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Join Us for

**DR. IKUTA
ALZHEIMER AWARENESS
PRESENTATION**

JANUARY 15

**LC MASSAGE
STUDENTS**

JANUARY 17

**SERVICE CANADA
OAS, CPP & GIS**

JANUARY 24

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Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

More Parking Info

In November, I wrote about some changes to the re-built parking lot. What I didn't do was provide some general information about the lot and parking in the lot:

The parking lot located at 500 - 11 ST. S. (directly north of, and adjacent to, LSCO) is owned and maintained by the City of Lethbridge. It is a public parking lot with a 2 hour time limit. It was not originally intended for use by LSCO, because LSCO did not exist when the lot was originally built. The lot is patrolled by the Commissionaires and they will ticket vehicles that park longer than 2 hours. As a result of a decision made years ago, the City allows LSCO members to park longer than 2 hours if members have an LSCO parking placard visible through their windshield – hanging off their rear-view mirror (vehicles with a

disability placard must ensure the LSCO pass is visible on the dash in order to park ticket-free for more than 2 hours). People volunteering over 2 hours can get a volunteer pass from the Admin desk upon arrival at LSCO.

Please note that the LSCO parking pass does not guarantee a spot will be available when you arrive. Our pass is valid in the lot adjacent to LSCO as well as the parking spaces on 11 St. S. (west side of road along the Civic Centre field) between LSCO and 6 Ave. S.

The LSCO parking pass costs \$10 per year for LSCO members only and is not available to the general public. \$10 dollars per year = 1 Lotto 6/49 with extra and 1 Lotto Max with extra = a little more than 2 lattes at Starbucks = less than a first run movie = a little more than a dozen donuts at Tim Horton's = 4 per day (@ 247 days open).

Last month I thanked many people and organizations, but I forgot to thank some people whom we have a very close relation with, and couldn't function without: the caretakers at Fritz Sick. These men (and woman) help us with set-ups and take downs, clean up after events, do regular cleaning, perform fix-ups for us, get stuff working...and we appreciate it very much. ★

Happy New Year

LSCO Knitters



The Knitting Club at the Lethbridge Senior's Centre meet weekly to produce wonderful hand knitted items. Every year many of these works of art are graciously donated to local charities. This year one of our knitters, Hilda Dau, created 56 pairs of beautiful knitted socks for the needy. Thank you so much Hilda for your generous donation which will be greatly appreciated.

*Wishing you 12 Months of success,
52 weeks of laughter, 365 days of fun,
8760 hours of joy, 525600 minutes of good luck
and 31536000 seconds of happiness.*

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.

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A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by. Lethbridge Herald

The Officers of LSCO

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

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

LSCO 403-320-2222

Staff Members:
Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24

Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23

Support Services Coordinator – Marlene Van Eden
mvaneden@lethseniors.com ext. 25

LEARN Case Manager – Tanya Purdy-Fischer
learn@lethseniors.com ext. 57

Volunteer Coordinator – Teresa Ternes
tternes@lethseniors.com ext. 31

Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30

Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com ext. 33

Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26

MoW Client & Volunteer Support Worker
Natasha Elder
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
Farron Matthews
catering@lethseniors.com ext. 27

Assistant Food Services Coordinator
Jody Gordon ext. 27

Cook I – Rodrigo Castrillon ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32

Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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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.”

THANK YOU

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Mary George	Dereck Dee
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Marty Peacock	Roy McMillan
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Winston Newman	Dawn Marcinek
Connie Hudka	Sheryl Scholer
Meloni Nelson	Carolyn Clark
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Greg Welch	Jolayne Jozsa
Jean - Noel Ouimet	Janet Key
Brian Walker	Elaine Tanaka
Joanne Blinco	

A Smile is the Universal
Welcome.

JANUARY SPECIAL
Adult Basketball

Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day!

When: Tuesdays & Thursdays beginning January 3
Time: 12:00 – 1:00 pm
January Fee: \$15/person

Join us at Fritz Sick Centre (LSCO) 500 - 11th St. South.
Call 403-320-2222 for more information
or to buy your months pass.

Don't Forget....

The LSCO website has a wealth of information. Go to www.lethseniors.com and make sure you visit it frequently. Also go to our Facebook Page at <https://www.facebook.com/Lethbridge-Senior-Citizens-Organization-149140883844/> for regular updates and information.

LSCO Hours of Operation
Monday – Friday, 8:00 am – 4:30 pm
Holidays vary – watch our calendar.

WE NOW ACCEPT VISA, MASTERCARD &
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LSCO Times Publishing Schedule

Issue	Deadline
February 2017	January 20
March 2017	February 17

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




MENU FOR JANUARY 2017

Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal
The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards
Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice



Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
LSCO CLOSED	Entree: Salmon w/Lemon Potato: Rice Sandwich: Grilled Cheddar Beef Salad: Garden Salad	Entree: Meat Sauce Potato: Spaghetti Sandwich: Grilled Cheddar Beef Salad: Garden Salad	Entree: Ham Potato: Scalloped Potatoes Sandwich: Grilled Cheddar Beef Salad: Garden Salad	Entree: Roast Chicken Potato: Mashed Sandwich: Grilled Cheddar Beef Salad: Garden Salad
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Entree: Veal Cutlet Potato: Mashed Sandwich: Veggie Wrap Salad: Chicken Caesar	Entree: Garlic Sausage Potato: Perogies Sandwich: Veggie Wrap Salad: Chicken Caesar	Entree: Beer Battered Cod Potato: Fries Sandwich: Veggie Wrap Salad: Chicken Caesar	Entree: BBQ Chicken Breast Potato: Roasted Sandwich: Veggie Wrap Salad: Chicken Caesar	Entree: Meatloaf Potato: Mashed Sandwich: Veggie Wrap Salad: Chicken Caesar
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
Entree: Pork Cutlet Potato: Steamed Sandwich: Reuben Salad: Cottage Cheese/ Fruit Plate	Entree: Ginger Chicken Potato: Fried Rice Sandwich: Reuben Salad: Cottage Cheese/ Fruit Plate	Entree: Beef Stew Potato: Steamed Sandwich: Reuben Salad: Cottage Cheese/ Fruit Plate	Entree: Baked Tilapia w/Lemon Potato: Baked Sandwich: Reuben Salad: Cottage Cheese/ Fruit Plate	Entree: Cabbage Rolls Potato: Mashed Sandwich: Reuben Salad: Cottage Cheese/ Fruit Plate
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
Entree: Liver & Onions Potato: Mashed Sandwich: Open Face Hot Turkey Salad: Chef Salad	Entree: Chicken Paprikash Potato: Dumplings Sandwich: Open Face Hot Turkey Salad: Chef Salad	Entree: Pork Loin w/Apple Sauce Potato: Buttered Noodles Sandwich: Open Face Hot Turkey Salad: Chef Salad	Entree: Roast Beef Potato: Mashed Sandwich: Open Face Hot Turkey Salad: Chef Salad	Entree: Breaded Sole Potato: Rice Sandwich: Open Face Hot Turkey Salad: Chef Salad
Monday, January 30	Tuesday, January 31	<div><i>Happy NEW YEAR</i> 2017</div>		
Entree: Lasagne Potato: Garlic Toast Sandwich: Tuna Melt Salad: Cranberry Mandarin	Entree: Turkey Pot Pie Potato: Steamed Sandwich: Tuna Melt Salad: Cranberry Mandarin			



Creative Arts Classes this Winter

- Coloured Pencil & Watercolour • Pastel Portraits
- Drawing Animals • Scrapbooking

CLASSIFIED ADS

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

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

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

Anyone interested in form a group, for discussion only, relating to **stock market investing**. Please call Marge at 403-317-1722 or e-mail msekus@telus.net

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

DROP IN FEES

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



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Bring the coupon below to Winners Bingo to enter draws for gift certificates
January 4, 11, 18 & 25

Final draw for
\$1,000 CASH
February 1, 2017
All draws at 5:30 pm.

