peuter at 403-593-5496.

**NEED A WIG?** Edna will give you a private appointment for thinning hair, cancer patients and those looking for a change in style. Edna specializes in senior citizens and will take the time to tend to all your hair care needs. **Call Hair Behaviour at 403-320-1617** Thursday, Friday and Saturday or 403-942-1898 on Monday, Tuesday or Wednesday and ask for Edna for an appointment.

**HAIR BEHAVIOR for seniors** has been specializing in roller sets and perms for 40 years. Call Edna for 403-320-1617 or 403-942-1898 and leave a message. \$5 off for new clients with this ad.

**PAPPY’S HANDYMAN SERVICE INC.** now including snow clearing and blowing. Call Greg at 403-942-6533 for a quote. www.pappys-handyman.ca - greg@pappys-handyman.ca

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

### WINNERS

Two blocks west of the casino on Crowsnest Trail

## EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

Come support LSCO and have fun at the same time ~ play Bingo on Thursdays!



**MAY WINNINGS \$383,334 Paid Out**  
May 28th evening event paid out over \$41,000

**Every Wednesday HALF PRICE REGULAR CARDS**  
**Friday Nights FREE \$500 GAME**  
**Sunday Afternoons FREE \$200 GAME**

**Call the Hotline: 403-327-7454**  
or Email: winners\_bingo@telus.net





PROUDLY PRESENTS:





### Purchase your \$20 Gift Card at LSCO!


Each Gift Card sold sponsors one hot meal delivered by Meals on Wheels during their 23 delivery days in December, and brings us closer to our goal of sponsoring 2,000 meals!

INCLUDE THE "GIFT OF COMMUNITY" ON YOUR SHOPPING LIST! GREAT FOR CO-WORKERS, TEACHERS OR YOUR FAVOURITE NEIGHBOUR!





Ask us about how you can become an Honourary Chef for the day, and sponsor a full day's worth of meals!  
(don't worry - no cooking involved!)



We offer complete quality denture care; A result of intention, effort, and professional skill

**Kimberley Ankermann DD & Trisha Perverseff DD**

#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142  
[www.lethbridgedentureclinic.com](http://www.lethbridgedentureclinic.com)

### LEARN TO HOOP

Hula-hooping is not just for kids anymore! This new style, called "hooping", is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up! Come give it a try Tuesday, January 10 at 5:30 pm for FREE!

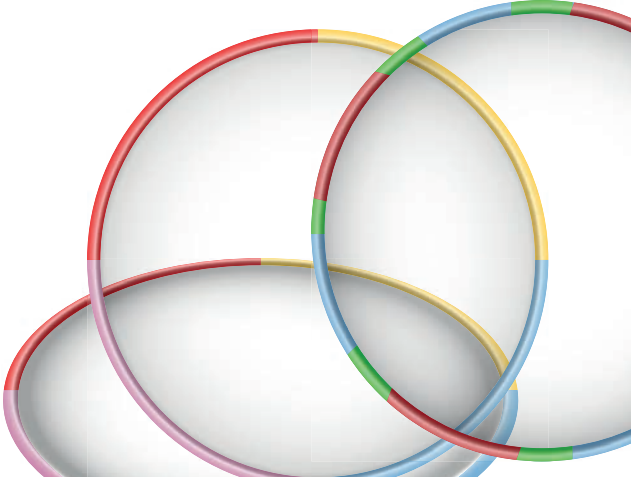
When: Tuesdays  
January 17 - February 21

Time: 5:30 - 6:30 pm

Fee: \$30 LSCO M; \$39 NM

Instructor: Erin Lix

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



### Three ways social enterprises are making an impact

Imagine a world where entrepreneurs create unique ways to tackle society's most pressing issues like healthcare and poverty. Sounds ideal, but traditionally entrepreneurship has been considered the realm of business and generating profit, not addressing social issues.

Fortunately, a new breed of organization that is focused on improving people's lives has become a reality — and is gaining momentum. Called social enterprises, these organizations are paving the way for a fundamental, big picture change in Canadian healthcare. Green Shield Canada, an organization that supports innovative healthcare ideas and resources, supports these projects by:

1. **Addressing unmet needs.** Social enterprises find innovative ways to provide access to health. The dental program at the Reach Community Health Centre in Vancouver, British Columbia has a dental subsidy that enables people to receive dental care who are not covered by dental insurance or who are on social assistance. They also connect them with additional resources to help with other health and social needs.

2. **Making healthcare more easily accessible.** Mobile health units bring health care and other supports to people who may not otherwise be able to get the help they need. In Calgary, a not-for-profit organization called The Alex provides primary healthcare

and housing support. It also operates a community health bus, youth health bus, and dental health bus.

3. **Helping social innovations take hold.** Some social enterprises make it their mission to help other social enterprises launch and grow their innovations. Each year, the Centre for Social Innovation's Agents of Change: Community Health Program awards grants to social innovators in healthcare. It seems like social innovation is exactly what the doctor ordered, not just for healthcare, but for a range of social issues.

Find more information online at [greenshield.ca](http://greenshield.ca).  
[www.newscanada.com](http://www.newscanada.com)



## EVERGREEN

### Cremation Services

*Because Cost Is An Option*

**Phone: 403-329-4934**  
[www.evergreenfh.ca](http://www.evergreenfh.ca)  
327 - 10 Street South, Lethbridge  
A division of the Caring Group Corp.

*We Lessen the Expense ~ Not the Care*



## YEAR ROUND PROGRAMS

Members may choose to sign up for year round programs listed here provided they are not full. Non members are welcome to participate in some of them on a drop in basis. Certain restrictions apply. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, summer, etc. Call 403-320-2222 to confirm. Fees based on 12 consecutive mnths. See pages 11-14 for additional programs. **NEW!!! No rush to renew your membership and year round program fees until January! Why? Fees will be in effect from the date of purchase beginning January 3, 2017.**

### CREATIVE ARTS

#### CERAMICS & CHINA PAINTING

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

When: Mondays  
Time: 9:00 am – 3:00 pm  
(9:00 am – 12:00 pm 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  
Time: 9:00 am – 12:00 pm  
Fee: \$22 & LSCO membership

#### KNIT, CROCHET, NEEDLEWORK

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

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

#### LAPIDARY (Stonecrafters)

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

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

#### PAPER TOLE WORKSHOP

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

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

#### QUILTING

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

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

#### WOOD CARVING

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

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

#### WOOD WORKING

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

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

### PHYSICAL ACTIVITES

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

#### BADMINTON

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

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

#### KEEP FIT

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

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

#### SCOTTISH COUNTRY DANCE

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

When: Fridays  
Time: 10:15 am – 11:45 am  
Fee: 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. Non-member drop in fee is \$2. Pay at the Administration Desk prior to playing.

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

#### TAI CHI

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

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

### GENERAL INTEREST

#### ADVANCED PHOTOGRAPHY

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

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

#### AMATEUR HAM RADIO

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

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

#### BILLIARDS

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

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

### COMPUTER CLUB

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

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

#### CRIB

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

When Thursdays  
Time: 1:00 – 3:00 pm  
Fee: \$22 & 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 Administration Desk. You do not have to be an expert as the group members vary in expertise.

