

INSIDE THIS ISSUE

- Executive Director p.2
- LSCO Contacts. p.3
- From the Kitchen p.4
- Message from the President. . . . p.5
- Volunteer Corner p.6
- LSCO Support Services p.8
- LSCO Programs p.10
- Weekly Activity Schedule p.11
- LSCO Self Help Groups p.15
- Adult Day Program Calendar. . . . p.17
- LEARN p.18



Join Us for

LSCO NORDIC WALKING
 MONDAYS @ 9:00 am
 If you have had instruction using poles, please join us.

SOUTHERN ALBERTA SUMMER GAMES

PICKLEBALL
 Friday, July 8
 Starts 9:00 am
 LSCO Gym 1

CRIBBAGE
 Friday & Saturday
 July 8 & 9
 Starts 10:00 am
 LSCO Card Area

SHOPPERS HomeHealthCare®

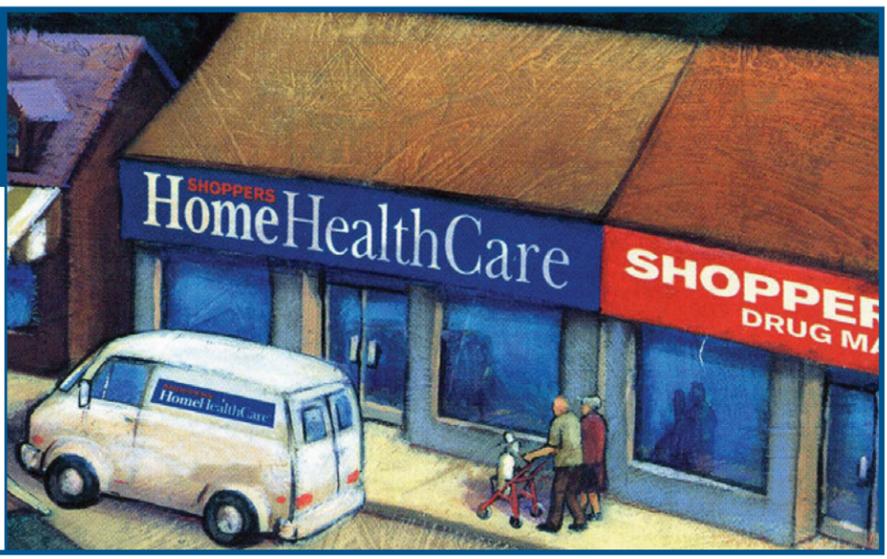
Monday - Friday
8:30 am - 5:00 pm
Saturday
Closed

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

SENIORS DAY
Every Thursday
20% OFF
with your
Shoppers Optimum® Card!



Vendors For:
AADL, DVA, WCB





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Depending on when you read this, the parking lot construction is about to begin or well underway. I'd like to remind our members and guests that our disabled parking will be along 11 Street immediately south of LSCO. Entry to the building for people parked there will be through the Dining Room exterior doors in the Atrium. We have also been given parking in the City Hall lot, East side, first row of stalls. People parking here will enter the building

through the pool doors. We'll try to keep everything as normal as possible, so it will be business as (un)usual. Thank you for your understanding and patience during the construction (expected to be completed in Mid-September).

I am pleased to announce the appointments of Farron Matthews as Food Services Coordinator and Jody Gordon as Assistant Food Services Coordinator. These two are committed to serving quality meals at an affordable price. Please watch for our new diner satisfaction survey to be available in-house and on-line.

At our AGM in March, LSCO membership voted in favour of changing our membership age. We will make sure to have several information sessions to communicate what this means (re: policy and practice) and what impact, if any, the changes will have on our organization.

Have a great Summer! ★

PARKING LOT RECONSTRUCTION

LETHBRIDGE Senior Citizens ORGANIZATION

When the parking lot reconstruction begins during the **second week of July**, LSCO members and volunteers will be allowed to use the **east row of stalls in the City Hall Parking Lot**.

Enter the building through the Fritz Sick pool doors.