You do not need to be in attendance to participate. Must be of legal age to participate.

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Alexander the Great was a King in ancient Greece and is considered one of the worlds most successful commanders and conquerors. He was undefeated in battle and some modern commanders still mimic some of his tactics today. Although he was ruthless and ambitious, he left some advice relevant to us today.

On his death bed he summoned three of his trusted Generals and had three wishes. 1. The best doctors should carry his coffin. 2. All his money, gold and precious stones should be scattered along the path to the cemetery and third, his hands should be let loose to hang outside the coffin for everyone to see. One of his Generals was surprised at his request and asked for an explanation. Here is what Alexander said: 1. I want the best doctors to carry my coffin to demonstrate in the face of death, even the best doctors have no power to heal. 2. I want the road to be covered with my treasurer



President’s Message
Clifford (Charlie) Brown

so everyone sees material wealth acquired on earth, will stay on earth. 3. I want my hands to swing in the wind, so people understand that people come to this world empty handed and leave empty handed after the most precious treasure of all is exhausted, and that is TIME. This isn’t meant to be a funeral theme as I did touch on TIME in my last article, however I found this short article to be interesting to talk

of time in each of our lives. We do know we can accumulate more wealth but can never accumulate more time. Our time is actually our life. If this New Year you are pondering what to give or what to change to become better, might I suggest a better usage of your time. The best present you can give to your family and friends, is your time. Maybe even donate some time to LSCO to help others and yourself and also to help us become a better place for everyone who walks through these doors.

All of the board members at LSCO want to wish you a wonderful New Year and do hope your lives will be enriched with family and friends as you freely enjoy giving of your time to lift, encourage and help others in their journey on this earth.

Thank you all for support and kindness and we look forward to this New Year as one of progress and change. ★

Embracing Life’s Changes Coffee & Conversation Support Group

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

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



Every Wednesday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization
500 – 11th Street South • 403.320.2222

There is no charge to participate in the group.
Everyone is welcome and membership at LSCO is not required.
Coffee is supplied by LSCO but donations are accepted.



Beginner Badminton

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

When: Tuesdays & Thursdays
January 10 - February 2
Time: 10:00 - 11:00 am
Fee: \$10 LSCO M; \$20 NM
Register by: Friday, January 6



CONTACT: Life Time Highs Tours
PH. 1-587-223-0203
www.lifetimehighs.club
cathymunro@lifetimehighs.club

Bonnars Ferry, ID Resort	Feb 4-7	\$314pp/dbl
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Edmonton River Cree Resort	Mar 12-14	\$259pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$TBA
Coeur D'Alene, ID Resort	Oct 20-23	\$TBA
Coeur D'Alene, ID Resort	Dec 5-8	\$TBA

Enjoy the Journey! Tours will either depart from Lethbridge or pick up in Fort McLeod, using Carefree Express luxury motorcoaches. Contact LifeTime Highs for more information or to book a trip.



Everyone is welcome to come play Bingo
Starting January 4, 2017
Every Wednesday 1:00 – 3:00 pm
Come early to buy your cards
\$5 Booklet / \$1 Bonanza

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



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Tuesdays \$3 Movies
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Self Help Groups

Embracing Life's Changes Coffee and Conversation Group

This is a drop-in support group that meets every Monday (please note the change in day) at 1:15 pm in Room C & D (please note the room change). 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.

Alzheimer's Caregiver Support Group

The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B on Tuesday, January 17th at 7:00 pm. There is also an alternative meeting date for this group if you prefer

meeting in the afternoon. Come join them on Monday, January 16th at 1:00 pm in Room F (upstairs). For more information about either group call Vedna at 403-329-3766.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 pm in Room A. The next meeting is Monday, January 30, 2017.

Parkinson's Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. Next meeting is Thursday, January 19th. For more information call the Parkinson's office at 403-317-7710.

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 14th at 2:00 pm in Room C & D.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. Victoria Stowe RD from the Alberta Healthy Living Program will be speaking on "Eating Healthy on a Budget" on Wednesday, January 11th at 7:00 pm. For more information about the group call Louise at 403-394-6495 or by email at llandry@shaw.

Alcoholics Anonymous

Saturday Morning Eye Opener Group

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

Sunset Alcoholics Anonymous

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

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on Tuesday, January 17 from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

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



INTRODUCTION TO PAPER TOLE

This is a beautiful paper craft which involves cutting, shaping, sculpturing and gluing cutout pictures obtained from a number of prints to create 3 dimensional pictures, cards, etc. Your first project will be a card. If you are interested in learning this art register soon as space is limited.

When: Fridays
February 3 - April 7
Time: 9:30 am - 12:00 pm
Fee: \$10 LSCO M; \$20 NM
Supplies will be an additional cost of approximately \$35 - \$40 and payable first day of class.
Register by: Monday, January 23 (after this date add \$5)



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- 8-day Douro River Cruise **\$2199 pp**
- 8-day Croatia Island Cruise **\$2499 pp**

Prices quoted are per person, in CDN \$, and are subject to availability at time of booking.



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403-329-3373

Volunteer Corner



Volunteer Coordinator

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

As I sit and write this column before we break for Christmas I can't help but think of all the things that took place here throughout the year. On a monthly, weekly, daily basis, the LSCO is certainly not without its ups and downs, its highs and lows, its' in between and around and round. After all is said and done, 2016 was certainly an extraordinary year, full of extraordinary events, and all of it presented by extraordinary volunteers.

Bill Murray referred to the Christmas miracle in the movie Scrooged being.....that time of

year where we may act a little nicer, we all smile a little bit more, we share a little more. And I really am not trying to be corny here when I say this Christmas miracle doesn't just happen once a year, at the LSCO it happens every day.

In between the ups and downs, the highs and lows, the round and round, the happy the sad, I get to ask an extraordinary group of volunteers to help with a variety of extraordinary things all year long. We postponed a Trade Show, survived the summer months without a parking lot, presented Jesus Christ Superstar and are a few days away from serving over 600 turkey dinners on Christmas Day.....extraordinary! We have an extraordinary bunch of volunteers giving of themselves to others here *every day*.

I look forward to another year of working alongside an amazing group of volunteers who do amazing things for members and guests at the LSCO all year long. ★

HAPPY NEW YEAR 2017

Reminder
2017 contracts for consignees must be paid for by January 31st.

Clever Crafter's Boutique

Watch for updates and specials coming soon from the kitchen.   

BASIC SELF DEFENSE for Older Adult Women

Rape Aggression Defense Training

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

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. This class is ideal for senior women. Wear comfortable clothing and footwear. People who have attended before may attend on space availability. Leave your name at the Administration and you will be contacted if you can be accommodated.