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

#### DUPLICATE BRIDGE

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

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

#### GENEALOGY

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

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

#### GOLDEN MILE SINGERS

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

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

#### KARAOKE

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

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

#### 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: 6:45 pm  
Fee: \$2/person  
Register by: Drop In



As the Christmas season approaches. I would like to take this time to thank all the wonderful volunteers who help out in the Support Services Department and LSCO. Without the giving of your time and talents I and the LSCO could not do what we do. THANK YOU! To all our volunteers, members in this Season of Christmas, I wish you peace of the season, spirit of love, comfort of faith and good health in the coming year.

Merry Christmas!

Important Dates in December

In conversations with individuals I have been asked quite a bit about investments. Some of the questions are; “ I have just retired and I have some monies saved in Tax free savings account (TFSA), how do I start drawing on it without it affecting my supplements?” “I am going to be 70 soon and have to make decisions on my RRSP investments”. I am not an investment expert, so I spoke with the Tracy Dykslag the branch manager at the Servus Credit Union Westside branch and we talked about Servus coming and presenting and answering the questions different individuals may have in regards to their investments. Tracy has assembled a few knowledgeable individuals to bring insight to the confusing world of investments. From Servus accompanying Tracy are Kalee Lewis, Steven Reinhart – Investment Specialist and joining them is Tyler Brack a Chartered Accountant from Avail (formerly YPM). Come join us on **Tuesday, December 6th** at 10:00 am in Room A. Everyone is welcome to attend this presentation.

Christmas Music at LSCO!

On **Friday, December 16th** the LCI Jazz Choir under the direction of Karen Hudson and the LCI Jazz Band under the direction of Ken Rogers will be here to perform for us. The concert will begin at 1:30 pm in Gym #2. Admission is by donation. So mark it on your calendar and come out and listen to some talented young adults.



## Support Services Coordinator

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

Friday Music Program

Hank Wiebe will be here on **December 2nd** in the dining room to entertain from 12:30 – 2:00 pm. There will be *no* Friday Music Program on the following days, December 9th (Craft and Bake Sale), December 23 & 30 (LSCO closes at 2:00 pm).

Holiday Stress Less!

Learn tips to deal with the stress during the holiday season and have the opportunity to socialize and gain a sense of support and well-being. Holiday Stress runs **December 5th & 12th** at 1:30 pm. Registration is required for this group. For more information or to register call 403-320-2222 or stop by the LSCO administration desk.

Wellness

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Thursday, December 1** from 10:00 am till 12:00 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come first served basis.

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on **Friday, December 16th**. 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 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 15th**.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at LSCO on, **Friday December 9th** and December 23rd from 9:00 am – 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to LSCO.

Serenity Foot Care

The care provider for this service is Mercy Lar LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Serenity offers one-hour appointments. Book your appointment for **Tuesday, December 6th & 20th** by calling LSCO 403-320-2222 There is a fee for this service, with a portion of it going to LSCO. To book and appointment for a home visit, call 403-915-1800.

Community Partnerships

Legal Advice

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, December 14th**. 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.

Beautiful Bordeaux

After two false starts and a few giggles, I managed to coax my e-bicycle along the riverside pier and Voila! I began a wonderful day of riding among the quaint villages and vineyards of the Bordeaux region of southwest France. I know it's cliché, but I really had to pinch myself because the feeling was surreal; the scene was right out of a movie, except it was me pedaling leisurely over the gently rolling hills.

Electronically assisted bicycles, or E-bikes, are the best invention in the travel world. Scenic River Cruises keeps them on board most of their “Space-Ships” for use by any guest with the desire to get out and see the countryside or port town. The E-bike is just like a regular bicycle, with the added bonus of electric-assist at the push of a button. This made pedaling up hills as easy as pedaling on the flats. This is a huge bonus for non-cyclists (couch potatoes) like me.

Our guides led us down the narrow lanes of sleepy villages to the open countryside dotted with lovely estate wineries. We made a few stops along the way to learn some local history and facts about the production of wine. Most of this year's harvest was complete, but we saw a few vineyards still heavy with plump and juicy grapes.

Later I enjoyed a tasty lunch on board our ship, the Scenic Diamond. Hot homemade soups, lovely fresh breads and cheeses, and a scrumptious selection of salads, hot entrees, and sweets for dessert – you don't go on vacation to lose weight, as they say!

Our ship usually left port in mid-afternoon, and I had my choice of how to spend my time: relax on the ship's topside sun deck, relax

on the private balcony of my cabin, or relax in the comfortable lounge. No matter where I was, I had spectacular views of the picturesque French countryside, dotted with grand Chateaux and endless rows of perfectly groomed grape vines.

Bordeaux is the oldest wine-producing region of France. Here you'll find velvety blends of Cabernet Sauvignon, Cabernet Franc, Merlot, Petit Verdot, and Malbec. The southern region of Sauterne produces grapes for sweeter white wines.

River cruising in this area of the world is a perfect combination of activity and relaxation. I recommend this itinerary to those who have already sailed the more popular European rivers such as the Rhine and the Danube.

The Scenic Diamond is a lovely ship with well-appointed staterooms, restaurants and lounges, and a wonderfully courteous staff and crew who kept every guest content. The all-inclusive concept is second to none in the world of river cruising. My cruise fare covered everything: casual and fine dining, all drinks (including unlimited alcohol), wide variety of daily shore excursions, gratuities, butler service, laundry service, stocked minibar, Wi-Fi, and 24/7 room service. The receptionist didn't even ask for my credit card when I checked in!

I did a lot of exploring on my own at most of the port towns. Getting around was easy using the Scenic Tailor-made audio device. Unique to the Scenic brand, these devices provide GPS maps, commentary for self-guided touring in port, and commentary while cruising, and guide-to-guest audio for escorted shore excursions. You'll appreciate the value of having the guide's voice

in your earpiece while you wander with the group at your own pace, rather than having to flock around the guide to hear what he/she is saying.

It was a real treat to take a day trip to Cognac, where (you guessed it) Cognac is produced. We enjoyed a very interesting tour of the Remy Martin distillery, where the finest grapes have been turned into opulent Cognac since 1724.

A river cruise in southern France wouldn't be complete without seeing at least one medieval castle. I was awestruck at the impressive 13th Century Chateau de Roquetaillade. The remarkably well-preserved castle has been in the same family for 700 years. Towers and moats and drawbridges, oh my!

Another memorable evening was a four-course gourmet dinner and concert at the 16th Century Chateau Giscours. Entertained by a classical string duo, we dined next to a massive blazing fireplace, sipped a variety of Grand Cru wines, and felt like the most pampered people on the planet.

As a travel agent, I know the value of seeing the world, whether it's a rejuvenating vacation or an exploration of the world's many wonders. Enrich your life with unforgettable and exclusive once in a lifetime experiences, like river cruising in Europe.

Wine lovers, food lovers, and all lovers of life– this Beautiful Bordeaux river cruise should be on your travel wish list.

Dixie Fowler  
Branch Manager, Maritime Travel



# Weather the Winter at LSCO in 2017

## 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](http://www.lethseniors.com).
- If making payment after register by dates \$5 will be added to course fee where indicated.
- Refunds will NOT be given after course start dates. For medical reasons credits may be given and a \$5 Administration Fee will be charged.

## MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit [www.lethseniors.com](http://www.lethseniors.com) or call 403-320-2222.

### SENIOR 12 Month Memberships

Individuals 55 years +

- Renewal .....\$50
- New Member .....\$53

### ADULT 12 Month Memberships

Individuals 35 – 54 years

- Renewal/New Member ..... \$90

## FITNESS CENTRE

LSCO Member Fees

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

Non-Member Fee

- 1 month..... \$27

## 10X CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Pass holders have access to dropping into the following classes: **Active Aging, Gentle Yoga, Active Yoga & Stretch, Noon Yoga, as well as using the Fitness Centre.** Review the class information including the description to determine whether it is right for you. Please ask for additional information. This pass will expire June 30, 2017.