Disabled parking in row of stalls on 11 Street, directly south of LSCO. Access the building via the doors off the atrium in the dining room.

Meals on Wheels volunteers will pick up meals at the back door by the kitchen.



Hey! It's summer! Be free and happy and danceful and uninhibited and now-y!

~ Terri Guillemets



Beat the Heat this Summer

Enroll in one of our **Technology Classes**

Windows 10, Facebook & Social Networking, Search Engines & Cloud, Intro to Your iPad, iPhone and Android Smart Phones & Tablets

With Philips Lifeline help is within reach.



For almost 25 years Lifeline has been delivering peace of mind to families in Lethbridge and surrounding communities. Our Lifeline Response Associates understand the needs of seniors and are only a push of a button away.

Exclusively from Lifeline

Lifeline with AutoAlert* provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button.

SAVE ON LIFELINE

Receive **FREE installation** (a \$90 savings) when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at **1-800-LIFELINE (1-800-543-3546)**

Quote code **574**

www.lifeline.ca

Available at local participating programs. Not to be combined with any other offer. Offer valid on new activations only.

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



OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels



LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

Layout, Advertising & Circulation. Lisette Cook (ext. 33)
Printed by. Lethbridge Herald

The Officers of LSCO

Executive:

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

Board of Directors:

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

LSCO 403-320-2222

Staff Members:

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

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

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

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



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

Vector images designed by Freepik

LSCO Vision Statement

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

*Welcome
New Members!*

Brian Hale	Pat Galloway
Wanita Oriold	Valerie Kuno
Barbara Ferguson	Bryan Drewry
Betty Boreham	Carol Tofanenko
Brenda ManyFingers	Jane Franz
Joanne Robson	

*A Smile is
the Universal Welcome.*

FITNESS CENTRE SUMMER HOURS

JUNE, JULY, AUGUST

MONDAY ~ FRIDAY

8:00 AM ~ 4:15 PM

**SATURDAYS & SUNDAYS
CLOSED**

Year Round Program Drop-In Fees

Fees must be paid prior to attending program.

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

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

DROP IN FEES

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

(Fitness Centre closed Saturdays for June, July & August).



Please Note:
Friday, July 8th
all programs in **Gym 1**
are **cancelled** due to
the Summer Games.
Friday Music Program
is also **cancelled**.



10X PASS

Fee: \$55 LSCO Members; \$65 Non Members
Expires December 31, 2016

LSCO Hours of Operation

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

WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!



CATERING

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

SEATING FROM 50 TO 400
DISH & PLACE-SETTING RENTALS

SEE OUR CATERING MENU AT WWW.LETHSENIORS.COM
CALL 403-320-2222 EXT. 27 TO BOOK YOUR EVENT
CATERING@LETHSENIORS.COM

LSCO Times Publishing Schedule

Issue	Deadline
August 2016	July 15
September 2016.	August 19

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

From the Kitchen

Welcome to summer everyone! With the warm weather upon us a lot of you, like me, do not want to heat up the oven to cook. Being July, which by the way is the seventh month of the year and one of seven months with thirty-one days, we honour the Great General, Julius Caesar. The Roman Senate named the month of July after Julius Caesar because that was the month of his birth. The month had previously been called Quintilis.

Back to the topic at hand and this month's recipe: Caesar Salad. This is a great salad for summer months and is easy to assemble.

You can pair this yummy salad with a few shrimps off the barbie or toss in some leftover chicken. This salad is a summer staple that goes with everything.

Cheers from the kitchen staff! ★



Caesar Salad Supreme

Recipe by Karen Weir

"A wonderful, rich, anchovy dressing makes this salad a meal. Serve with crusty Italian Bread."