When: Tuesdays, January 31
February 7 & 14

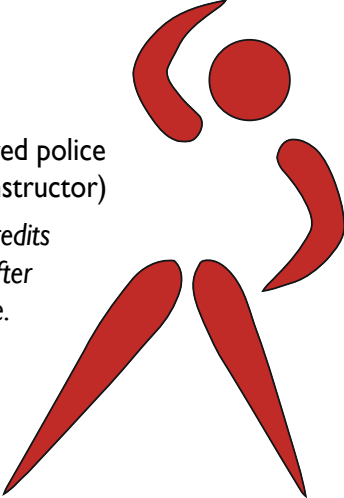
Time: 1:00 – 3:30 pm

Fee: \$55 LSCO M; \$65 NM

Register by: Thursday, January 26
(after this date add \$5)


Instructor:
Dan Walton (retired police officer, certified instructor)

Note: Refunds or credits will not be given after registration is made.



Alzheimer Awareness Month Presentation

#ItsOurFightToo



“It’s not just their disease, it’s ours too”

Dr. Roland Ikuta
Senior Medical Director,
Seniors Health AHS

January 17, 2017


10:00 am ~ LSCO Room A & B

500 - 11th Street South

For more information call
Brenda at 403-329-3766 ext. 303
or bhill@alzheimer.ab.ca

Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES



LETHBRIDGE Senior Citizens ORGANIZATION

Like the Season... Things Change.

Special holidays often bring families together and while reunions can be joyful, sometimes they also bring to light some concerning changes occurring in the lives of our senior loved ones. Specifically, family members may notice that their loved one is not managing well on their own and would fare better – even flourish – in a retirement living environment.

The decision about when to move your aging loved one to a retirement living residence is sometimes difficult. Perhaps they are resistant to the idea of leaving their home, or not all family members are on board with the change. If there are no critical considerations, such as serious health or mobility issues, the decision may prove even more difficult, and yet there is so much to be gained from a timely move to just the right place.

Where to go?

If you have found yourself in this decision-making process we have created a checklist designed to help you evaluate if you should be considering a new living arrangement for your loved one.

Is your loved one...

- 1. Struggling with keeping up with household tasks such as grocery shopping, cooking, cleaning and laundry.
- 2. Feeling overwhelmed by home and yard upkeep and maintenance.
- 3. A sense of isolation. Feeling inactive and disconnected from friends and the community.
- 4. Worries over falls and unexpected injuries. What if something happens and there is no one around to help?
- 5. Still passionate about their independence. Want to make their own decisions and come and go as they please.

If you have answered yes to half or more of these questions, it may be time to broach the topic of change with your loved one.

Difficult conversations tend to go better when you've taken time to organize your thoughts and even write down some words or phrases that convey the message you most want to communicate. Even though this topic might feel uncomfortable, don't delay! If you wait until the situation is dire, your choices may be limited.

Begin with Words

- Initiate a conversation with your elderly loved one. Begin by inviting them to share how they feel they are managing in their current situation.
- 1. Ask them what they think / how they feel/ what concerns them
 - 2. Listen, Listen, Listen
 - 3. Ask what their priorities are / what's most important to them / what they wish to preserve
 - 4. Listen, Listen, Listen
 - 5. Share your view of the situation – including challenges you have observed
 - 6. Let them know you there are excellent options and you will do your best to honour their wishes

Good Job! You've started down a new path! If you have more questions on retirement living, don't hesitate to call us at (403) 320-9363, we'd be honoured to assist you.

AgeCare Columbia
All-Inclusive Retirement Living
785 Columbia Blvd. W, Lethbridge

SENIOR EXPO

THURSDAY JANUARY 26, 2017

2 - 4 PM

www.agecare.ca/expo

Expert Panel Discussion @ 2 PM

- Selling Your Home ~ by Foothills Century 21
- Downsizing with Dignity ~ by Just a Call Away
- Alberta Seniors Benefit Program ~ by Benefits Advisor
- Retirement Living & Seniors Care ~ by AgeCare
- Plus... Wills and Selecting Your Power of Attorney

followed by the
TASTE OF LETHBRIDGE
OPEN HOUSE & TOURS

RSVP TODAY
Space is Limited!
(403) 320-9363

AgeCare
COLUMBIA

Christmas Festivities at LSCO



St. Patrick's Fine Arts Elementary Choir
under the direction of Jessica Ens



LCI Jazz Band under the direction of Ken Rogers

Canadians increasingly plagued by unwanted telemarketing calls

Canadians may argue heatedly over hockey or politics, but they agree on one issue: their overwhelming dislike of unwanted telemarketing calls. Unfortunately, a recent national survey revealed the issue is getting worse.

According to the survey conducted by research company Leger, 96 per cent of Canadians received an unwanted call within the past month, with nearly a quarter of respondents having endured more than 10 such calls in that time.

These unexpected calls are unwelcome, as 95 per cent of Canadians describe them as annoying or disturbing. In fact, survey participants rated unwanted calls more annoying than other typical aggravations, including traffic delays, late or cancelled appointments, or unexpected demands at work.

Although consumers may enjoy chatting on the phone, that does not extend to telemarketing calls for a variety of reasons. While approximately half of survey participants complained that the calls occurred during mealtimes or when they are busy, two-thirds of those surveyed said the sales pitch was not relevant or appealing. Further, 57 per cent said that the caller did not listen to them when they said they were not interested.

The problem appears to have escalated too, since 63 per cent of Canadians with a home phone say most of the calls they now receive are from unwanted telemarketing calls.

Spoofing no laughing matter

Despite the popularity of Caller ID, telecom industry analysts report that some telemarketers now engage in "spoofing", by which they mask or falsify

the information that appears on a Caller ID service.

With nearly half of Canadians noting that they have been "spoofed" – and 74 per cent of those saying they received more spoofing calls in the past 12 months – technology experts warn that the volume of unwanted calls is only going to multiply. The Canadian Radio-television and Telecommunication Commission has listened, and as of November 2016, has urged all phone providers to develop technical solutions that better protect their customers.

Primus' Telemarketing Guard is a tool currently available in Canada to help reduce fraud and spoofing. With this innovative technology within reach, it is now up to consumers to select a phone provider that will help them take control of their calls.

For more information, visit primus.ca/tmg.

www.newscanada.com

YEAR ROUND PROGRAMS

Members may choose to sign up for year round programs listed here provided they are not full. Non members are welcome to participate in some of them on a drop in basis. Certain restrictions apply. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, summer, etc. Call 403-320-2222 to confirm. See pages 11-14 for additional programs.

CREATIVE ARTS

CERAMICS & CHINA PAINTING

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

When: Mondays
Time: 9:00 am – 3:00 pm
(9:00 – 12:00 instructor available)
Fee: \$22 & LSCO membership
Firing Fee: Nominal fee charged on each piece
Instructor: Gladys Larson

CRAFTING WORKSHOP

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found.

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

KNIT, CROCHET, NEEDLEWORK

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

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

LAPIDARY (Stonecrafters)

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

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

PAPER TOLE WORKSHOP

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

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

QUILTING

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

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

WOOD CARVING

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

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

WOOD WORKING

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

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

PHYSICAL ACTIVITES

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

BADMINTON

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

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

KEEP FIT

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

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

SCOTTISH COUNTRY DANCE

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

When: Fridays
Time: 10:15 am – 11:45 am
Fee: Weekly donation & LSCO membership

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet. Non-member drop in fee is \$2. Pay at the Administration Desk prior to playing.