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

## 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.

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## PARKING PASSES

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

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

## Special Interest

### CONVERSATIONAL SPANISH

Whether you are a traveler and want to learn just enough Spanish to survive a visit to beautiful Mexico, or are interested in learning another language consider registering for this beginner class. Participants will learn grammar and common sentences in a comfortable environment. All Spanish classes are taught by Martha Montgomery. Martha is from Mexico City.

#### Afternoon

When: Mondays, January 30 – March 27  
(no class Feb. 20)  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, January 26

#### Evening

When: Mondays, January 30 – March 27  
(no class Feb. 20)  
Time: 6:00 – 8:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, January 26

### CONVERSATIONAL SPANISH #2

If you took the beginner conversational Spanish with Martha and are interested in furthering your speaking skills register for this class.

When: Tuesdays, January 31 – March 21  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, January 26

### BASIC SELF DEFENSE for Older Adult 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. This class is ideal for senior women. Wear comfortable clothing and footwear. Please call and leave your name on an interest list.

When: Dates To Be Announced  
Instructor: Dan Walton (retired police officer, certified instructor)

### BASIC SELF DEFENSE for Women Rape Aggression Defense Training

This class is designed for females 18 years and older. They will be taught 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.

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. Wear comfortable clothing and footwear. Please call and leave your name on an interest list.

When: Dates To Be Announced  
Instructor: Dan Walton (retired police officer, certified instructor)

## Exercise & Movement

### LEARN TO HOOP

Hula-hooping is not just for kids anymore! This new style, called “hooping”, is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture

and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up! Come give it a try Tuesday, January 10 at 5:30 pm for FREE!

When: Tuesdays, January 17 – February 21  
Time: 5:30 – 6:30 pm  
Fee: \$30 LSCO M; \$39 NM  
Instructor: Erin Lix  
Register by: Thursday, January 12  
(after this date add \$5)

### ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

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

When: Dates & Times To Be Announced

### CIRCUIT TRAINING

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

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

When: **Session 1:** Tuesdays & Thursdays  
January 10 – February 2  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, January 6  
(after this date add \$5)

When: **Session 2:** Tuesdays & Thursdays  
February 7, 9, 13, 14,16, 21, 22, 23  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, February 3  
(after this date add \$5)



GENTLE NIA

Gentle Nia is all things deliciously Nia - joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility.

When: Thursdays, January 12 – March 16  
Time: 3:30 – 4:30 pm  
Fee: \$65 LSCO M; \$97.50 NM  
Instructor: Lise Schulze  
Register by: Tuesday, January 10  
(after this date 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: Thursdays, Jan, 12 – March 16  
Time: 5:15 – 6:15 pm  
Fee: \$65 LSCO M; \$97.50 NM  
Register by: Tuesday, January 10  
(after this date add \$5)

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 must be comfortable getting up and down off the floor. A variety of exercise equipment (ex. weights, tubing) is also used. Wear comfortable clothing and footwear. Don’t forget to bring a yoga mat and water bottle. Note: There are no classes scheduled Jan. 24, 26, 31, Feb. 2 however, if an instructor is available they will be held and free of charge. You will be notified.

**Tuesdays & Thursdays**

When: **Session 1:** January 3 – March 2  
(no classes Jan. 24, 26, 31, Feb. 2)  
  
Time: 9:00 – 9:50 am  
Fee: \$35 LSCO M; \$56 NM  
Register by: Friday, December 30  
(after this date add \$5)

When: **Session 2:** March 7 – April 27  
Time: 9:00 – 9:50 am  
Fee: \$40 LSCO M; \$64 NM  
Register by: Friday, March 3  
(after this date add \$5)

LINE DANCING

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

When: Mondays, January 9 – April 3  
(no class Feb. 20)  
  
Time: 10:30 am – 12:00 pm  
Fee: \$33 LSCO M; \$50 NM  
Register by: Friday, January 6  
(after this dates add \$5)

THURSDAY LINE DANCE

If you have been in the beginner class for awhile or have had some line dance experience, but aren’t quite ready to join the advanced dancers, you may

want to try this class.

When: January 12 – April 6  
Time: 10:30 am – 12:00 pm  
Fee: \$36 LSCO M; \$52 NM  
Register by: Monday, January 9  
(after these dates add \$5)

**LINE DANCING BEGINNER**

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

When: Thursdays, January 12 – April 6  
Time: 1:15 – 2:15 pm  
Fee: \$36 LSCO M; \$52 NM  
Register by: Monday, January 9  
(after these dates add \$5)

MORNING EXERCISES

This program is ideal for individuals who would like to have the option of sitting in a chair or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

When: **Session 1:** Mondays  
January 16 – February 13  
  
Time: 9:15 – 10:00 am  
Fee: \$14 LSCO M; \$20 NM  
Register by: Friday, January 13  
(after this date add \$5)

When: **Session 2:** Mondays  
February 27 – March 27  
  
Time: 9:15 – 10:00 am  
Fee: \$14 LSCO M; \$20 NM  
Register by: Friday, February 24  
(after this date add \$5)

TAI CHI & QiGong

Please Note: There will not be Tai Chi for 2 weeks during this session (Steve Burgers classes); dates to be determined at which time participants will be notified.

TAI CHI BEGINNER PRACTICE

This practice session is for individuals registered in the Beginner, Intermediate or Advanced classes. The first day will be a demonstration for interested newcomers.

When: Mondays, January 9 – May 15  
(no practice Feb 20, April 17)  
  
Time: 9:00 – 10:00 am  
Fee: \$15 LSCO M; \$30 NM  
Register by: Friday, January 6

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: Thursdays, January 12 – May 18  
Time: 9:00 – 10:00 am  
Fee: \$55 LSCO M; \$85 NM  
Instructor: Steve Burger  
Register by: Tuesday, January 10  
(after this date 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: Tuesdays, January 10 – May 16  
Time: 9:00 – 10:00 am  
Fee: \$55 LSCO M; \$85 NM  
Instructor: Steve Burger  
Register by: Monday, January 9  
(after this 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: Wednesdays, January 11 – May 17  
Time: 9:00 – 10:00 am  
Fee: \$55 LSCO M; \$85 NM  
Instructor: Steve Burger  
Register by: Monday, January 9  
(after this date add \$5)

TAI CHI PRACTICE

This practice session is for intermediate and advanced students.

When: Fridays, January 13 – May 19  
(no practice April 14)  
  
Time: 9:00 – 10:00 am  
Fee: \$15 LSCO M; \$30 NM  
Register by: Wednesday, January 11

QIGONG

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

When: Tuesdays & Thursdays  
January 3 – March 16  
  
Time: 10:15 – 11:15 am  
Fee: \$66 LSCO M; \$99 NM  
Instructor: Dave Scotland  
Register by: Friday, December 30  
(after this date add \$5)

TAI CHI YANG 24 FORM PRACTICE

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

When: Wednesday, January 4 – March 15  
Time: 11:45 am – 12:15 pm  
Fee: \$17 LSCO M; \$22 NM  
Register by: Friday, December 30  
(after this date add \$5)

32 MOVEMENT YANG STYLE TAI CHI SWORD

The prerequisite for this course is having attended Tai Chi courses or the past Sword class and have developed a basic understanding of Tai Chi principles. If you have a sword please bring it.

