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Join Us for

SUNDAY BRUNCH
FEBRUARY 7

GOLDEN MILE SINGERS
FEBRUARY 8

FREE NECK & SHOULDER MASSAGES
FEBRUARY 11

RANDY EPP & FRIENDS
GOSPEL JAZZ
HYMNS REMEMBERED
FEBRUARY 11

RETIRING WELL
KEY FINANCIAL CONSIDERATIONS
BMO NESBITT BURNS INC.
FEBRUARY 23

When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space.

~ Pema Chodron



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Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

LSCO News

The 2016 LSCO Annual General Meeting (AGM) will be at 1:15 on March 29. We are moving this year's AGM to the stage area of the Dining Room as it is more conducive to a meeting of this type with the numbers of members we typically have attend. Aside from the venue, the format of this meeting is also changing. This year, we will have a "Town Hall" session where members can ask questions of staff and Board and engage in dialogue that is not appropriate for the "Business" portion of the AGM. Our hope is that the inclusion of the discussion part in the meeting separate from the "Business" will enable us to, more quickly, work through the legislated AGM requirements:

From *Societies Act*, Province of Alberta

25 A society shall hold an annual general meeting in Alberta and shall present at that meeting a financial statement setting out its income, disbursements, assets and liabilities, audited and signed by the society's auditor.

Reporting of the Board of Directors election results must also be sent to the Registrar with the annual filing of the society.

Speaking of Board elections, there will be three spots available at the 2016 AGM – President-Elect and 2 Director positions. All prospective candidates must complete the 2016 Nominating Form and Candidate's survey and hand in both to the office by 4:30 PM on March 18. This will enable us to post candidate information in the building and on our website for more than a week prior to the AGM. Please note that we are looking for specific skill sets for our Board as we move toward achieving our Organizational Goals: business/financial, fundraising, not-for-profit/business/government management, services implementation. Candidates should also be prepared to look at the Board as Big Picture decision makers and not confuse the Board with the role of Administration.

We are moving into an exciting time of demographic and service change at LSCO and we hope there are some leaders out there wanting to help guide us into the future. ★

TRIVIA ~ Did you know? Asperger syndrome is named for Austrian pediatrician Hans Asperger, who described it in 1944. He called his patients "Little Professors."



Board of Directors 2016-17 Slate of Candidates

President Elect:	Vacant
President:	Clifford (Charlie) Brown
Past President:	John Machielse
Treasurer:	Irwin Wyrostok (Year 2/3)
Secretary:	Marnie Brown (Year 2/3)
Board Members:	Bill Hanson (Year 3/3)
	Carol Roesler (Year 2/3)
	Bob Maslen (Year 2/3)
	Merri-Ann Ford (Year 2/3)
	Vacant (Year 1/3)
	Vacant (Year 1/3)

Please note that nominations for the Board of Directors will close on **March 18 at 4:30 pm.**

Interested parties can pick up Nomination Forms and a Candidate Survey at the front desk.

This year membership will choose **2 Board members** and **President-elect**. Elections will only be held for those positions which have more than one nominee.

AGM ~ March 29th

PROGRAM COMMITTEE MEETING

Tuesday, February 16
10:00 am ~ Room A

If you are interested in attending to represent the program you participate in please contact Shawn Hamilton at shamilton@lethseniors.com or by calling 403-320-2222.

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If able, you should always press your button.



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In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels





A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by. Lethbridge Herald

The Officers of LSCO

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

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

LSCO 403-320-2222

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

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

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

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

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

LSCO Vision Statement

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

Sorry

WE'RE

Closed

Monday

February 15th

for Family Day

Fitness Centre Closed

Saturday, February 13th

LSCO

ANNUAL

GENERAL MEETING

TUESDAY, MARCH 29, 2016

STAGE AREA

BUSINESS MEETING

1:15 P.M. ~ 1:45 P.M.

TOWNHALL MEETING

1:45 ~ 2:00 P.M.

ALL PROGRAMS CANCELLED

AT 1:00 PM

TO RESUME AFTER MEETING

LSCO 2016 PARKING PASSES

In order to purchase your 2016 Parking Pass, we require your **vehicle registration**. To renew your Parking Pass from 2015, we require your **old pass** and **vehicle registration**.

LSCO

Hours of

Operation

Monday – Friday,

8:00 am – 4:30 pm

Holidays vary –

watch our calendar.

Closed

Monday

February 15th

for Family Day

Year Round Program Drop-In Fees

Fees must be paid prior to attending program.

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

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

Welcome New Members!

Donald Marquis	Nola Beattie
Eva Persaud	John King
Jean Catling	Cheryl Shenton
Vi Armstrong	Harry Sugimoto
Sheryl Hawkins	Shirley Waddell
Jessica Wilkinson	Jake Elfring
Marlene Van Deurzen	Liz Allen
Jackie Trimble	Janice Amann
John Regier	Evelyn Osaka
Allison Metzler	Chikako Arinobu
Norma Hatlelid	Mary Lee Voort
Al Blakely	Clarence Jockims

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Active Aging	\$6.00	\$7.50 (pay after to Admin Desk)
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

(must be purchased before 4:15 for Saturdays)

LSCO Times Publishing Schedule

Issue	Deadline
March 2016	February 19
April 2016	March 18

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



Jennifer Harrison

iscott-harrison@lethseniors.com

The dining room will soon (if not already when this article is published) have a new till system. Not all details are in yet, but some of the features will be:

- a new ordering method...all breakfast and grill orders will be placed at the till instead of the serving line and printed off in the kitchen.
- there will be a two tier pricing system...one set of pricing for members and another for non-members. This is not a new concept, rather a more efficient method of seeing that our members are receiving full benefit of their membership. You will need only to give your name or membership number to the cashier and you will receive the discounted pricing, so long as your membership is in good standing.
- members will once again be able to load up a balance under their membership number and have their meals deducted from their balance. This feature saves the need to carry cash every day.

*****Please Note** that once the new system is in place, the pricing on the menu boards will reflect the NON-MEMBER pricing instead of the member pricing as it has been in the past.