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

TAI CHI CLUB

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

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

GENERAL INTEREST

ADVANCED PHOTOGRAPHY

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

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

AMATEUR HAM RADIO

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

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

BILLIARDS

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

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

COMPUTER CLUB

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

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

CRIB

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

When Thursdays
Time: 1:00 – 3:00 pm
Fee: \$11 & LSCO membership or \$2

DIGITAL PHOTOGRAPHY

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

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

DUPLICATE BRIDGE

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

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

GENEALOGY

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

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

GOLDEN MILE SINGERS

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

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

KARAOKE

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

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

SCRABBLE

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

When Wed/Thurs.
Time: 9:30 – 11:00 am
Fee: \$11 & LSCO Membership

COMMUNITY PROGRAMS

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

BINGO

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

When: Wednesdays
Time: 1:00 – 3:00 pm
Fee: \$5/booklet; \$1/bonanza
Register by: Drop In

JAM SESSION

Bring your instruments and jam with others who enjoy the beautiful sound of music. You may want to have a few dances too.

When Thursdays
Time: 6:45 pm
Fee: \$2/person
Register by: Drop In

Wishing all of you a Happy New Year! May this year ahead be filled with love, laughter and good health.

Important Dates in January

January is Alzheimer’s month and once again we have partnered with the Alzheimer’s Society to have **Doctor Roland Ikuta** speak. Dr. Ikuta will be here on **Tuesday, January 15th** at 10:00 am in Room A & B. Everyone is welcome to attend.

Turning 60? Turning 65? Already 65 but your income has changed? Are you receiving all the monies you should be?

Karen Thibault from Service Canada will be here on **Tuesday, January 24th** at 10:00 am in Room A & B. Karen will be explaining the difference between Old Age Security, Canadian Pension Plan and Guaranteed Income Supplement.

Compass for the Caregiver

Compass encourages caregivers to balance their own well-being with challenges of caregiving. Caregiving can be stressful, isolating and overwhelming experience. This often results in a negative impact of the caregiver’s physical and mental health. Compass for the caregiver offers a 9 module program facilitated by individuals who understand how difficult caregiving can be. Topics covered are: The emotional journey, improving communication, putting yourself first, Managing stress, navigating the system and planning the journey ahead. The 9 week sessions will run starting on Thursdays starting **February 2nd** until March 30th at 1:30 pm. in Room F. Individuals will be required to register for this 9



Support
Services
Coordinator

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

week course by calling 403-320-2222 or at the Administration desk.

Friday Music Program

Friday Music Program is changing up a bit for the New Year. We will not be having music every Friday as we have had in the past. Please check the newspaper for the dates that performers will be here. **January 13th** – Classic Legends; **January 27th** – Los Gringos.

Community Partnerships

Legal Advice

Doug Alger from the law firm of Alger Zadeiks Shapiro will be here on **Wednesday, January 11th**. The law firm of Alger Zadeiks Shapiro offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.

Wellness

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at LSCO on **Tuesday, January 17th** from 10:00 am till 12:00 pm in the Dining Room (Card Area). The students will

provide free neck and shoulder massages on a first come first served basis.

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on **Friday, January 20th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 a.m. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO.

Hearing Screening

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

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at LSCO on, **Friday January 13th & 27th** from 9:00 am – 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to LSCO.

Serenity Foot Care

The care provider for this service is Mercy Lar, LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Serenity offers one-hour appointments. Book your appointment for **Tuesday, January 3rd & 17th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to LSCO. To book and appointment for a home visit, call 403-915-1800.

5 reasons your New Year’s resolutions should include volunteering

The new year is a time for new resolutions. Instead of pledging to drink less caffeine or start using that gym membership you bought last January, why not take on a resolution that is both sustainable and beneficial to your health?

Volunteer work is the new health regimen. A recent study conducted by Harvard University has shown that those who take part in regular volunteer work have similar health benefits to those who exercise regularly. Physicians have even added volunteering to their list of recommendations for all patients.

If that’s not enough to convince you, here are five more benefits to get you on the volunteering track for 2017.

- 1. **Happiness:** Volunteer work has been shown to increase endorphins, a hormone in the nervous system that causes an analgesic effect when activated. Volunteers often experience this and have an overall feeling of happiness.
- 2. **More time:** People who donate their efforts to a good cause often feel as if they have more spare time afterwards. So even if your schedule is full, make time to help others.
- 3. **New skills:** You can volunteer in whatever field interests you, from lending a hand at

your local soup kitchen to helping a charity with graphic design or event planning. Volunteering allows you to learn new and exciting skill sets that can prove useful later in life.

- 4. **Less stress:** Similar to the happiness provided by endorphins, volunteer work has been shown to decrease stress. It provides an outlet away from a busy life and leaves people feeling accomplished and stress-free.
- 5. **Weight Loss:** A recent study in a pediatrics academic journal showed that teenagers who volunteer showed significant over all weight loss and better cholesterol levels than those who did not. Volunteering may actually help sustain and quicken your health goals this year.

If volunteer work seems like a good resolution for you, check out Toronto-based charity Beautiful World Canada. Working with partners in Uganda, Rwanda, and Sierra Leone, this organization provides scholarships for girls to obtain post-secondary education. This helps women graduate with a better chance of finding employment and allows them to focus on bettering themselves and their community. Find more information at www.beautifulworld.org.

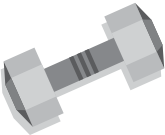
www.newscanada.com

Circuit Training

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

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

When:	Session 1: Tuesdays & Thursdays January 10 – February 2
Time:	1:30 – 2:30 pm
Fee:	\$40 LSCO M; \$60 NM
Register by:	Friday, January 6 (after this date add \$5)
When:	Session 2: February – TBA
Time:	1:30 – 2:30 pm
Fee:	\$40 LSCO M; \$60 NM
Register by:	Friday, February 3 (after this date add \$5)



Jump in to January at LSCO

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 LSCOTimes, check the bulletin boards, visit www.lethseniors.com.
- If making payment after register by dates \$5 will be added to course fee where indicated.
- Refunds will NOT be given after course start dates. For medical reasons credits may be given and a \$5 Administration Fee will be charged.

MEMBERSHIPS

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

SENIOR 12 Month Memberships

Individuals 55 years +

- Renewal\$50
- New Member\$53

ADULT 12 Month Memberships

Individuals 35 – 54 years

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

FITNESS CENTRE

LSCO Member Fees

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

Non-Member Fee

- 1 month..... \$27

10X CLASS/FITNESS PASS

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

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

NON-MEMBER PARTICIPATION

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

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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 past years pass)
- New \$13
- Day Parking.....\$3

Special Interest

CONVERSATIONAL SPANISH

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

Afternoon

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

Evening

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

CONVERSATIONAL SPANISH #2

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

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

BASIC SELF DEFENSE for Older Adult Women

Rape Aggression Defense Training

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

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. This class is ideal for senior women. Wear comfortable clothing and footwear. People who have attended before may attend on space availability. Leave your name at the Administration and you will be contacted if you can be accommodated.

When: Tuesdays, January 31
February 7 & 14
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, January 26
(after this date add \$5)

Instructor: Dan Walton (retired police officer, certified instructor)
Note: Refunds or credits will not be given after registration is made.

BASIC SELF DEFENSE for Women Rape Aggression Defense Training

This class is designed for females 14 years and older. They will be taught defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. Wear comfortable clothing and footwear. Please call and leave your name on an interest list.

When: Thursday, February 9
6:00 – 9:00 pm
Saturday, February 11
9:00 am – 3:00 pm

Fee: \$67.50/person
Register by: Monday, February 6
(after this date add \$5)
Instructor: Dan Walton (retired police officer, certified instructor)
Note: Refunds or credits will not be given after registration is made.

