

LSCO Times

**JANUARY
2015**



Lethbridge Senior Citizens Organization

500 - 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com



INSIDE THIS ISSUE

Executive Director	p.2
LSCO Contacts	p.3
Volunteer Corner	p.4
From the Kitchen	p.6
LSCO Self Help Groups	p.8
LEARN	p.17
LSCO Support Services	p.22

Enjoy the Season



Clever Crafter's Boutique
Monday to Friday ~ 10 am to 3 pm

See the
Pull-Out Section
for our 2015 Programs

Happy New Year
2015

*May the New Year bring to you the
warmth of love and a light to guide your
path towards a positive destination.*

SHOPPERS
HomeHealthCare®

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

Saturday
10:00 am - 4:00 pm

119 STAFFORD DRIVE SOUTH
LETHBRIDGE, AB T1J 4N8
PHONE: (403) 327-4511
FAX: (403) 327-6787
TOLL FREE: 1-800-661-1032

SENIORS DAY
Last Thursday of the Month

20% OFF
with your
Shoppers Optimum® Card!



Vendors For:
AADL, DVA, NIHB, WCB





Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

LSCO as a Human Services Hub

Once again, LSCO exemplified community spirit by serving over 400 free turkey meals on Christmas Day. We provided table service, home delivery service, transportation to/from LSCO and delivery of meals to the Police Station, Fire/EMS and PSCC. We also had over 90 community-minded volunteers who gave up part of their Christmas to help with our event. This convergence of caring people in our Centre reminded me that LSCO is not just an activity Centre for seniors, but has evolved into a community hub for supports and services. Over the past 6+ years LSCO has provided (and continues to provide and/or host) the following:

- Support Services: Lawn Care and Snow Removal coordination for Lethbridge seniors, financial assistance (ASB, OAS, CPP, GIS), ASB Special Needs Assistance,

9 different self-help support groups (see complete listing in the Support Services section of this issue), assistance with the challenges faced by seniors (including a facilitated support group), assistance and support for the newly widowed (including widowers), housing information, referral to community resources;

- Office of the Public Guardian Community-based Services: assistance with Guardianship applications, review of individuals supported by OPG (mostly provided by Sharon);
- Lethbridge Elder Abuse Response Network (LEARN) – Case management services for those requiring support and/or guidance, Elder Abuse awareness resources, LEARN Steering Committee involvement (provided by Jennifer P.);
- Wellness: Massage Therapy, Reflexology, Hearing screening, Nursing foot care, Podiatrist services;
- LSCO Meals on Wheels: Meal delivery, In home supports assessment, referral to community resources, referral to other LSCO services (offered by Kalila);
- Read-On Program (Lethbridge Public Library) for Bhutanese newcomers (of which 40+ have become LSCO members), around a half-dozen hard-to-house individuals have become LSCO members;

The preventative services we provide in conjunction with our massive volunteer involvement, our success at community inclusion and our effort to reduce isolation in our seniors' population are all factors in LSCO receiving four more years of funding from the City of Lethbridge Family and Community Support Services. We are thankful to the City's Community and Social Development Committee for recognizing the value of our services and supports to Lethbridge's aging population. And we are doing this, and have done all of this under Marlene's leadership with resources stretched very thin. I am very proud of the work our staff has accomplished in these areas with the funding available to us...often relying on dedication, tenacity and caring to get the job done.

On a different note: During the weekend of December 6-7, a wood model car ('37 Chevy) created by Manny in the woodshop went missing. Manny has displayed many of his intricate, detailed creations for the enjoyment of all our members and guests and the '37 Chevy took dozens of hours to complete. Manny is quite angry and upset over this incident and has verbalized the possibility of removing all of his models from LSCO. If you have any knowledge of the whereabouts of this model, please have the person return it. ★

BLESSED ARE THEY WHO CAN LAUGH AT THEMSELVES FOR THEY SHALL NEVER CEASE TO BE AMUSED.

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



Helping You Hear Everything The World Has To Offer

Come in to see Nathan and Beverly at Southern Alberta Hearing Aid. From the complete Audiology Assessment to fitting and fine tuning your hearing aids. Come in to find out about the latest in hearing aid technology that can be programmed for your unique hearing needs, as well as the Oticon ConnectLine.

SERVICES:

- Audiological Assessments
- Hearing Testing and Screening
- Hearing Aids, Adjustments, Repairs, and Cleanings
- Latest in Hearing Aid Technology & ConnectLine Devices
- Locally Owned and Operated



Bring in this coupon for a **free hearing assessment and consultation!**



SOUTHERN ALBERTA HEARING AID

OPEN: M-Th 8:30-5:00 Fri 8:30-2:30 2414 Fairway Plaza Road South, Lethbridge
Nathan Wiebe R-HAP, BC-HIS • Bev Russell Registered Audiologist
www.hearlethbridge.com • 403-380-2277

Eat anything you want... anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251



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 – Stan Coxson
President-Elect – John Preston
Past President – John Machielse
Acting Secretary – Marnie Brown
Acting Treasurer – Wilma Mulder

Board of Directors:
Cliff Brown, Nadia Campbell, John Baker,
Colin Thomson, Bill Hansen and Bob Maslen

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
Accounting Technician – Tammy Badura
tbadura@lethseniors.com. ext. 23
Volunteer Coordinator – Teresa Ternes
tternes@lethseniors.com. ext. 31
Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30
Information Specialist – Lisette Cook
lcook@lethseniors.com ext. 33
Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
MoW Client & Volunteer Support Worker
Kalila Sheldan-Pitt
mowlethbridge@shaw.ca ext. 34
Administrative Support – Kari Martin
kmartin@lethseniors.com. ext. 21
Food Services Coordinator – Jennifer Harrison
jscott-harrison@lethseniors.com ext. 27
Assistant Food Services
Coordinator – Farron Matthews ext. 27
Cook I – Jody Gordon ext. 27
Food Services – Tara Milos. ext. 27
Adult Day Program Supervisor/
OPG 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."

OUR COMMUNITY PARTNERS

LSCO 2015 Winter Programs

LSCO offers programs and classes in Creative Arts, Exercise, Sports, Computers and so much more.

You do not have to be a member of LSCO or be a senior citizen to participate in some of the classes and programs.

Calligraphy, Watercolours, Learn to Draw, Carpet Bowling, Line Dancing, Yoga, and Tai Chi are just a few of the programs being offered.

A full listing will be available in the January 2015 edition of the LSCO Times on stands December 18 and online www.lethseniors.com. For more information regarding LSCO programs and services call 403-320-2222.

Have Fun, Be Fit! It's all at LSCO.

500 11th Street South, Lethbridge, AB
P: 403.320.2222 • F: 403.320.2762 • www.lethseniors.com

Welcome New Members!

Don Mazurick

Richard Kelly

Colin MacKay

Don Pritchard

John Herron

Carolle Pritchard

Patricia Lockhart

Keith Cutler

Elizabeth Cook

Richard Lancaster

"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!

OUR SINCERE CONDOLENCES GO OUT TO THE FAMILIES OF LSCO MEMBERS KAZ HAYASHIZAKI AND FUKI NISHIBAYASHI AND TO DANNY HEYLAND'S FAMILY.

WE ARE DEEPLY SADDENED BY THIS TRAGIC EVENT. OUR THOUGHTS ARE WITH YOU ALL.

LSCO Times

Publishing Schedule

Issue

Deadline

February 2015 January 16

March 2015 February 13

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

From the Volunteer Corner



Volunteer News

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

LSCO Volunteers

There are 249 active Volunteers that make our world go round here at the LSCO. At the time of writing, these volunteers have logged 354 hours over and above last year’s numbers, bringing our total volunteer hours to.....22,125.11.

Our volunteer database continues to slowly increase as the demands on our services increase. Volunteer hours have increased due in part to the Meals on Wheels program and our catering and kitchen responsibilities.

Accurate Scans

After 3 years of reminding everyone to take the time to ensure the correct number of hours is being logged in....AND under the correct category, I am happy to report things are improving. I very much appreciate the pride most are showing when they spend a few seconds getting it right which by the way, is the reason why I continue to make small adjustments when volunteers have come to me right away & say; “I think I made a mistake could you check”....absolutely I will, it takes me 15 seconds. What doesn’t take 15 seconds to correct is someone plugging in wrong hours under the wrong category all year long.

As the Volunteer Coordinator it is my job from time to time to review logged hours for the sake of providing accurate statistics but it is the responsibility of the volunteer to log

correct hours under the correct headings. We have explained many many times about the importance of having accurate statistics for various Grants and program funding. However, for the few not paying attention.....let me just say it another way, it would be a shame to have a program or service you enjoy cancelled due to inaccurate results because wrong headings are being used to log in. Membership discounts are available to volunteers, to ensure you are awarded accurately, please log in correctly. Renewals and program availability may be delayed due to inaccurate log ins.

what is it?

Snuff Horn, c. 1850-1920

This Horn was created to store snuff (ground tobacco mixed with ash) for the purpose of “sniffing” or inhalation. Snuff was added to the horn by means of its hinged lid and, when needed, was shaken out through the small hole at the end of the horn.

Taking snuff was popular in Scotland in the 1600’s, where this horn was produced. Snuff containers more commonly existed as boxes, however, in Scotland, horn and bone were the materials and forms of choice.

The winner of a Family Pass at the Galt Museum & Archives is Dorrie Asplund, congratulations.

*May you have the gladness of
Christmas which is HOPE,
The spirit of Christmas
which is PEACE,
The heart of Christmas
which is LOVE.*

Ada V. Hendricks

1710 Mayor Magrath Drive South

Proud to Support
LSCO Volunteers

DECEMBER 2014
Volunteer
of the Month
Lu Gunther

Lu Gunther joined the LSCO 5 years ago in August of 2009. Lu has logged just over 70 hours doing dishes this year. Unlike the majority of the food service volunteers, Lu prefers to not have a regular schedule, instead she is “on call.” Sometimes I receive notice of a cancellation in the dishwashing area a day or 2 ahead, sometimes it’s 30 minutes, Lu is rarely unable to fill in.

Lu:

- what is your favorite word? *peace*
- what is your least favorite word? *hate*
- what makes you happy? *family & friends*
- what makes you unhappy? *negativity*
- what sound or noise do you love? *music*
- what sound or noise do you hate? *screeching*
- what profession did you retire from? *Nursing*
- what keeps motivating you to volunteer for the LSCO? *I love doing it but I enjoy being with Seniors the most*
- If Heaven exists, what would you like to hear God say as you arrive at the Pearly Gates? *Come in*

Ode To The New Year

‘Twas the month after Christmas, and all through the house Nothing would fit me, not even a blouse.
The cookies I’d nibbled, the eggnog I’d taste At the holiday parties had gone to my waist.
When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).
I’d remember the marvellous meals I’d prepared; The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the cheese And the way I’d never said, ‘No thank you, please.’
As I dressed myself in my husband’s old shirt And prepared once again to do battle with dirt - I said to myself, as I only can ‘You can’t spend a winter disguised as a man!’

So – away with the last of the sour cream dip, Get rid of the fruit cake, every cracker and chip
Every last bit of food that I like must be banished ‘Till all the additional ounces have vanished.
I won’t have a cookie - not even a lick.
I’ll want only to chew on a long celery stick.
I won’t have hot biscuits, or corn bread, or pie, I’ll munch on a carrot and quietly cry.
I’m hungry, I’m lonesome, and life is a bore But isn’t that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

EVERGREEN

Cremation Services

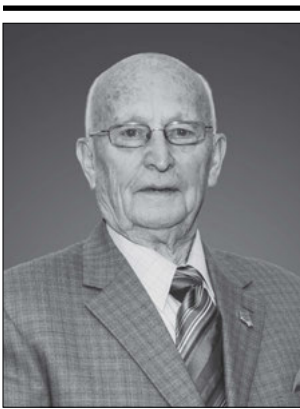
Because Cost Is An Option

Phone: 403-329-4934
www.evergreenfh.ca
327 - 10 Street South, Lethbridge

*We Lessen the Expense ~
Not the Care*

On New Year's day we often make resolutions thinking that we can make a new beginning – but wait – how are we going to start over unless we know where we are presently standing? If I set my GPS to direct me to the west side it must first have a starting point. Very seldom does a person just happen to end up on the right road. The process involves redirecting our lives. It is often painfully slow and even confusing. Occasionally it seems impossible. One of the most encouraging things about new years, new weeks, and new days is the word new. The dictionary says that this word means refreshed, different, a place to start over. So refresh yourselves, change directions, and begin anew.

But hold it! This requires taking time to honestly admit your present condition. It sometimes means facing the music, standing alone, taking stock, and coming to terms with things that need attention and maybe, correcting. Before you find your way out you must deter-



Acting President's Message

Stan Coxson

mine where you are. Once you accomplish that you are ready to start over.