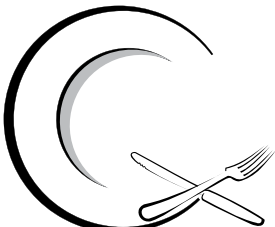
More details will be available as we get them...
please stay tuned! ★

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

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

Don't forget to purchase your 10x Class Fitness Pass for you and your friends to meet for a drop-class at LSCD.

Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal • The dining room is CASH ONLY
Lunch Special \$7.75 LSCO Member Price • Non-Members add 15% • Menu subject to change without notice

Monday, February 1		Tuesday, February 2		Wednesday, February 3		Thursday, February 4		Friday, February 5	
Entree:	Battered Fish	Entree:	Turkey Cutlet	Entree:	Chicken Parmesan	Entree:	Roast Beef	Entree:	Mushroom Burger
Potato:	French Fries	Potato:	Mashed	Potato:	Fettucini	Potato:	Steamed	Potato:	Potato Wedges
Veg:	Coleslaw	Veg:	Carrots	Veg:	Peas	Veg:	Cauliflower	Veg:	Turnip
Soup:	Tomato Vegetable	Soup:	Cream of Mushroom	Soup:	Chicken Noodle	Soup:	Clam Chowder	Soup:	Beef Barley
Sandwich:	Egg Salad Croissant	Sandwich:	Egg Salad Croissant	Sandwich:	Egg Salad Croissant	Sandwich:	Egg Salad Croissant	Sandwich:	Egg Salad Croissant
Salad:	Fruit & Cottage Cheese	Salad:	Fruit & Cottage Cheese	Salad:	Fruit & Cottage Cheese	Salad:	Fruit & Cottage Cheese	Salad:	Fruit & Cottage Cheese
Monday, February 8		Tuesday, February 9		Wednesday, February 10		Thursday, February 11		Friday, February 12	
Entree:	Turkey a la King	Entree:	Macaroni Casserole	Entree:	Pork Stew	Entree:	Chicken Paprikash	Entree:	Salmon Filet
Potato:	Egg Noodles	Potato:	Salad	Potato:	Mashed	Potato:	Dumplings	Potato:	Rice
Veg:	Green Beans	Veg:	Squash	Veg:	Corn	Veg:	Brussel Sprouts	Veg:	Parsnips
Soup:	Cream of Potato Bacon	Soup:	Chicken Vegetable	Soup:	Clam Chowder	Soup:	Tomato Rice	Soup:	Cream of Carrot
Sandwich:	Grilled Beef & Cheddar	Sandwich:	Grilled Beef & Cheddar	Sandwich:	Grilled Beef & Cheddar	Sandwich:	Grilled Beef & Cheddar	Sandwich:	Grilled Beef & Cheddar
Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin
Monday, February 15		Tuesday, February 16		Wednesday, February 17		Thursday, February 18		Friday, February 19	
LSCO CLOSED FOR Family Day		Entree:	Beef Tortellini	Entree:	Pineapple Chicken Balls	Entree:	Beef Stroganoff	Entree:	White Fish
		Potato:	Salad	Potato:	Fried Rice	Potato:	Egg Noodles	Potato:	Roasted
		Veg:	Corn	Veg:	Oriental Mixed	Veg:	Carrots	Veg:	Peas
		Soup:	Split Pea	Soup:	Cream of Carrot	Soup:	Vegetable	Soup:	Cream of Cauliflower
		Sandwich:	Toasted Denver	Sandwich:	Toasted Denver	Sandwich:	Toasted Denver	Sandwich:	Toasted Denver
		Salad:	Garden Salad	Salad:	Garden Salad	Salad:	Garden Salad	Salad:	Garden Salad
Monday, February 22		Tuesday, February 23		Wednesday, February 24		Thursday, February 25		Friday, February 26	
Entree:	Pork Cutlet	Entree:	Chicken Stew	Entree:	BBQ Beef on a Bun	Entree:	Spaghetti	Entree:	Roast Beef
Potato:	Mashed	Potato:	Steamed	Potato:	French Fries	Potato:	Salad	Potato:	Mashed
Veg:	Mixed	Veg:	Green Beans	Veg:	Corn	Veg:	PEI Mix	Veg:	Carrots
Soup:	Lentil	Soup:	Cream of Mushroom	Soup:	Chicken Barley	Soup:	Corn Chowder	Soup:	Tomato Vegetable
Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant
Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate
Monday, February 29		<div></div> <div>CATERING FOR WEDDINGS, BANQUETS, SPECIAL EVENTS, PARTIES & MEETINGS</div> <div>SEATING FROM 50 TO 400</div> <div>DISH & PLACE-SETTING RENTALS</div> <div>SEE OUR CATERING BOOKLET ONLINE AT WWW.LETHSENIORS.COM</div>							
Entree:	Smokies & Sauerkraut								
Potato:	O'Brien								
Veg:	Peas								
Soup:	Cream of Vegetable								
Sandwich:	Grilled Ham & Cheese								
Salad:	Spinach Salad								

Throughout our lives we are all faced with choices. Everyday we make more choices than we could probably count or are even aware of. To some, the choices they make cause sorrow and heartache but I would like to focus on choices that make us happy. I think every soul on this earth would desire to be happy, although if we read the newspapers and watch the news on television one might think otherwise. However, I still feel that way down deep, these people we read about and see would love to be happy. February just might be the month we could all feel happy.

February is the month of Valentines Day. A day to remember those we love and I think also a day to remember those who have passed away but are still in our hearts. For those of the ones who are still here and if we want them to know that we remember them, we buy the usual Valentines gifts. Do you remember your school days when we would sneak a valentines card to that someone special or maybe receive some home baked cookies. Times then were so much simpler and lots of fun. We looked forward to receiving and giving, both of which were rewarding and brought into ourselves a ray of happiness.



Acting President’s Message

Clifford (Charlie) Brown

It is through little acts like this, that brought us happiness; but it is doing for others and especially doing for others without them finding out that seems to bring to us the most happiness. A feeling of doing something kind for someone else is so rewarding. How I sometimes wish for those days with so little complications.