Prep: 20 m Cook: 15 m Ready In: 35 m

Ingredients

35 m 6 servings, 384 cals

- | | |
|---|--|
| 6 cloves garlic, peeled, divided | 1 tablespoon lemon juice, or more to taste |
| 3/4 cup mayonnaise | salt to taste |
| 5 anchovy fillets, minced | ground black pepper to taste |
| 6 tablespoons grated Parmesan cheese, divided | 1/4 cup olive oil |
| 1 teaspoon Worcestershire sauce | 4 cups day-old bread, cubed |
| 1 teaspoon Dijon mustard | 1 head romaine lettuce, torn into bite-size pieces |

Mince 3 cloves of garlic, and combine in a small bowl with mayonnaise, anchovies, 2 tablespoons of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season to taste with salt and black pepper. Refrigerate until ready to use.

Heat oil in a large skillet over medium heat. Cut the remaining 3 cloves of garlic into quarters, and add to hot oil. Cook and stir until brown, and then remove garlic from pan. Add bread cubes to the hot oil. Cook, turning frequently, until lightly browned. Remove bread cubes from oil, and season with salt and pepper.

Place lettuce in a large bowl. Toss with dressing, remaining Parmesan cheese, and seasoned bread cubes.

ALL RIGHTS RESERVED © 2016 Allrecipes.com

Kris' Computer Repair and Sales
 All Makes & Models
 Desktops & Laptops
 Computer & Software Upgrades
 Virus Removal
It's all about the service
 419 Stafford Dr N Lethbridge, AB
 Tel: 403.329.6091
 www.kriscomputer.ca
 CompTIA A+ Certified
 AMERICAN EXPRESS VISA Interac MasterCard

In summer, the song sings itself. ~ William Carlos Williams

		<h1>MENU FOR JULY 2016</h1>			
Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal • The dining room is CASH ONLY					
Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice					
Return of the \$6 ⁰⁰				<i>Breakfast Menu</i>	
Friday, July 1		LSCO CLOSED for Canada Day			
Monday, July 4		Tuesday, July 5		Wednesday, July 6	
Entree: Turkey Schnitzel	Potato: Steamed	Sandwich: Seafood Croissant	Salad: Greek	Entree: Ham & Macaroni Casserole	Potato: Seafood Croissant
Entree: Pork Roast	Potato: Garlic Mashed	Sandwich: Seafood Croissant	Salad: Greek	Entree: Beef Rouladen	Potato: Oven Roasted
Entree: Roast Beef	Potato: Mashed	Sandwich: Denver	Salad: Cottage Cheese & Assorted Fruit	Entree: Homemade Breaded Pork Cutlet	Potato: Steamed
Entree: Turkey a la King	Potato: Vol au Vent Puff Pastry	Sandwich: Denver	Salad: Cottage Cheese & Assorted Fruit	Entree: Beef Pot Pie	Potato: Mashed Turnips
Entree: Chicken Cacciatori	Potato: Penne Noodles	Sandwich: Raging Rodeo Beef & Onion	Salad: Ham/Apple/Cheddar	Entree: Baked Ham Picnic	Potato: Mashed
Entree: Mexican Pork w/Mole Sauce	Potato: Dirty Rice	Sandwich: Egg Salad Croissant	Salad: Chicken Caesar	Entree: Wieners & Beans	Potato: Potato Salad
Entree: Hamburger Tin Foil Dinner	Potato: Diced Potato	Sandwich: Egg Salad Croissant	Salad: Chicken Caesar	Entree: Tuna Casserole	Potato: Macaroni
Entree: Turkey Dinner	Potato: Mashed / Stuffing	Sandwich: Egg Salad Croissant	Salad: Chicken Caesar	Entree: Beef Raging Rodeo	Potato: Raging Rodeo Beef & Onion
Monday, July 11					
Monday, July 18					
Monday, July 25					
Monday, July 31					
Entree: Ravioli w/Veggie Sauce & Feta					
Potato: Grilled Ham & Cheese					
Sandwich: Grilled Ham & Cheese					
Salad: Spinach					
Breakfast from 8:00 - 10:00 a.m., Monday - Friday OPEN TO THE PUBLIC ~ CASH ONLY Non-Members Add 15% Ham, Sausage or Bacon, 2 Eggs, Hash Browns, Toast & Coffee or Tea \$6.00					

I had this sent to me a while back and thought of its meaning to each of us. Please let me share with you.