Exercise & Movement

LEARN TO HOOP

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

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

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

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

When: Mondays & Wednesdays
January 9 – February 15
Time: 8:00 – 8:55 am
Fee: \$60 LSCO M; \$90 NM
Instructor: Deb Palmer
Register by: Friday, January 6

CIRCUIT TRAINING

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

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

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

When: **Session 2:** Tuesdays & Thursdays
February – TBA
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, February 3
(after this date add \$5)

GENTLE NIA

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

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

CLASSIC NIA

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

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

FIT BALL & More

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! You must be comfortable getting up and down off the floor. A variety of exercise equipment (ex. weights, tubing) is also used. Wear comfortable clothing and footwear. Don’t forget to bring a yoga mat and water bottle.

Tuesdays & Thursdays

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

LINE DANCING

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

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

THURSDAY LINE DANCE

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

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

LINE DANCING BEGINNER

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

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

MORNING EXERCISES

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

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

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

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Register today. You will be so glad you did. Wear comfortable clothes, indoor footwear and bring a waterbottle.

When: Tuesdays
January 17 – February 28
Time: 11:00 – 11:45 am
Fee: \$31.50 LSCO M; \$42 NM
Instructor: Nicole Stratyчук
Register by: Thursday, January 12
(after this date add \$5)



Please Note: There will not be Tai Chi for 2 weeks during this session (Steve Burgers classes); dates

to be determined at which time participants will be notified.

TAI CHI BEGINNER PRACTICE

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

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

TAI CHI BEGINNER CLASS

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

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

TAI CHI INTERMEDIATE CLASS

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

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

TAI CHI ADVANCED CLASS

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

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

TAI CHI PRACTICE

This practice session is for intermediate and advanced students.

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

QIGONG

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

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

TAI CHI YANG 24 FORM PRACTICE

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

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

32 MOVEMENT YANG STYLE TAI CHI SWORD

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

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

Yoga & Pilates

CHAIR YOGA

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

Wednesdays

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

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

GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: **Session 1:** Tuesdays & Thursdays
January 3 – February 23
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$108 NM
Register by: Friday, December 30
(after this date add \$5)

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

PILATES PLUS

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, January 16 – February 27
(no class Feb. 20)
Time: 12:00 – 12:55 pm
Fee: \$30 LSCO M; \$45 NM

Instructor: June Dow
Register by: Thursday, January 12
(after this date add \$5)

SOMATICS

What is it and how can you benefit from it? You will learn how our bodies filter our lives and how the effects of our lives result on how we carry our bodies forward. You will learn techniques to better connect the mind to the body to help decrease muscle stiffness, reduce pain, learn proper recovery and self maintenance. Somatics can be done standing, laying or sitting. Wear comfortable clothes and bring your yoga mat. Bring a blanket, pillow, bolster and anything other items you may like to use.

When: Thursdays
January 19 – February 23
Time: 1:15 – 2:15 pm
Fee: \$60 LSCO M; \$90 NM
Instructor: Melanie Hillaby
Register by: Thursday, January 12

YOGA

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

Mondays

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

Wednesdays

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

YOGA for MEN

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

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

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

YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, January 10 – February 28
Time: 12:05 – 12:55 pm
Fee: \$48 LSCO M; \$56 NM
Instructor: Melanie Hillaby
Register by: Friday, January 6
(after this date add \$5)

YOGA BLEND

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

When: Thursdays, January 12 – March 2
Time: 12:05 – 12:55 pm
Fee: \$48 LSCO M; \$64 NM
Instructor: Melanie Hillaby
Register by: Monday, January 9
(after this date add \$5)

ACTIVE YOGA

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

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

ACTIVE YOGA & STRETCH

Individuals participating in this class will move through a series of poses to help improve balance, strength, and flexibility while being conscious of the breath. At times we will be moving up and down off the mat; options are given and all participants are encouraged to do what is right for them. A variety of props may be used. Wear comfortable clothes; bring a yoga mat & water bottle.

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

HIDDEN LANGUAGE HATHA YOGA

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

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

Sports

ADULT BASKETBALL

Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day!

When: Tuesdays & Thursdays
beginning January 3

Time: 12:00 – 1:00 pm
January Fee: \$15/person

BEGINNER BADMINTON

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

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

PICKLEBALL for BEGINNERS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration.

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

PICKLEBALL

Avid pickleball players can purchase passes to play a number of times through the week. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied. Note: A few times a year that the gym is not available due to, special events, tradeshow, holidays and floor resurfacing. Dates will be posted. Fees are not pro-rated.

When: Mondays, Wednesdays, Fridays
7:30 – 9:30 am
Mondays & Fridays
1:00 – 4:50 pm
Tuesdays & Thursdays
1:15 – 4:50 pm
Fee Yearly: \$120 LSCO M
Fee Monthly: \$15 LSCO M; \$30 NM
Drop In Fee: \$2.50 M; \$3.50 NM

Creative Arts

INTRODUCTION TO PAPER TOLE

This is a beautiful paper craft which involves cutting, shaping, sculpturing and gluing cutout pictures obtained from a number of prints to create 3 dimensional pictures, cards, etc. Your first project will be a card. If you are interested in learning this art register soon as space is limited.

When: Fridays, February 3 – April 7
Time: 9:30 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM
Supplies will be an additional cost of approximately \$35 - \$40 and payable first day of class.
Register by: Monday, January 23
(after this date add \$5)

SCRAP BOOKING

Photos, Photos, Photos!

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

When: Wednesdays
January 11 – February 15
Time: 9:00 – 11:30 am
Fee: \$20 LSCO M; \$30 NM
Instructor: Joan Pittman

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

PASTEL PORTRAITS

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

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

PEN & INK & WATERCOLOR PROJECTS

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

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

DRAWING ANIMALS

Back by proper demand this 10 week class will teach the students how to draw animals. They

are interesting subjects to draw because of their diversity and movement. They have different body parts than us humans and their fur and skin have patterns and textures that are second to none. We will learn to draw both four legged and two legged animals and creature, expressive faces, and some unusual poises and movement. We will also learn some interesting techniques in creating fur and feathers as well as understanding their skeletal structure works. We will also cover some basic drawing -techniques like contour lines, shading and how to create patterns.

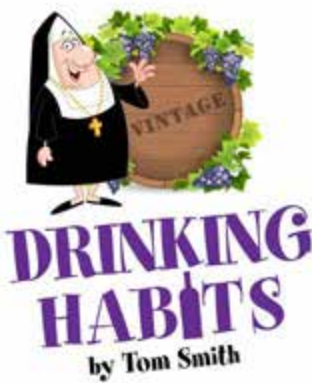
Here’s your chance to draw your favorite animal.
When: Thursdays, January 19 – March 23
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Thursday, January 12

COLOURED PENCIL & WATERCOLOUR

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

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

Travel to Stage West in Calgary with Us!



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

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

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

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

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

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

“Those in need of a good laugh can rest assured that’s what they’ll get.”
– The Willits News

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

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

Welcome 2017

Another year has come and gone and a new year awaits. 2016 was eventful enough, so let us hope for smoother sailing in 2017, but I have my doubts it will be with you know who in charge of the USA.

