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Join Us for

DR. ROLAND IKUTA
DEMENTIA RESEARCH
ALZHEIMER'S AWARENESS MONTH
JANUARY 7

TOUCHED BY CANCER
NUTRITION & HEALTHY EATING
WITH CRIS ROBINSON
JANUARY 13

FREE NECK & SHOULDER MASSES
JANUARY 14

RYAN WALDORF
ALZHEIMER'S AWARENESS MONTH
JANUARY 26

Happy New Year

2016

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with an open heart to
attract more beautiful things.*

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Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

Onward and Upward

I would like to extend to our members, Board of Directors, staff, community partners and the general public a Happy and prosperous New Year! I would also like to give a huge thank you to the 90 volunteers and staff who helped feed over 500 people at our 31st Annual Community Turkey Dinner on Christmas Day. It was truly gratifying to be a part of such a selfless effort by so many who gave up a big part of their Christmas Day. Not only did we feed over 350 people in-house, but we also delivered meals to the police station, fire halls, Emergency

Communications Centre, Meals on Wheels customers and others unable to attend LSCO. This is a shining example of how LSCO has become an integral and active part of our community.

Just prior to Christmas the LSCO Board and Coordinator staff took part in a day-long planning session to set some big picture organizational goals for the next 2-3 years. Once we are able to distill these higher level concepts into achievable, smaller-step tasks, we will create a planning document to share with our members.

Please check the program section of the LSCO Times for our exciting fitness, wellness and educational programs to be offered in the New Year. And lastly, I am pleased to announce that, in January, we will be installing a new Point of Sale (cash register) system at the front desk and in the dining room. This system will enable us to integrate our cash systems and will allow for the usage of LSCO gift cards in the dining room and at the front desk. We are fortunate that a generous donor has come forward to pay for this system...for which we are very grateful. ★



Beginner Oils In Landscape

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

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

TRIVIA ~ Did you know?
“Jay” used to be slang for “foolish person.” So when a pedestrian ignored street signs, he was referred to as a “jaywalker.”

10X PASS

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

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

A Lawyer who makes House Calls?

Yes! for Seniors
Let's use the kitchen table!

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

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

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In recognition for the ongoing support of LSCO

In recognition for the ongoing support of LSCO Meals on Wheels



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by. Lethbridge Herald

The Officers of LSCO

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

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

LSCO 403-320-2222

Staff Members:
Executive Director – Rob Miyashiro
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mvaneden@lethseniors.com ext. 25
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Volunteer Coordinator – Teresa Ternes
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Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com ext. 33
Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
MoW Client & Volunteer Support Worker
Kalila Sheldan-Pitt
mow@lethseniors.com. ext. 34
Accounting Technician – Christine Toker
finance@lethseniors.com ext. 23
Administrative Support – Kari Martin
kmartin@lethseniors.com. ext. 21
Food Services Coordinator – Jennifer Harrison
jscott-harrison@lethseniors.com ext. 27
Assistant Food Services
Coordinator – Farron Matthews ext. 27
Cook I – Jody Gordon ext. 27
Prep/Line Cook – Blair Romaniuk. ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor/
OPGT Support Services – Sharon Appelt
sappelt@lethseniors.com ext. 32
Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

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

LSCO Vision Statement

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

Teamwork Training Ltd. presents

23 Days of Christmas

LSCO Meals on Wheels had a successful 23 days of Christmas Campaign. We would like to take this opportunity to thank all of our Partners, Sous Chefs and Head Chefs of 2015.

Partners
Cuppers Coffee and Tea
Crazy Cakes
Urban Grocer
94.1 CJOC
Lethbridge Herald

Sous Chefs and Head Chefs
Service Master
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Zero Gravity and Rigging Inc.
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Headwater Equipment
Carstar Collisions and Glass Services
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Faculty of Management, Deans Office
Melcor Deveelopments
New Way Group
Lethbridge Hearing Centre
Karen Reid and Jim Hill, Charlton and Hill
Gord Laurie Foundation
CJOC 94.1
The Lethbridge Herald
Dilene Sorochan
Windsor Plywood

We would also like to give a special thanks to Select People Solutions, Teamworks Training Institute, and Teamworks Career Centre, who started the 23 days of Christmas for Meals on Wheels seven years ago.

None of this would be possible without their thoughtful efforts.

Welcome New Members!

David Perry
Irma Kalau
Wendy Majestic
Arlo Neufeld
Judy Neufeld
Glen Bossio
Hans Lisowicz
Shirley Yasinski
Jim Yasinski
Linda Miller

Terry Young
Al Hird
Richard Walters
Shirley Walters
Keith Ferguson
Eileen Ferguson
Ilsa Wong
Betty Malo
Art Guenther
Christine Guenther

“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!

DROP IN FEES

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

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

LSCO Times

Publishing Schedule

Issue

Deadline

February 2016 January 15

March 2016 February 19

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



From the Kitchen
Jennifer Harrison
jscott-harrison@lethseniors.com

Our 2015 Christmas Dinner was once again a wonderful success!! Many many thanks to all of the volunteers who donated their time on Christmas Day who helped to see that almost 500 people had a tasty turkey dinner that day.

Thank you also to the many people who donated turkeys, potatoes, vegetables and to our Angel Sponsors that donated funds to help cover the costs involved in such a venture. Your help means so much to so many who would otherwise be spending Christmas alone and without a Christmas Meal, and without the physical and financial help, we would not have the opportunity to provide this service.

Onward to 2016...please remember to renew your LSCO membership for the new year. Very soon we will be seeing a new till system in the dining room that will be linked to the system at the administration desk, which will once again allow members to create an account for meals, but you must have a current membership to do this. We'll have more detailed information for you as our system gets up and running.

Our Sunday Brunch will resume on February 7th from 10:00 am-1:00 pm in the dining room. Everyone is welcome...you do not have to be a member to attend. Hope to see you there!