One day a Professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the exam. The Professor handed each student a paper, face down and then asked to turn the paper over simultaneously to start the exam. To everyone's surprise there were no questions – just a black dot in the centre of the sheet of paper. The Professor, seeing the expression on each of their faces, gave the following instructions. "I want you to write about what you see". The students were confused but got started on the inexplicable task. At the end of the class the Professor gathered all the papers and began to read each answer out loud to the class. All of them, without exception tried to define the black dot with its relation to the centre of the sheet. After all the papers were read, the classroom silent, the Professor started to explain. "I'm not going to grade



President's Message

Clifford (Charlie) Brown

you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone's focused on the black dot – and the same happens in our lives".

As with each of us, sometimes we focus too much of the things in our lives that make us uncomfortable or sad. Maybe it's our financial problems, family problems, poor relationships, the terrible happenings going on in the world, and the list goes on. Certainly

these thoughts weigh heavy on our minds but I hope we can make the black dot a small part of our lives and see the white paper and all the good around us. In past articles I have spoke of being kind and helping others in their time of need. Many of us have extra "white paper" so to speak, to share with others. Probably all of us have fond memories and live lives that are fulfilling. My theme today is to focus more on the good rather than the not so good. It might take some doing, but you can do it. LSCO is a place where new friends can be made, many classes offered and good people come to associate with each other. Please come, even bring a friend, and see the "white paper" at LSCO so your lives may not be focused on the black dot, but rather the white sheet. ★

Closing Thought:

Do you know why it's so hard to be happy? It's because we refuse to let go of the things that make us sad.

Welcome to...



Gracious Independent Living
Congregate Living

275 Lettice Perry Road North
Lethbridge, AB



Elim Village is an independent living facility for Christian Seniors.

Our goal is to promote a lifestyle in which each person will be able to thrive spiritually and socially.

What's Included?

- A residence in a new, spacious and secure building.
- 3 professionally cooked meals per day.
- Telephone, cable, internet and utilities.
- Microwave, refrigerator and laundry facilities in each unit.
- Access to all areas of the building including dining room, activity rooms, lounges and other multi-use rooms.



For more information and private viewing call 403-942-2672.

elimlethbridge.ca

Specializing in Residential & Commercial Sprinkler Systems



Family Owned & Operated by Trever & Suzanne Petryshyn

Design & Install

Maintenance & Repair

Spring Start-up

Blow-out & Winterization

Hours of Operation:
Monday - Friday 7am - 7pm

Contact Us for a FREE Estimate
403.524.4714

info@lethbridgesprinkler.com

www.lethbridgesprinkler.com

SEARCH ENGINES & CLOUD

We will learn how to use search engines such as Google, Yahoo and DuckDuckGo and make are searches more relevant and more secure. We'll learn about how to make internet usage easier and more useful for ourselves. We will also learn about "The Cloud", what it is and why and how we would use it.

When: Tuesdays & Thursdays, July 12 – 28, 1:30 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Thursday, July 7 (after this date add \$5)

LETHBRIDGE & AREA SENIORS of DISTINCTION AWARDS



In honour of National Seniors Day October 1st, AgeCare Columbia along with very committed partners have come together to create the Seniors of Distinction Awards.

September 30th ~ 2 pm – 4 pm
 AgeCare Columbia ~ 785 Columbia Blvd. W, Lethbridge






NOMINATE A SENIOR OF DISTINCTION TODAY!
 Deadline for nominations is August 15th.
 Winners will be notified by September 1st.

NOMINATE ONLINE
agecare.ca/SeniorAwards

OR

DROP OFF NOMINATION FORM
 AgeCare Columbia ~ 785 Columbia Blvd. W, Lethbridge T1K 4T8

I WISH TO NOMINATE THIS SENIOR OF DISTINCTION

Name: _____ Age: _____
 Phone: _____ City: _____
 Category of Nomination: _____

ARTS • LEADERSHIP • COMMUNITY SERVICE • HEALTHY LIVING

Please attach a brief statement (*no more than 2 pages*) about the nominee's contribution and why they deserve the award.