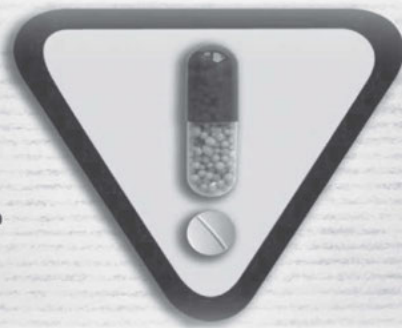
Perhaps this isn't the high time of your life. I am getting older but I have dodged and squirmed and squeaked my way through one problem after another. But no more! I am tired and sometimes exhausted is a better word. Sometimes I feel finished, burnt out, replaced, used, forgotten. But hang on – we are part of a family at LSCO. We care and we specialize in people. So let's start here. We care about

you. Don't be afraid to say 'I can't physically or mentally do that anymore.' Let's look and see where you might be able to get involved. It may seem then that your troubles are not as big as you thought. When you help others it gives your problems a new perspective.

If you have a car we have 50 to 80 meals to be delivered and you can be of tremendous service to these people. If you need exercise we have a wide variety of classes. If you are old (like me) you may find that a computer course is what you need. Just think! you might be able to share email with your grandkids. Carpentry, painting, knitting, and making things to be sold at the boutique are all possible activities for you to choose from. These are just a few of the programs that we have available.

We cannot force you to make a new start but we'd like to encourage you to involve yourself in one or more of our programs. Get to know and enjoy people in the group. You will find that your health and wellbeing will improve. Make this your year of new beginnings. ★

Two rights can sometimes make a wrong.





Don't mix medications without consulting us. Harmful drug interactions happen more often than you think - especially if you're on multiple medications or are taking over-the-counter products as well. At my Medicine Shoppe® Pharmacy, prescriptions and health products is all we do, so we're always there to ensure that any medications you might be taking won't adversely react with each other.

That's because not only do we know our medicine, but we get to know our customers as well which helps us become an active partner in their overall health management and well-being.

I invite you to visit my Medicine Shoppe Pharmacy and experience the difference for yourself. Remember, when it matters most, it's The Medicine Shoppe.

Free Medication Review

Drop by anytime and speak to Jeff.
No appointment necessary.



Jeff Mead
☎ 403-380-3282
1016A - 20 Street South
Lethbridge, AB
Hours: M-F 10 a.m. - 6 p.m.
Sat 10 a.m. - 1 p.m.



CITY OF
Lethbridge

Keeping You on the Move

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

What can you do to help?

Slow down and drive with care

Keep a safe distance from the vehicle in front of you

Stay a safe distance behind snow plows and sand trucks

Never pass a snow plow or sanding truck




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



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

An LSCO Gift Certificate makes the perfect gift.

Use it for breakfast, lunch, the fitness centre a class or membership.



Lettering becomes Art with this Calligraphy class!

Basic Calligraphy

Calligraphy is traditionally known as “The Art of Beautiful Writing” but it encompasses so much more. Any lettering is calligraphy and with use of specific types of tools the range is almost endless. This class will introduce students to using a broad edged pen to create beautiful, handwritten letters which can be used for a variety of projects...greeting cards, invitations, journaling and more. We will do a variety of exercises and projects which will familiarize students with using the edged pen and ink. Lettering becomes art with this class! Supplies will be available first class for approx \$20. Students please bring pencil, eraser, and ruler first class..

When:	Thursdays, January 22- February 26
Time:	6:30 - 8:30 pm
Fee:	\$36 LSCO M; \$54 NM
Instructor:	Connie Furgason
Register by:	Thursday, January 15



From the Kitchen

Jennifer Harrison
jscott-harrison@lethseniors.com

HAPPY NEW YEAR!!!!...from all of us in the LSCO kitchen, and we are sending out a huge thank you from the bottom of our hearts, to all who so graciously donated their time, energy, goods, and funds to help us put on another very successful LSCO Christmas dinner. There are an awful lot of people who attend this dinner, who would otherwise be sitting at home alone on Christmas Day, and

for those people like many others, this event is greatly appreciated.

In 2014 we saw some big changes in the kitchen with the addition of our Meals on Wheels program and quite a long list of catered events. We had the good fortune to add some new faces to our volunteer teams last year, including all of the Meals on Wheels drivers and couriers, and as always are ready to welcome more.

You will notice that our menu has taken on a bit of a different format. This is in part to give some more info/options to our Meals on Wheels clients, and in part to fill some requests of our dining room customers. Included in some of these changes is the demise of the ethnic buffet that was offered every second Thursday. Gone is the salad bar but yes, you can order grill items now on these days!

Wishing you Good Health and Happiness for 2015! ★



LETHBRIDGE

Senior Citizens

ORGANIZATION

LSCO CATERING

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

SEATING FROM 40 TO 400

DISH & PLACE-SETTING RENTALS

See our Catering Menu at www.lethseniors.com

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

CLASSIFIEDS

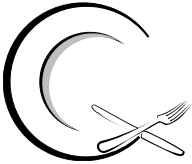
Everyone welcome to the Faith Baptist Church - Sundays at 11:00 am at the Lethbridge Senior Citizens Organization (LSCO) at 500 - 11th St. South. Phone 403-381-8237.

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

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.

Established Business – Naked Feet Mobile Foot Care: Foot Care: nail trim & callus removal \$30. 1 hour Thai reflexology foot massage \$40. 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.

Coaldale - 1145sf., 2 bedroom condo for 45+adults. NEW flooring & paint. Single garage, laundry room, large patio, ensuite, small pets allowed. Only \$179,900. Call Ursula @Sutton. 403-795-7815.

MENU FOR JANUARY 2015				
Lunch served from 11 a.m. ~ 1 p.m. • Soup is not included with meal • The dining room is CASH ONLY				
<div><div>CATERING FOR WEDDINGS, BANQUETS, SPECIAL EVENTS, PARTIES & MEETINGS</div><div>SEATING FROM 40 TO 400</div></div>			Thursday, January 1	Friday, January 2
			LSCO CLOSED FOR NEW YEAR'S DAY	LSCO CLOSED FRIDAY JANUARY 2ND
Monday, January 5	Tuesday, January 6	Wednesday, January 7	Thursday, January 8	Friday, January 9
<div>Entree: Spaghetti with Meat Sauce</div> <div>Potato:</div> <div>Veg: Salad</div> <div>Soup: Turkey Vegetable</div> <div>Sandwich: Grilled Reuben</div> <div>Salad: Chicken Caesar</div>	<div>Entree: Beef Stew</div> <div>Potato: Mashed</div> <div>Veg: Peas</div> <div>Soup: Cream of Mushroom</div> <div>Sandwich: Grilled Reuben</div> <div>Salad: Chicken Caesar</div>	<div>Entree: Turkey a la King</div> <div>Potato: Steamed Red</div> <div>Veg: PEI Mix</div> <div>Soup: Five Bean</div> <div>Sandwich: Grilled Reuben</div> <div>Salad: Chicken Caesar</div>	<div>Entree: Pork Cutlet Saute Gruyere</div> <div>Potato: Home Fried</div> <div>Veg: Carrots</div> <div>Soup: Cream of Carrot</div> <div>Sandwich: Grilled Reuben</div> <div>Salad: Chicken Caesar</div>	<div>Entree: Crab Stuffed Pollock</div> <div>Potato: Buttered Rice</div> <div>Veg: Cauliflower</div> <div>Soup: Beef Barley</div> <div>Sandwich: Grilled Reuben</div> <div>Salad: Chicken Caesar</div>
Monday, January 12	Tuesday, January 13	Wednesday, January 14	Thursday, January 15	Friday, January 16
<div>Entree: Beef Pot Pie</div> <div>Potato: Mashed</div> <div>Veg: Garden Mixed</div> <div>Soup: Split Pea</div> <div>Sandwich: Toasted Denver</div> <div>Salad: Fruit & Cottage Cheese</div>	<div>Entree: Pork Cutlet with Apple Sauce</div> <div>Potato: Steamed</div> <div>Veg: Green Beans</div> <div>Soup: French Onion</div> <div>Sandwich: Toasted Denver</div> <div>Salad: Fruit & Cottage Cheese</div>	<div>Entree: Salmon with Dill Sauce</div> <div>Potato: Creamed Potato</div> <div>Veg: Corn</div> <div>Soup: Tomato Vegetable</div> <div>Sandwich: Toasted Denver</div> <div>Salad: Fruit & Cottage Cheese</div>	<div>Entree: Beef Wellington</div> <div>Potato: Mashed</div> <div>Veg: Wax Beans</div> <div>Soup: Beef Vegetable</div> <div>Sandwich: Toasted Denver</div> <div>Salad: Fruit & Cottage Cheese</div>	<div>Entree: Chicken Risotto</div> <div>Potato: Rice</div> <div>Veg: Peas</div> <div>Soup: Chicken Noodle</div> <div>Sandwich: Toasted Denver</div> <div>Salad: Fruit & Cottage Cheese</div>
Monday, January 19	Tuesday, January 20	Wednesday, January 21	Thursday, January 22	Friday, January 23
<div>Entree: Pork Stew</div> <div>Potato: Mashed</div> <div>Veg: PEI Mixed</div> <div>Soup: Clam Chowder</div> <div>Sandwich: Seafood Croissant</div> <div>Salad: Chef's Salad</div>	<div>Entree: Breaded Sole</div> <div>Potato: French Fries</div> <div>Veg: Coleslaw</div> <div>Soup: French Tomato</div> <div>Sandwich: Seafood Croissant</div> <div>Salad: Chef's Salad</div>	<div>Entree: Roast Beef</div> <div>Potato: Mashed</div> <div>Veg: Carrots</div> <div>Soup: Turkey Vegetable</div> <div>Sandwich: Seafood Croissant</div> <div>Salad: Chef's Salad</div>	<div>Entree: Chicken Marinara</div> <div>Potato: Pasta Shells & Cheese Sauce</div> <div>Veg: Cauliflower</div> <div>Soup: Cream of Mushroom</div> <div>Sandwich: Seafood Croissant</div> <div>Salad: Chef's Salad</div>	<div>Entree: Turkey Cutlet</div> <div>Potato: Steamed</div> <div>Veg: Creamed Corn</div> <div>Soup: Five Bean</div> <div>Sandwich: Seafood Croissant</div> <div>Salad: Chef's Salad</div>
Monday, January 26	Tuesday, January 27	Wednesday, January 28	Thursday, January 29	Friday, January 30
<div>Entree: Roasted Chicken</div> <div>Potato: Scalloped</div> <div>Veg: Green Beans</div> <div>Soup: Cream of Carrot</div> <div>Sandwich: Deli Sub</div> <div>Salad: Garden Salad</div>	<div>Entree: Beef Stroganoff</div> <div>Potato: Buttered Noodles</div> <div>Veg: Harvest Beets</div> <div>Soup: Beef Barley</div> <div>Sandwich: Deli Sub</div> <div>Salad: Garden Salad</div>	<div>Entree: Penne Bolognese</div> <div>Potato:</div> <div>Veg: Waxed Beans</div> <div>Soup: Split Pea</div> <div>Sandwich: Deli Sub</div> <div>Salad: Garden Salad</div>	<div>Entree: Pork Pot Pie</div> <div>Potato: Mashed</div> <div>Veg: Peas</div> <div>Soup: French Onion</div> <div>Sandwich: Deli Sub</div> <div>Salad: Garden Salad</div>	<div>Entree: Silver Hake</div> <div>Potato: Buttered Rice</div> <div>Veg: Salad</div> <div>Soup: Tomato Vegetable</div> <div>Sandwich: Deli Sub</div> <div>Salad: Garden Salad</div>

The Committee

In the Beginning, God created the Heaven and the Earth. The Earth was without form and void, so God created a small committee. God carefully balanced the committee vis-à-vis race, sex, ethnic origin, and economic status in order to interface pluralism with the holistic concept of self-determinism according to judicatory guidelines. Even God was impressed. So ended the first day.

And God said, "Let the committee draw up a mission statement." And behold, the committee decided to prioritize and strategize. And God called the process empowerment. And God thought it sounded pretty good. And evening and morning were the second day.

And God said, "Let the committee determine goals and objectives and engage in long range planning." Unfortunately, a debate as to the semantic difference between the goals and objectives pre-empted almost all of the third day. Although the question was never

satisfactorily resolved, God thought the process was constructive. And evening and morning were the third day.

And God said, "Let there be a retreat in which the committee can envision functional organization and engage in planning by objectives." The committee considered adjustment of priorities and consequent alternatives to program direction. And God saw that this was good. And God thought it was even worth all the doughnuts and coffee He had to supply. And so ended the fourth day.


And God said, "Let the program implemented be consistent with long-range planning and strategy." The committee considered guidelines and linkages and structural sensitivities and alternatives and implementational models. And God saw that this was very democratic. And so would have ended the fifth day, except for the unintentional renewal of the debate about the differences between "goals" and "objectives."

On the sixth day, the committee agreed on criteria for judicatory assessment and evaluation. This wasn't the agenda God had planned. He wasn't able to attend the meeting, however, because He had taken the afternoon off to create a day and night, and seas and plants and trees, and seasons and years, and sun and moon, and birds and fish and animals and human beings.