Throughout history, it seems, in this world there have been times of great turmoil when a brother has taken up arms against brother and families have fought bitterly against one another. Also, there have been times when the sun shone continually and we were at peace one with another and ourselves, with no con-

tention with your neighbours, friends or with others. These are time we need to remember and focus on. Happy memories will get us through just about any trails we have.

Again I thank the members of LSCO for the kindness and compassion you show one to another. I know there are many that share that same heartfelt gratitude and as an organization we can and will still do what we can to promote happiness to those that would otherwise feel lonely or abandoned. Good job members and also to our super staff.

Hopefully each of us can find in our minds and hearts the carefree abandonment we enjoyed in our childhood and youth (to a point of course) and to feel happy and useful. We live in a wonderful country and have so much and may we each appreciate all that there is for all of us!

Happy Valentines to each and everyone and may you all be surrounded by good friends and enough happiness to carry you throughout each day.

Closing thought – *It’s nice to be important but it’s more important to be nice.* ★

CLASSIFIED ADS

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

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.

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

TRIP OF A LIFETIME! 17-day tour of Croatia, Bosnia, Slovenia, September 18 - October 4, 2016, almost fully inclusive meals, tipping, many extras. \$3,600 (land only), \$300 deposit. \$100 Early Bird discount. Brochure and details from Lethbridge Custom Adriatic Tours, 403-328-7616.

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

GENTLY USED 6-MONTH OLD ALUMINIUM WHEELCHAIR RAMP FOR SALE. All offers considered. Call 403-328-7537 or cell: 403-634-8966.

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

WANTED old “lifestyle” magazines from 30s, 40s & 50s. Please e-mail Lisette at lcook@lethseniors.com.

OSCAR-DECOR & PAINTING. Commercial & Residential. Drywall Repair. Special discounts for seniors. 403-331-9864.

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.



TRIVIA ~ Did you know? An inch-thick rope of spider’s silk can withstand up to 140,000 pounds of pressure.

Dementia doesn’t define a caregiver

Caring for someone with dementia takes a tremendous toll on both physical and emotional health. While many caregivers tend to put caring for the person with Alzheimer’s first, it’s important to ensure that they keep their own needs in mind as well.

Rina Clark was a self-described people person before becoming a caregiver for her husband David, who has Alzheimer’s disease. Twelve years later, Clark is still very social, with a close group of friends who have stood by and supported her.

That she is the same person she was before David’s diagnosis may seem self-evident. But it’s a message society often forgets, says Clark, 68. Caring for someone with dementia can be all-consuming, but it isn’t all-defining.

That’s not to say Alzheimer’s disease hasn’t taught her important and often difficult lessons. For the first six

months after David’s diagnosis, she couldn’t even say the word Alzheimer’s.

“David was a high school physics, chemistry and calculus teacher,” says Clark. “I called him my walking encyclopedia. I used to joke I married him for his brains.”

Watching his facility with numbers and words deteriorate was especially hard. So she decided she would “build memories” for him. They travelled to Egypt to see the pyramids, to China to see the Great Wall, and for a safari in east Africa.

In between, she learned all she could about drug trials and enrolled him in some of the more promising ones. She identified the best Alzheimer’s doctors and got him on their patient lists, even if it meant regular trips from their home in Sault Ste. Marie to Toronto.

Making adjustments

Instead of trying to control things, she feels the way

forward is to let her friends help her, and help David. One friend picks up David every Wednesday for an outing. Another stops by after her yoga class to feed him. Others regularly take her out for coffee, a walk, or a movie. Even a simple card in the mail, letting her know she isn’t alone can make a big difference.

But because Clark is a people person, she knows that when friends ask what they can do, the onus is on her to tell them what she needs. Often, she says, the answer is quite simple: ask how she is and listen.

“I want to talk about it,” she says. “I want to be engaged by my friends.”

Life doesn’t end when Alzheimer’s begins. Be there for those who are #StillHere. More information is available at www.alzheimer.ca/stillhere.

Self Help Groups

Embracing Life’s Changes Coffee and Conversation Group

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

Parkinson’s Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. The next meeting will take place on **Thursday, February 18th** in Room A.

Alzheimer’s Caregiver Support Group

The Alzheimer’s Caregiver Support Group is now meeting at the LSCO. The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences.

Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the 3rd Tuesday of the month. The group will meet on **February 16th at 7:00 pm**. Note: the February 16th group will be held in Room C & D. For more information call Vedna at 403-329-3766.

Lethbridge Stroke Recovery Association (LSRA)

LSRA invites you to a night of **Bowling**. **Bowling on February 10th** from 6:30 – 8:30 pm at Holiday Bowl (2825 - 2 Ave South). The cost is \$11.00 per person. Please RSVP by calling Louise at 403-394-6495 or by email at llandry@shaw.ca.

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

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

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

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 p.m. in Room A. The next meeting is **Monday, May 30th**.

Alcoholics Anonymous

Saturday Morning Eye Opener Group

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

Sunset Alcoholics Anonymous

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



Beginner Oils In Landscape

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

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



LETHBRIDGE
Senior Citizens
ORGANIZATION

CATERING

IN-HOUSE CATERING FOR
WEDDINGS, BANQUETS,
SPECIAL EVENTS, PARTIES
& MEETINGS

SEATING FROM 50 TO 400

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WWW.LETHSENIORS.COM

403-320-2222

The Challenges of Downsizing

One of my favorite books is *You Could Live A Long Time: Are You Ready?* by Lindsay Green. She asked 40 elders between the ages of 75 and 100 what Boomers should be doing now to maximize our chances of living well to the end. They warned that if we don’t take steps now to house ourselves for the future, others may end up making those decisions for us, and we may not be happy with the outcome. Their advice was pointed:

- We should modify our home to accommodate an aging mind and body.
- We should downsize and get rid of clutter.
- We should choose a neighborhood that offers lots of stimulation and easy access to services.
- We should surround ourselves with a community of caring and loving people.