NOMINATED BY

Name: _____ Phone: _____
 Signature: _____ Date: _____

Volunteer Corner



Volunteer Coordinator

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

PARKING LOT

We are about to embark on a couple of months of upheaval around the LSCO as our parking lot gets redesigned, repaved and refurbished. There is no way to sugar coat what 2 months of construction is going to be like outside our front door, let's get real, it will be a bit of a nightmare. It is less painful when you visualize how wonderful it is going to be when it is completed.

During this time it may look like the LSCO is not open for business because there will be no vehicles allowed in the north parking lot, but I can assure you we are OPEN. I would like to say thank you in advance to all our volunteers. I know I can depend on our dedicated volunteers to find a way to perform their duties because they know there are many people in the community that depend on the LSCO each & every day.

OPEN FOR BUSINESS DURING CONSTRUCTION

The crafters in the Clever Crafter's Boutique would like to invite you all to come see the many unique items we have for sale. We have over 25 crafter's presenting a wide variety of handcrafted items. Our temporary hours of operation during construction are 10:00 am until 1:00 pm. Make the Clever Crafter's Boutique your stop for:

- baby blankets
- sweaters
- jewelry
- kitchen towels
- handcrafted cards
- scrubbies
- wheelchair bags
- tea cup & saucer bird feeders
- booties
- slippers
- tea cozy's
- Bingo bags

JESUS CHRIST SUPERSTAR - OCTOBER 13, 14, 15 & 16, 2016

My volunteer list is growing every week, what an amazing community. ☺ Maybe some of you feel it is too early to come put your name on this growing list, but it really isn't. 100+ volunteers are needed to fill the positions for all 4 performances. This doesn't include seamstresses and set construction beforehand. Volunteers must be able to attend a volunteer orientation meeting scheduled for the early October. ★

Why is something in your area of specialty called "right down your alley?"

This expression originally came from the American game of baseball. In baseball, an alley is one of several paths a ball can take into the outfield which makes the ball difficult to catch. A player who feels his (or her) specialty is hitting a ball down a particular "alley" might promise to hit one 'right down my alley.' This phrase eventually was generalized to refer to any sort of specialty.

3 of humanity's next great achievements

Landing on the moon. Summiting Mount Everest. Developing the first-ever vaccine against smallpox. The Internet. The list of humankind's greatest achievements goes on. Looking forward, what could top the incredible things that have already been achieved? We can't be sure, but these may come close.



1. **Sending humans to Mars.** We all saw that amazing Matt Damon movie, but soon putting people on Mars may not just be limited to Hollywood blockbusters. Last year, NASA laid out its plans for a mission to send humans to Mars, hoping they will eventually become "Earth independent" - meaning they would be going to the red planet to stay. Granted, this may not happen for another few decades, but in astronomy speak, that's mere minutes. As the first human colony to live on another planet, the achievement would be legendary and the impacts far-reaching.
2. **Eliminating deadly diseases.** We have made significant progress towards reducing and even eradicating several deadly diseases in recent times, largely through immunization. Yet many diseases continue to plague people in the most vulnerable re-

- gions of the world. Sixteen years ago, maternal and neonatal tetanus was a public health problem in 59 countries. Since then, 39 countries have officially eliminated the disease with simple immunizations. The disease is contracted by newborn babies when their umbilical cord is cut with an unsterile blade. If mom is immunized for tetanus, she passes her immunity on to her newborn. So simple and inexpensive. Today maternal and neonatal tetanus continues to kill one newborn baby every 11 minutes. Humanity's on the brink of eliminating the disease, with important contributions from organizations like UNICEF, which is rolling out mass vaccination campaigns to protect women and babies, with the support of Kiwanis and the Government of Canada.
3. **Preventing catastrophic climate change.** Almost 160 million children under five years of age live in areas at high risk of drought around the world. As climate change brings more extreme and more devastating weather events to every corner of the globe, slow progress is being made to reverse the trend. In April, Canada joined world leaders in signing the Paris Agreement and committed to reduce greenhouse gas emissions. If successful, this could be a major game-changer.