When: Wednesdays, January 4 – March 15  
Time: 12:30 – 1:45 pm  
Fee: \$44 LSCO M; \$66 NM  
Instructor: Dave Scotland  
Register by: Friday, December 30  
(after this date add \$5)



CHAIR YOGA

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

**Wednesdays**

When: **Session 1:** January 4 – February 22  
Time: 9:30 - 10:20 am  
Fee: \$25 LSCO M; \$40 NM  
Register by: Friday, December 30  
(after this date add \$5)



When: **Session 2:** March 1 – 29  
Time: 9:30 – 10:20 am  
Fee: \$13 LSCO M; \$20 NM  
Register by: Friday, February 24  
(after this date add \$5)

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  
January 3 – February 23  
Time: 9:30 – 10:30 am  
Fee: \$72 LSCO M; \$108 NM  
Register by: Friday, December 30  
(after this date add \$5)

When: **Session 2:** Tuesdays & Thursdays  
February 28 – March 30  
Time: 9:30 – 10:30 am  
Fee: \$45 LSCO M; \$68 NM  
Register by: Friday, February 24  
(after this date add \$5)

YOGA

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle.

Mondays

When: January 9 – April 10  
(no class Feb. 20)  
Time: 10:00 – 11:15 am  
Fee: \$58 LSCO Members; \$85 NM  
Instructor: Michael Pollard  
Register by: Friday, December 30  
(after this date add \$5)

Wednesdays

When: January 11 – March 29  
Time: 10:00 – 11:15 am  
Fee: \$54 LSCO Members; \$72 NM  
Instructor: Leigh Monette  
Register by: Monday, January 9  
(after this date add \$5)

YOGA for MEN

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

When: **Session 1:** Wednesdays  
January 4 – February 22  
Time: 8:30 – 9:30 am  
Fee: \$32 LSCO Members; \$48 NM  
Register by: Friday, December 30  
(after this date add \$5)

When: **Session 2:** Wednesdays  
March 1 – April 12  
Time: 8:30 – 9:30 am  
Fee: \$28 LSCO Members; \$42 NM  
Register by: Monday, February 27  
(after this date add \$5)

YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending

this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, January 10 – February 28  
Time: 12:05 – 12:55 pm  
Fee: \$45 LSCO M; \$56 NM  
Instructor: Melanie Hillaby  
Register by: Friday, January 6  
(after this date add \$5)

YOGA BLEND

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

When: Thursdays, January 12 – March 2  
Time: 12:05 – 12:55 pm  
Fee: \$45 LSCO M; \$56 NM  
Instructor: Melanie Hillaby  
Register by: Monday, January 9  
(after this date add \$5)

ACTIVE YOGA

In this flow practice we will work to create heat, build strength, balance and flexibility while being conscious of the breath. You should be comfortable moving up and down off the mat throughout the practice. A variety of props may be used. Wear comfortable clothes; bring a yoga mat & water bottle.

When: Wednesdays, January 4 – March 29  
(no class Jan. 25 & Feb. 1)  
Time: 4:45 – 5:45 pm  
Fee: \$50 LSCO M; \$66 NM  
Register by: Tuesday, January 3  
(after this date add \$5)

ACTIVE YOGA & STRETCH

Individuals participating in this class will move through a series of poses to help improve balance, strength, and flexibility while being conscious of the breath. At times we will be moving up and down off the mat; 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 yoga mat & water bottle.

When: Fridays, January 6 – March 31  
(no class Jan. 20, 27, Feb. 3)  
Time: 9:00 – 10:00 am  
Fee: \$45 LSCO M; \$60 NM  
Register by: Thursday, January 4  
(after this date add \$5)

HIDDEN LANGUAGE HATHA YOGA

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

When: Friday, January 6 – February 10  
Time: 10:15 – 11:15 am  
Fee: \$27 LSCO M; \$36 NM  
Instructor: Leigh Monette  
Register by: Wednesday, January 3

Sports

BEGINNER BADMINTON

If you have not played badminton for quite some time or are interested in learning how register for this 4 week program. Wear comfortable exercise clothes and inside gym shoes. The class is lead by LSCO badminton members.

When: Tuesdays & Thursdays

January 10 – February 2  
Time: 10:00 – 11:00 am  
Fee: \$10 LSCO M; \$20 NM  
Register by: Friday, January 6

PICKLEBALL for BEGINNERS

If you are interested in learning the game of pickleball register for this 4 week course. 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.

When: Wednesdays, January 4 – 25  
Time: 2:00 – 3:30 pm  
Fee: \$15 LSCO M; \$30 NM  
Register by: Tuesday, January 3  
(after this date add \$5)

PICKLEBALL

2017 playing information will be printed in the January *LSCO Times* and included on the LSCO website [www.lethseniors.com](http://www.lethseniors.com).

Creative Arts

SCRAP BOOKING  
Photos, Photos, Photos!

Let us show you quick and easy solutions to getting those photos and memories out of shoeboxes and into albums in 6 weeks. Experienced scrap bookers are welcome. A list of supplies will be available upon registration. The instructor will have supplies available to order.

When: Wednesdays Jan. 11 – February 15  
Time: 9:00 – 11:30 am  
Fee: \$20 LSCO M; \$30 NM  
Instructor: Joan Pittman  
Register by: Friday, January 6  
(after this date add \$5)

PASTEL PORTRAITS

This is a 10 week class will help the students discover how to use chalk (soft) pastel and how to study the human face. Chalk pastels lend themselves to do beautiful portrait renderings and are very easy to work with. We will work on different papers and techniques to get different effects and we will cover the basic elements for executing a likeable human portrait. Anyone who likes to paint or draw will enjoy this class because chalk pastels have similar properties to these mediums.

When: Wednesdays, January 18 – March 15  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Wednesday, January 11

PEN & INK & WATERCOLOR  
PROJECTS

We are taking classes one step further with projects class. Anyone who has taken or experienced the beginning of pen & ink and watercolor will enjoy working on more projects. We will further investigate more techniques and longer projects. Students can pick their own projects if they like or take up the challenges offered in this class. Critiques held on a regular base in class in order to help the student grow and achieve a higher level of expertise.

When: Saturdays, January 21 – March 18  
(no class Feb. 18)  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Wednesday, January 18



DRAWING ANIMALS

Back by proper demand this 10 week class will teach the students how to draw animals. They are interesting subjects to draw because of their diversity and movement. They have different body parts than us humans and their fur and skin have patterns and textures that are second to none. We will learn to draw both four legged and two legged animals and creature, expressive faces, and some unusual poises and movement. We will also learn some interesting techniques in creating fur and feathers as well as understanding their skeletal structure works. We will also cover some basic drawing techniques like contour lines, shading and how to create patterns. Here's your chance to draw your favorite animal.

When: Thursdays, January 19 – March 23  
Time: 1:00 – 3:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Thursday, January 12

COLOURED PENCIL & WATERCOLOR

Back by popular demand – coloured pencil and watercolor. Tired of the same old techniques in watercolor painting, well this is the class for you. One can achieve such interesting results using coloured pencil or even watercolour pencil with watercolour paints. This style of working can create more intense images, or more soft and sensitive images and you can create wonderful movement throughout your work. This is a great way to work on location or just for sketching. We will cover some basic watercolor techniques but mostly we will be mixing the two. Your choice of whether to use regular coloured pencils or watercolour pencils or both; each have different results. It's a little like drawing but much more dynamic after you add the paint.