One of the challenges in finding just the right home for a ‘downsized life’ is finding the right balance between independence and community. We need to take enough risks to keep us feeling challenged and alive, while at the same time ensuring that we are living in a safe, secure, and supportive environment. It’s important to plan to meet not only our immediate goals, while at the same time, incorporating planning for the very long term. It is likely that we will face a series of choices as we respond to changing circumstances.

The one thing that we can know for sure is that moving does not get easier by putting it off.

Moving is physically demanding, mentally challenging, and emotionally draining. The longer we wait – the harder it gets. One of the big benefits in making an early decision is that it increases your odds of being able to live in a space of your own choosing. Waiting for an accident that forces you to leave your home may result in a loss of control over your future. Green says: “To keep a home, consider leaving your house. Where you live will determine whether you can live well.”

One of the greatest barriers to downsizing is our fear of dealing with the accumulated possessions of a lifetime. It takes time and a good plan to downsize your possessions. If you realize that it took 30 or 40 years to fill your house, you’re not going to be able to get rid of everything that has accumulated in just a week or two. There are lots of good books and websites to help you to develop a plan. Make a plan that suits your needs and timeline, and take your time to do it right. Consult with others who may want or need to be involved in the process, and get help – professional or otherwise – when you need it.

A great way to get started on your downsizing or decluttering plan is to attend my workshop: *“Downsizing: What makes it hard and how to get through it”* at LSCO on Friday, February 12, from 9:30-11:30. Cost: \$15.00. Call 403-553-2973 for more information or to register.

by Barbara Cavers

Volunteer Corner



Volunteer News

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

JESUS CHRIST SUPERSTAR

(music by Andrew Lloyd-Webber and lyrics by Tim Rice)

There are many ways to describe Jesus Christ Superstar, a global phenomenon is a great place to start. Jesus Christ Superstar is an expression/response to 1970's contemporary culture. Although it is loosely based on the Gospels account of the last week of Jesus's life, it is not scripture or theological work, nor is it blasphemy.

Jesus Christ Superstar was first presented 45 years ago as a rock opera before moving to Broadway. Since 1971 it has been presented in 42 countries. It appeared in Lethbridge in the late 1980's at the University and was presented as a Broadway musical in concert some 13 years later.

I am pleased to announce that LSCO, along with Director Fran Rude and Music Director Ken Rogers, are proceeding with plans to produce Jesus Christ Superstar October 14th and 15th, 2016 in the Yates Memorial Centre.

I am also very pleased...oh who am I kidding.....I am thrilled to bits that we can refer to this special production as a reunion of sorts in that 2 of the principal leads from Lethbridge's last presentation of Jesus Christ Superstar are



in place for our 2016 production. George Galant is back as Jesus and Mark Campbell as Judas.

More information will be coming monthly as volunteers encompassing many specialized areas will be needed for this 4 day production. ★

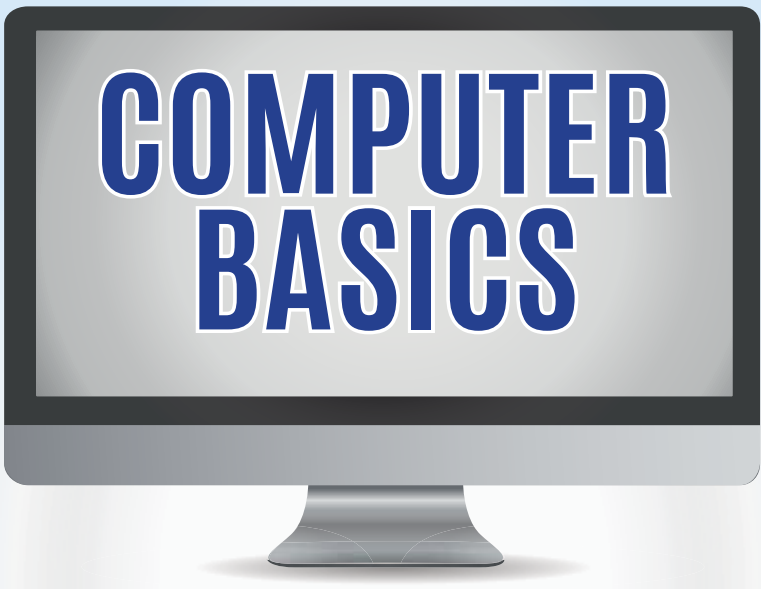


How is your hearing?



Do you need a Hearing Test?

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will be here
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Book your free initial test at the administration desk or phone 403-320-2222




COMPUTER BASICS

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




When:	Tuesdays & Thursdays February 23 – March 3
Time:	1:30 – 3:30 pm
Fee:	\$12 LSCO M; \$20 NM
Register by:	Thursday, February 18

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REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.

- If making payment after registration date \$5 will be added to course fee where indicated.

For description of classes, fees and registration deadlines pick up a copy of the 2016 Program Flyer or visit www.lethseniors.com. Feel free to call LSCO for additional information.

FITNESS CENTRE

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

Upcoming Classes

- Computer Basics**
Tuesdays & Thursdays, February 23 – March 3
1:30 – 3:30 pm

Apple Computers
Wednesdays & Fridays, March 2 – 18
2:00 – 4:00 pm

Active Aging
Mondays & Wednesdays, March 2 – April 20
8:00 – 8:50 am

Chair Yoga
Wednesdays, March 2 – April 27
9:30 – 10:20 am

Gentle Yoga
Tuesdays & Thursdays, March 1 – April 28
9:30 – 10:30 am

Noon Yoga
Tuesdays, March 1 – April 26
Thursdays, March 3 – April 28
12:05 – 12:55 pm

Active Yoga & Stretch
Wednesdays, March 2 – 30
4:45 – 5:45 pm


Zumba Gold
Tuesdays, March 8 – April 26
Thursdays, March 10 – April 28
11:00 – 11:45 am

Evening Zumba
Tuesdays, March 8 – April 26
5:30 – 6:30 pm

Beginner Pickleball Lessons
Wednesdays, February 3 – 24
1:00 – 3:30 pm

Special Interest

BASIC SELF DEFENSE for WOMEN
Rape Aggression Defense Training



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

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

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

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TRIVIA ~ Did you know? Flamingos can only eat when their heads are upside down.