With the new year, it is nice to get back to the simple routines of life, like going to LSCO and playing a game of badminton. One of the things that a new year brings is a chance to look at our estate planning documents and our estate plan in general. While most individual’s affairs are straight forward, it never hurts to have a once over of your estate plans. The older we get, the more we should relook at what our estate planning documents say. Most lawyers and certainly we at Alger Zadeiks Shapiro, will not charge for a review if no changes are necessary. Further if you want to set up an appointment through the monthly clinics at LSCO we would be happy to meet with you there.

I have had the pleasure of now attending 6 times at LSCO and meeting with several individuals who have legal concerns. While I certainly can’t solve all the legal problems pre-



Legal Tips and Information

Douglas Alger

sented in one simple meeting, I can certainly set you on the right track to a solution.

Many times, our work as lawyers is seen by the public as not beneficial to society. Certainly, with an institution as important as the legal system, it is bound to come with controversy. The legal system is always evolving and like all human institutions needs continual vigilance. Our firm philosophy at Alger Zadeiks Shapiro is to solve people’s problems in an efficient manner. If you are looking for the lawyer who wants to argue everything with opposing counsel, then we are likely not your firm. We

will defend your interests, but not for the sake of losing sight of our own values or for lining our pockets and draining yours.

I still wish to put out to the readers of this column an invitation to submit legal questions of a general nature and I will address those in future columns. Our questions will be treated in confidence and if they merit an office or clinic meeting that is fine as well. My email is alger@azlawyers.ca.

On a final note, Alger Zadeiks Shapiro welcomes Asif K. Muhammad to our practice. Asif has been practicing for 5 years in family law. He knows his way around the court room and he is adept at solving client’s family law concerns. He has a refreshing manner that gives clients the confidence their matter is in good hands. Asif will be periodically writing columns for this publication in the future. So, if you have any family law questions he can be reached at asif@azlawyers.ca. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

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

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

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Photos

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A DOLL'S HOUSE
by Henrik Ibsen

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February 8 - 11

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PLAYGOERS

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“A Doll's House” is presented by special arrangement with Samuel French Inc.

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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.



COFFEE IS ALWAYS ON AT LSCO



I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

~ Neil Gaiman

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Compass for the Caregiver

Compass encourages caregivers to balance their own well-being with challenges of caregiving.

Caregiving can be stressful, isolating and overwhelming experience. This often results in a negative impact of the caregiver’s physical and mental health. Compass for the caregiver offers a 9 module program facilitated by individuals who understand how difficult caregiving can be.

Topics covered are:

The emotional journey, improving communication, putting yourself first, managing stress, navigating the system and planning the journey ahead.

The 9 week sessions will start on Thursday, February 2nd until March 30th ~ 1:30 pm ~ Room F.

Individuals will be required to register for this 9 week course by calling 403-320-2222 or at the Administration desk.



Active Aging Strength & Low Impact Classes

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

When: Mondays & Wednesdays, January 9 – February 15
Time: 8:00 – 8:55 am
Fee: \$60 LSCO M; \$90 NM
Instructor: Deb Palmer
Register by: Friday, January 6



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lethbridge.west@assembly.ab.ca
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“Please contact me if I can be of any assistance.”



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paulamw963@gmail.com



Jodie McDonnell accepts a donation from Arlene Albiez & Doreen Mose from the Royal Purple Lodge #32.

Conversational Spanish

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

Afternoon

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

Evening

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

Conversation Spanish 2

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

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


January LSCO Weekly Activity Schedule				
For more information regarding programs contact the Administration Desk at 403-320-2222.				
Note: Some programs are for members only while others are open to the community. Schedule may change without notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am
	Advanced Photography 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am	
Keep Fit 10:00 – 10:50 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am Lapidary 10:00 am Program Committee Meeting 10:00 am	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am	Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
				Scottish Country Dance 10:15 am
Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm
	Basketball 12:00 – 1:00 pm		Basketball 12:00 – 1:00 pm	
			Wood Carving 12:30 pm	
Pickleball 12:45 pm – 4:50 pm	Quilting 12:00 pm Karaoke 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 12:45 – 4:50 pm
	Pickleball 1:15 – 4:50 pm		Pickleball 1:15 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Jam Session 6:45 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm
Fitness Centre extended hours: Saturday, 9:00 am – 12:00 pm. ~ Tuesdays & Thursdays Fitness Centre open until 5:45 pm.				
For information about LSCO programs go to www.lethseniors.com				

Thank You!

LSCO would like to thank all those who kindly donated to the Annual Bake Sale and to those who supported the Bake and Craft Sale.

\$930.95 was raised.

Fern Bigham and Gean Popowich were the winners of the Door Prizes of lunch in the Dining Room.



After all the family and friends’ gatherings that are part of the festivities of Christmas, a little over-indulgence is excused. I for one need to lose a few pounds. Certainly, I am happy to resume the Keep Fit class (music and movement) that resumes in the New Year. A special thank you to our volunteer instructors who do a wonderful job!

Let me introduce you to my favourite soup, designed especially to delete those extra pounds around the middle! The soup is just one component of the Sacred Heart Eating Plan. This plan from the Sacred Heart Memorial Hospital, is used for overweight heart patients in order to lose weight rapidly, prior to heart surgery. If correctly followed, it will clean out your system of impurities and give you a feeling of well-being. After only 7 days of this process, you will begin to feel lighter by at least ten ponds and possible more, and experience an abundance of energy! This is a plan I return to again and again. Google Sacred Heart Eating Plan, and bring up the whole plan, including the soup.

This is my ‘adapted’ Sacred Heart Soup recipe, especially for my husband’s health conditions. It is also great for seniors’ digestive systems. As we age, we cannot digest our vegetables so easily, so put the soup through the blender at the end of the process.

Sacred Heart Soup

2 - 28 oz cans of diced tomatoes
3 plus large green onions
1 leek
garlic optional
1 litre of beef or chicken broth – no fat
(I use the marrow from boiled beef bones as we did during World War 2)
2 – 3 beef or chicken bouillon cubes (no MSG)
1 celery heart (use only the heart as celery can leave ‘strings’ in the soup, even after blending)
2 cans green beans
2 lbs diced carrots
2 green peppers OR 300 g chopped spinach (Frozen from No Frills at \$1.00)

Season with salt, pepper, curry, parsley if desired, or hot or Worcestershire sauce. Cut vegetables in small to medium pieces and cover with water. Boil fast for 20 minutes. Reduce to simmer and continue to cook until veggies are tender. Blend and freeze in suitable containers to give as gifts to shut-ins, and just for your daily use. Very yummy!! AND healthy!!! When you unfreeze for use, you will find the soup a little thick – just dilute with water or milk. This recipe makes about 12 – 15 500 ml containers.

by Ann Norford

Practicing Happiness

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

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

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



Let us help you with that!



Local youth groups will collect your natural Christmas trees for recycling this year on:

***Saturday,
January 14th***

Place trees out by 7:00am, ensuring all decorations and tinsel has been removed.

For more info: Lethbridge.ca/ChristmasTrees

ADVANCED CARE PLANNING
"GREEN SLEEVE"

THURSDAY, FEBRUARY 9TH
10:00 AM
LSCO – ROOM A&B

Joy Doram, MEd/PCT Palliative Care Nurse Consultant will be speaking on the Advanced Care Planning "Green Sleeve".

The Green Sleeve is a way to help you think about, talk about and document wishes for health care in the event that you become incapable of consenting to, or refusing treatment and other care.

Joy will be speaking about the Goals of Care Designation order, Tracking Record for Advanced Care planning and personal directive documents that are all part of the "Green Sleeve".