When: Wednesdays, March 29 – May 31  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Wednesday, March 22

DROP IN FEES

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

Don't Forget....

The LSCO website has a wealth of information. [www.lethseniors.com](http://www.lethseniors.com) Make sure you visit it frequently as well as our Facebook Page at <https://www.facebook.com/Lethbridge-Senior-Citizens-Organization-149140883844/> The January edition of the *LSCO Times* will have additional programs. Pick up a copy on January 5th on stands around the city. Online too!

DECEMBER

PROGRAMS

CHRISTMAS BAKE SALE

LSCO will be holding their Annual Bake Sale Friday, December 9 from 10:00 am – 2:00 pm. Note: Items sell quickly. This sale is not only a fundraiser for LSCO, it is an opportunity for individuals who may not be in a position to bake; to purchase delicious Christmas items. If you would like to donate please bring items no earlier than Thursday, December 8. Your donations are greatly appreciated.

CHRISTMAS CRAFT SALE

The Craft Sale will be held in Gym 2 Friday, December 9 from 10:00 am – 2:00 pm. A variety of items will be sold by local artists and crafters. You will be sure to find great Christmas Gifts. Admission is Free!

PICKLEBALL in December

Regular players please note the times below. If you are new to pickleball it is recommended that you take lessons. Please ask about beginner lessons beginning January. Some equipment supplied. LSCO is Closed December 26 & 27. Note: There will NOT be pickleball Friday afternoons, December 23 or 30.

When: Mondays & Fridays  
12:45 – 4:50 pm  
Tuesdays & Thursdays  
1:15 – 4:50 pm

Mornings:

Tuesdays, Wednesdays, & Fridays  
7:00 – 8:15 am

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

Beginner Intermediate PICKLEBALL

If you have taken lessons or are learning to play pickleball gym time has been scheduled for you.

When: Wednesdays, December 7 – 28  
Time: 1:00 – 3:30 pm  
Fee: \$2.50/day or monthly pass

SOMATIC YOGA RELEASE

We will learn how our bodies filter our lives and how the effects of our lives result on how we carry our bodies forward. During this class we will learn techniques to better connect the mind to the body to help decrease muscle stiffness, reduce pain, learn proper recovery and self maintenance. May assist in the recovery of a stroke, injuries and many other chronic pain areas of the body. Somatics can be done standing, laying or sitting. Wear comfortable clothes and bring your yoga mat.

When: Tuesday, December 13  
Time: 12:05 – 1:30 pm  
Fee: \$8 LSCO M; \$10 NM  
Register by: Friday, December 9 (after this date add \$5)

Fun Holiday Dietary Tips

1. **Carrot sticks.** Avoid them. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas Spirit. In fact, if you see carrots, leave immediately. Go next door where they are serving cheese cake!
2. **If something comes with gravy, use it.** That's the whole point of gravy. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
3. Do not have a snack before going to a party in an effort to control our eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
4. If you come across something really good at a buffet table, like frosted sugar cookies in the shape of Santa, position yourself near them and don't budge. Have as many as you can before becoming the centre of attention. They're like a beautiful pair of shoes at your favorite store. You can't leave them behind. You're not going to see them again.
5. Drink as much eggnog as you can, and quickly. Like fine malt scotch, it's rare. In fact, it's even more rare than malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an egg-nogaholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's Christmas!

Travel to Stage West in Calgary with Us!



Accusations, mistaken identities, and mysterious relationships run wild in this traditional, laugh-outloud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open, but Paul and Sally, sometimes reporters and sometimes fiancées, are hot on their trail. They go undercover as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down. Both wine and secrets are inevitably spilled as everyone tries to preserve the convent and reconnect with lost loves.

When: Wednesday, March 15, 2017  
Where: Stage West Calgary  
Time: Departs LSCO: 8:15 am;  
Returns LSCO: Approximately 5:00 pm  
Fee: \$95 LSCO members; \$100 non members (includes travel, meal & show)

Please let us know if you will be needing a Day Parking Pass. They can be purchased Tuesday, March 14 or before boarding the bus for \$3.

A minimum of 40 people are required for this trip to take place. Payment must accompany your booking. *Payments will be held until minimum number of travelers have been confirmed before processing.*

You will only be contacted if the trip is cancelled upon which time full payment will be returned. Refunds will not be given if travelers cancel with less than one weeks notice. All refunds will be subject to a \$10 administration fee.

*"...a delightful comedy with a touch of silliness... a zany and funny story with plot twists galore."*  
– Patricia L. Garcia, *Las Cruces Sun-News*

*"Those in need of a good laugh can rest assured that's what they'll get."*  
– The Willits News

*"...a laugh-out-loud farce that just might leave you wiping tears off your cheeks."*  
– Mary Gennrich, *Las Cruces Bulletin*

DEADLINE to book a seat is Tuesday, February 21. Call LSCO at 403-320-2222 to book your seat. Payment can be made with Visa, MasterCard, Cash, Debit, Cheque.



FROM THE GALT

Marquis Hotel

In the late 1920s, southern Alberta experienced a short economic boom between the economic recession following the First World War (which lasted into the early 1920s) and the Great Depression of the 1930s. The economic upturn at the end of the 1920s led to the construction of a few new buildings in Lethbridge after a decade of limited construction.

The Lethbridge Public School Board constructed a new high school, which they named Lethbridge Collegiate Institute (LCI). The original LCI became Hamilton Junior High and is now the Lethbridge Public School Board office.

Following a fire that destroyed several exhibition buildings at the Fair Grounds, a new building – now known as Heritage Hall – was constructed. The McFarland Block was built at the northwest corner of 4 Avenue and 6 Street south. Because 1927 was the Diamond Jubilee (60th anniversary) of Confederation, the builders took the opportunity to ring the top of the building in terra cotta highlighting symbols of Canada. The T. Eaton Company built a new store (TECO store) kitty corner from the McFarland, on the south east corner of 4 Avenue and 6 Street south.

But there was one building being constructed at the time that involved the community even more than these other buildings. For a new hotel was being constructed. It was expected that this hotel would promote southern Alberta and be useful for getting conventions and large functions to Lethbridge. Money for the hotel was raised by local citizens and it was planned to make this a true community hotel. To further raise the public’s interest in the building, direc-

tors requested that people send in their suggestions for the new hotel’s name.

Many people took them up on this offer and we have collected several of the names people offered as possibilities as well as the meanings behind the names (if known). It is interesting to note that several of the names suggested were later used for other sites, buildings and roads in Lethbridge.

*Strathcona:* for Lord Strathcona, builder of the Canadian Pacific Railway

*Sunny Trail:* for the Sunshine Trail, the name at that time for the highway that ran from Edmonton (through Lethbridge) to Butte, Montana

*Crow or Crow’s Nest Hotel:* for the Crow’s Nest Pass

*Marnoch:* for G.R. Marnoch who had been prominent in the Board of Trade (now Chamber of Commerce) in the late teens and early 20s

*Van Tighem Hotel:* for Father van Tighem, Lethbridge’s first resident Catholic priest

*Lacombe:* for Father Lacombe

*Hardie:* for Mayor W.D.L. Hardie, mayor from 1913 to 1928

*The Dufferin:* for Lord Dufferin a former governor general; also 4 Avenuesouth, where the hotel was to be constructed, was once called Dufferin Avenue

*Stafford:* William Stafford, first superintendent of the Galt mines.