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February LSCO Weekly Activity Schedule				
For more information regarding programs contact the Administration Desk at 403-320-2222. Schedule may change without notice.				
Note: Some programs are for members only while others are open to the community. • Drop In Fee options available.				
Monday	Tuesday	Wednesday	Thursday	Friday
Active Aging 8:00 am		Active Aging 8:00 am		
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Program Committee Meeting Tuesday, Feb. 16, 10:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am Digital Photography 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Chair Yoga 9:30 am Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 – 10:50 am Lapidary 10:00 am Yoga 10:00 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Yoga 10:00 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am
Line Dancing 10:30 am	Chi Gong 10:15 – 11:30 am		Badminton 10:00 – 11:50 am Chi Gong 10:15 – 11:30 am Line Dancing 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm	
Tai Chi 12:45 pm		Tai Chi 12:45 pm	Wood Carving 12:30 pm	
Pickleball 1:00 – 4:50 pm Computer Club 1:00 pm	Quilting 1:00 pm Karaoke 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 pm	Needlework 1:00 pm Crib 1:00 pm Line Dancing Beginner 1:15 pm	Pickleball 1:00 – 4:50 pm
	Pickleball 1:30 – 4:50 pm		Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm	Chair Nia 2:30	Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
	Zumba 5:30 pm		Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am -4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm
Saturday Fitness Centre 9:00 am – 12:00 noon • For information about LSCO programs go to www.lethseniors.com				



**Fitness
PASS**

10X PASS

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

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



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SUNDAY BRUNCH

Sunday, February 7, 2016
10:00 am ~ 1:00 pm

TRIVIA ~ Did you know? According to Goodyear, who allegedly spent 10 years researching this, a person's right shoe will wear out faster than your left shoe.

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1:30pm

Saturday, Feb. 20, 2016
7:30pm

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February 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Rudy & the Classic Legends 1:00 pm Chair Exercises 2:45 pm	3 Fun with Wii 1:00 pm	4 Music with Sandy 1:00 p.m.	5 Music Program Hank Wiebe 12:30 ~ 2:00 pm	6 
7	8	9 Music with Hank 1:00 pm Chair Exercises 2:45 pm	10 Bowling Holiday Bowl 1:00 pm	11 Valentines Day Party Justine & Frank 1:00 pm	12 Music Program Classic Legends 12:30 ~ 2:00 pm	13
14	15 Family Day LSCO Closed	16 Music with Stan Ashbee 1:00 pm Chair Exercises 2:45 pm	17 Fun with Wii 1:00 pm	18 Travel with Geoff Bradshaw 1:00 p.m.	19 Music Program Reg & Colin 12:30 ~ 2:00 pm	20
21 	22 	23 Music with Alex & Bill Los Amigos 1:00 pm Chair Exercises 2:45 pm	24 Bowling Holiday Bowl 1:00 pm	25 Music with Bob & Dennis 1:00 pm	26 Music Program Los Amigos 12:30 ~ 2:00 pm	27 
28	29	ALL YOU NEED IS LOVE				

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.

Program Schedule	LSCO Adult Day Program	Benefits
<div>Tuesday, Wednesday & Thursday</div> <div>1:00 pm – 4:00 pm</div> <div>Cost: \$5 per visit</div> <div>Attend 1, 2 or 3 days a week</div> <div>.....</div> <div>Transportation to and from the program are the responsibility of participant or caregiver.</div>	<div>Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.</div>	<div>The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.</div>

Understanding Canada’s Refugee System – Part 3

This month’s article will conclude our introduction to Canada’s Refugee System by describing how decisions are ultimately made, and the implications of those decisions. The two major actors in the decision-making process are Citizenship and Immigration Canada (CIC) and the Immigration Review Board (IRB).

Screening and Ruling

Once a claimant’s eligibility has been established pursuant to the *Immigration and Refugee Protection Act*, he or she is then subjected to an intensive screening process. If the claimant is applying from outside Canada, the claimant is screened by Citizenship and Immigration Canada (CIC). Before the claimant ever steps foot on a plane or boat bound for Canada, he or she will be interviewed in person by a CIC Visa Officer. This interview is above and beyond the interviews conducted by the United Nations Refugee Agency in order to refer the claimant to Canada’s Refugee program.

The Officer will ask questions regarding the claimant’s application, the claimant’s background, family, political, military and criminal history and future plans. If the Officer is satisfied and there are no inconsistencies between the Officer’s findings and the claimant’s initial UN referral, the claimant will then be cross-referenced with Canadian and international

Legal Tips and Information

Christina Lam

databases for security screening. The claimant’s identity is then secured by obtaining biometric information such as fingerprints, iris scans and photographs to prevent identity theft or fraud. Finally, before being permitted to travel to Canada, the claimant is given a rigorous medical exam to screen for dangerous, communicable diseases.

If the claimant is applying from within Canada, the screening process is conducted by the Immigration and Refugee Board of Canada in the form of a private hearing. The claimant is required to appear before a member of the IRB and, with or without the assistance of a legal representative, present his or her case for protection. This may include the submission of identity papers, military, health or employment records, and other documents demonstrating that the claimant meets the criteria described in our previous articles for Convention Refugees or Persons in Need of Protection. In some cases, the CIC or the Canadian Border Security Agency may appear to oppose the application. Following

the hearing, the IRB will issue a written decision either accepting the claim or reject the claim. Depending the reasons for rejection, the claimant may have the further option of appealing the rejection.

Successful Claims

Ultimately only approximately 1% of claims for Refugee or Persons in Need of Protection status are usually successful. Priority is given to the vulnerable, such as those with medical problems, single mothers or families with young children. However, due to the sheer of volume of claims received, wait times usually surpass two years; time which may seem like an eternity for claimants caught in a dangerous limbo. For the fortunate few, the end result is up to a year of Government or privately sponsored assistance in the form of housing, clothing, food and social services and most importantly, permanent residency in Canada.