Wishing you a Happy and Healthy New Year from Georgette, Blair, Farron, Jody and myself...All the Best for 2016!! ★

CROSSING THE LINE

Beginners Drawing

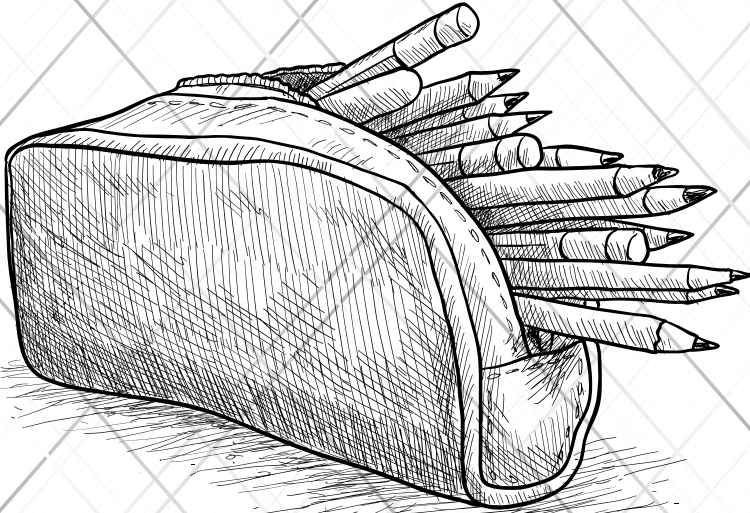
Not just another beginner’s drawing class but a class shaped towards using a more linear approaches to drawing. Yes, we will cover value, perspective, shapes, space, textures, mass and form but we will achieve this through understanding the most basic element of the line. This is a 10 week class full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

When: Saturdays, January 30 – April 16
(no class Feb. 13 or Mar. 26)

Time: 10:00 am – 12:00 pm

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

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



TRIVIA ~ How come someone who is feeling great is “on cloud nine?” Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

MENU FOR JANUARY 2016

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

Monday, January 4		Tuesday, January 5		Wednesday, January 6		Thursday, January 7		Friday, January 8	
Entree:	Pork Cutlet	Entree:	Beef Tortellini	Entree:	Pineapple Chicken	Entree:	Beef Stroganoff	Entree:	White Fish
Potato:	Mashed	Potato:	Salad	Potato:	Rice	Potato:	Egg Noodle	Potato:	Roasted
Veg:	Peas	Veg:	Corn	Veg:	Green Beans	Veg:	Cauliflower	Veg:	Carrots
Soup:	Cream of Mushroom	Soup:	Chicken Noodle	Soup:	Beef Barley	Soup:	Tomato Vegetable	Soup:	Cream of Mushroom
Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant	Sandwich:	Seafood Croissant
Salad:	Chicken Caesar	Salad:	Chicken Caesar	Salad:	Chicken Caesar	Salad:	Chicken Caesar	Salad:	Chicken Caesar
Monday, January 11		Tuesday, January 12		Wednesday, January 13		Thursday, January 14		Friday, January 15	
Entree:	Chicken Stew	Entree:	BBQ Beef on a Bun	Entree:	Turkey Cutlet	Entree:	Spaghetti	Entree:	Roast Beef
Potato:	Brown Rice	Potato:	French Fries	Potato:	Steamed	Potato:	Salad	Potato:	Mashed
Veg:	Mixed	Veg:	Coleslaw	Veg:	PEI Mix	Veg:	Peas	Veg:	Corn
Soup:	Beef Vegetable	Soup:	Cream of Carrot	Soup:	Lentil	Soup:	Minestrone	Soup:	Corn Chowder
Sandwich:	Tuna Melt	Sandwich:	Tuna Melt	Sandwich:	Tuna Melt	Sandwich:	Tuna Melt	Sandwich:	Tuna Melt
Salad:	Broccoli Grape	Salad:	Broccoli Grape	Salad:	Broccoli Grape	Salad:	Broccoli Grape	Salad:	Broccoli Grape
Monday, January 18		Tuesday, January 19		Wednesday, January 20		Thursday, January 21		Friday, January 22	
Entree:	Glazed Ham	Entree:	Beef Stew	Entree:	Chili Con Carne	Entree:	Roasted Chicken	Entree:	Pork Cutlet
Potato:	Scalloped	Potato:	Mashed	Potato:	Roasted	Potato:	Buttered Rice	Potato:	Steamed
Veg:	Baked Beans	Veg:	Carrots	Veg:	Squash	Veg:	Broccoli	Veg:	Peas
Soup:	Split Pea	Soup:	Cream of Mushroom	Soup:	Tomato Macaroni	Soup:	Turkey Noodle	Soup:	Cream of Vegetable
Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese
Salad:	Garden Salad	Salad:	Garden Salad	Salad:	Garden Salad	Salad:	Garden Salad	Salad:	Garden Salad
Monday, January 25		Tuesday, January 26		Wednesday, January 27		Thursday, January 28		Friday, January 29	
Entree:	Crab Stuff Pollock	Entree:	Cabbage Rolls	Entree:	Roast Pork	Entree:	Turkey Stew	Entree:	Chicken Risotto
Potato:	Buttered Rice	Potato:	Perogies	Potato:	Mashed	Potato:	Mashed	Potato:	Rice
Veg:	Carrots	Veg:	Green Beans	Veg:	Corn	Veg:	Mixed	Veg:	Peas
Soup:	French Onion	Soup:	Borscht	Soup:	Chicken Vegetable	Soup:	Beef Noodle	Soup:	Cream of Broccoli
Sandwich:	Toasted BLT	Sandwich:	Toasted BLT	Sandwich:	Toasted BLT	Sandwich:	Toasted BLT	Sandwich:	Toasted BLT
Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin	Salad:	Cranberry Mandarin

Where has the time gone? I wonder if I'm the only one that feels the days, weeks and years are going too fast? It seems like just a blink ago I was a small boy and now – well older anyway.