*Nicholas Sheran:* pioneer coal operator in the area

*Sir Alexander Galt:* Father of Confederation and founder of the Galt companies in Lethbridge

*Baldwin:* after Stanley Baldwin, prime minister of England.

*Willingdon:* after the First Marquess of Willingdon who was governor general of Canada at the time the hotel was being constructed.

In the end the name chosen was Marquis. Marquis Wheat, developed by Charles Saunders of the Ottawa Experimental Farm, is a hard red, early maturing spring wheat. It was released in 1909 and became one of the most important wheats in Canada. Marquis Wheat soon replaced winter wheat as the main wheat grown in this area. The wheat is so vital to Canadian history that it has been called the wheat that helped to win two World Wars because during both wars it helped to feed Canada and her allies. At one time, 90% of the spring wheat grown in Canada and 70% of that grown in the US was Marquis Wheat.

The Marquis Hotel opened in June 1928. It originally had 78 bedrooms; an addition enlarged it to 90 rooms. There were also offices, a coffee shop, banquet rooms, main dining room, lounges and team room for the ladies. At different times, CJOC radio, the CPR Telegraph Office and Board of Trade office were all housed in the Marquis.

The hotel closed in the mid-1980s and was torn down in 1988.

What do you think? Did they pick the best name for the hotel or would you have chosen a different one? ★

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

Let us show you quick and easy solutions to getting those photos and memories out of shoeboxes and into albums in 6 weeks. Experienced scrapbookers are welcome. A list of supplies will be available upon registration. The instructor will have supplies available to order.

When: Wednesdays, January 11 – February 15

Time: 9:00 – 11:30 am

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

Instructor: Joan Pittman

Register by: Friday, January 6 (after this date add \$5)

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Photos  
Photos

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Did you ever notice that life seems to follow certain patterns? Like I noticed that every year around this time, I hear Christmas music.

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Triple D Tours would like to Thank everyone who has traveled with us and for all the great memories that you have given us over the years.

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

As of December 31, 2016 Triple D Tours will be closing its business as we are retiring. We would like to Thank everyone for your Friendship and patronage that you have given to us over the years.

We wish each and everyone of you All The Best,  
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When: Thursdays, January 12 – March 16

Time: 5:15 – 6:15 pm

Fee: \$65 LSCO M; \$97.50 NM

Register by: Tuesday, January 10 (after this date add \$5)



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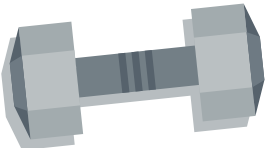


**Circuit Training**

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

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

When:	<b>Session 1:</b> Tuesdays & Thursdays, January 10 – February 2
Time:	1:30 – 2:30 pm
Fee:	\$40 LSCO M; \$60 NM
Register by:	Friday, January 6 (after this date add \$5)
When:	<b>Session 2:</b> February 7, 9, 13, 14, 16, 21, 22, 23
Time:	1:30 – 2:30 pm
Fee:	\$40 LSCO M; \$60 NM
Register by:	Friday, February 3 (after this date add \$5)





December LSCO Weekly Activity Schedule				
For more information regarding programs contact the Administration Desk at 403-320-2222.				
Note: Some programs are for members only while others are open to the community. Schedule may change without notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am
	Advanced Photography 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am	
Keep Fit 10:00 – 10:50 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am Lapidary 10:00 am – 12:00 pm	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am	Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
				Scottish Country Dance 10:15 am
Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm
	Basketball 12:00 – 1:00 pm		Basketball 12:00 – 1:00 pm	
			Wood Carving 12:30 pm	
Pickleball 12:45 pm – 4:50 pm	Quilting 12:00 pm Karaoke 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 12:45 – 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 6:45 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm
<div><div>Note: Many programs stop during Christmas Season. Please ask.</div><div>Fitness Centre extended hours: Saturday, 9:00 am – 12:00 pm. Tuesdays &amp; Thursdays Fitness Centre open until 5:45 pm.</div></div>				
For information about LSCO programs go to <a href="http://www.lethseniors.com">www.lethseniors.com</a>				

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if I can be of any  
assistance."





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

People really act weird at Christmas time!  
What other time of year do you sit in front  
of a dead tree in the living room and eat  
nuts and sweets out of your socks?



alger zadeiks shapiro

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**3 ways to keep  
the holiday spirit alive**

It's hard not to feel the holiday spirit when the streets are lit up, families get together to share delicious meals and everybody is giving gifts. But what happens when the lights and decorations come down and the presents have been opened? Here are three ways to keep that holiday spirit alive even after the space under the tree is empty.

1. **Stay together.** It's easy to forget to make time for the ones we love amidst our busy lives. But family gatherings don't have to be reserved just for the holidays. Implement a Sunday family dinner or a Saturday family activity that you can all do together and keep celebrating each other all year round.

2. **Keep on giving.** Gifts are meant to show loved ones how much we care, so why not give gifts all year round? Through UNICEF's 12 Months of Survival Gifts, you can show someone you're thinking about them every month while helping save children's lives. Visit [shop.unicef.ca](http://shop.unicef.ca) to see how you can give a gift in someone else's name with life-saving items like clean water, vaccines and bed nets.

3. **Volunteer.** The holidays are a time to be grateful for all that we have. Keep that gratitude front and centre in your mind by volunteering for a local charity. When we spend time with those less fortunate than us we can't help but be reminded of how lucky we are.

[www.newscanada.com](http://www.newscanada.com)



# Christmas Music

The LCI Jazz Band  
*under the direction of Ken Rogers*  
and the  
The LCI Jazz Choir  
*under the direction of Karen Hudson*  
will be performing  
**Friday, December 16th**  
1:30 pm • Gym 2  
*Admission by donation*

Lethbridge Senior Citizens Organization  
500 - 11th Street South  
403-320-2222



**Support young African  
women while holiday  
shopping**

If overcrowded malls and marked-up prices aren't for you, why not purchase a handmade item that will both enchant the recipient and help send a girl to school?

Beautiful World Canada is a Toronto-based charity that focuses on providing scholarship funds to young women in Uganda, Rwanda, and Sierra Leone. The organization works with various partners.

While primary education has become mandatory in many countries, women are underrepresented in post-secondary studies. Without this higher education, many young women are unable to acquire the skills and certifications needed to make them successful in the work force. This is why Beautiful World concentrates on providing college and university scholarships in order to ensure a girl's education doesn't end for financial reasons.

In Uganda, Beautiful World partners with a grandmothers' support group for families suffering from HIV/AIDS. These grandmothers are the caregivers (parents once again after losing their own children to AIDS). They make incredible baskets, jewelry and other crafts in their small villages and the organization has recently started selling these handicrafts in order to support the education of their granddaughters.

By purchasing a grandmother's handicraft, you can help support one of the hundreds of young women whom Beautiful World is putting through school. Find more information at [www.beautiful-worldcanada.org](http://www.beautiful-worldcanada.org).

[www.newscanada.com](http://www.newscanada.com)

**Do you have questions about your investments?**

**Will withdrawing from your Tax Free  
Savings account (TFSA) or your Registered  
Retirement Plan (RRSP) affect your pension?**

**Join Representatives from Servus Credit Union and Avail (formerly YPM)**  
**Tuesday, December 6th**  
**10:00 am ~ Room A**

**Servus Representatives**  
Tracy Dykslag  
Branch Manager

Kalee Lewis and Steven Reinhart  
Investment Specialists

**Avail Representative**  
Tyler Brack  
Chartered Accountant



Lethbridge Senior Citizens Organization – 500 - 11th Street South • 403-320-2222



From boardroom to boarding:  
this Christmas, Judy's  
treating her niece to a  
day on the slopes.