Although we have only touched the surface of Canada’s complex Refugee System, we hope this series of articles has given greater context to the ambition and careful consideration underlying Canada’s welcoming of thousands of refugees. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

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Sunday, February 7, 2016



Eggs Benedict, bacon, sausage, hash browns, pancakes, roast beef, salad bar, desserts, coffee and tea.

LSCO ~ 500 - 11th St. S • 10:00 am ~ 1:00 pm • Adult \$16 / 11 & Under \$8 • Cash Only ~ OPEN TO THE PUBLIC


TRIVIA ~ Why are portholes (windows) on a ship round?

The constant up and down motion of a ship places a lot of strain and stress on a ship’s outer covering, or skin. If portholes were designed at angles, the stress would tend to concentrate at those points and perhaps crack the skin (probably not a good thing). With portholes being round, this stress is evenly distributed around the holes, making it less likely for these cracks to occur.

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Thursday, February 11** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

The students will provide free neck and shoulder massages on a first come, first served basis.



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LEARN More about Elder Abuse

If you are a regular reader of the *LSCO Times*, have attended a presentation put on by LEARN, done your own research, supported someone through the experience or had the experience yourself, you likely already know what elder abuse is, or at least have some idea. You may know the signs and symptoms, and what to do if you believe you or someone you know is being abused. For those who don't, this month I thought I'd do a recap of the basics of elder abuse.

Definition: Elder abuse is a significant problem that affects older adults around the globe. Definitions of elder abuse vary somewhat across geographic and political spheres, but generally encompass the mistreatment of older adults by someone in a position of authority or trust. In Alberta, elder abuse is defined as *“any action or inaction by self or others that jeopardizes the health or well-being of an older adult”*. It can include physical, emotional, psychological, financial, sexual or medication abuse. Neglect is also considered a form of abuse, whether intentional or unintentional, at the hands of someone trusted or by self.¹ Adapted from the Alberta Elder Abuse Awareness Website



LEARN More
Tanya Purdy-Fischer
LEARN Case Manager

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

Prevalence: Statistics suggest that approximately 7% of older Canadians have experienced some form of abuse. In Alberta, that translates to roughly 23,000 people over the age of 65. With the number of seniors rising steadily and expected to more than double in the next twenty years, the potential for abuse to occur is significant.² Source unknown

Complexities: Elder abuse is a complex issue impacted by a number of variables. More people are living longer, and may require considerable and costly care to meet their day-to-day needs. Caregivers, both formal and informal, may become overwhelmed meeting

these needs. Seniors may be reluctant to report abuse due to fear or shame. Medical issues such as dementia can complicate the detection of abuse and the response provided.

Information: If you are looking for additional information about elder abuse, there are a number of Internet sites you can go to, including:

- Lethbridge Senior Citizens Organization: <http://lethseniors.com>;
- Alberta Seniors: www.seniors.alberta.ca/services – Look for *Elder Abuse* tab on left side;
- Alberta Health – www.health.alberta.ca/services – Provides information about the Protection For Persons in Care;
- Alberta Elder Abuse Awareness Network – www.albertaelderabuse.ca; and
- Government of Canada – www.seniors.gc.ca - Type in *Elder Abuse* in search box

Support: If you or someone you know is experiencing abuse, please give LEARN a call. *When it comes to Elder Abuse, silence is not an option.* ★

TRIVIA ~ Why do dogs sometimes turn around several times before taking a nap? Domesticated dogs, being descendants of wild dogs, still retain some of a wild dog's instincts. Wild dogs typically live in the forest or in the brush, and often have to trample down grass and weeds to make a comfortable place to lie down. They do this by walking around and around in tight circles. It is speculated remnants of this instinct account for a domesticated dog's tendency to turn around a few times before taking a nap.

TRIVIA ~ Why does the phrase to “86” something mean to cancel or put an end to it? 86 is one of many codes once used by soda fountain employees to communicate quickly among themselves. Code 33 meant a cherry-flavored Coke, Code 19 meant a banana split, and Code 86 meant they were out of a particular item. As a result, if a cook “86'd” an order, it meant he was cancelling it.

Computer Corner by Sjoerd Schaafsma

Scams, and Misleading Advertising

The computer world is all about making a buck. Making that buck, depends on advertising, sometimes it's merely an annoyance, other times it's out and out fraud.

From a January 5, NBC article <http://tinyurl.com/hdcmogt> by Mike Brunker comes the following.

Lumosity to Pay \$2M to Settle FTC Charges Over ‘Brain Training’ Ads

Lumosity which advertises a “brain training” program has agreed to pay \$2 million to settle Federal Trade Commission charges that it deceived consumers into believing that its mind games could help users excel at work and school and reduce or delay “cognitive impairment associated with age and other serious health conditions.”

In 2014, more than 70 prominent neurology and psychology researchers published a consensus statement critical of the brain training industry, citing its “frequently exaggerated” marketing.

“The aggressive advertising entices consumers to spend money on products and to take up new behaviors, such as gaming, based on these exaggerated claims,” the experts said.

On the local scene from one of the club's Mac users this:

“My Safari was blocked by a message from Apple (likely wasn't from Apple) saying that my computer was being hacked by a porn site and I should phone them.

I looked up my records for the Apple phone number which turned out to be the same number that the message had displayed. (almost certainly NOT a valid Apple number)

When I phoned, the man on the other end spoke English very poorly but said he could fix it. There might be a charge depending on... “

To make a long story short, the cost went from \$249.00 to \$3.99, to zero, as long as the tech could have access to the user's computer. At this point the member wisely hung up, and had a local technician repair the problem.

This is just one example of a scam which can attack either Windows or Mac.

So, beware, using an Apple product does not protect you from online scams.

This month's tip: To find mail from a particular sender in Gmail you can use the “Search” bar. Type the name of the person you are searching for and click on the search button.

For details of workshops check out our website or the Computer Club Bulletin Board in the downstairs foyer. Read the Computer Corner online at <http://members.shaw.ca/lscocc>.

Direct comments to: saltidae@gmail.com



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FROM THE GALT

Corvette K-160

Just seventy-five years ago Lethbridge was created. At that time, Lethbridge was 205.1 feet in length and 33.1 feet in beam, she displaced 950 tons and had a range of 3450 miles at 12 knots.