You can learn more about how to eliminate deadly diseases at www.unicef.ca/eliminate.

www.newscanada.com

WINNERS

Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

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

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

Every Wednesday HALF PRICE REGULAR CARDS

Friday Nights FREE \$500 GAME

Sunday Afternoons FREE \$200 GAME

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

SUMMER YOGA CLASSES ~ EVERYONE IS WELCOME
 GENTLE YOGA ON TUESDAYS & THURSDAYS + NOON YOGA ON TUESDAYS

5 small ways to make a big difference in your community

If it seems like your life is only getting busier and you have less time to give back to your local community, you're not alone. Between commutes, carpools, after-school activities and just wanting to be outside, it can be hard to find time to fit everything you want to do in your day. But if you still want to improve your community, here are five small ways you can make a big difference:

1. **Donate your old books to a local library.** You can also donate toys your child has outgrown to a local hospital. It only takes a few minutes to rummage through your house and see what you have lying around, but these thoughtful gifts will be appreciated by those who receive them for years to come.
2. **Coordinate a local park cleanup.** All it takes is a small group of people, a few garbage bags and a couple of hours, and your efforts will be enjoyed by the entire neighbourhood.
3. **Join your local Kiwanis club.** You can choose from a range of volunteer events to take part in throughout the year. Kiwanis also works with UNICEF and the Government of Canada to prevent maternal and newborn tetanus, a disease that kills nearly 50,000 newborns a year. Your local support at pancake breakfasts and other events will be helping women and children around the world lead better, healthier lives.
4. **Volunteer at your local hospital or retirement home.** This may take a few hours of commitment each week, but the friendships you'll make will be priceless. You'll also feel a sense of well-being by forging connections with new people and benefit from the improved mood that comes from helping others.
5. **Hold a food drive and donate the goods to your local foodbank.** Posting a few signs on streets and in stores around the neighbourhood should get you plenty of donations. Or get people to participate from the comfort of your own home by sharing your plans on social media and making use of your email lists.

Learn more about how to help prevent maternal and neonatal tetanus at www.unicef.ca/eliminate.

www.newscanada.com

Health Facts:

- Laughing lowers levels of stress hormones and strengthens the immune system.
- The benefits of exercise are more than just for weight management. Exercise also combats stress, promotes better sleep and activates the immune system.
- Research has shown that when people exercise by walking, they walk 30% longer if they walk to music.
- Drinking water before and after a spa treatment, reduces soreness and helps to flush the body of toxins released from the muscles.

i spa Health Studio

Computer Corner by Sjoerd Schaafsma

Computer Visibility

As we get older most of us find our vision isn't quite what it used to be. There are many techniques for making what's on your computer screen easier to read and see. The details for doing this are more than one small computer corner can cover. I'll mention the options, and then point you to a couple of web sites that discuss this in greater detail. All versions of Windows as well as Mac computers have similar options.

A larger computer screen allows for more space, but often the default icon and text size is too small to read easily. Display settings in the control panel allows you to change the size of icons and text. This is better than changing the resolution of your screen, which tends to make everything less crisp that it could be for your monitor.

Individual programs have options to zoom to make text larger. In your internet browser holding down the control key and the + key will increase the size of text.

Make your mouse pointer easier to see - in the mouse settings in the control panel are options to change the speed, size and color of your mouse pointer.

The following Windows Secrets article goes into more detail.

<http://windowssecrets.com/newsletter/making-windows-a-sight-for-sore-eyes>

For Mac users here is a link to an Apple site on increasing visibility.

<https://support.apple.com/kb/PH21935>

This month's tip:

To avoid an accidental, unwanted, update to Windows 10 before the July 29 deadline, use one of the small programs that will prevent the automatic update. Never10 and GWX Control Panel, are both freeware. Never10 is simpler.

<http://tinyurl.com/qhtb4ag> is the shortcut to the How-to-Geek Website that gives more links and details.