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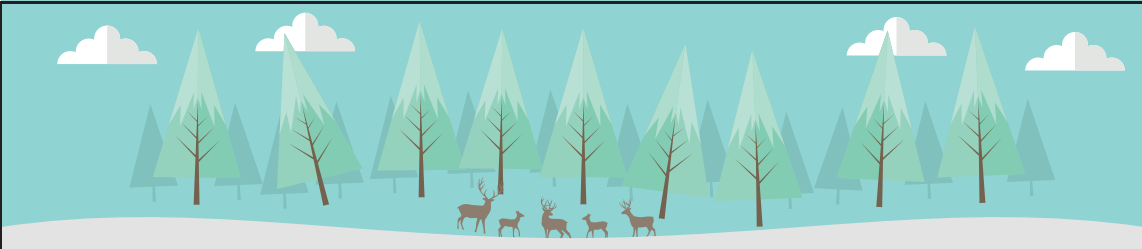
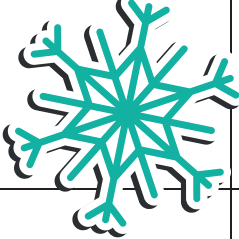







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# December 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  Music with Sandy 1:00 pm	2  Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	3
4  	5	6  Movie Time 1:00 pm Chair Exercises 2:45 pm	7  Christmas Snowman Craft 1:00 pm	8  Music with Marg & Maureen 1:00 pm	9  Craft & Bake Sale  No Friday Music Program	10  
11  	12  	13  Music with Hank 1:00 pm Chair Exercises 2:45 pm	14  Bowling Holiday Bowl 1:00 pm	15  Music with Floyd Sillito 1:00 pm	16  LCI Christmas Music Gym 2 1:00 ~ 3:00 pm	17
18  	19	20  Music with Al Kersher 1:00 pm Chair Exercises 2:45 pm	21  Horse Racing 1:00 pm	22  Christmas Party Bob & Dennis 1:00 pm	23  No Friday Music Program LSCO Close at 2:00 pm	24  
25  Merry Christmas Free Christmas Dinner 11 am ~ 1 pm	26  Boxing Day LSCO Closed	27  LSCO Closed	28  Bowling Holiday Bowl 1:00 pm	29  Movie Time 1:00 pm	30  No Friday Music Program LSCO Close at 2:00 pm	31
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.						



**Downsizing Dilemma? Need to move on?**

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**TRIVIA: Did you know?** The secret service call Frank Sinatra “Napoleon.”

## 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.





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# Estate Planning Tips

It has lately come to my attention on the estate files that I handle about the matter of cash being kept in the home of the deceased that has gone missing. The scenario often goes like this: Mom or Dad had a sizable amount of cash in the home, some of it was part of a coin collection, and now it is missing, I think that someone in the family helped themselves to the money before they passed and now what can we do. The families involved in these situations often have terrible fights over the lost cash and it leads to delays, bitter feelings, and recriminations. How can this be avoided?

Well, if the deceased was secretive about their affairs, very little. Think of this situation as if it were an insurance claim. Someone breaks into your home and steals your collection of antique teacups. When you make a claim to the insurance company, you better have an accurate inventory of those teacups; otherwise it is going to be very hard to prove what value they were. Similarly with cash or coin collections, if you want to prove to the insurance company what you had, you had better have an accurate inventory of that cash. I know that some people like to have some cash in their home, but if you do, you do so at your own



## Legal Tips and Information

Douglas Alger

risk. With coin collections it is probably best to have them stored in a safety deposit box. However if you insist on having it at home, then prepare a detailed inventory with pictures of the collection. Then if it goes mysteriously missing after you have gone, your executor can easily piece together what you had. Of course it is a different issue as to what the executor does with the information if something has gone missing, but at least you are not guessing at whether anything is missing.

Bottom line, storing more than \$1000 cash in a home is never a good idea. Storing valuable collections that are easily taken by burglars or

family members is probably not a good idea either, but having a proper inventory of what you have can't hurt in helping your executor deal with the matter after you have gone.

It does seem that it is a fundamental fact of life that family members start to argue when their parents pass away. When your parent dies, there is a lot of stress and it seems to bring out the best and the worst in us. That is where a good lawyer can help you deal with this stress and hopefully help you and your family come to some sort of resolution. Estate litigation is never a good thing, except for the lawyers.

In closing, for 2016, we have had quite a year in this world of ours. The USA election proved to be quite a spectacle and one that defied our notions of what is right and logical in our world. It is hard to say what 2017 will look like and we as citizens of this world are simply along for the ride. All we can do is do the best we can to make our communities better and live lives that are an example to others. Happy Holidays and Happy 2017! ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

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

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# DECEMBER

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01

*A Night at the Museum Shopping Event*

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08

archives programs

**\*Wednesdays at the Galt**

1st and 3rd Wed | 2–3 pm

Lecture for ages 55+

07

Children's Literature through the Looking Glass

21

Blackfoot Childhood: Experiences of Blackfoot Children

**\*Evening Workshop**

For Adults | 7–9 pm

03

**HANDS-ON HISTORY WORKSHOPS**

Holiday Cards & Ornaments

**\*Daytime Workshop Wednesdays**

For Adults | 10:30–noon

07

**DAYTIME GALT WORKSHOPS**

FOR ADULTS & SENIORS

HANDS-ON HISTORY PROGRAMS

**FOR MORE INFORMATION** 403.320-3954 | [www.galtmuseum.com](http://www.galtmuseum.com)

## 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](http://www.lethbridge.ca/WinterRoads) or follow us on Facebook and Twitter.

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**Lethbridge, AB**

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Contact our Administration Office at 403-328-1155 for more information.



# LEARN receives provincial recognition for efforts to address elder abuse

As noted in last month’s article, November was Family Violence Prevention Month in Alberta. This year marked the 30th anniversary of the first prevention activities that began in Hinton in 1986. It was the fourth year that the Government of Alberta Ministry of Human Services recognized the efforts of individuals and organizations who work to address the issues of family violence, sexual violence, child abuse and bullying through the presentation of the Inspiration Awards. It also marked the first year that elder abuse initiatives were eligible to be nominated, and I am pleased to announce that the Lethbridge Elder Abuse Response Network was one of two provincial elder abuse programs to receive the inaugural award for Leadership in Prevention of Elder Abuse. The awards were handed out in Edmonton in a ceremony at Government House on November 4. For a full listing of award recipients, go to [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca).



Nicole Goehring, MLA for Edmonton-Castle Downs, presents the Inspiration Award for Leadership in the Prevention of Elder Abuse to LEARN representatives Tanya Purdy-Fischer (Case Manager) and Laura Barrett (Co-Chair).

Elder abuse continues to impact the lives of many older adults and their families throughout our community, the province, and indeed the globe. It is a complex issue that can be difficult to identify and challenging to provide effective interventions for. Efforts to address this form

of abuse continue to grow, and the recognition afforded by this award will help to ensure the forward momentum of those who are trying to build a better future for our senior population.

I would like to extend my gratitude and thanks to all of our 23 network partners for their commitment to LEARN and their ongoing efforts to raise awareness, educate and support those in need. It is through the collaborative actions of the senior-serving organizations of this community that we can shine the spotlight on elder abuse and continue to make a difference.