If that seems a bit confusing, it may help to know that during the Second World War the Canadian Navy had a corvette called the HMCS Lethbridge. It was officially designated as Corvette K-160, was a “Flower Class” corvette and was given the name Lethbridge 75 years ago.

In 1941, during the Second World War, Canada’s shipping industry supported Canada’s navy by building 123 corvettes. These 123 ships would eventually make up 90% of the Royal Canadian Navy during the war.

In early 1941 the citizens of Lethbridge were honoured when it was announced that one of the new destroyer-like ships designed for convoy duties would be called the HMCS Lethbridge. Ships were named after communities partly to represent the various home-towns of the people who helped to build them but to also encourage the communities to sponsor and support the ships and their crews.

The Lethbridge Board of Trade (now Chamber of Commerce) suggested the City of Lethbridge purchase a sterling silver tea and coffee service with engraved tray for the ship’s

officers. Lieutenant William Mahan, RCNR, of Victoria, was appointed commander of HMCS Lethbridge on 9 May 1941. As Lieutenant Mahan traveled from Victoria to the east coast, he stopped off in Lethbridge. In Lethbridge he was honoured by a banquet at the Marquis Hotel and the tea/coffee set was presented at that time. The Imperial Order of the Daughters of the Empire (IODE) also arranged a collection of knitted goods and other comforts for the men of the HMCS Lethbridge and promised to supply one or two parcels a year to the crew until at least 1944.

The IODE kept its promise and sent packages each Christmas as well as some additional ones on the occasional Easter. Each parcel contained 54 separate packages, one for each member of the crew. There was a wide variety of things to help with the comfort of the sailors: knitted articles, records and needles, stationery, pocket editions of books, playing cars, candy, cigarettes, shaving material, jig-saw puzzles, chocolates, Oxo cubes, nuts, gum, handkerchiefs, socks, games, toothpaste and magazine. Chapters of the Local War Services Council also assisted in raising money for the crew so they could purchase a radio and subscriptions in various magazines.

The ship was commissioned on 25 June 1941 and was soon in action performing convoy duty in the North Atlantic. Throughout the war the HMCS Lethbridge worked in various


areas, at different times, from St. John’s to Iceland, Iceland to Londonderry and later from Quebec and Sydney then New York to Guantanamo. Fortunately for the crew of the HMCS Lethbridge, throughout the war the ship never engaged a U-boat. During its war years, the HMCS Lethbridge had eleven commanding officers.

The HMCS Lethbridge survived the war (9 of the 123 corvettes did not) and was decommissioned in 1946. The ship was sold to Marine Industries who sold her several years later for conversion into a whale-catcher. The ship was used in the 1950s as the Dutch-flagged *Nicolas Vinke* and was eventually broken up in 1966.

The year the ship was decommissioned, as was customary, the ship’s bell from HMCS Lethbridge and a scroll from the Minister of National Defence for Naval Services were presented to the local naval cadets. They were accepted by Dr. Hugh Arnold, Officer Commanding HMCS Chinook. A photograph of the HMCS Lethbridge and her brass nameplate were presented to the General Stewart Branch of the Royal Canadian Legion.

It does not appear that anyone from Lethbridge ever served on the HMCS Lethbridge. ★

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



The exhibit will tell the history of the Lethbridge Fire and Emergency Service from its earliest days to today through stories, photographs, and artifacts.

Fire & EMS

FEB 06.16 - MAY 23.16

* The Curator Presents

Sun FEB 07 2:00 pm

* Daytime Galt Workshops

weekly Wed to APR 20 10:30 am–noon
for adults of all ages requiring an accessible environment

* Wednesdays at 2:00

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

* Thursdays at the Galt

Archives, Discovery Hall & Museum Store open to 9 pm
programs start at 7 pm
cash bar open 5-8 pm

* Saturdays at 1:00

weekly family program 1-2pm | details online

Family History Day

Mon FEB 15 1:00 - 4:30 pm

Stories of Loss and Bravery: Deputy Fire Chief Dana Terry will share compelling stories of firefighting and emergency medical responses in and around Lethbridge.

24 Beaded Snowflakes

Learn about the craziest winters in southern Alberta history

03 Tall in the Saddle

with author and former rancher Lorne Maull

17 Supporting New immigrants in Lethbridge

with Elma Guinto, Director of Flexibility Learning

04 Archives Program: no archives programs in FEB

11 Galt Workshop: Art Journals

26 Café Galt: Building Designs: How Lethbridge architecture has borrowed from history... with Jonathan Legg

06 Coal Cookies

13 Valentines

20 Candles


27 No regular program (see Black History Celebration)

A fun-filled afternoon for the whole family! Details online. Admission is free.

* = admission applies | free for Annual Pass Holders

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





www.galtmuseum.com

TRIVIA ~ Did you know? The average human eats 8 spiders in their lifetime at night.

Attention Men!

Are you a male who is between 50 – 75 years old or “young at heart”?

Would you like to build social contacts and improve your life?



Each week a topic will be presented and members can discuss their own experiences. Everyone will be welcome to contribute ideas on discussion topics!

Date:

January 15 – March 18, 2016



Time:

Every Friday
9:30 – 10:30 am

Location:

Room F, 2nd Floor
Lethbridge Senior Citizens Organization
500 - 11th Street South

To register contact
Carolyn Tivadar
Recreation Therapist
Alberta Health Services
403.388.6348



Gospel Jazz – Hymns Remembered

Come listen to an evening of wonderful music performed Randy Epp ~ keyboard, Tim Eidse ~ vocals, Don Robb ~ trumpet. Let them take you back in time as they entertain you with some of the old hymns that you use to listen to. Mark your calendar for **February 11th at 7:00 pm** in Gym 2. Admission is by donation.

Retiring Well: Key Financial Considerations

In a low interest rate environment living off retirement income has become increasingly difficult. Having a financial plan on funding the lifestyle you want to live is vital. There are many areas to a financial plan including tax considerations, cash flow and estate planning all which give peace of mind in retirement. Understanding what can be done to avoid common financial mistakes will save you future stress. A representative from BMO Nesbitt Burns will be here on **Tuesday, February 23rd at 10:00 am** in Room A to talk about how we can better understand our financial position.