On the seventh day, God rested and the committee submitted its recommendations. It turned out that the recommended form for things was nearly identical to the way God had already created them so the committee passed a resolution commending God for this implementation according to the guidelines. There was, however, some opinion expressed quietly that the man should have been created in the committee's image.

And God caused a deep sleep to fall upon the committee...

(Author Unknown. Submitted by Bob Spinney)



Beginner Tai Chi

Tai Chi is a moving meditation for your health with benefits of stress reduction, lowered blood pressure, flexibility, improved circulation and healing, balance and peace. It is a system of physical exercises based on the principals of effortless breathing, rhythmic movement and weight equilibrium. The combination of mental and physical activity works to harmonize the mind, body, and spirit which promote the feelings of well being. If you have always wanted to take Tai Chi, or haven't been practicing for awhile this is the class for you. There will be a free introductory demonstration and chance to try it with the instructor on Monday, January 5 from 9:00 – 10:00 am.

If you have always wanted to take Tai Chi, or haven't been practicing for awhile this is the class for you. Wear comfortable clothing. NOTE: Pre-requisite for Session 2 is Session 1. Please register 1 week prior to start dates.

When:	Session 1: Thursdays, January 8 – April 2
Fee:	\$32.50 LSCO M; \$49 NM
When:	Session 2: Thursdays, April 16 – June 25
Fee:	\$27.50 LSCO M; \$41.25 NM
Time:	9:00 – 10:00 am
Instructor:	Steve Burger



Volunteers Needed for Meals on Wheels!

We require Drivers and Couriers to deliver meals within the City of Lethbridge.

Time Commitment:
One and half hours – two hours.


If interested in volunteering for meal delivery, please call: **403- 327-7990**

500 - 11th Street South, Lethbridge, Alberta T1J 4G7
E-mail: mowlethbridge@shaw.ca

4th Generation in Lethbridge

Satisfaction Guaranteed Since 1922

FOX DENTURE CLINIC



Brett J. Fox DD

Denture Specialist,
4th Generation

Kevin McLaughlin DD

Denture Specialist

- Full and Partial Dentures
- Implant Supported Dentures
- Relines / Repairs
- Mouth Guards
- Night Guards


Free Consultation

524 - 6th Street South Lethbridge, Alberta T1J 2E2

Member of the College of Alberta Denturists

403.327.6565

www.foxdentureclinic.ca



SOUTHERN OPTICAL LTD.



Fred Miller
Dispensing Optician & Prosthetic Eye Fittings


We now do sight testing, or bring in your own doctor's prescription!

ATTENTION SENIORS
Did you know?
The Alberta Government is once again offering benefits on eye glasses!

Come down to
SOUTHERN OPTICAL
for all the details.
1011 - 3rd Avenue South
(2 blocks north of LSCO)
403-327-4145


New Year's Resolution: *To tolerate fools more gladly, provided this does not encourage them to take up more of my time.*

James Agate



www.elbeeshearing.com

We Listen! You Hear!



Lesla Butler ~ BC-HIS

- (Hearing Tests
- (Digital Technology
- (All Make Repairs
- (Vendor of AADL, WCB DVA, NIHB

403-328-0795
615 - 4th Avenue South

Self Help Groups

Touched by Cancer Support Group

An evening for all individuals and their loved ones to come together to talk, share experiences about their cancer journey. The chance to offer support to each other whether newly diagnosed, undergoing treatment or in remission. The group's next meeting is **Tuesday, January 20th at 7:00 p.m.** in Room A. For more information please call 403-320-2222 ext 25.

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**. Next meeting is January 20th at 7:00 p.m. For more information call Vedna at 403-329-3766.

**Lethbridge Stroke Recovery Association
(LSRA)**

Meet regularly the 2nd Wednesday of every month at 7:00 p.m. in Room A. If you are a stroke survivor or the loved one of a survivor you are invited to join the LSRA meeting on **Wednesday, January 14th** where Susan from Ladybug Reflexology will be speaking about the benefit of reflexology for Stroke Survivors. For more information please call Louise at 403-394-6495.

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

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

Parkinson's Alberta Society Support Group

Meet regularly the 3rd Thursday of every month at 2:00 p.m. The next meeting will take place on **Thursday, January 15th** in Room A. For more information about the group, please call Brian at 403-317-7710.

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 p.m. in Room "A". The next meeting is **January 26, 2015**.

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 **January 10th at 2:00 p.m.** in Room C & D.

Alcoholics Anonymous


Saturday Morning Eye Opener Group


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

Sunset Alcoholics Anonymous

Meets in Room C/D **Thursday** evenings at 7:00 p.m.

P Oscar-Decor &
PAINTING
403-381-7850
Commercial • Residential
oscardecorpainting@yahoo.com








Real Estate - Lethbridge
Independently Owned and Operated
Norm Lepard
Agent

517 - 6th Street South
Lethbridge, Alberta T1J 2E1

Bus: (403) 327-2221
Fax: (403) 328-2221
Cell: (403) 331-5096

Email: norm@remax-lethbridge.com

YOGA FOR EVERYONE

Chair Yoga ~ Gentle Yoga ~ Yoga Nidra Meditation ~ Flow Yoga

Kris' Computer Repair and Sales

All Makes & Models
Desktops & Laptops
Computer & Software Upgrades
Virus Removal

It's all about the service

419 Stafford Dr N
Lethbridge, AB

Tel: 403.329.6091
www.kriscomputer.ca

 **CompTIA**
A+® Certified

 **LadyBug**
reflexology

Hand, Foot & Ear Reflexology
Relaxation • Relieve Stress
Improved Circulation

Susan Greer, RCRT

**Receive \$10 Off
with this coupon**
Gift Certificates Available
403-360-5416

**The best gifts are
simply too great
to wrap.**

Well-being. Peace of mind. Friendship.
These gifts enrich our lives more than
anything bought at a store.

And they're gifts our residents enjoy every day – along with chef-prepared meals, engaging events and 24-hour support.

Call 866.571.1732 to schedule a visit.



THE VIEW AT LETHBRIDGE

Astria Retirement Canada

110 Scenic Drive North | Lethbridge
www.ViewatLethbridge.ca

12039

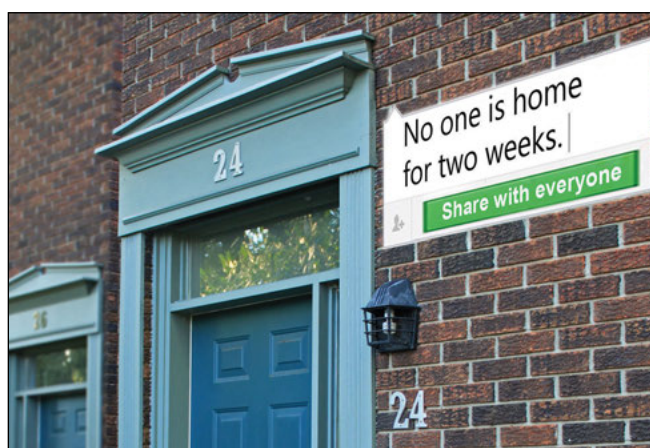
How to share information safely while on vacation

Winter getaways are exciting and it's fun to share our photos and activities in real-time. But be aware that the information you share online and on social networks, including when you share it, can sometimes put you at risk.

Cyber criminals prowl the social networks for opportunities, but their definition of “social” is to help themselves to your personal information, among other things. These criminals often pretend to be people they aren’t, and you can give them access to your personal information, location, and activities without even knowing it.

As concerning, you can also put yourself and your reputation at risk by sharing comments or pictures that may come back to haunt you one day. Here are some tips to help you share with care:

- Limit the personal information you share online to only what's necessary. Be care-



ful using your full name, contact information, home address, phone numbers, email address, last names of friends or relatives, age, birth date, or other personal information.

- Check the privacy and security settings of your social network and use them to control who sees what. Most have default settings which likely provide more access than you'd like. You can adjust settings to the

highest possible level to protect your information and control who can see personal details (rather than “everyone” or “friends of friends”).

- Be cautious about geotagging photos or details in photographs that you post or share. Photographs can reveal a lot of personal information when there are clearly identifiable details such as street signs, license plates on cars, or the name of a school on clothing and geotag settings can reveal location details.
- Finally, don't announce to the world that you are on vacation. You might as well leave the door unlocked and welcome sign out front for thieves. Save those updates and photos to share when you return.

Protect while you connect. More information is available online at GetCyberSafe.ca.

www.newscanada.com



FORGET ABOUT THE WORKOUT

JUST LOSE YOURSELF IN THE MUSIC AND FIND YOURSELF IN SHAPE AT THE ULTIMATE DANCE-FITNESS PARTY


ZUMBA Evening

Have fun moving your body to fast, upbeat music. You will quickly find that your stress level is reduced and your energy is increased. With Zumba dancing the fun comes first, the physical benefits follow. Come on – give it a try! Beginners welcome. Class is held in the All Purpose Room.

When: Tuesdays, January 13 – March 31
Time: 5:15 – 6:15 pm
Fee: \$60 LSCO M; \$91 NM
Instructor: Tine Gulbrandsen
Register by: Thursday, January 8




Copyright © 2014 Zumba Fitness, LLC. | Zumba® and the Zumba Fitness logos are trademarks of Zumba Fitness, LLC.



Loose Fitting DENTURES?

We have the Revolutionary Digital Solution!



Introducing . . .

AVA DENT™


Digital Dentures

Now our exclusive breakthrough digital CAD/CAM technology will give you the computer-precise fit you won't find anywhere else.

Check Out AvaDent Advantages	AvaDent	Old Denture
An AvaDent in 2 appointments	Yes	No
Computer designed and milled for a Precision Fit	Yes	No
Computer enhanced aesthetics for a natural look and feel	Yes	No
Bacterial resistant to help eliminate sore spots and “denture breath”	Yes	No
Permanent digital record for duplication in case of loss or damage	Yes	No


Natural Denture & Implant Center

504 - 5th Street South, Lethbridge, AB T1J 2B8



Call today to schedule your **FREE** consultation.
587.425.0078
www.naturaldentures.ca
info@naturaldentures.ca

STRENGTH TRAINING



Strength training offers numerous benefits. During the 4 sessions participants will learn how to increase muscular strength, maintain or improve joint flexibility, enrich mental health and more. Register early as space is limited. Come dressed in workout clothes, running shoes, bring water. This class is perfect for the beginner or individual with limited experience exercising with weights. Class is held in the Fitness Centre.

When: **Session 1:** Tuesdays & Thursdays January 6 - 15
Session 2: Tuesdays & Thursdays January 27- February 5

Time: 11:00 am – 12:00 pm

When: **Session 3:** Tuesdays & Thursdays January 6 - 15
Session 4: Tuesdays & Thursdays January 27- February 5

Time: 2:30 – 3:30 pm

Fee: \$20 LSCO M; \$30 NM (fees per session)

Register by: One Week Prior to Start Date

COFFEE IS ALWAYS ON AT LSCO



PARK TOWER HIGHRISE 50+ APARTMENTS

Large, bright 1 & 2 bdrm. Elevator, security system, quiet, fireproof, live-in manager, balconies, views, locally owned and operated. 1 block to major shopping, bus stop, restaurants, medical clinic and the Movie Mill. No smoking, no pets. (Corner of Mayor Magrath Dr. & 20 Ave. S.)

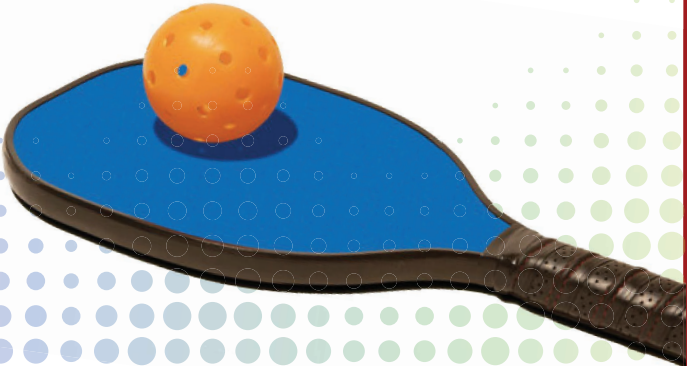
403-381-1370
Lethbridge Commercial Realty Ltd.

HAPPY NEW YEAR!

Pickleball Clinic

Whether you are new to the sport or a seasoned player you will be sure to pick up some great tips to learn and improve your game! This 2 hour clinic will be lead by certified Instructors from Calgary's Racquet Network. Some equipment supplied, if you have a paddle please bring it. Register early as space is limited.

When: Wednesday, January 21
Time: 1:30 – 3:30 pm
Fee: \$25
Register by: Wednesday, January 14
Location: Gym 1



Every time I see the word January, it reminds me of Lethbridge's motto. The City of Lethbridge motto is *Ad Occasionis Januam*, which translates as "Gateway to Opportunity". It has been the city's official motto for well over a century, even though it is probably not that well known by many of Lethbridge's residents.

Originally known as the Coat of Arms, now known as the Lethbridge City Crest, a contest was held in 1907 to choose a design for the new Coat of Arms, shortly after Lethbridge became a city. The winning design was submitted by Reverend John Stanley Chivers.