I wish everyone a very happy holiday season. See you in the New Year. ★

*The Lethbridge Elder Abuse Response Network is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Tanya Purdy-Fischer, at (403) 394-0306 or [learn@lethseniors.com](mailto:learn@lethseniors.com).*

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**TRIVIA: Did you know?** Before settling on the name of Tiny Tim for his character in “A Christmas Carol,” three other alliterative names were considered by Charles Dickens. They were Little Larry, Puny Pete, and Small Sam.

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Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$TBA
Coeur D'Alene, ID Resort	Oct 20-23	\$TBA
Coeur D'Alene, ID Resort	Dec 5-8	\$TBA

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## Computer Corner by Sjoerd Schaafsma

### Computer Scams and More

- Periodically scam alerts come in from members of the computer club and they get passed to all the members via email. Here are a few of the scams that have come to my attention over the last few months.
- In all cases, **DO NOT REPLY!!** Replying lets the spammer know they have reached a valid email address. If anything, forward the messages to your service provider’s spam filter service. Telus ([reportspam@telus.net](mailto:reportspam@telus.net)), Shaw ([reportspam@shaw.ca](mailto:reportspam@shaw.ca)), and Gmail all have spam filters. Beware, some of these scams look very legitimate.
- Apple account email:** Usually saying you have a bill of around \$20.00 for something you did not purchase. The Link at the bottom of the email does not point to Apple but to a third party.
- Bank notice:** BMO, CIBC and others, asking for credentials. The bank knows who you are. They won’t send you an email asking for your account number.
- PayPal:** asking for your social insurance number. **No Way!**
- Canada Revenue Agency:** asking for credentials. A legitimate email from CRA will not have any links in the body of the email but will tell you to visit the CRA website and log in.
- Various government bodies holding money for you. Send us your money and banking information to help us process your account. **DON’T!**
- Grandparent Scam:** you receive a phone call, instant message or email from someone pretending to be a grandchild and in desperate need of money.
- Home Delivery Scam:** You get the flowers or whatever, but have to pay for delivery with a credit card. At this point your credit card info is compromised.
- Cold calls:** purporting to be from Microsoft or Apple to help you with computer problems.
- If you need help call a local tech. Some of the so called Microsoft or Apple tech support numbers found on the internet are NOT legitimate.
- The Monthly Tip:** Tapping the space bar in a browser, Mac or Windows, will move you down one screen at a time.
- Merry Christmas, and don’t let a con artist spoil it for you.*
- The Computer Corner can be read online at the Computer Club tech site <https://goo.gl/pjZz3J> , the short form of <https://sites.google.com/site/oldfolkscomputers/home>
- To subscribe to the computer club email list: contact - [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)

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**Computer Club  
WORKSHOPS**

**December 2016**

**Wednesday, December 7**  
**Robin and Oliver from London Drugs**  
**Personalizing Your Desktop Workshop**

**Wednesday, December 14**  
**Ton from London Drugs**  
**Tools & Techniques to Keep Your Computer Running Smoothly**

More details will be provided in the Computer club emails.

If you have suggestions for computer related workshops, are interested in helping with software updates, or would like to present a workshop please email [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com).





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When: Fridays, January 6 – March 31  
(no class Jan. 20, 27, Feb. 3)

Time: 9:00 – 10:00 am

Fee: \$45 LSCO M; \$60 NM

Register by: Thursday, January 4 (after this date add \$5)



**TRIVIA: Did you know?** At lavish Christmas feasts in the Middle Ages, swans and peacocks were sometimes served “endored.” This meant the flesh was painted with saffron dissolved in melted butter. In addition to their painted flesh, endored birds were served wrapped in their own skin and feathers, which had been removed and set aside prior to roasting.

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# Once there were Giants

*Facts do not cease to exist because they are ignored.*  
~ Aldous Huxley

I have always been fascinated by stories about giants. Perhaps it is because I am only 5 ft. tall and I’ve always wondered what it would be like to have a 7 ft. view of the world. Or it could be because a giant was once part of my Smith clan. He was my Grandfather’s uncle, and a soldier in the Union Army during the Civil War in the States. The story (as told to me by my Father) goes that he once lifted a horse out of a ditch when the horse was mired down. He got under the horse’s belly and lifted until the horse could get its footing. As the war progressed and the supply lines were sometimes non-existent, Uncle could lift a shoat and run with it. Hunger will sometimes drive men to do strange, dishonest things. While the men in my family are tall we have never had another giant as far as I know.

For the most part giants were anomalies in both ancient and modern times, in every culture and race throughout the world. They likely just had a gland that did not act as it should. Consequently these “giants” continued to grow beyond their normal growth cycle. The tallest recorded human in history (for whom there is irrefutable evidence) was Robert Wadlow who lived from 1918 to 1940. He was just shy of 9 ft. tall and his abnormal growth caused many problems in his life as well as an early death.

A recent show on the History Channel sent me in search of information about a race of giants who once lived, died and were buried here in North America. They are commonly called The Tall Ones, The Ancients and The Mound Builders. Most of the mounds are their burial sites and according to *Giants on Record* by Jim Vieira and Hugh Newman, there are thousands of these mounds in North America from the Atlantic to the Pacific oceans. A few of the



## The Widow’s Walk

Kay Long, BSW, RSW

mounds are effigies i.e. the Serpent Mound in southern Ohio while others are flat-topped pyramids, platforms, or rounded cones. Some have been destroyed while others remain untouched. Considering the amount of earth that had to be moved to build these mounds it seems there was a much larger population in North America prior to the coming of the First Nation’s People and the first Europeans.

Within the burial mounds the amateur archeologists found bones of giants along with burial artifacts. Most of the bones and artifacts were sent to the Smithsonian Institution in Washington, D.C. while others were collected and kept by curious land owners and “potholers” (a term used to describe an amateur, would-be archeologist with no affinity to a legitimate organization). A few were reburied by First Nation’s People who claimed the giants as ancestors. Considering that the burial mounds were excavated and in many instances destroyed, a proper reburial would seem to be in order regardless of who these ancient skeletons are.

While much has been written about the mounds I have found it difficult to get a visual picture of the people who were buried within. We know that they were considered to be giants – at least over 7 feet tall and some

heights mentioned as tall as 14 feet. Some of them had enormous skulls and a few of the skulls were cone-shaped, as if their heads had been re-formed when they were infants. This is a practice in other parts of the world and could have been the cause and result in North America. There is mention of large jaw-bones, one of which was “so large that Adam Holslander placed it, mask-like over his own chin and jaw.” A few of the skulls had double rows of teeth, “a unique characteristic of some giants discovered in other parts of the country as well.”

While little is written about the skeletons themselves, much information is given about the artifacts buried with the bodies. Some artifacts are made of copper, others of mica, and many of carved stone, baked clay and limestone. Both the bones and the artifacts were sent to the Smithsonian Institution and in 1848 the institution published their first book, *Ancient Monuments of the Mississippi Valley*. In 1988 a 150th anniversary reissue of the book was published. The book contains little mention of the people who were buried in the mounds but gives many details about the artifacts buried with them. In today’s world the Smithsonian Institution says that the “evidence for these finds have been locked away in the restricted access evidence rooms of the Smithsonian.” The best reference that I found is *Giants on Record: America’s hidden history, secrets in the mounds and the Smithsonian files*. It is estimated that there are more than 100,000 mounds from the California islands to the New England states. These mounds and the giants buried within are a mystery that we have only begun to explore. ★

*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.

TRIVIA: Did you know? Hallmark introduced its first Christmas cards in 1915, five years after the founding of the company.

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