2015 has been a year that also went too fast. The summer for me was very hot but we did accomplish a lot of projects. It has been a year of success but also some failures too. Saying that, I wouldn't want to trade it or really change anything. I'm another year older and have fond memories of the past year with great learning opportunities. I try to focus on the good things in life and not to bemoan the failures and sadness. I would hope this would be your attitude also. Don't forget to look at all the successes and good things in your life and above all, never compare yourself to others! That is a recipe for a struggling life.

There are some that have a New Years Resolutions. I was one of them but found myself failing most or all of them and just beating myself up because of it. My thinking now is "so what if I didn't lose the five pounds or exercise the



Acting President's Message

Clifford (Charlie) Brown

way I wanted to or got to meet the new neighbour". I have another day to do it and try again to succeed. I was never really good at admitting defeat. You have another day to have a try at it too. It doesn't have to be a chore and so rigid in your life that it grinds you down. Make it fun. Life should be enjoyable and not self made stress. There is enough of that in this world without us giving ourselves more.

Focus on what is important in your own personal life and each one can chose for themselves what that constitutes. Every day we get a new chance to try again and try again

we will! We are actually our own worst critic. Usually too much on the negative side, but not this year. This year lets be kinder to ourselves for life is too short for self criticism and unnecessary stress.

We all have lost loved ones and close friends over this past year. We miss them but must move ahead the best we can. It will still happen but this year lets try to arrange our time to include those special people in our lives.

Lets all try to reach out to others who need a kind hand and soft words, making their lives a little more enjoyable. LSCO should be one of those places where that happens.

Our thought for each and every one is a more fulfilling year regardless of your situation. More happiness and meaningful days and above all be kind to yourselves and to those that cross your path.

Happy New Year.

Closing thought – *Make yourself an honest man, and then you can be sure there is one less rascal in the world.* ~ Carlyle ★

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

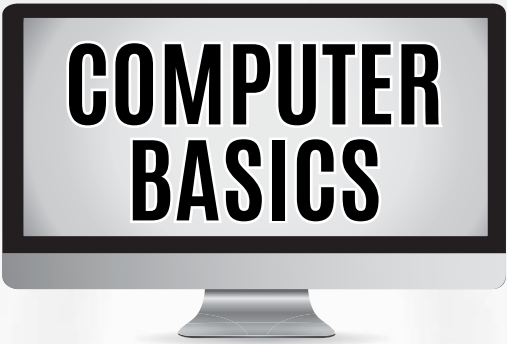


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COMPUTER BASICS

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

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




BARBERS' SHOP

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



TRIVIA ~ Did you Know? Proportional to their size, cats have the largest eyes of all mammals.

CLASSIFIED ADS

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

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

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

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.

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

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

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

Anyone interested in forming a group for discussion only relating to **stock market investing** please call Marge at 403-317-1772 or e-mail: mseskus@telus.net

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

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

WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

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



Every Wednesday HALF PRICE REGULAR CARDS

Friday Nights FREE \$500 GAME

Sunday Afternoons FREE \$200 GAME

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

Volunteer Corner



Volunteer News

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

YEAR END VOLUNTEER REVIEW

In 2015 we had 264 volunteers at the LSCO – 15 more than 2014. UP 15?! You may be thinking “well that’s nuthin’” but it really is more than it sounds, especially if you make up for the 20 people that have retired from a volunteer job. I would like to say thank you to those who after 8 – 10 – 20 years of volunteer service to the LSCO have decided to forego their weekly position, and with a twinkle in their eyes have all said “if you get stuck.....call me”. Regardless how you explain it, our 264 volunteers logged 7,546 hours more than 2014 bringing our total (at time of writing) to.....29,671 volunteer hours. Our LSCO volunteers are dedicated and it causes me pause almost every day because there are thousands and thousands of people who benefit by the role that 264 people play every year. You are all amazing and I thank you.

CHRISTMAS DINNER

My hat goes off to another group of people who gave of their own time on Christmas day to serve meals to those who came out to our annual community turkey dinner. Just over 90

people split into 2 shifts and a dozen different positions pulled this off in 4 hours. Strangers coming together for the greater good are a wonderful thing. Thank you volunteers!

CLEVER CRAFTER’S BOUTIQUE

Thank you for your support of the Clever Crafter’s Boutique throughout the year and especially to those who did part of your Christmas shopping here. Our consignees continue to create handcrafted items that are sought after by the community. We appreciate your support.

Consignees, I would like to remind you that your Christmas items are available for removal from the Boutique. Our 2016 contracts are now available so please renew before the end of January.

STARLIGHT LOUNGE

Last but certainly not least, I would like to thank Fran Rude, Ken Rogers and Nancy Graham, orchestra members, performers and crew from the Starlight Lounge for their support of the LSCO, our programs and services. It was the first concert of this style presented by the LSCO and the commitment of almost 1,000 volunteer hours raised \$15,000.00 for the LSCO. Thank you soooo much.

While I look around here at the LSCO and beyond into our community, the number of volunteers that literally make the world go round is staggering. To LSCO volunteers and volunteers everywhere, thank you for making the world a better place to be.

Wishing you all a very Happy New Year! ★

APPLE COMPUTERS



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

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

TRIVIA ~ Did you know? It’s good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don’t eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.