The interior of the shield is divided into three sections and each section, represented by an image, highlights an industry which has contributed greatly to the growth and development of Lethbridge.

A hand holding a miner's pick showcases the coal mining history of our community. From the Sheran mine which started in 1874, to the first Galt mine of 1882, to the closure of Galt Mine No. 8 in the 1950s, the early history of Lethbridge is completely interwoven with the

quest to dig coal from underneath the coulees and prairies. Between Picture Butte and Magrath, over 100 coal mines operated in this area; the Lethbridge area was the largest coal producer in western Canada in 1919, contributing greatly to Canada and her allies during the First World War.

The second image is of a locomotive which connects to the railway history of Lethbridge. Lethbridge's train station was technically called the Union Station (not just CPR) because it was used not only by the CPR but also by the Galt railway companies. The first railway in the area was constructed in 1885 as a narrow gauge railway between Dunmore (Medicine Hat) and Lethbridge. In 1890, a railway was built to Great Falls and many more lines were to follow in this area. Whether it was coal, agricultural products, stocks for the stores or people, the railways were essential for transporting everything early Lethbridge needed.

The last picture is a sheave of wheat to represent the agricultural and irrigation history of Lethbridge and southwestern Alberta. Lethbridge is the irrigation capital of Canada; the first large scale irrigation project ever created in Canada was built south of Lethbridge starting in the 1890s. Strip farming, the blade, the ability to grow alfalfa – these discoveries and inventions were all made in the Lethbridge area. Agriculture and Lethbridge go hand in hand.

Around the three images are the words City of Lethbridge and two important dates – 1890 and 1906. The first is the date Lethbridge was incorporated as a town and the second was the year it became a city.

At the bottom is a scene depicting the prairies and mountains. These two images are bound on the sides by stalks of grain and a colliery. One of the early slogans used to promote Lethbridge was “coal city in wheat country.” Lethbridge at that time was an interesting hybrid of an industrial community built on the coal mines that also operated as a service community for the agricultural region surrounding it. This historic duality is captured by this image on the crest.

When it was first accepted, the crest was bright and colourful. The locomotive was blue, the mining area, red and agricultural division, brown. Today the crest has been redeveloped with new colours which are white, black and gold. Essentially, though, it remains the same 108 years later.

Oh, and in case you were wondering, Reverend Chivers was awarded \$25.00 in 1907 for winning the contest to design the Lethbridge Coat of Arms. ★

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

***Get your
exercise &
have fun too.
Volunteer to
deliver the
LSCO Times.***

Call Lisette at
403-320-2222
ext. 33

**Breakfast
for Everyone
at LSCO**

**8:00 – 10:00 a.m.
Monday – Friday
\$4.75**



**~ Cash Only ~
Non-Members
add 15%**



WINNERS

Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

(HALF PRICE - ALL REGULAR & GOLD CARDS)

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



Come in every third
Wednesday of the month for
CUSTOMER APPRECIATION
 Free food for all players starting at
 11:30 or 5:15 (while supplies last)!
 and don't forget to ask
 about the monthly
BIRTHDAY BASH
 It's free and it's fun!

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

LSCO 2015 Winter Programs

Register Now for Winter 2015 Programs & Classes

- Please check the bulletin board and upcoming issues of the LSCO Times as class information may change.
- PLEASE register early to avoid cancellations and to secure your spot!
- Credits or refunds will NOT be given once the class has begun.
- If a credit or refund is requested prior to class start date, a \$5 administration fee will be charged as well as any class costs that may have been incurred.
- If LSCO cancels a class; full credit or refund will be given. Credits must be used within this calendar year.
- Please ask for information regarding additional policies on cancellations, refunds, make up classes, credits, etc.
- 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.
- Register early. Space is limited.

MEMBERSHIPS BENEFITS of being a Member at LSCO

- Reduced rate on programs, classes and to use Fitness Centre.
- Entitled to purchase Yearly Parking Pass.
- Reduced rate on trips.
- Reduced rate in Dining Room.
- Go Friendly Transportation Services.
- Voting Privileges at the AGM.
- Free or reduced rate for services from the Foot Doctor, Hearing Specialists, Massage Therapist among others.

FEES

New Member Fee

- New Member Fee (55 yrs and over): \$53 January 1, 2015 – December 31, 2015
- Individuals new to LSCO may join at any time.

Adult Annual Pass Fee

- Individuals 35-54 years of age who would like to participate in programs at LSCO may do so by purchasing an Annual Pass for \$90. Individuals are then eligible to pay member fees for programs as well as receive additional benefits. Please inquire.

Existing Member Fee

- Membership Fee: \$50 January 1, 2015 – December 31, 2015
- LSCO Club Fees vary and are in effect January 1 – December 31 of each year.
- To participate in any programs and classes fees must be paid in advance.

Non Member Participation

Individuals 18 years of age and over are welcome to participate in some classes offered at LSCO. Participants will be required to pay the non member fee.

Parking Pass (LSCO Members Only)

- Return your 2014 pass pay \$10 for 2015. Don't return it pay – \$13.
- Members pay \$10 per year. Proof of vehicle registration required.

FITNESS CENTRE

Individuals holding a membership to the Fitness Centre have unlimited access during hours of operation. The Centre is open Monday – Thursday; 8:00 am – 6:00 pm, Fridays; 8:00 am – 4:30 pm; Saturdays; 9:00 am – 12:00 pm. Note: June, July, August the Centre closes weekdays at 4:30 pm and is not open on Saturdays. Your membership entitles you to a free orientation. Shower facilities are also available however, LSCO does not have lockers. Please do not leave valuables unattended.

Fees

- LSCO Member Fee: \$18/month; \$99/6 months; \$180/12 months (valid from month of purchase)
- Non Member Fee: \$270/year; \$27/month

PROGRAMS for LSCO Members & Non Members

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

Creative Arts

BEGINNER ACRYLICS

Learn all the basics in starting to paint Acrylics. Comprehensive lessons will be made easy and Donna will teach you how to see what you are painting. Color theory, good construction and composition of a painting will be covered. Some brush and painting techniques will also be included. Eg: What do I use a fan brush for? How do I make shading work in a painting? Ask for a supply list.

When: Wednesdays
January 14 – March 4
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, January 9

PEN & INK & WATERCOLORS

Mixing these 2 mediums together is always a winner. Different techniques in each media will be covered and how to incorporate them together to make a smashing image. The basic visual elements covered in this class will help you interrupt the image you want to portray. Ask for a supply list.

When: Thursdays
January 15 – March 12
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, January 9

DRAWING Value & Perspective

This is a great class for people that want an in-depth understanding of these two basic elements: Value & Perspective. Do you want to make your drawings more realistic and visually correct? If so this is the class for you! Come and study the art of drawing, what you see and know. Everyone welcome. A supply list will be given upon registration.

When: Saturdays
January 17 – March 14
(no class Feb. 14)
Time: 9:30 – 11:30 am
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, January 12

WATERCOLORS & BEYOND

“Watercolors are fabulous but can be made MORE fabulous with the addition of other mediums and tools. We will explore traditional illustration as well as venturing into the abstract. Some watercolor experience is helpful but NOT required....just bring your enthusiasm and a willingness to try new things!” Small supply fee \$3 for sharing of mediums.

When: Tuesdays
January 20 – February 17
Time: 1:00 – 3:00 pm
Fee: \$25 LSCO M; \$37.50 NM
Instructor: Connie Furgason
Register by: Thursday, January 15

BASIC CALLIGRAPHY

Calligraphy is traditionally known as “The Art of Beautiful Writing” but it encompasses so much more. Any lettering is calligraphy and with use of specific types of tools the range is almost endless. This class will introduce students to using a broad edged pen to create beautiful, handwritten letters which can be used for a variety of projects... greeting cards, invitations, journaling and more. We will do a variety of exercises and projects which will familiarize students with using the edged pen and ink. Lettering becomes art with this class! Supplies will be available first class for approx. \$20. Students please bring pencil, eraser, and ruler first class.

When: Thursdays
January 22- February 26
Time: 6:30 – 8:30 pm
Fee: \$36 LSCO M; \$54 NM
Instructor: Connie Furgason
Register by: Thursday, January 15

THE ABC'S OF WATERCOLOR

This is a beginner class for people that would love to learn how to paint in watercolor. Several different watercolor techniques and styles will be covered in this 8 week class. This course will also include basic elements of art making such as composition, colour theory, perspective & proportion, identifying shapes, creating textures & patterns and most important how to see. A little bit of drawing will be required so bring your sketch book and pencils. This class will fill up fast so register early.

When: Thursdays, March 5 – April 23
Time: 10:00 am – 12:00 pm
Fee: \$35 LSCO M; \$52.50 NM
Instructor: Donna Gallant
Register by: Thursday, February 26

CREATIVE COLLAGE

Collage: this French term means to put together. We will use paper, paint and scissors to create compositions and cards or anything you can think of.

When: Tuesdays, March 3 – 31
Time: 1:00 – 3:00 pm
Fee: \$25 LSCO M; \$37.50 NM
Instructor: Amy Dodic
Register by: Tuesday, February 24

BEGINNERS OIL PAINTING

Learn the basics in oil painting. Oil painting can be a little frustrating for a beginner because of its drying time and the way the color can change to mud in an instant. Donna will teach you how to avoid some of the most common mistakes in painting with oil painting like proper blending and mixing techniques, shading to create depth and realism, and how to create interesting and unique compositions. Others lessons will include how to paint in oils without using turpentine, varsol or other smelly mediums, understanding your materials, different oil painting techniques and how to mix colors. Oil painting is still a viable medium to work in and with the advancement of science and technology; new avenues have opened in working with this medium. Join us to find out.

When: Wednesday, March 11 – April 29
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Thursday, March 5

PAINTING FLOWERS

Here’s an opportunity to work with fresh flowers and your favorite painting medium. This 5 week class will concentrate on the wonderful structures and colors of flowers. Basic flower arrangements and compositions will be covered as well as color mixing to achieve those brilliant and vibrant colors that flowers give us. Techniques and approaches will be covered including layering to maximize color intensity, painting the outside shapes first and analyzing flower shapes. All levels of students are invited to join.

When: Wednesday, May 27 – June 24
Time: 1:00 pm – 3:00 pm
Fee: \$25 LSCO M; \$37.50 NM
Instructor: Donna Gallant
Register by: Thursday, May 22

DRAWING & PAINTING LANDSCAPES

In this short 6 week class learn quick techniques to drawing and painting landscapes. We will cover various ideas and approaches to seeing and understanding landscapes. You may use any medium you like but we will always start off with a drawing and then continue to a finished painting. It is preferred that the student already knows how to use their preferred medium since we will be concentrating the subject and its components. But beginners are still welcomed and will be encouraged to work along. On location work maybe included if weather cooperates.

When: Saturdays
April 11 – May 23
(no class May 16)
Time: 9:30 am – 11:30 am
Fee: \$30 LSCO M; \$45 NM
Instructor: Donna Gallant
Register by: Thursday, April 2

Exercise & Activity

For personal safety, individuals must complete a Waiver, Par Q, & PARmed-X Forms (if required). At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

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

When: Session 1:
Mondays & Wednesdays
January 5 – February 25
(no class Feb. 16)
Session 2:
Mondays & Wednesdays
March 2 – April 22
(no class April 6)
Time: 8:00 – 8:55 am
Register by: One week prior to start
Fee: \$67 LSCO M/session;
\$101 NM/session
Once/week \$34 M; \$51 NM
Instructor: Deb Palmer
Location: Gym 2

BASKETBALL

Pickup games of basketball are played twice a week. Shower facilities are available. Please do not leave valuables unattended. There will not be basketball when gym floor is being resurfaced and September 17. Please watch for other dates.

When: Tuesdays & Thursdays
January 6 – December 31
Time: 12:00 – 1:00 pm
Fee: \$15/month or \$120/year
LSCO M; \$30/month or \$240 NM

BEGINNER FIT BALL

This class is for individuals new to exercising with a stability ball (large oversized rubber ball). Beginner exercises will be introduced to assist you to improve core strength, posture, balance and flexibility. Wear comfortable exercise clothing and non slip indoor running shoes. Bring a water bottle and exercise mat if you have one.

When: Tuesdays
January 27 – February 24
Time: 3:30 – 4:30 pm
Fee: \$15 LSCO M; \$22.50 NM
Register by: Thursday, January 22

FIT BALL & More

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! A variety of exercise equipment will be used. Wear comfortable clothing, foot wear; bring water and an exercise mat.

When: Session 1:
Tuesdays & Thursdays
January 13 – March 5
Session 2:
Tuesdays & Thursdays
March 10 – April 30
Time: 9:00 – 9:45 am
Fee: \$40 LSCO M/session;
\$60 NM/session
Register by: One week prior to start

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. Register early!