COMMUNITY PARTNERSHIPS

Information on Law

Ms. Christina Lam with the law firm of Alger, Zadeiks Shapiro will be here on **Wednesday, February 17th**. The law firm of Alger, Zadeiks Shapiro offers a free 15 minute legal advice sessions here at LSCO once a 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.



LSCO Support Services

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

Downtown City Speakers Toastmasters Club

Downtown City Speakers Toastmasters Club meets in the LSCO boardroom **every Tuesday from 12:00 - 1:00 pm**. The mission of the club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Public welcome to attend.

WELLNESS

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will beat the LSCO on, **Friday, February 12th & 26th** from 9:00 am – 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to the LSCO.

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Thursday, February 11th** from 10:00 am until 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, February 19th**. 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, February 11th**.



Grateful Feet: Nursing Foot Care

The care provider for this service is Heather Gunn, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. *Grateful Feet* offers one-hour appointments. Book your appointment for **Tuesday, February 2nd & 16th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to the LSCO. For more information call 403-320-2222 ext. 25. To book and appointment for a home visit, call 403-894-2622.



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TRIVIA ~ Did you know?

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Technology to help seniors live independently

Canada's aging population has shifted the conversations we're having about technology and successful, independent aging. And although the Canadian population now has more seniors than children, we're not seeing the adoption of meaningful innovations required by this demographic.

Technology can be a great way to support seniors who face the challenges of losing their freedom, independence and connection to others. Mobile devices, e-mail and video conferencing are all ways that seniors can stay connected with their community. There is also technology that allows them to live independently at home longer.

Philips Lifeline is one example of technology that's helping seniors feel safe in their own home knowing that they can access help at the push of a button. Lifeline's latest innovation – GoSafe – uses six locating capabilities and is designed to automatically detect falls anywhere the person wearing it goes.

"GoSafe has made all the difference in the world, giving me the freedom to maintain my active lifestyle without making compromises fueled by fear," says Ruth, a GoSafe user. "I have a busy lifestyle, so whether I'm close to home, running errands or out volunteering, I don't have to worry."

With the ongoing advancement of technology, and increasing need for senior support, products like Philips Lifeline bridge the technology gap behind felt by the aging population. Seniors prioritize interaction, independence and an enriched aging process more than anything else. Technology can help to avoid moments of fear and isolation, and with the right supports in place, can empower seniors to live life to the fullest with confidence.

www.newscanada.com

TRIVIA ~ Did you know?

Garlic will preserve unrefrigerated ground camel meat.



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LSCO Stage Area ~ 9:30 - 11:30 a.m.
Cost: \$15
To register: 403-553-2973

Randy Epp & Friends play

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HYMNS REMEMBERED

Thursday, February 11th

LSCO Gym 2

7:00 p.m.

Admission by Donation

Lethbridge Senior Citizens Organization ~ 500 - 11th Street South
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When: Session 2: Thursday, March 10 – April 28

Time: 11:00 – 11:45 am

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

Register by: Session 2: Thursday, April 21 (after these dates add \$5)

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There’s No Place Like Home - Our Earth

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

*From Rime of the Ancient Mariner
by Samuel Taylor Coleridge*

The “Ancient Mariner” was my Dad’s favorite poem. He had memorized it in its entirety when he was in school, and could still recite much of it through the years that I was growing up. He strongly believed in the moral lesson presented in the poem, so I grew up believing that all creatures, both great and small, had a right to share the earth and should be appreciated. Unfortunately we, homo sapiens, have damaged and destroyed the habitat of much of the flora and fauna on our planet and, in many cases, it has created a catastrophic situation for many of these plants and animals that share our home. The biodiversity of all flora and fauna on the planet is good for all living creatures, including us. And we have only begun to explore the potential health cures that may come from the plants in the jungles and forests, and the creatures of the seas.

We are damaging and destroying the habitat of many of the creatures and plant life on our mutual home. I watch every nature and wild-life television program and enjoy “traveling” around the world in that fashion. However, the disasters and statistics that I hear frighten me for the world that my descendents will inherit. For instance:



The Widow’s Walk

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

- There are 405 dead zones (low-oxygen zones) in coastal waters worldwide. One of particular interest to me is a large area off of the Oregon and Washington beaches since I grew up in Oregon;
- There is a large island of plastic floating in the Pacific Ocean that is a threat to sea life and water fowl;
- If ivory poaching continues at the current rate there will be no more wild elephants in another 10 years;
- Albert Einstein once said that “if bees were to disappear civilization would collapse within 10 years. Our bee colonies are in danger everywhere now due to bee colony collapse disorder;
- And finally, on a recent 1000 Days for the Planet show Actor, Edward Norton said, “Biodiversity of all flora and fauna on the planet is good for all living creatures yet 1/2 of all living species could be extinct by the end of the century.”

These are just a few of the facts that I have gathered via television watching and internet research. Our world is in trouble, folks, and there are too few who are attempting to do something about it.

On the brighter side I watch all the veterinarian shows I can. I love *Dr. Pol*, *Dr. Jeff*, *Rocky Mountain Vet*, and my favorite, *Bondi Vets* (in Australia). On these shows there are people who truly care about the animals they treat. There are other sainted souls in the world who specialize in caring for injured or orphaned sloths, elephants, pelicans, crocodiles and snakes of various sizes and varieties. On a recent show of Dr. Jeff he said that we should “Think globally but act locally.” Since I am at a time in my life when I cannot run away and join Greenpeace, or be another Jane Goodall (chimpanzees), Diane Fosse (mountain gorillas) or Birutė Galdikas (orangutans) I listen to Dr. Jeff. We support our local Humane Society and we totally spoil our own pets (one of which was adopted from the Lethbridge Humane Society). We see our own vet, Carla, so often she is now one of our best friends.

As seniors in small City Canada there isn’t much we can do to make drastic changes in our world but what we can do it be aware that all living creatures, both great and small, have as much right to life on this earth as our own species. ★

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

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