Drawing & Painting LANDSCAPES

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

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

ABC’s of Watercolour

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

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


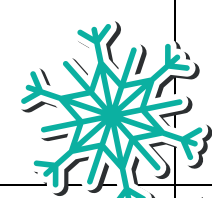
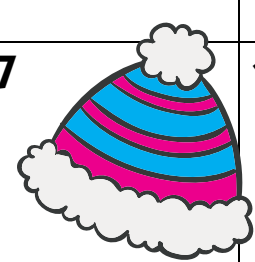

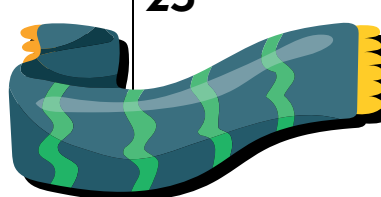


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January 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2016 Happy New Year					1 Happy New Year LSCO Closed	2 
3 	4	5 Rudy & the Classic Legends 1:00 pm Chair Exercises 2:45 pm	6 Fun with Wii 1:00 pm	7 Music with Sandy 1:00 p.m.	8 Music Program Rudy & the Classic Legends 12:30 ~ 2:00 pm	9
10	11	12 Music with Hank 1:00 pm Chair Exercises 2:45 pm	13 Bowling Holiday Bowl 1:00 pm	14 Justine & Frank 1:00 pm	15 Music Program Los Amigos 12:30 ~ 2:00 pm	16
17 	18	19 Music with Stan Ashbee 1:00 pm Chair Exercises 2:45 pm	20 Fun with Wii 1:00 pm	21 Music with Barry 1:00 pm	22 Music Program Colin & Ray 12:30 ~ 2:00 pm	23 
24 	25	26 Adult Day Program 1:00 pm	27 Bowling Holiday Bowl 1:00 pm	28 Adult Day Program 1:00 pm	29 Music Program Barry 12:30 ~ 2:00 pm	30
Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$5 per visit.						

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by Mark Compeltti

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Beverley Cross
& Francis Evans

directed by
Linda Johnson

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Shelly Hammerstedt,
Josh Kidd,
Emilie Prusky,
Monique Prusky
& Cassandre Watson

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February 13, 2016
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8:00 – 10:00 a.m.
Monday – Friday

\$5.75



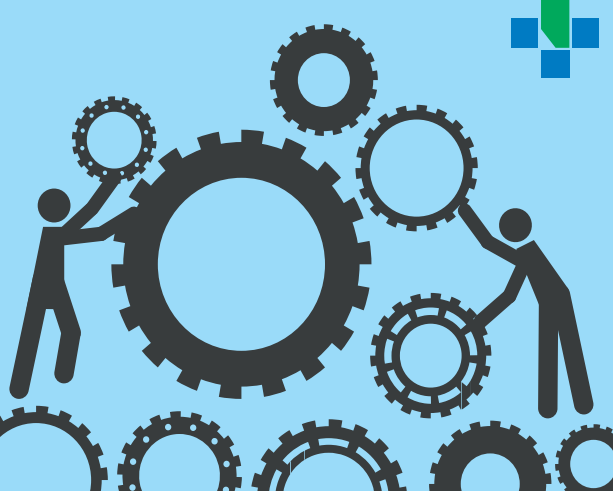
~ Cash Only ~
Non-Members
add 15%



Men's Group

In partnership with Alberta Health Services, there will be a men's group at LSCO from January to March to meet the needs of males, 50 to 68 years old, who would like to build social relationships and improve their life satisfaction.

The first session will be held on January 15th at 9:30 am in Room F at LSCO. Each week a recreation therapist will present a new topic and members can casually discuss their own experiences. Topics will include healthy aging, helpful tips on building memory, exercise, current events, humour therapy, social wellness, and importance of recreation. Each member will be welcome to contribute ideas on discussion topics. This group is focused on building positive experiences within a healthy social network.

Interested men are asked to contact, Carolyn Tivadar, Recreation Therapist for Alberta Health Services at 403.388.6348 prior to the start of the group to register.





2016

YOUR YEAR OF NO EXCUSES
Opportunities Galore at LSCO

Registration has begun for 2016 programs and classes. For a complete listing visit www.lethseniors.com or pick up the Program Flyer at LSCO. Please note: Classes fill up quickly. Ask to be put on a waiting list in the event we are able to offer additional classes.

REGISTRATION INFORMATION

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

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit www.lethseniors.com or call 403-320-2222.

SENIOR 12 Month Memberships – Individuals 55 years +

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

ADULT 12 Month Membership – Individuals 35 – 54 years

- Renewal/New Member \$90

FITNESS CENTRE

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



NEW – 10X CLASS/FITNESS PASS

This Pass is the perfect solution for individuals who enjoy participating in a variety of classes or working out in the Fitness Centre. Pass holders have access to dropping into the following classes: Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold, Zumba. Review the class

information including the description to determine whether it is right for you. Please ask for additional information.

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

NON-MEMBER PARTICIPATION

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

PARKING PASSES

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

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

Legend
LSCO M – LSCO Member; NM – Non Member

Special Interest

Special Interest

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

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

When:

Tuesday, February 2 & 9

Time:

1:00 – 4:00 pm

Fee:

\$40 LSCO M; \$60 NM

Register by:

Tuesday, January 6 (after this date add \$5)

Instructor:

Dan Walton (retired police officer, certified instructor)

**The Somatic Movement
Experience Workshop**

This is an educational, informative workshop that introduces you to the idea of Somatics. Somatic is a complement to any activity you participate in and helps improve your daily functional movements. Participants recovering or living with stroke, Parkinson's and MS have found great results.

As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (SOMA'S) we can then help ourselves relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the bodies movement gateways as we walk and breath but how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain.

We as individuals view ourselves from the inside looking out otherwise the distinction between mind and body disappears "We are our own best healers".