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

Coming in 2018!

Great new enhancements to the Yates Theatre.

As part of this renovation work, the Yates Ticket Centre will be closed January 8-26.

Ticket purchases or inquiries can be made by calling (403) 329-7328 or in person at the ENMAX Centre Ticket Centre (2510 Scenic Dr. S.). Tickets can also be purchased online at <http://www.enmaxcentre.ca>.

Thank you for your understanding.




CITY OF
Lethbridge



Gentle Nia

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

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



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

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

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TRAVEL THROUGH THE WORLD

Downunder Travel, Leader Tours and Life Time Highs are new travel companies we have chosen to work with. These 3 companies, Maritime Travel and Collette Vacations have agreed to forward commissions to LSCO when you travel with them. When you book a trip, please let them know you received their travel brochures at LSCO. Please let us know too so we can follow up. Thank you!



guided by travel

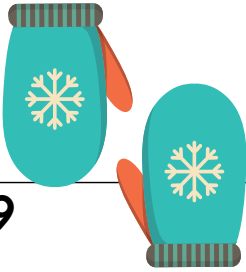

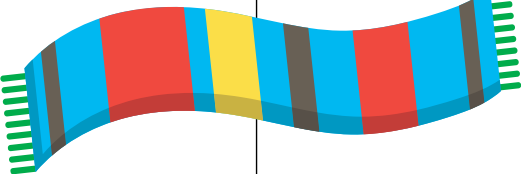

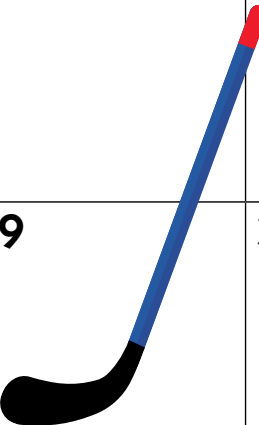










January 2017 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Happy New Year</i>	2 	3 <i>Classic Legends</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	4 <i>Fun with Wii</i> 1:00 pm	5 <i>Music with Sandy</i> 1:00 pm	6	7 
8	9	10 <i>Music with Hank</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	11 <i>Bowling Holiday Bowl</i> 1:00 pm	12 <i>Music with Floyd Sillito</i> 1:00 pm	13 <i>Music Program in Stage Area</i> <i>Classic Legends</i> 12:30 ~ 2:00 pm	14
15 	16	17 <i>Music with Keith</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	18 <i>Horse Racing</i> 1:00 pm	19 <i>Movie Time</i> 1:00 pm	20	21
22	23	24 <i>Pet Therapy with Heather ~ 1:00 pm</i> <i>Chair Exercises</i> 2:45 pm	25 <i>Bowling Holiday Bowl</i> 1:00 pm	26 <i>Los Gringos</i> 1:00 pm	27 <i>Music Program in Stage Area</i> <i>Los Gringos</i> 12:30 ~ 2:00 pm	28 
29 	30	31 <i>Music with Al Kersher ~ 1:00 pm</i> <i>Chair Exercises</i> 2:45 pm	HAPPY New Year 2017 			

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.

Canada Pension Plan (CPP) Old Age Security (OAS) Guaranteed Income Supplement (GIS)

Karen Thibault from Service Canada will be at LSCO
Tuesday, January 24
10:00 am ~ Noon
Room A & B
to give a presentation on Canadian Pension Plan, Old Age Security & Guaranteed Income Supplement
Bring your questions and enquiries.



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



Pilates Plus

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, January 16 – February 27
(no class Feb. 20)
Time: 12:00 – 12:55 pm
Fee: \$30 LSCO M; \$45 NM
Instructor: June Dow
Register by: Thursday, January 12
(after this date add \$5)

FROM THE GALT

2017 ~ A year to remember

January is a good time to look ahead at the year ahead. This year, 2017, is going to be an incredibly busy year as there are many things to remember, celebrate, commemorate, discuss and reflect upon as it is one of those rare years when many important anniversaries all come together.

Canadians from coast to coast will be thinking back to the Battle of Vimy Ridge that occurred between April 9 to 12, 1917, and where 3598 men from across Canada lost their lives. Vimy Ridge was recognized as an important location to possess to dominate the plains below. Great sacrifices had already been made to try and take it from the Germans and both the French and the British had tried unsuccessfully to win that height of land. Canada, using methods created by Canadians and with the Canadian forces fighting as a unit, managed to do what the other allies could not. This battle was recognized as a great source of pride and it was understood then as it is now that the identity of Canada as a country was forged at Vimy, in many ways. Many southern Albertans, whose names grace cenotaphs across our area, were killed alongside fellow Canadians at Vimy Ridge.

July (indeed all of 2017) focuses on another event crucial to the development of Canada as a country, with the Sesquicentennial or Canada's 150th. On 1 July 1867 the British North America Act came into effect. We take that day

as the beginning of Canada as a country. It has always seemed to me quite remarkable that Canada takes its birth from a parliamentary act rather than a battle or revolution.

Because 2017 is the 150th of Canada, that means it has also been 50 years since the Centennial of Confederation. In 1967 Lethbridge-ians, southern Albertans and people across Canada participated in a great many projects and activities to celebrate the first 100 years of our nation. The three largest projects in Lethbridge were the creation of The University of Lethbridge, the grand opening of Nikka Yuko Centennial Garden and the creation of the replica of Fort Whoop-up in Indian Battle Park. That means that all three of these places (and many more sites across southern Alberta) are turning 50 this year. This makes it a great opportunity to go on a road trip, visit as many of these places as you can and see how they have grown and changed in 50 years.

In April 1916, some Alberta women were given the right to vote in provincial elections but these women did not get the opportunity to use their new right until the following year when on 7 July 1917 a general election was held. Two women were voted in during that election, becoming the first two women in Alberta elected to the Alberta Legislature. Louise McKinney of Claresholm was a candidate for the Non-Partisan League (an agrarian movement) while Roberta MacAdams was

elected by overseas voters who were serving in the military. As McKinney was the first to take her seat, she is considered the first woman member of the Alberta Legislative assembly.

The year 1917 brought something which many Canadians love to complain about, that delightful temporary war-time measure known as personal income tax. The Income War Tax Act of 1917 was passed on 17 August 1917. Its purpose was to help pay for the World War I. To be specific, one thing the Act did was to introduce a tax based on the yearly income of Canadians. May make some wonder when that war will finally be paid for and they can take away this delightful century old reminder!

On 28 November 1942 a place that would only operate in Lethbridge for four years opened. But even though it was here for only a short time, it had a large impact on the psyche of southern Alberta. For on that date Camp 133, the German Prisoner of War Camp, was opened in what is now Lethbridge's Industrial Park. In a city of just over 14,000 residents, over 13,000 German enemy soldiers were housed in the prison camp. In 1946 the last of the prisoners were returned to Germany.

These events, and more besides, will make 2017 a year to remember. ★

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

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*Main Gallery Exhibit

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*Adult Programs

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JAN 11 | 2-3 pm | University of Lethbridge: 50 Years in 50 minutes

JAN 18 | 2-3 pm | Red Cross: Changing with the Times

JAN 19 | 7-9 pm | Signs of the Times

JAN 29 | 2-3 pm | Couples Dancing

archives programs

HANDS-ON HISTORY WORKSHOPS

* Family Programs

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Top 5 of 2016

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SATURDAYS at 1:00

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www.lethseniors.com for all the latest information

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The Year in Review

Welcome 2017! It is hard to believe that another year has come and gone already. I thought I would take this opportunity to reflect on the work done by the network this past year, as we continue to address abuse issues among our elderly population.