Mondays
When: January 5 – March 30
(no class Feb. 16)
Time: 10:30 am – 12:00 pm
Fee: \$30 LSCO M; \$45 NM;
Drop In Not Permitted.
Register by: Wednesday, December 31
Instructor: Diane Holstine
Thursdays
When: January 8 – March 26
Time: 10:30 – 12:00 pm
Fee: \$30 LSCO M; \$45 NM;
Drop In Not Permitted.
Register by: Monday, January 5
Instructor: Diane Holstine

LINE DANCING for Beginners

Here is your chance! This class is for men and women who have always wanted to line dance. Easy to learn steps will be taught while having a ton of fun. Wear comfortable non-marking shoes.

When: Thursdays
January 8 – March 26
Time: 1:30 – 2:30 pm
Fee: \$30 LSCO M; \$45 NM;
Drop In Not Permitted
Register by: Monday, January 5
Instructor: Diane Holstine
Location: Gym 2

LINE DANCING Tuesday Evening

Join us for an hour of FUN while learning to line dance during this 5 week program. A variety of dances will be taught and it does not matter if you are a beginner or have some experience. Everyone is welcome 18 years of age and over. Wear clean, non marking soled shoes.

When: Tuesdays
January 13 – February 10
Time: 6:30 – 7:30 pm
Fee: \$27 LSCO M; \$40.50
Register by: Friday, January 9
Instructor: Brittany Dyke

NIA Gentle

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. Here is what a few of Lise’s dancers have to say about Gentle Nia. *Nia makes me feel more in tune with my body both internally and externally and fills me with a peaceful joy ~ Faye 67. I love exercising to music. The faster pieces give you energy and the slow ones fill you with calm and peace ~ Joyce 81yrs young. When I do Nia I feel at peace, relaxed yet very strong ~ Evelyn 73.*

When: Session 1:
Thursdays, January 15 – March 26
Session 2:
Thursdays, April 2 – June 11
Time: 3:30 – 4:30 pm
Fee: \$66 LSCO M/session;
\$99 NM/session
Where: All Purpose Room
Register by: Thursday, January 8

NIA Classic

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

Session 2:
February 17 – March 26
Session 3:
March 31 – May 7
Time: 9:30 – 10:30 am
Fees/session: \$54 LSCO M (twice/week);
\$81 NM
\$27 LSCO M (once/week);
\$40.50 NM
Instructor: Corrine Myers
Register by: One week prior to start date

YOGA NIDRA MEDITATION

Yoga Nidra meditation is a deeply profound experience of physical, mental and emotional relaxation. It is simple, easy and convenient. Regular practice of meditation can help to restore and maintain your vital life energy, prevent disease and even improve your mood. Whether you are an experienced meditator or a novice, Yoga Nidra meditation is very easy and you can enjoy the benefits after one session. You will by lying down; wear comfortable clothes, bring a yoga mat & blanket. Relax and follow the guided meditation. Program held in APR after Gentle Yoga.

When: Tuesdays
January 13 – February 10
Time: 10:45 – 11:30 am
Fee: \$15 LSCO M; \$22.50 NM
Instructor: Corrine Myers

YOGA Mondays

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.

When: **Session 1:**
Mondays, January 5 – March 30
(no class Feb. 16)
Time: 10:00 – 11:15 am
Fee: \$54 LSCO Members only
Instructor: Michael Pollard & Karen Toohey
Register by: Wednesday, December 31

When: **Session 2:**
Mondays, April 13 – May 25
Time: 10:00 – 11:15 am
Fee: \$27 LSCO M; \$41 NM
Instructor: TBA
Register by: Wednesday, April 8

YOGA Tuesday Evening

Join certified Ashtanga Vinyasa Instructor: Lauren Hart for creative flow classes. Move, breathe, make space, all you need is your yoga mat and your open mind. All classes are accessible to beginners. Wear comfortable exercise clothing, bring a water bottle.

When: Tuesdays, January 13 – March 31
(no class Feb. 17)
Time: 5:00 – 6:00 pm
Fee: \$50 LSCO M; \$75 NM
Instructor: Lauren Hart
Register by: Wednesday, January 7
Location: TBA

YOGA Wednesdays

This class is for all levels of yogis. Wear comfortable clothes; bring a mat, blanket, water bottle. Classes held in APR.

When: **Session 1:**
Wednesdays,
January 7 – March 25
(Feb. 18 & 25)
Session 2:
Wednesdays, April 1 – May 27
Time: 10:00 – 11:15 am
Fee: \$54 (session 1)
LSCO Members only;
\$40.50 (session 2)
Instructor: Leigh Monette & Barb Huston
Register by: One week prior to start of class

YOGA Noon Hour

Whether you are new to yoga or have been practicing for awhile you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated as a connection between movement and breath; total body mind connection. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Melanie Hillaby will be instructing and the classes will be held in the All Purpose Room. Register one week prior to start.

Mondays
When: January 12 – March 30
Time: 12:05 – 12:55 pm
Fee: \$49.50 LSCO M; \$74.25 NM

Fridays
When: January 16 – March 27
Time: 12:05 – 12:55 pm
Fee: \$49.50 LSCO M; \$74.25 NM

INDOOR WALKING

Just because its winter doesn’t mean you have to stop going for your walks. If you feel like jogging a little you can do that too! This is a non structured program Tuesdays & Thursdays from 8:00 – 8:45 am beginning January 6. It is FREE with a LSCO Membership. Please register at the Administration Desk.

ZUMBA Evening

Have fun moving your body to fast, upbeat music. You will quickly find that your stress level is reduced and your energy is increased. With Zumba dancing the fun comes first, the physical benefits follow. Come on – give it a try! Beginners welcome. Class is held in the All Purpose Room.

When: Tuesdays
January 13 – March 31
Time: 5:15 – 6:15 pm
Fee: \$60 LSCO M; \$91 NM
Instructor: Tine Gulbrandsen
Register by: Thursday, January 8

Computer

INTRODUCTION to the iPad

Basic instruction will be given to participants who wish to become more familiar with their iPads. The Instructor: will present general information the first hour, followed by answering participant questions. Some of the topics to be covered will be how to Skype with your family, set up and manage your email, surf the web, play games among others. Please bring your charged iPad to each class. Class will be held in Room A.

When: Mondays
January 12 – February 2
Time: 6:00 – 8:00 pm
Fee: \$20 LSCO M
Register by: Thursday, January 8

COMPUTER & WINDOWS BASICS – using Windows 7

This is an introductory course for absolute beginners to the field of Computer Technology. Course content will focus on gaining familiarity with the hardware (CPU, Monitor, Keyboard, Mouse, Hard Drive, CD Drives and DVD Drives) of a Personal Computer and its Operating Systems and Applications. Ample time will be provided in class for practice using the mouse for a variety of functions. Students will also practise keyboarding skills that will enable them to type and modify script for corrections and appearance.

When: Tuesday & Thursday
January 13 – 29
Time: 9:00 – 11:00 am
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, January 8

TYPING & KEYBOARDING SKILLS

Learn to use your Keyboard effectively and efficiently by familiarizing yourself with all its various functions. Students will be given lots of practice using correct fingering when typing. Simple typing tasks will provide practice for correct fingering.

When: Tuesdays & Thursdays
January 13 – 20
Time: 1:00 – 3:00 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Thursday, January 8

INTRODUCTION TO COMPUTERS

If you are one of the many that would like to learn more about using computers, please leave your name at the Administration Desk.

SMARTPHONES & YOU!

Do you have an iPhone, Android, Microsoft or Blackberry and just need a little more assistance on the basic functions? If so register for this 2 day class and bring your phones charged up!

When: Saturday, January 17 & 24
Time: 12:30 – 2:00 pm
Fee: \$15 LSCO M; \$22.50 NM
Register by: Monday, January 12

WINDOWS 8 BASICS (using Windows 8)

This course will be using the Windows 8 version which is currently installed on all new computers. This is an introduction course for absolute beginners to the field of Windows 8. Course content will focus on the following topics, frequently asked questions, windows features, upgrading to Windows 8, getting started with the desktop, managing your files and folders, using the mail app, internet explorer and opening your files with different apps.

When: Tuesday & Thursday
February 10 – 26
Time: 9:00 – 11:00 am
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, January 8

USING Kijiji

Have you ever wondered how to bring up the kijiji site for browsing on your computer, laptop or iPad and what kijiji is all about? Here’s your chance to learn more in two session class.

When: Tuesday & Thursday
February 17 & 19
Time: 1:00 – 3:00 pm
Fee: \$15 LSCO M; \$20 NM
Register by: Thursday, February 12

General Interest

FAMILY & FRIENDS CPR – Heart & Stroke Foundation

Heart attack, drowning or other problems may cause someone’s heart to stop pumping blood. This is called cardiac arrest. If you give a person CPR right away, he is more likely to survive. Most cardiac arrests happen at home with family members. You can help a loved one survive by doing CPR. Register for this course and you will learn Adult CPR, how to use an AED (automated external defibrillator), assist a choking victim and more.

When: TBA
Time: 9:00 – 11:30 am
Fee: \$25
Register by: TBA

LSCO Member Programs

As a member of the Lethbridge Senior Citizen Organization a number of programs are offered at a nominal fee. Many individuals and programs choose not to continue through the summer months. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc.

Creative Arts

CERAMICS & CHINA PAINTING

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

When: Mondays, beginning January 5
Time: 9:00 am – 3:00 pm
(9:00 – 12:00 instructor available)
Fee: \$22/year & LSCO membership
Firing Fee: Nominal fee charged on each piece
Instructor: Gladys Larson
Registration: Ongoing
Location: Craft Room

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.

When: Thursdays, beginning January 8
Time: 9:00 am – 12:00 pm
Fee: \$22/year & LSCO membership
Registration: Ongoing
Location: Craft Room

KNIT, CROCHET, NEEDLEWORK

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

When: Thursdays, beginning January 8
Time: 1:00 – 4:00 PM
Fee: \$6/year & LSCO membership
Instructor: Gladys Larson
Register by: Ongoing
Location: Dining Room

LAPIDARY (Stonecrafters)

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

When: Mondays, 10:00 am – 12:00 pm
beginning January 5
Wednesdays, 1:00 - 3:00 pm
Fee: \$35/yr & LSCO membership
Register by: Ongoing
Location: Lapidary Room (2nd Floor)

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 feel free to stop by.

When: Fridays, beginning January 9
Time: 9:00 am – 3:00 pm
Fee: \$22/year & LSCO membership
Registration: Ongoing
Location: Craft Room

QUILTING

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

When: Tuesdays, beginning January 6
Time: 1:00 – 3:00 pm
Fee: LSCO membership
Register by: Ongoing

WOOD CARVING

Wood carving is a form of working with wood by means of a cutting tool. It can be both relaxing and fun however, starting out can be intimidating but really shouldn't be. Newcomers will be loaned tools to get started.

When: Thursdays, beginning January 8
Time: 12:30 – 2:30 pm
Fee: \$14/year & LSCO membership
Instructor: Present Carvers
Register by: Ongoing
Location: Room G

WOOD WORKING

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

When: Monday – Friday, beginning January 5
Time: 8:00 am – 3:00 pm
Fee: \$44/year & LSCO membership
Register by: Ongoing
Location: Carpentry Shop

Physical Activities

BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays however; many of the participants have been playing for awhile and at times, games become more competitive.

When: Mon/Wed/Fri, beginning January 5
Time: 11:10 am – 12:30 pm
When: Tuesdays & Thursdays
beginning January 6
Time: 10:30 am – 12:00 pm
Fee: \$66/year & LSCO membership
Location: Gym 1

CARPET BOWLING

This bowling game is played It is easy to learn and lots of fun. Equipment is supplied.

When: Mon/Wed/Fri, beginning January 5
Time: 1:15 – 3:00 pm
Fee: \$20/year & LSCO membership
Register by: Ongoing
Location: All Purpose Room

FLOOR CURLING

If you are looking for something fun to do in the afternoons twice a week floor curling may be just the thing. The game of floor curling was originally designed for those who were no longer able to ice curl due to back and knee problems however, everyone is welcome. There is no sweeping and it is warm! If you would like to play please leave your name at the Administration Desk. If there is enough interest it will take place as follows.

When: Tues. beginning January 6
Time: 1:00 pm – 2:45 pm
Fee: \$20/yr & LSCO membership
Instructor: Floor Curling Members
Register by: Ongoing
Location: Gym 2

KEEP FIT

Staying active is important at any age. Start your day by participating in this gentle keep fit program. Everyone is welcome and encouraged to exercise at your own level. LSCO volunteers lead this 50 minute class. Wear comfortable clothes and clean, non marking indoor footwear. Bring a water bottle.

When: Mon, Wed, Fri, beginning January 5
Time: 10:00 – 10:50 am
Fee: \$22/year & LSCO membership
Register by: Ongoing
Location: Gym 1

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, beginning January 9
Time: 10:30 am – 12:00 pm
Fee: Weekly donation & LSCO membership

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet. Begins January 6.