When:

Thursday, January 14

Time:

1:00 – 2:00 pm

Fee:

\$10 LSCO M; \$15 NM

Register by:

Tuesday, January 12 (after this date add \$5)

Instructor:

Melanie Hillaby

January LSCO Weekly Activity Schedule				
For more information regarding programs contact the Administration Desk at 403-320-2222. Schedule may change without notice.				
Note: Some programs are for members only while others are open to the community. • Drop In Fee options available.				
Monday	Tuesday	Wednesday	Thursday	Friday
Active Aging 8:00 am		Active Aging 8:00 am		
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Program Committee Meeting Tuesday, Jan. 19, 10:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am Digital Photography 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Chair Yoga 9:30 am Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 – 10:50 am Lapidary 10:00 am Yoga 10:00 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Yoga 10:00 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am
Line Dancing 10:30 am	Chi Gong 10:15 – 11:30 am		Badminton 10:00 – 11:50 am Chi Gong 10:15 – 11:30 am Line Dancing 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm	
Tai Chi 12:45 pm		Tai Chi 12:45 pm	Wood Carving 12:30 pm	
Pickleball 1:00 – 4:50 pm Computer Club 1:00 pm	Quilting 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 – 3:30 pm Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 pm	Needlework 1:00 pm Crib 1:00 pm Line Dancing Beginner 1:15 pm	Pickleball 1:00 – 4:50 pm
	Pickleball 1:30 – 4:50 pm		Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm	Chair Nia 2:30	Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
	Zumba 5:30 pm		Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am -4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm
Saturday Fitness Centre 9:00 am – 12:00 noon • For information about LSCO programs go to www.lethseniors.com				



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Thank You to Everyone who donated to the LSCO Christmas Bake Sale

Your Special Treats were greatly appreciated!

Self Help Groups

Touched by Cancer Support Group

An opportunity for any age individual and their loved ones to come together to talk, share experiences about their cancer journey. This month’s meeting will have a guest speaker. Cris Robinson a Nutritional Consultant who focuses on a holistic view of health. Cris will be talking about **Nutrition & Healthy Eating** – knowing what to eat can be confusing. Learn about nutritious and tasty food choices that contribute to general health and wellness. The group’s next meeting is **Wednesday, January 13** at 2:00 pm. Please call 403-320-2222 ext 25.

Embracing Life’s Changes Coffee and Conversation Group

This is an ongoing drop-in support group that meets every Wednesday at 1:15 pm in Room B. Participants will share concerns, worries when they feel comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required. **The group will begin again on January 13th.**

Alzheimer’s Caregiver Support Group

The Alzheimer’s Caregiver Support Group is now meeting at LSCO. The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the 3rd Tuesday of the month. The group will meet on **January 19th** at 7:00 pm. 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 pm 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 13th**. For more information please call Louise at 403-394-6495 or email at llandry@shaw.ca.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and

their family member are invited to attend the meetings. **The next meeting is January 9th** at 2:00 pm in Room C & D.

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

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

Celiac Support Group

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

Parkinson’s Alberta Society Support Group

Meet regularly the 3rd Thursday of every month at 2:00 pm. **The next meeting will take place on Thursday, January 21st** in Room A.

Alcoholics Anonymous

Saturday Morning Eye Opener Group

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

Sunset Alcoholics Anonymous


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

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Are you in need of basic information in order to operate your smart phone or tablet more efficiently? If so register for this 4 day course.

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



Understanding Canada’s Refugee System – Part 2

Last month, our article introduced readers to the tip of the iceberg that is Canada’s Refugee System. This month’s article will build on that foundation by discussing how Canada determines eligibility for refugee protection.

The *Immigration and Refugee Protection Act* functions as a backbone for Canada’s refugee system and sets out the definitions for Convention Refugees or Persons in Need of Protection. However whether a person is eligible to receive Canada’s assistance is a decision heavily nuanced by government drafted policies that operate in conjunction with the Act.

Convention Refugees

As defined in the United Nations Convention Relating to the Status of Refugees, a Convention Refugee must possess a well-founded fear of persecution for reasons of their race, religion, nationality, membership in a particular group or political opinion. What may surprise readers is that something more targeted than generalized risks or hardship experienced by the whole country is needed in order to be eligible. Specific persecution must be demonstrated and it must be also be shown that the claimant’s home country is completely unable to protect or provide for its citizens. A claimant who is simply unwilling to accept the assistance of the home country is not eligible for protection. As a result, persons seeking set-

Legal Tips and Information

Christina Lam

tlement in Canada for economic reasons, as a result of natural disasters or merely in search of better living conditions are typically not eligible.

Persons in Need of Protection

The criteria for Persons in Need of Protection are similarly detailed. Claimants must be able to demonstrate that returning to their home country poses a specific risk to their lives, or subjects them to a risk of cruel and unusual punishment or the danger of torture. These risks and dangers must be objectively identifiable, must be faced in every part of the home country and there must be no protection from them offered by the home government. A claimant will also not be eligible if the claimant is seeking protection because they violated a law or social rule in their home country, so long as those laws and rules are consistent with international standards.

Other Factors

Aside from the criteria for the specific classes of refugees, there are numerous other factors

which influence claimants’ eligibility, including whether that claimant:

- has been recognized as a Convention refugee by another nation or already has protected person status in Canada;
- has committed serious, non-political crimes against peace, against humanity, war crimes, or crimes contrary to the principles of the United Nations; or
- previously applied for refugee status and abandoned or withdrew that claim.

The Act further states that a claim will be rejected if the claimant voluntarily returns to their home country, reacquires their nationality and becomes re-established, or if the reasons for which the claimant sought protection cease to exist.

Once a claimant’s eligibility has been established pursuant to the *Immigration and Refugee Protection Act* and its underlying policies and guidelines, a claimant must then undergo rigorous screening conducted by Citizenship and Immigration Canada or the Immigration Review Board. Next month, our focus on Canada’s Refugee System will shift to the screening and review process. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

FROM THE GALT

Southern Alberta Winters

It is said this year we will have an El Nino, a warm winter, so perhaps much of what I write won't apply. But it is always best to be prepared because you never know what can happen in a southern Alberta winter.

The winter of 1886/1887 was renowned for the amount of snow that fell and the lack of Chinooks. The snow definitely made train travel difficult. The *Lethbridge News* shared the story of the train that took a month and a half to get from Lethbridge to Medicine Hat. The train left Lethbridge on February 1, 1887, and finally arrived in Dunmore (Medicine Hat) in the middle of March. "The snow in some places was twenty feet deep, leaving only the smoke-stack of the blockaded locomotives visible. However, with typical Chinook country abruptness, the snow was soon transformed into lakes filling the formerly dry depressions that covered the flat country."