2016 proved to be another busy year for LEARN, as the program continues to grow and develop. Some of our notable achievements included:

- Providing presentations on elder abuse and the LEARN program to approximately 180 members of the general public, and 254 professionals, both in the City and the surrounding area;
- Great attendance at our first annual World Elder Abuse Awareness Day Walk;
- A presentation by members of the Steering Committee at the 2016 Grey Matters Conference in Grande Prairie; and
- Receiving an Inspiration Award for Leadership in Prevention of Elder Abuse from the Ministry of Human Services, in conjunction with Family Violence Prevention Month

The 2017 Seniors Safety Calendar came out at the beginning of December and was another huge success! If you do not have a copy of this year’s calendar, make sure you pick one up soon. Our theme was the 50’s, and features some wonderful volunteers in period clothing at sites around the city, including a truly vintage 50’s living room! Copies are available at



LEARN
Case
Manager

Tanya
Purdy-Fischer
learn@lethseniors.com
403-320-2222 ext. 31

LSCO and a variety of other locations throughout the city.

There were also continued efforts throughout the year to develop the membership and scope of the network. Several members attended a presentation on elder abuse for professionals in May, put on by the LEARN Coordinator. Work began to develop a protocol manual for all network members, and we started to implement some changes to make the Network meetings as productive and meaningful as possible.

I would like to note that LEARN has also experienced a few changes over the past few months. We said goodbye to Cst. Les Vonkeman as the Police Liaison working with LEARN, and welcomed Cst. Kara Hagen to our team in November. We also said goodbye to Dan Walton, LEARN Coordinator as of the end of December. We will miss working with both Les and Dan, and wish them well in their new endeavours.

When I welcomed 2016, I had been the Case Manager for just over 7 months. Now, after 19 months in this position, it is amazing to see how much we continue to accomplish, and exciting to think about where we will go in the coming year. I look forward to working with our network partners and the older adults of the city and county in support of an abuse-free environment.

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.

For more information or to report an elder abuse concern, please give me a call or come into see me. It is never too late to LEARN. Let’s end **Elder Abuse Right Now**.

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



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is happening at LSCO.

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

Computer Corner by Sjoerd Schaafsma

Free Software

Whether you just received a new computer or other digital device for Christmas or you’re using something tried and true, wouldn’t you like some free software to go with it?

Many new computing devices, both hand held and PCs, come with trial software installed; office type productivity packages and antivirus software being among the favorites.

The problem with trial packages is that they stop working fully after a set time. Manufacturers include this software in the hope you will buy the full package once you become accustomed to it.

Major packages like Microsoft Office have equally powerful free equivalents; the most common is perhaps Open Office. Like MS Office, Open Office includes a word processor, spreadsheet, database, and presentation software. It can also open most MS Office documents, and save documents in various formats, MS Office formats of course being one.

This month the LSCO computer club is presenting two workshops on another free option, Google Docs. This too has options to open and write documents in MS office format, but you must be online with a Google account to access this software.

Depending on your antivirus needs and your degree of computer savvy, several of the paid Antivirus and Malware programs such as, Avast, AVG, and Malwarebytes Anti-Malware, offer basic free functions which may be enough for your needs. Microsoft still provides Microsoft Security Essentials for Windows Vista and 7. Windows 8 and up include Windows Defender.

Whenever you download software from the internet, BE SURE you are downloading and installing the software you want, and not a piece of adware or something worse! Downloaded software often includes offers for ‘extras’ which you may not want.

The Monthly Tip: When entering an Internet address in the browser address bar, you do not need to type http:// or even www in the address.

The Computer Corner can be read online at the Computer Club tech site <https://goo.gl/pjZz3J>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/home>

To subscribe to the computer club email list: contact - computerclub@lethseniors.com

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Computer Club WORKSHOPS

January 2017

Wednesday, January 11 ~ 1:00 pm in the Computer Lab
Google Docs Part 1
Presented by Wayne McGinn

This workshop will center around a relatively new way you use your computer. Although this “new use” has been around for a while, you will be “amazed”. New Programs that get you away from purchasing expensive software. These programs are free and easy to use.

Monday, January 16 ~ 1:00 pm in the Computer Lab
Google Docs Part 2
Presented by Wayne McGinn

More details will be provided in the Computer club emails. If you have suggestions for computer related workshops, are interested in helping with software updates, or would like to present a workshop please email computerclub@lethseniors.com.



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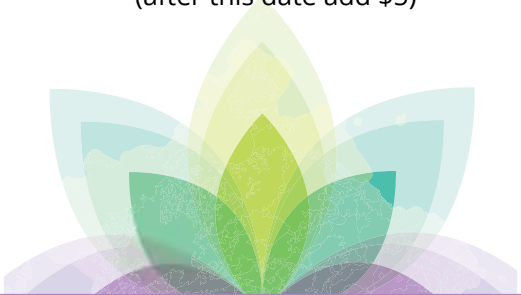
Jake Boldt
Hearing Technician

ACTIVE YOGA AND STRETCH

Individuals participating in this class will move through a series of poses to help improve balance, strength, and flexibility while being conscious of the breath. At times we will be moving up and down off the mat; options are given and all participants are encouraged to do what is right for them. A variety of props may be used. Wear comfortable clothes; bring a yoga mat & water bottle.

Fridays

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



LINE DANCING


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

Mondays

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

Thursdays

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



LINE DANCING BEGINNER

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

Thursdays

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

Grace

For those people whose ability diminishes to do all the things that they have always done, as they age, they are called to walk in grace. For some people that time in their life comes much sooner than expected, often due to unexpected illness. For some people aging brings suffering and the inability to take care of themselves. For family, an aging parent brings many changes and those changes that bring physical or mental illness hard to maneuver or understand can bring heartbreak.

The transitions for the elderly are unexpected and for family can be a call to walk in grace. Many families have shared their stories with me of the challenges faced getting parents into care when they are no longer able to remain in their homes. When one parent passes and leaves the other parent behind the loss for the remaining spouse can be insurmountable and change the care level needed of the parent left behind.



Life Design

Connie-Marie Riedlhuber
Transition Specialist & Life Designer

Life Design Network
www.lifedesignnetwork.ca

Care through aging takes time for both the aged and their families. It requires patience and kindness and unconditional love. Surrounded in emotion the risk of hurting each other often escalates as dealing with the unexpected brings demands on time and increased responsibilities. The relationship changes, especially for those adult children who have

always been cared for in many ways by their parents to caring for them.

As I look to the year ahead I believe we are going to continue to face many changes in many areas of our lives. We often cannot control or predict the changes that are ahead of us. We have all heard that everyone will face difficulties and it is what we do to work through them that matters. Family can be our greatest source of strength and love. When our parents age and can no longer offer strength, we can walk in grace to the end of life with them. That is our greatest source of love. Grace is not just a prayer it's a way to live. ★

Connie-Marie is a compassionate Life Coach known for her loving and inspiring presence and her ability to support others. She has guided individuals and families for over 30 years, has a passion for helping others and cares about your life and your family.

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NOON YOGA

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, January 10 – February 28
Time: 12:05 – 12:55 pm
Fee: \$48 LSCO M; \$56 NM
Instructor: Melanie Hillaby
Register by: Friday, January 6 (after this date add \$5)

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