When: Mon/Wed/Fri.
3:00 – 4:30 pm
beginning January 5
Fee: \$44/year & LSCO membership
Register by: Ongoing
Location: All Purpose Room

TAI CHI

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

When: Mon/Wed/Fri.
beginning January 5
Time: 8:30 – 9:30 am
Fee: \$17/year & LSCO membership
Register by: Ongoing
Location: Gym 1

General Interest

ADVANCED PHOTOGRAPHY

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

When: Tuesdays
beginning January 6
Time: 9:30 – 12:00 pm
Fee: \$22/year & LSCO membership
Register by: Ongoing
Location: Photography Room

AMATEUR HAM RADIO

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

When: Monday – Friday
beginning January 5
Time: 9:00 am – 12:00 pm
Fee: \$28/year & LSCO membership
Register by: Ongoing
Location: Radio Room

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.

When: Monday – Friday
beginning January 5
Time: 8:15 am – 4:00 pm
Fee: \$53/year & LSCO membership
Register by: Ongoing
Location: Billiards Room

COMMON GROUND

This group meets weekly to enjoy entertainment, speakers, and socializing.

When: Thursdays
beginning January 9
Time: 10:00 – 11:00 am
Fee: \$17/year & LSCO membership
Register by: Ongoing

COMPUTER CLUB

Individuals interested in computer classes, workshops, social get-togethers, volunteering and more are encouraged to leave their name, phone number and email at the Administration Desk. Information regarding fees will be available in February.

CRIB
Please register at the Administration Desk.

When Thursdays, beginning January 8
Time: 1:00 – 3:00 pm
Fee: \$11/year & LSCO membership
Register by: Ongoing

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. Information regarding fees will be available in February.

When: Fridays
 beginning January 9
Time: 10:00 am
Register by: Ongoing
Location: Computer Lab

DUPLICATE BRIDGE
Interested individuals should put their name on an interest list. In the past games have been played Tuesdays from 1:00 – 3:00 pm.

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

When Wednesdays
 beginning January 7
Time: 10:00 am – 3:00 pm

Fee: \$20/year & LSCO membership
Register by: Ongoing
Location: Board Room

GOLDEN MILE SINGERS
If singing and entertaining are passions of yours, we welcome you. Throughout the year performances are given at a variety of locations.

When Tuesdays, beginning January 6
Time: 10:00 – 11:30 am
Fee: LSCO membership
Register by: Ongoing
Location: Room C/D

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

When Tuesdays, beginning January 6
Time: 1:00 – 3:00 pm
Fee: \$17/year & LSCO membership
Register by: Ongoing
Location: Room A/B

SCRABBLE
Please register at the Administration Desk.

When Wed/Thurs. beginning January 7
Time: 9:30 – 11:00 am
Fee: \$11/year & LSCO Membership
Register by: Ongoing
Location: Card Area

Community Programs

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

When: Wednesdays, beginning January 8
Time: 1:00 – 3:00 pm
Fee: \$5/booklet; \$1/bonanza
Register by: Drop In
Location: Gym 2

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, January 8
Time: 6:00 – 8:00 pm
Fee: Donation
Register by: Drop In
Location: Gym 2
 (at times held in the Dining Room)

SWING DANCE
The Lethbridge Swing Dance Club practices weekly at LSCO. Come and join in on the fun; learn a new dance or two.

When: Mondays, beginning January 12
Time: 7:30 – 9:30 pm
Fee: \$2/night
Location: All Purpose Room

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

LSCO Activity Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Centre 8:00 am - 6:00 pm • Saturday 9:00 am - 12:00 pm				
Active Aging 8:00 am	Indoor Walking 8:00 am	Active Aging 8:00 am	Indoor Walking 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	Stretch 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 Fitball 9:00 am Program Committee Meeting Tuesday, Jan. 20, 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 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 am Lapidary 10:00 am Yoga 10:00 am	Golden Mile Singers 10:00 am	Keep Fit 10:00 am Yoga 10:00 am Genealogy 10:00 am	Common Ground 10:00 am	Keep Fit 10:00 am Digital Photography 10:00 am
	Badminton 10:30 am		Badminton 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am		Badminton 11:10 am		Badminton 11:10 am
Yoga 12:00 pm	Basketball 12:00 pm		Basketball 12:00 pm	Yoga 12:00 pm
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Carpet Bowling 1:15 pm Computer Club Meeting Monday, Jan.12, 1:00 pm	Quilting 1:00 pm Floor Curling 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Carpet Bowling 1:15 pm	Needlework 1:00 pm Crib 1:00 pm	Carpet Bowling 1:15 pm
	Pickleball 1:30 pm		Pickleball 1:30 pm	Pickleball 1:30 pm
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
Tai Chi 5:00 pm	Yoga 5:00 pm	Tai Chi 5:00 pm		
	Zumba 5:15 pm		Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
	Line Dancing 6:30 pm			
For more information regarding programs contact the Administration Desk at 403-320-2222. Note: Some programs are for members only while others are open to the community.				

A Cautionary Tale

Over the past few months I’ve had a number of strikingly similar cases. They have all been complex, particularly devastating, and have involved misuse / abuse by a Power of Attorney agent. Without giving too many specific details, here is a general description of the situation:

An older person has assigned a relative (or friend) to act as power of attorney agent. Over time, the agent helps themselves to the older person’s money and/or property. Eventually the older person’s bills stop being paid, their bank account is depleted and the older person and they can no longer afford basic necessities.

This is usually when LEARN gets involved. I meet with the person and help them rebuild. Sometimes it means changing banking information, making a new power of attorney, applying for financial support, or meeting with family. This process takes time, often months, because change takes time, and a vul-

nerable older person needs to time to make such important decisions. The process is much more difficult if the older person is ill or no longer has decision making capacity. Other service providers are utilized as needed to ensure the older person is supported. It is very normal for a victim of abuse to be hesitant of change; relationships with their friends or family may end or be damaged, they may have no other option for a power of attorney

LEARN More



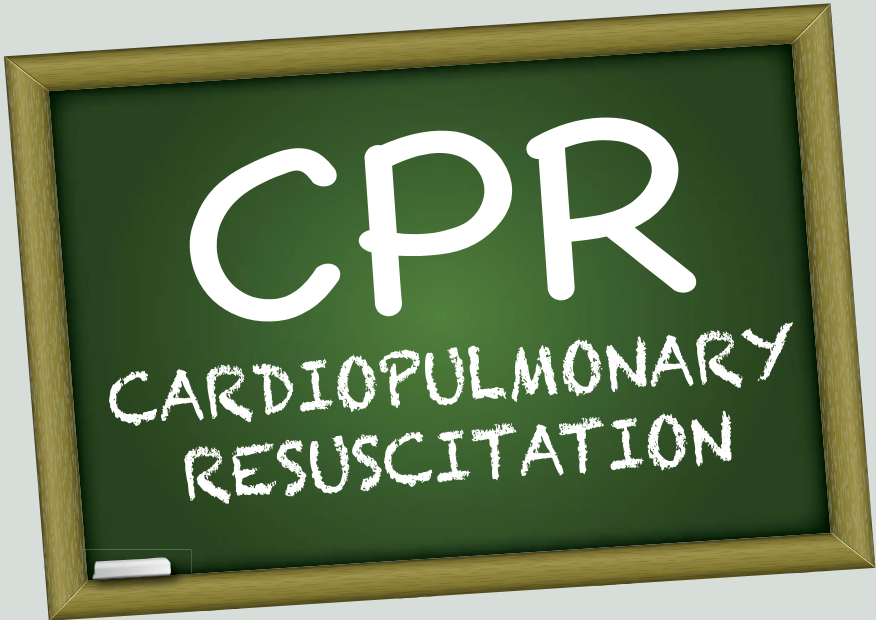
Jennifer Payne
LEARN Coordinator

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

agent, maybe they’re embarrassed to ask for help. My role is not just to help with practical things, but also to ensure victims are supported emotionally for as long as needed.

Unfortunately, this situation cannot always be avoided; however, the impact can be diminished. If some simple precautions are put in place, a Power of Attorney document can be protective and less likely to be manipulated. It’s generally considered a good practice to appoint two trusted people to act as agents. Also important is to have a conflict resolution clause within the document, as well as mandatory reporting of an agent’s actions. Use a lawyer that represents your interests, not those of your chosen agent, when creating the document.

As always, if you, or someone you know is experiencing abuse, please give me a call. When it comes to Elder Abuse, silence is not an option. ★



FAMILY & FRIENDS CPR Heart & Stroke Foundation

Heart attack, drowning or other problems may cause someone’s heart to stop pumping blood. This is called cardiac arrest. If you give a person CPR right away, he is more likely to survive. Most cardiac arrests happen at home with family members. You can help a loved one survive by doing CPR. Register for this course and you will learn Adult CPR, how to use an AED (automated external defibrillator), assist a choking victim and more.

When: TBA
Time: 9:00 – 11:30 am
Fee: \$25

You won’t learn
house painting
but you can learn
**CHINA PAINTING
OIL PAINTING &
WATERCOLOURS**

Classes & Programs
to suit almost
everyone.
403-320-2222
or visit
www.lethseniors.com

Lethbridge Denture Clinic

Putting that sparkle back in your smile.

*Complete Service With
A Convenient Location*

**KIMBERLEY A.
ANKERMANN DD**

403-381-4142
2, 1718 - 3 Ave. S.

My New Year’s resolution
is to switch to a gym where
there are far fewer people
whose New Year’s resolution
was to go to the gym.

Trouble Hearing?

- ✓ **FREE, no obligation hearing tests**
Provided by certified hearing professionals for adults ages 18 and older.
- ✓ **Don’t Worry, Be Happy Guarantee™**
Hearing aids come with everything you need for 3 full years, even the batteries, lowest price guaranteed!
- ✓ **Already wear hearing aids?**
Join our Battery Club and get 3 months of batteries for FREE – No purchase necessary!

Some conditions may apply. Please see clinic for details.



1258 3rd Avenue South | 403-327-8728

WE RENT ROOMS

for conferences, meetings,
reunions and special events
such as weddings, receptions,
anniversaries, birthdays
and much more.

Ask us about catering
your next event.

Go to www.lethseniors.com
for all our room rental info.

Christmas at the Ranch

Things hadn't gone too well in the good neighbor department since the spring calves were born. For some reason a good percentage of the neighbor's Black Angus purebreds had white faces and they resembled Wilber's Hereford bull. The neighbor had decided not to sue as several other ranchers had Hereford bulls that roamed the hills and Wilber's bull produced fine beef animals.

Wilber sold his bull and purchased a young two year old that loved the home place and stayed there. But Wilber felt bad because he liked his neighbor and they were good people. It was getting close to Christmas so maybe he would patch up some tender feelings. Christmas – he would think of something! The neighbors' had a house full of kids and cash was a little short, He would give the neighbors something.

It was then that Wilber's brain kicked in-a way to make it right with the neighbor and put some of his skills in welding and building to use. There was two feet of snow in the fields but Wilber found and old sleigh called a cutter – a buggy on sleigh runners. It needed fixing and he would fix it. It was built for one horse and Wilber had a saddle horse.

It was the day before Christmas Eve. Wilber's wife had bought candies and a little something for each kid and made some popcorn balls. Now his saddle horse was a good cow pony but showed some reluctance to be put in harness in front of a giant sleigh. Wilber was patient and calmed the horse down. Everything

is still under control. I guess maybe it was the bridle and the bit that angered the pony but still under control.

It was a cold night and the pony resented leaving the barn and would have preferred to stay inside. The pony was getting more jumpy but Wilber still got everything hitched up. They started across the field, then across the county road. Wilber had borrowed a Santa suit, the mood was perfect, a sleigh full of goodies and old St. Nick at the reins. Then it happened- tragedy struck!

Wilber had attached a leather strap with a set of bells on it to the harness. The bells were jingling and then something, perhaps a tumbleweed, blew across the road. Maybe it was the bells, maybe it was the tumbleweed – no one knew for sure. But it freaked out the pony who took the bit firmly between his teeth, kicked the sleigh a couple of times and took off at a full gallop. The cutter touched the ground several times in more than a mile run. It finally came to rest on its side when the horse stopped when crossing the road in front of the neighbor's house.

Excitement! A runaway, a sleigh on its' side, a crazed cow pony and a shook up St. Nicholas. Presents and candies all over the place!

The neighbor and his nine kids came out and rescued Wilber, his horse and his dignity.

All is calm. All is bright. Merry Christmas from Wilber.

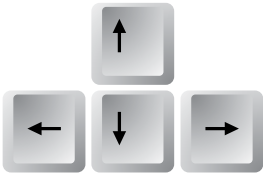
Story by Stan Coxson

Did you know?

that anyone 18 and over can participate in most classes at LSCO?

Computer Club Corner

by Sjoerd Schaafsma



Computer Abuse

The computer lab in the LSCO is on the second floor right beside the Elder Abuse office. It is on a well travelled path to several other clubs and facilities, so it's not uncommon for people to drop by with computer questions. A few months ago a lady dropped in with a simple computer question which several of us answered in the same way, all having experienced the same problem. A month later the same lady dropped in again to check on how various parts were connected to the computer tower.

Now we get to the heart of the matter... abuse.

This lady had gone to buy a new mouse for her computer, and came back with a whole new computer.