Snow in February and March is expected. However, when a blizzard hits in the middle of May, as it did in 1903, everyone can be caught unawares.

This storm started as rain turned to snow, and didn't seem to want to let up. Soon the snow was three feet on the level and much higher in the foothills and mountains. "For four days and five nights the storm kept up the same ferocious pace. The heavy snow, the driving forceful winds and its long duration has recorded this storm as the worst blizzard

in the history of Southern Alberta." (Donna Steed, "The Blizzard of 1903" in *Chief Mountain Country: A History of Cardston and District Volume II*)

This storm caused great tragedy. The blizzard resulted in the death of untold cattle, horses and sheep and, horrifically, led to the death of two young boys. The two boys, Joseph and Georgie Garrick, were caught out in the snow-storm trying to bring a flock of sheep home to shelter. Their father searched for three days for his sons but found neither of them alive. The event took place about 30 miles east of Lethbridge in the Chin Coulee area. The two boys, Joseph and Georgie, are buried in St. Patrick's Cemetery.

The epic December 1927 storm also caused the death of a young boy, as well as four men. On the afternoon of December 5, the blizzard hit. Lost in the storm were William Cameron (Vulcan area), John Richardson (Skiff sheep farmer), John Johnston (Champion area farmer) and James Partridge (World War I veteran) hunting coyotes near Ronalane on the Bow River. The child who died was John Huculak, a 7-year old from Coalhurst. Johnny had been headed to school in Coalhurst that morning but had been lost in the storm. His body was found a week later.

Telitha Carlson, a 15-year old from Glenwood, was one of the people who survived the storm, but just barely. She wandered for eight hours

but was found and rescued. Her face and feet were badly frozen in the incident.

Another big storm of note was December 1964. The storm of December 15 was called a Great Blizzard and lashed the southern Prairies. Heavy snow, accompanied by 90 km/h winds and -34 degree Celsius temperatures paralyzed the southern prairies. Across the prairies, three people froze to death and thousands of animals perished.

Many people remember the legendary storms of April 1967. These were actually a series of storms from April 17-20 and then from 27-29. A series of intense winter storms dropped a record 5 feet 9 inches of snow on southern Alberta. Like the 1903 storm, one problem was how late in the season the storm happened and that many animals had already been turned out to pasture. The cattle were unable to forage in the deep snow. Approximately 30,000 calves died as a result of the storms. Helicopters were used to drop food for animals. Army units were dispatched to assist in snow clearing while food, fuel and feed were airlifted into the province. Snowmobiles were required to deliver the mail.

Just a few of the major blizzards of days gone by. Bundle up warm and, remember, it could always be worse. ★

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



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



FEB 06–MAY 23.16

The Curator Presents ▶ **Stories of Loss and Bravery** with Wendy Aitkens and guests—followed by official exhibit opening.

Sun FEB 07 2:00 pm

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

*** Thursdays at the Galt** ▶ Archives, Discovery Hall & Museum Store open to 9 pm Program starts at 7 pm cash bar open 5-8 pm

06 Name that Tune & Music Trivia	20 Policing in a Diverse Community with Diversity Liaison officer Les Vonkeman
14 Archives Program: Werewolves of Lethbridge with Archivist Andrew Chernevych	21 Galt Workshop: Paper Quilling
17 Café Galt: Three Eras in Canada's history of International Migration [Sun 2–3 pm] with Dr. Abdie Kazemipur	31 Café Galt: Plants that Changed History [Sun 2–3 pm] with Lyndon Penner

*** Saturdays at 1:00** ▶ weekly family program 1-2pm | details online



02 Sock Snowman	16 Ration Recipes
09 Lethbridge -opoly	23 Grain Elevators
	30 Optical Illusions

Valentine's High Tea
Sat FEB 13 | 2:30–4 pm

EVENT LOCATION: The View at Lethbridge Transportation available. TICKETS: \$25/ person at the Galt Museum Store. Fundraiser presented by The Friends of the Galt.

★= Admission applies | Senior rate (60+): \$5/day | free for Annual Pass holders (\$20/yr)

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CLOSED DEC 25-26, JAN 01, Easter Sunday

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



Embracing Life's Changes Coffee & Conversation Support Group

This is an on-going drop-in group.
Participants are welcome to drop-in whenever they are available.
Every Wednesday Afternoon ~ 1:15 p.m.
There is no charge to participate in the group.
Everyone is welcome & membership at LSCO is not required.



CITY OF
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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.

The New Year is upon us and I would like to thank all the volunteers who helped out this past year in the Support Service area. I truly appreciate your time and effort that you give to the various support service programs. Whether is it helping with the foot clinics, sharing your musical talents, helping in the Adult Day Program, Meals on Wheels or some of the special events. I thank you. My wish is that all of you and the members of LSCO may have a year filled with Good Health and Happiness.

**Presentations in January
(Alzheimer's Awareness Month)**

Dr. Roland Ikuta, Senior Medical Director, Seniors Health AHS will be speaking on **Thursday, January 7th** at 10:30 am in Room A. Dr. Ikuta will be giving an "Update on the latest Dementia research."

Ryan Waldorf, RN, MSc (Nursing) will be speaking on "Uncovering the experiences of rural male caregivers with a spouse diagnosed with dementia." on **Tuesday, January 26th** at 7:30 pm in Room A.

These presentations are open to the public.

COMMUNITY PARTNERSHIPS

Information on Law

Ms. Christina Lam with the law firm of Alger, Zadeiks Shapiro will be here on **Wednesday, January 13th**. The law firm of Alger, Zadeiks Shapiro offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am - 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These



**LSCO
Support
Services**

Marlene Van Eden
Support Services Coordinator

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

appointments are for information only. Christina's next visit is Wednesday, January 13, 2016

**Downtown City Speakers
Toastmasters Club**

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

WELLNESS

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on, Friday January 8th & 22nd from 9:00 am – 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to the LSCO.

Free Neck and Shoulder Massages!
The Lethbridge College Massage Therapy students will be here at LSCO on **Thursday, January 14th** from 10:00 am – 12:00 pm in the Dining Room (Stage area). The students will provide free neck and shoulder massages on a first come first served basis.

Reflexology Appointments
Brenda & Linda Reflexologist will be here on **Friday, January 22nd**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to LSCO.

Hearing Screening
Candice Elliott-Boldt from Lethbridge Hearing Centre will be here the 2nd Thursday of every month from 10:00 am – 12:00 pm. Book your free initial test at the administration desk or by phoning 403-320-2222. The next clinic date is **Thursday, January 14th**.

Grateful Feet: Nursing Foot Care
The care provider for this service is Heather Gunn, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Grateful Feet offers one-hour appointments. Book your appointment for **Tuesday, January 5th & 19th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to LSCO. For more information call 403-320-2222 ext. 25. To book and appointment for a home visit, call 403-894-2622.

LFS Immigrant Services & Syrian Refugees

We are expecting our first Government Sponsored and Privately Sponsored Syrian Refugees to start arriving in Lethbridge at any time. The refugees have been registered with United Nations High Commissioner for Refugees (UNHCR) and will be coming mostly from refugee camps in Jordan and Lebanon. They will have been through a rigorous multilayered health and security screening process.

Vulnerable refugees at low security risk have been prioritized including women at risk, complete families and LGBTQ men. Once security and health screening is complete and candidates are deemed fit to fly, transportation via privately chartered aircraft with military aircraft assistance if needed will commence. Flights will arrive in Toronto and Montreal, where Boarder Services Officers will screen Syrians once again. From there they will continue on to their new home communities.

Efforts will be made to coordinate and welcome refugees in to their new communities. Upon arrival supports will be provided that include orientation to life in Canada, access to health care services, permanent housing, language services, counselling, and other Federal and Provincial and Municipal support services.

The Government has just released information that the number of Syrians to come to Canada will increase from 25, 000 to 50, 000 by the end of 2016. As of right now, the maximum Alberta will see is 3000 Syrians by the end of 2016. Lethbridge can project to see about 120 Syrians by the end of February not including privately sponsored Syrians.


Currently there is no specific to Lethbridge profile available however the general understanding is that we can expect to welcome a younger population, that is very much working class and comprised of skilled professionals. About half of the population of Syrian refugees are children and about 34% are under 14. About 48% will be in the age range of 25-64.

Religious affiliations will not only include Muslims, but Christians and possibly Druze as well. Most Syrian Christians belong to Orthodox Churches or to Catholic Churches. A steering committee has been formed that encompasses many of the policy makers from various sectors across Lethbridge in an effort to collaborate services and form best practices as we prepare to welcome Syrians to our community.

*Ashley McKenzie, MSW, RSW
Research Associate, LFS Immigrant Services*

TRIVIA ~ Did you know? The top three places to celebrate New Year's Eve are Las Vegas, Disney World and of course, New York City. Internationally, one of the biggest celebrations is in Sydney, Australia. More than 80,000 fireworks are set off from Sydney Harbour Bridge.

Troyanda Ukrainian Dance Club



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An evening of Ukrainian dance, music and food


Saturday, January 23, 2016

LSCO, 500 – 11 Street South

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

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The LEARN Year in Review

Welcome 2016! With the new year upon us, I wanted to dedicate this month's article to sharing the accomplishments of the LEARN program, and updating you with news of our future plans.

March 2016 will mark the end of the fourth year of the formal LEARN program, although elder abuse investigations and interventions have been happening in the city of Lethbridge for several years on a smaller scale. It also marks the end of the first year of our new three-year funding, which has allowed us to push forward with plans to expand and enhance our network, and ensure that a coordinated response continues to be available to the seniors in our city and the county.

We have accomplished a great deal in the four years we have been in existence. Some of our notable achievements include:

- An increased presence in our community and the surrounding area through presentations to a variety of organizations and groups that support and serve seniors;
- An increased presence at local events such as the Live Well Showcase;
- A public awareness campaign in conjunction with World Elder Abuse Awareness Day (WEADD) June 15; and
- Representation on the Alberta Elder Abuse Awareness Network (AEAAN).

Due to the success of our annual Seniors Safety Calendar, we also have a presence in approximately 4000 homes and businesses! The 2016 Calendar was launched at the beginning of December, and has proven to be one



LEARN More

Tanya Purdy-Fischer
LEARN Case Manager

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

of our best yet, with an old fashioned theme each month featuring the scenic surroundings of Fort Whoop Up. Be sure to get your copy now, as they are going quickly! You can pick yours up at LSCO and a variety of other locations throughout the city.

LEARN also continues to grow its membership, with collaborations with more than 20 local businesses and organizations in Lethbridge. Members are ranked according to the type of support service they are able to provide to seniors, and meet 4-5 times a year to strategize, share successes and discuss challenges. We are excited this year to have added representation from a lawyer's office as well as a major financial institution. Our LEARN model has also drawn attention across the province. More and more response networks are popping up thanks to available funding and a recognized need to support the senior population, and we are proud to say that many look to Lethbridge as a program on which to model their own networks.

Moving forward, we are excited to have our LEARN Coordinator, Dan Walton, in place.

Dan has been very busy updating the membership information and recruiting new members, expanding LEARN's presence, and revamping and delivering individualized training to our coalition partners and other professional organizations. If you are interested in a presentation or would like more information about the network, please contact Dan at 403-393-6482 or dwalton@lethseniors.com.

As Case Manager, I have the privilege of being able to respond to concerns about elder abuse, provide support to those affected and work to restore a sense of well-being for seniors and their support systems. Both Dan and I have been busy updating our knowledge of elder abuse issues, resources, new trends and challenges and new strategies, with further and more specialized training hopefully available to us in the coming year, which will only improve the services LEARN provides.