Why, because a salesperson told her the kind of mouse she needed was no longer available. She subsequently found out someone in her family had what she needed as well as members of the computer club. Returning the computer was apparently no longer an option. Without having seen her computer myself, I'm pretty sure the salesperson could have sold her a USB mouse which would have worked.

Computers are often compared to cars, easy to operate but most people don't know what goes on under the hood or inside the computer case. Just as the unknowledgeable can be cheated by unscrupulous mechanics, so can you be taken advantage of by computer dealers or sales people out for an easy buck. There is more profit in selling a new car or computer than in selling you a twenty dollar part.

So, take heed, ask for help, don't assume your computer is obsolete because it is 10 years old. A broken keyboard or mouse is no reason to replace your entire computer.

A few tips . . .

On an iPad: you can usually get back to the top of a long document by tapping the date on the top of your screen.

Windows 7 & 8 have Sticky Notes. Win 7; Tap the Start button, in the search box, type Sticky Notes, and then tap Sticky Notes in the results box. Win 8 in the start screen type Sticky Notes. You'll get a movable note on your desktop until you remove it.

For a complete listing of courses and club offers check out our website or the Computer Club Bulletin Board in the downstairs foyer.

The Computer Corner is now available on the Computer club website. <http://members.shaw.ca/lscocc>

Feedback and suggestions welcome. saltidae@gmail.ca



Downsizing Dilemma? Need to move on?

We can help....

Sorting • Organizing • Selling Unneeded Furniture
Packing • Arranging Movers • Unpacking

Call Wendy Gillett for your complimentary
in-home consultation and free estimate.

403-388-4122 (Office)

403-315-1729 (Cell)



Sutton

JO ANN KELLY
REALTOR®

sutton group - lethbridge

AN INDEPENDENT MEMBER BROKER

*I can assist you whether you are
buying, selling or transitioning to a
condo or gated community living!*

1010 - 3 Avenue South
Lethbridge, Alberta T1J 0J4
Telephone: 403-320-6411 / Fax: 403-381-4546
E-mail: kellyaj@telusplanet.net

KRUSHEL FARRINGTON

Barristers • Solicitors

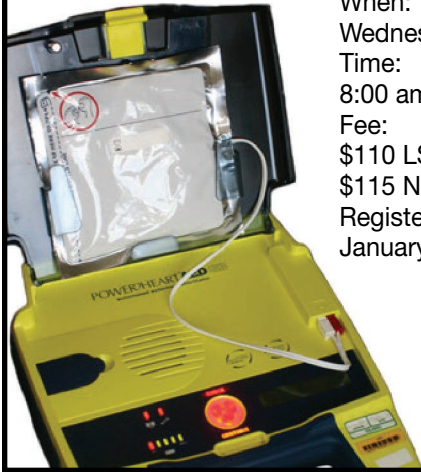
Estate Law
Wills
Personal Directives
Powers of Attorney
Business Law
Litigation
Real Estate
General Law

#3, 1718 - 3rd Ave. S.
Lethbridge, Alberta T1J 0Y9

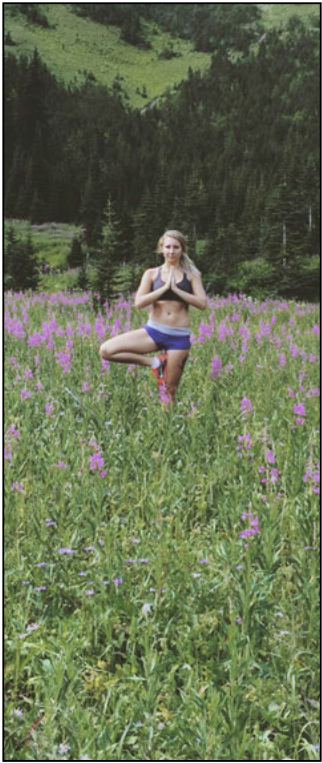
Phone (403) 320-4666
Fax (403) 320-4669

**ST. JOHN AMBULANCE
EMERGENCY FIRST AID
- CPR A & AED**

In this one-day course, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives. Topics include: CPR and choking for adults, shock and unconsciousness, severe bleeding, head & spinal injuries, major medical conditions, and AED training and certification.



When:
Wednesday, January 28
Time:
8:00 am – 4:30 pm
Fee:
\$110 LSCO M;
\$115 NM
Register by: Wednesday,
January 21




Tuesday Evening Creative Flow Yoga

Join certified Ashtanga Vinyasa instructor Lauren Hart for creative flow classes. Move, breathe, make space, all you need is your yoga mat and your open mind. All classes are accessible to beginners, and one hour long. Wear comfortable exercise clothing, bring a water bottle.

When: Tuesdays, January 13 - March 31
 (no class Feb. 17)
Time: 5:00 - 6:00 pm
Fee: \$50 LSCO M; \$75 NM
Instructor: Lauren Hart
Register by: Wednesday, January 7
Location: TBA

Drop-Ins Welcome



LSCO would like to thank everyone who contributed to the Bake Sale and to those who came and purchased the wonderful, delicious items.

Your support is greatly appreciated! \$902 was raised.

Happy New Year and all the best in 2015.

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 for six weeks from January 14th - February 25th, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS: Cara Charles and Tammy Winder.

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



Difficulties in Life Coffee & Conversation Support Therapy Group

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

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



Every Wednesday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization
500 – 11th Street South
403.320.2222

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

Coffee is supplied by LSCO but donations are accepted.



LETHBRIDGE
Senior Citizens
ORGANIZATION



Thank You



It has been less than a year since Meals on Wheels has been part of the LSCO and, again, I am sad to say that we already have to say good bye to two great volunteers. Marion (on right) has been a Meals on Wheels volunteer since 2007 and Marie (on left), who has volunteered with us since 1999, finished their last routes on Friday, November 28th. You can still see Marie, volunteering in LSCO boutique but I will miss having these wonderful ladies volunteering with LSCO Meals on Wheels. Thank you both so much for all your years of service.

How to raise money for your favourite charity

Hope and optimism are mixed into the emotions that welcome the New Year, often giving us inspiration to do more for charities and for people in need. If you would like to hold a charity fundraiser yourself but don't know where to begin, here's a quick and easy tip-list to make such a worthy act of generosity successful:

- Keep it fun and simple: You need to make sure that both you and your participants enjoy the event, so keep it simple and make sure that you add an element of fun, whether it's special decoration, a tote bag for each participant or guest, or a special theme.
- Share the load – get team support: Turn to friends to help share ideas and workload. Brainstorming at the beginning may give you some new ideas and help give a unique twist to your event. Make sure that you break down the work among your team and delegate so that you are not overstretched. Again, sometimes the simplest ideas are the ones that work the best. Your goal is to work towards your ambitious fundraising goal and aim to beat it.
- Plan for the 'what ifs?': If you are planning to hold an event outdoors, or if you are relying on a local celebrity as a guest of honour, make sure you think of a few possible alternatives if it starts raining or if your celebrity doesn't show up. This is the key to successful event planning.
- Timing is everything: Check your community calendar to make sure there are no important community events and fundraisers on the day that you are planning your event. You might want to check with other community or regional non-profit organizations. Try to pick the date that will bring in optimal attendance.
- Watch the dollars: Keep your costs down by getting items donated. Many grocery stores or restaurants will donate food or other items. Very often events do not raise money as a result of overspending.
- Take stock: If your fundraiser is a large one, make sure you assign a reliable volunteer to collect all the money and send it back to your charity within 30 days of the event taking place.
- A warm 'thank you' goes a long way: Always remember to thank your guests or anyone who has donated.
- Tell your charity about the event: Once you choose how you'd like to raise money, make sure to tell the charity about it.
- Check out your favourite charity's website for ideas: Many websites offer advice on how to raise money. For example, the human rights charity Amnesty International, lists events and ideas at amnesty.ca/special-events.

www.newscanada.com

How seniors can protect themselves against fraud

By adopting basic, but effective habits, seniors can keep the fraudsters at bay.

Why are they such a target?

Many have generous natures, are at home more often, some may be isolated, and there are those that may be less technology-savvy than they'd like to be.

For protection, here's a little guidance:

Follow the news to become more aware of schemes and scams. Never give money at the door, and post a 'no solicitation' sign near your entrance. Get call display and don't answer unfamiliar numbers. Friends and family will leave a message. If you do speak with someone on the phone, don't be afraid to ask numerous questions or, if suspicious, just hang up.

"Better to be safe than sorry," explains Cairine Wilson, a vice-president with the Chartered Professional Accountants of Canada, who oversees the organization's financial literacy efforts. "Seniors must keep their guard up."

Whether on a phone or computer, seniors should never share personal details, like SINs, credit card or bank details, passwords, PINs and so on. And don't be afraid to ask for help, adds Wilson.

The Canadian Anti-Fraud Centre has a special support program for seniors. Call 1-888-495-8501 or visit www.antifraudcentre.ca for details.

www.newscanada.com

Looking Back

With the end of another year it provides an opportunity to reflect back on the past year and think about situations where we are reminded as to why we have laws. Earlier in the year, we wrote about the traditional concept of the rule of law upon which our country and other democracies are founded. Without the rule of law, and the ability to settle disputes in a civil manner without armed or physical conflict, society would be a treacherous place. Take a minute to reflect upon what it would be like to live in the ISIS controlled areas of the Middle East if you were someone that did not have the same points of view and beliefs as those who have appointed themselves to be in charge. There are no written laws, no trials, and no opportunities to be heard with respect to any charges made against you. As we reflect, I am certainly grateful that I live in a place where we have all of those things. I am also grateful to live in a place where, for the most part, citizens respect the decisions of the legal system, and they do not riot and loot when decisions are made which they do not like. Let us consider some of the important legal issues that have been dealt with in structured and respected ways over the past year.

You will remember that we had a dispute earlier in the year about whether the Honourable Mr. Justice Nadon was eligible to be appointed to the Supreme Court of Canada. The Prime Minister made the appointment. A private citizen objected and the matter was ultimately decided by the Supreme Court of Canada. The matter even became the subject of a few words between the office of the Prime Minister and the office of the Chief Justice of Canada, but ultimately our system provided for a final decision which found that Mr. Justice Nadon



Legal Tips and Information

James R. Farrington

was not eligible for appointment. The decision was respected by all involved, and our constitutional parameters prevailed.

Readers will also remember the assisted suicide case for the terminally ill that was recently in the news that was argued at the Supreme Court of Canada. The decision has not been released as this is being written, but within our constitution the Supreme Court of Canada will decide whether there is a right to assisted death or not. It will do so based upon the laws as they currently exist including our constitutional laws. The decision will not be made on a “majority rules” concept, or on the decision of those in charge alone. While intuitively some would object to a decision that is not based upon a “majority rules” concept, the fact is that certain rights have been enshrined as part of our constitutional framework and we have agreed as a country that some rights are so fundamental that they need protection, even from a majority.

We will also remember the case before Supreme Court of Canada in which procedures were debated regarding proposed modification or abolition of our senate. Again, the structure of our political institutions is constitution-

ally entrenched into Canadian law, and the Supreme Court of Canada had to determine whether or not certain changes that were contemplated went beyond our Constitution. In other words, we cannot just throw our senate out without following established procedures-even if some would like to.

Finally, watch for an upcoming case in 2015. Trinity Western University, which is a respected and established Christian university in British Columbia wants to start a law school. The university makes all students sign a personal morals covenant. Some argue that the morals covenant infringes upon equality rights for gay persons. The issue of whether the university can have its proposed law school approved is being hotly debated at many levels including law societies across Canada and the Courts. The facts bring into question, among other things, an examination of what happens when two recognized and well established rights such as freedom of religion and equality rights conflict. Stay tuned for the answer in 2015.

None of these issues that we discussed resulted in anything but respect for the decision-making process and vigorous and thorough argument before the Courts as to what the result should be. We are fortunate to live in a place where that is possible. A famous United States Supreme Court Justice (Robert Jackson) once said words to the effect that -we are not final because we are right- we are right because we are final. Those words are so true. We have entrusted certain bodies as the final arbiters of issues. It is the best that we can do.

With another year passing, let us be thankful for the society in which we live. Seasons greetings to all. ★

Krushel Farrington is a local Lethbridge law firm.

We understand ...
That you have placed your trust in us,
and we want to thank you for that.



We're here to help you in your time of need.
Chapel • Counseling • New reception facilities • Full service Funerals and Cremation



Martin Brothers
Funeral Chapels Ltd. | 403 328 2361
www.mbfunerals.com

People you know. Friends you trust. Martin Brothers. Since 1907.



[http://www.facebook.com/pages/
Lethbridge-Senior-Citizens-
Organization/149140883844](http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844)



LEISHMAN HEARING CENTRE
CINDY WAGONTALL, BC-HIS
HEARING AID PRACTITIONER
209 - 11 Street South
Lethbridge, Alberta
OFFICE TEL. 403-329-6006
cindy.leishmanhearing@shaw.ca



Completed Training for Professionals in the
Field of Hearing Instrument Sciences
Member of College of Hearing Aid Practitioners of Alberta






Fit Ball & More



Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! A variety of exercise equipment will be used. Wear comfortable clothing, foot wear; bring water and an exercise mat.