It is a sad reality that elder abuse continues to persist in our community, across the province, and indeed, throughout the world. We at LEARN are grateful for the continued commitment locally, provincially and federally to address this problem, as well as the increase in awareness, willingness to report and willingness to support to ensure our seniors lead a happy and healthy life for as long as possible.

Watch for new information about elder abuse and LEARN to be available on the LSCO website in the coming months. And remember, 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.* ★

Computer Corner by Sjoerd Schaafsma

Making the Most of What Santa Brought You

Whether this Christmas or a previous one, 'Santa' probably brought you or someone in your family a piece of computer hardware. Some of you would have been delighted, "Whoopee, this makes my life so much easier!"

Others might have said, "I thought this thing was supposed to be better, but it's so different from what I'm used to that I don't know where to start, or can't do what I used to." Wherever you fall in this spectrum of joy and disappointment, the LSCO and the Computer Club probably have something to offer you.

Computer classes offered by the LSCO can run from 2 to 6 days, prices range from \$12 for members to \$60 for a non member.

Classes being offered by the LSCO include: COMPUTER BASICS, APPLE COMPUTERS, ANDROID SMART PHONES & TABLETS, INTRODUCTION TO YOUR iPad, FACEBOOK & SOCIAL MEDIA, and iPhone.

Details of times and costs are available on line at <http://lethseniors.com/programs/computer-classes/> and the Program Insert included in the December LSCO Times.

Computer Club workshops are held Wednesday afternoons from 1 - 3 PM. These workshops are complementary to the LSCO classes, they are free for computer club members and \$5 for non members. So far we have the following topics confirmed with more in the works:

- 1) Music conversions, Internet and CD to PC and mobile devices, Photo books London Drugs, Preparing for Windows 10 installation over Windows 7, Backing up your hard Drive Windows 7, Backing up your hard Drive Windows 8 & 10, Preparing for a Windows 10 installation over Windows 8,
- 2) Lethbridge Public Library Online resources, Android sharing session, Health information Online,
- 3) Creating Slideshows for Any Occasion, Online Banking, and Windows 10.

Yes, club membership has its benefits. Computer Club members have access to the computer lab Mondays and Wednesdays from 1 - 4 pm.

For those in the "I already know much of this" category, come on out and share your knowledge. The club is always looking for more presenters.

This month's tip: When selecting an item from a drop down list, start typing the name of what you're looking for to get closer to the item you want, it's usually much faster than scrolling.

For details of workshops check out our website or the Computer Club Bulletin Board in the downstairs foyer.

Read the Computer Corner online at <http://members.shaw.ca/lscocc>. Direct comments to: saltidae@gmail.com

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Computer Club WORKSHOPS

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

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

January 27
Backing up your hard drive on Windows 7

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• How dementia affects communication


• Communication strategies to stay connected


www.agecare.ca/Chat

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Thursday, January 14** from 10:00 am until 12:00 pm in the Stage Area of the LSCO Dining Room.

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





Chi Gong

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

When:

Time:

Fee:

Instructor:

Register by:

Session 1: Tuesdays & Thursdays, January 5 – March 24

Session 2: Tuesdays & Thursdays, April 12 – May 26

10:15 – 11:30 am

Session 1: \$66 LSCO M; \$99 NM

Session 2: \$42 LSCO M; \$63 NM

Dave Scotland

Session 1: Monday, January 4

Session 2: April 11

(after these dates add \$5)

TRIVIA ~ Did you know? It’s good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don’t eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.

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2016... The Year of The Unexpected

A new year is a time for personal reflection and a time for planning. It's a time to look back on what we have accomplished and ahead to what we want to change. If I were to share my predictions for 2016, they could be said in one word, unexpected. I believe 2016 is going to bring many changes as we navigate the current economic situation and care for our families through this challenging time.

Even those of you who are not affected directly by the difficulties our province faces may find your adult children without work and in need of financial support or they may have to return home to live to reduce costs while they look for work. The numbers of individuals who have lost their jobs do not reflect the numbers who have families that are affected. In my experience as a Career Counselor and Personal Financial & Insolvency Counselor everyone in the family is affected by loss of work and it is one of the most difficult transitions a family faces. Many who face financial loss have a level of denial through the experience and there can be a high level of reluctance to ask for the help that they need and to ask for support soon enough.

For those of you who have adult children or grandchildren attending post secondary and



Life Design

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

nearing completion a recession puts them into a labor market where good opportunities with their new degrees in hand are hard to find. Economists suggest that new graduates are one of the most affected by an economic slowdown. It can bring a sense of hopelessness as they search and they are more likely to question their own personal ability rather than basing their job search difficulties on the realities of the changing job market. A slow economy also sees many adults returning to post secondary to re-train or explore other work options especially if they find themselves underemployed. Careful consideration should be given to the cost of adding education expense to a family already dealing with the costs of underemployment or unemployment.

If you have adult children and their families who really need your financial support you also will have to carefully personally assess what you are able to give. It is a time that your support is most needed but you cannot give what you cannot afford. I have worked with parents and grandparents who have given so much that they have put themselves into financial hardship or affected their retirement income.

2016 will be a time that we look more deeply at how we can support our families and our community. To deal with the financial realities there will be a need for a new level of accountability and a change in lifestyle for many families. To face this transition there will be a need for family support in other ways as well. It is a time for re-connection and offering of emotional support, a time for giving of what is actually needed and a time to offer your hand to those struggling through this difficult time.

2016 will be a time for family reflection and a time for dealing with the unexpected. It's a time to look ahead to what we need to accomplish and to face what we cannot change, together. ★

Connie-Marie Riedlhuber is a Life Coach and Family Specialist. Her company is called The Life Design Network.

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TRIVIA ~ Did you know? The number of vehicles stolen on the New Year's Day is much higher than that registered on any other national holiday.

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TRIVIA ~ Did you know? The Spanish ritual on New Year's eve is to eat twelve grapes at midnight. The tradition is meant to secure twelve happy months in the coming year.

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