When:	Session 1: Tuesdays & Thursdays January 13 – March 5 Session 2: Tuesdays & Thursdays March 10 – April 30
Time:	9:00 – 9:45 am
Fee:	\$40 LSCO M/session; \$60 NM/session
Register by:	One week prior to start



BARBERS' SHOP

DARWIN & ISABELLE SHOEMAKER



COME & SEE US AT
#210B - 12 ST. "A" NORTH
403-328-8738

OPEN
TUES-FRI 8:30 - 5:00
SAT 8:30 - 3:00

LOOSE DENTURES?
A Revolutionary Technology Makes Eating
What You Want a Reality.
Denture Stabilization without surgery or pain in ONE visit.
Call **1-800-317-2230** NOW for a **FREE** report.
IT COULD CHANGE YOUR LIFE!

Lethbridge
HEARING CENTRE

Lethbridge's
Trusted Source For
Hearing Solutions

- Full hearing evaluations
- AADL, DVA, & WCB Vendor
- Digital hearing devices
- Repairs & Adjustments on all makes/models
- Listen Hear products

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



#120, 2037 Mayor Magrath Dr S.,
Lethbridge, AB
403 320 6000

NUEAR
Authorized Dealer

Happy New Year

Alzheimer's Awareness Month

January is Alzheimer's Awareness month and once again the LSCO is partnering with the Alzheimer's Society. Dr. Roland Ikuta will be here speaking on Alzheimer's disease and related dementia on **January 20th** at 9:30 am in Room A.

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 for six weeks from **January 14th – February 25th**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS: Cara Charles/Tammy Winder. For more information or to register for the group call 403-320-2222 or stop by the LSCO Admin. desk.

WELLNESS

Hearing Screening

Not hearing as well as you use to? 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 hearing screening will be on **Friday, January 9th**.

Reflexology Appointments

Brenda from New "U" Reflexology will be here on **Friday January 8th**. Individuals inter-



LSCO Support Services

Marlene Van Eden
Support Services Coordinator

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

ested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be here on, **Friday January 9th & 23rd** from 9:00 am – 2:00 pm in the Clinic Room. (Please note the change in date and time) 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.

Grateful Feet: Nursing Foot Care

The care provider for this service is Tina Huckabay, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to

other professionals. Grateful Feet offers one-hour appointments. Book your appointment for **Tuesday, January 20th** by calling the LSCO 403-320-2222. There is a fee for this service, with a portion of it going to the LSCO. To book or for information call 403 320 2222 ext. 25. For home visits, call 403-894-9667.

Blood Glucose Screening

A Blood Glucose Screening will be held here at LSCO in the Foyer on **Wednesday, January 28th** from 10:00 am till 1:00 pm. Curious about what your blood sugar level should be? Have questions about your blood sugar? No appointment is necessary first come first served basis.

Free Neck and Shoulder Massages!


The Lethbridge College Massage Therapy students will be here at the LSCO on **Monday, January 12th** from 9:30 until 11:30 am in the Dining Room – Stage Area. The students will provide free neck and shoulder massages on a first come first served basis.

COMMUNITY PARTNERSHIPS

Do you have a will? Have drawn up your Power of Attorney?



A lawyer from the law firm of Krushel Farrington will be here on **Wednesday, January 14th** to answer any questions you might have. Book your free 15 minute appointment with the lawyer at the LSCO administration desk. Appointments times run from 10:00 am – 12:00 pm.

Christmas Music at LSCO




LCI JAZZ BAND

under the direction of Ken Rogers



Troyanda Ukrainian Dance Club



MALANKA


An evening of Ukrainian dance, music and food

Saturday, January 24, 2015
LSCO, 500 – 11 Street South

Cocktails @ 4:30PM Show @ 5:45PM Dinner and Dance to Follow

Tickets sold at CASA, 230-8th St. S, Ph. 403-327-CASA

Adults \$45, Students & Seniors \$35, 12 & under \$20, Zabava at 9 PM

 LIVE Music by ABSOLUTE

End of Season CLEARANCE

Save up to 50% OFF

Selected In-stock Footwear



the shoe tree

Where shoes are everything.

326 - 6 Street South (downtown)
Locally Owned **403-328-9484**

Breakfast

MENU

8:00 – 10:00 a.m.
Monday – Friday
OPEN TO THE PUBLIC
~ CASH ONLY ~
Non-Members Add 15%

Ham, Sausage or Bacon
2 Eggs, Hash Browns,
Toast & Coffee or Tea
\$4.75

Serving Seniors



With Grace

Serving Seniors With Grace

What are your needs?

Now also offering handyman services, safety inspections of your home that could be affecting your health and safety! We can check for electro-magnetic fields, electrical sensitivities, mould, mobility, air quality and chemicals.

servingseniorswithgrace.com
info@servingseniorswithgrace.com

403-942-7227

Are Your Countertops
dated? faded? chipped? cracked?
OR JUST PLAIN UGLY???
Replace them affordably at

COULEE COUNTERTOPS

3130 - 2nd Avenue North, Lethbridge
403-329-3035
SENIORS DISCOUNT 10%
www.couleecountertops.com
FREE IN-HOME ESTIMATES



LETHBRIDGE
Senior Citizens
ORGANIZATION

LSCO *Volunteer Discount*

For every 50 hours of verifiable volunteer time worked, members receive \$10 off their annual membership fee. Volunteer hours must be entered in the *My Seniors Center System*.

If you have volunteer hours, please tell administration when renewing your membership to receive your volunteer discount.

An LSCO Gift Certificate makes the perfect gift any time of the year!! Book a class for yourself or a friend.

THE ENSUITE

Bath & Kitchen Showroom
ACCESSIBLE SOLUTIONS

Certified
Aging-in-Place
Specialist

**Services designed so you can
enjoy your life more fully and
independently.**

FOR INFORMATION
Call: 403-327-3109
E-mail: abley@emcoltd.com

**Find your inner artist
with our Creative Arts Classes**

- Watercolours & Beyond • Basic Calligraphy
- The ABC's of Watercolour • Creative Collage
- Painting Flowers • Drawing & Painting Landscapes

Canadian seniors love the security of direct deposit

When it comes to making the most of their time, older Canadians are quick to adopt the advantages and convenience of federal electronic payments. More seniors than ever, about 90 per cent, are enrolling in direct deposit for their Old Age Security, Canada Pension Plan and veterans' benefits, as well as income tax refunds and GST/HST tax credits, to name a few.

With direct deposit, Canadians can have their federal payments deposited directly into their bank accounts. This is not only saving them a trip to the bank, but it also contributes to important savings to Canadian taxpayers – more than \$17 million a year in printing, postage and delivery costs.

Second World War veteran Len Bridges, 94, recently mailed off his direct deposit enrolment form to ensure that his veterans' and other federal benefit payments would be

deposited safely and securely every month. Although Mr. Bridges enjoys socializing at the bank, direct deposit saves him from having to venture out on blustery winter days that tax him physically.

"I always like to know where my money is and to confirm the payments have been made," says Mr. Bridges, who emigrated from England to Canada in 1949 with \$15 in his pocket, a "war groom" who married a Canadian he met during the war. He retired from the lumber industry 30 years ago and has been receiving federal payments ever since. "If I get sick or my daughter is unable to take me to the bank, I know that my money will be deposited into my account for me on time."

Retirees Lorraine and Roch Beauchamp signed up for direct deposit as soon as they retired nine years ago.

"When we travel or if we're sick, we don't have to worry because the money is being deposited automatically," says Lorraine. "We don't have to walk to the community mailbox, get the cheque and then have to drive to the bank to deposit the cheque. We don't have to worry because the payments are deposited on a specific date."

The federal government is switching to direct deposit, and already more than 80 per cent of Canada's 275 million annual federal payments are made by direct deposit. If you know someone who could benefit from direct deposit, encourage them to call Service Canada at 1 800 O-Canada or the Canada Revenue Agency at 1-800-959-8281. They can also visit www.directdeposit.gc.ca to obtain additional information, including other ways to enrol in direct deposit.

Reality and Aging

Negative attitudes often arise in the face of fear. When we fear change we may resort to doing anything to sabotage that change. The longer we have been in a routine often the more difficult it is to change which is why transitions for seniors can be really hard. We truly are creatures of habit believing that change will be more difficult than keeping things as they are. When a change is in order then not changing can actually make life more difficult.

When seniors age at home yet can no longer do many of the tasks they need to do to maintain their home or take care of themselves they need to consider moving out of their residence to where support is available. I remember my Dad saying that he would never leave his home until someone had to carry him out. That's exactly what happened, he was carried out by 4 EMT's on a stretcher. At that point he had waited too long to make the transition from his home into care and had seriously compromised his own health and well-being. As a family we supported his desire to remain at home for too long so we were also accountable for his reality. We allowed habits to control our decisions instead of really seeing the reality that he had not been safe in his own



Life Design
Connie-Marie Riedlhuber
Transition Specialist
& Life Designer
Life Design Network
www.lifedesignnetwork.ca

home for some time and he had grown far less capable than we could see even though we were at his home often supporting him.

When families need to assess seniors at home outside support to assist with that assessment can be extremely helpful for we often lose sight of REALITY when it comes to dealing with those we love. It is even more evident when seniors need to transition from the home where they have brought up their children and resided for a long time. "Homesteads" are hard to say goodbye too.

As I write this article I am sitting at Round Street Café having a coffee and watching an


elderly woman get out of her car. She is alone and supporting herself up with 2 canes as she slowly tries to get out of the car and move to the sidewalk that is covered in snow this cold winter day. I ask myself why she isn't using a walker because she is extremely unstable using the canes. I ask myself if she can hardly walk if she should actually be driving alone and I wonder if she has family for support and if she does so where are they? Her reality on this cold winter morning is sad for she is visibly unsafe and has no support. I am guessing that she is headed toward Lethbridge Centre so early in the morning because she has an appointment.

There are many unanswered questions when it comes time for seniors to make changes. The most important question to ask yourself if you are a senior or a family supporting a loved one is "What is the current reality"? ★

Connie-Marie Riedlhuber supports and guides individuals, couples and families through transitions or difficulties guiding them around relationships, health, finances, family concerns and work.

Did you know?


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



GREG WEADICK

LETHBRIDGE WEST MLA

My door is always open to the seniors of our community. I urge you to get in touch with me if you have any questions, suggestions or concerns, or even just for a chat over coffee. I'd love to see you!



CONSTITUENCY OFFICE Phone: (403) 329-4644
402 - 8 Street South Email: lethbridge.west@assembly.ab.ca
Lethbridge, AB T1J 2J7



Thinking of Selling or Buying?

HOWARD & JASON SHARPE
REALTORS®

MAKE A **"SHARPE"** DECISION

sutton group - lethbridge
Phone: 403-320-6411
hrsharpe@gmail.com • jason.h.sharpe@gmail.com
Website: lethbridgerealestate.net

The **"Best"** is the **"Least"** we can do!
(Not intended to solicit properties already listed for sale.)

Cell: 403-634-0623



Cell: 403-634-2980

NEED DENTURES?

EatWhatYouWant.ca



DENTURE SPECIALISTS



**ADVANCED TECHNIQUE
DENTURE CENTRE Ltd.**
403.320.5722

LOCATED ACROSS FROM COSTCO!
3232 Fairway St S., Lethbridge, AB T1K 8A3

Open late **Tuesday** and **Thursday** evenings
and every **2nd** and **3rd** Saturday of the Month

BELTONE - LETHBRIDGE

Trinity Hearing Instrument Specialists, Inc.
Member: College of Hearing Aid Practitioners of Alberta

HEARING INSTRUMENTS DON'T MAKE YOU OLD, THEY MAKE YOU SMART. GET SMART. COME HEAR.

We offer the VIDEO EARSCAN
See inside your ears on TV. Clearer than X-Rays

#214, 740 - 4th Avenue South
Professional Building Lethbridge,
Alberta • T1J 0N9
www.beltonelethbridge.com

TESTING, SERVICE AND REPAIRS
HUGE walk-in SOUND BOOTH
Hearing Protection Devices, Swim Plugs, Musician Ear Plugs

trinity
HEARING INSTRUMENT SPECIALISTS INC.

Beltone
Helping the world hear better
TV • EARS Dr. Recommended TV Listening Device

403-327-3877 Toll Free 1-888-327-7868

VISA
MasterCard
AMERICAN EXPRESS
Interac



Michael B. Golia, BC-HIS*
Hearing Aid Practitioner
D. Beth Golia, Office Manager
*Board Certified Hearing Instrument Specialist



PHARMACY

Serving Southern Alberta for 60 Years

FREE CITYWIDE DELIVERY AND PICKUP

OPEN 'TIL 7 EVERY WEEK NIGHT
SATURDAYS 10 A.M. - 5 P.M., HOLIDAYS 12-5PM

FREE Compliance packaging

Let us help you manage your medications.

403-328-5512 Fax: 403-328-9128
1506 - 9TH AVE. S., LETHBRIDGE

"Your Everyday Neighbourhood Drugstore"