The computer club will be taking a break from regular workshops during the summer months.

The lab will still be available to members on Monday and Wednesday afternoons, unless it has been pre-empted by a class. Check the Computer Club Bulletin Board in the downstairs foyer for a list of unavailable dates.

For a complete listing of courses and club offers check out our website. Current and past issues of the Computer Corner can be read online at <http://members.shaw.ca/lscocc>

Direct comments and feed back to: saltidae@gmail.com



Thursdays for the Month of July Only



Redeem Coupon at Concession

Best Popcorn in Town
Big Movies ... Small Prices
Tuesdays \$3 Movies
Thursday \$3 Senior Tickets

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

Breakfast
MENU

8:00 - 10:00 a.m. Monday - Friday

OPEN TO THE PUBLIC

~ CASH ONLY ~

\$6.00

Non-Members
 Add 15%

CLASSIFIED ADS

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

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

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.

FOR SALE CTM Motorized Chair in excellent condition. 2 batteries, 6 wheels. Only 1 1/2 years old. Used very little. For more information phone 403-320-8512 or 403-359-3506. Asking \$1,950 or best offer.

Established Business - **Naked Feet Mobile Foot Care:** Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. These 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 Mossa **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

WANTED Hard or soft cover books by Joy Kogawa: *Obasan*, *Itsuka* and *The Rain Ascends*. Please call Dianne at 403-329-8103.

Friday Music Program

Join us for the Friday Music Program held in the dining room (stage area) on Friday's from 12:30 pm – 2:00 pm. **Note: July 8th – There will be no Friday Music Program due to the Southen Alberta Summer Games.** Performers for this month are: July 15th – Los Gringos, July 22nd – Ray Sauer, July 29th – Classic Legends. (There will be no music program on July 1st as we are closed for Canada Day.)

Community Partnerships

Information on Law

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, September 14th** (the program does not run in July and August.) 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.



Support Services Coordinator

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

Wellness

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on **Friday, July 22nd**. 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, September 8th** (there will be no clinics in July and August).

Massage Therapy Appointments!

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

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, July 5th & 19th** 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.

LSCO Wood Carvers Projects



Carvers will meet again in the Fall on Thursdays at 12:30 pm



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934
 www.evergreenfh.ca

327 - 10 Street South, Lethbridge
 A division of the Caring Group Corp.

We Lessen the Expense ~ Not the Care



PAR 3 GOLF TOURNAMENT CELEBRATING SENIORS

2016 WINNERS

Low Gross Women

First Place: Claire Zuback
Second Place: Bobbi Harvie

Low Gross Men

First Place: Tim Troman
Second Place: Lynn Layton

- Hole #1 Closest to the Pin On First Shot
Women: Jean VanDeurzen
- Hole #2 Closest to the Pin On First Shot
Men: Tim Troman
- Hole #2 Ball in the Sand Draw
Women & Men: June Perreault
- Hole #4 Longest Putt – Women: Jennifer Hilborne
- Hole #5 Longest Putt – Men: Stu Cavanaugh
- Hole #6 Closest to Pin on First Shot
Men: Tim Troman
- Hole #7 Closest to the line on Tee Shot
Women: Claire Zuback
Men: Rob Miyashiro
- Hole #8 Closest to Pin on first Shot
Women: Rita Nielsen
- Hole #9 Ball in the Water Draw
Women & Men: Gladys Larson

*Thank you to all the golfers for participating.
Thank you Michael Peterson,
Legacy Hearing Centre for the sponsorship!*



Thank You to Evergreen Golf Centre and Kevin Hamilton for hosting the 2016 Par 3 Golf Tournament for Seniors' Week.



Thank You to Mike Peterson of Legacy Hearing for co-sponsoring the LSCO Golf Tournament. Mike set up an information table on Hole 2.

IPHONE

You have an iPhone, now what? Register for this class if you need more information on how to connect to the internet, get mail, set up voice mail, add contacts and more. Bring your charged iPhone to class.

When: Wednesdays, August 3, 10 & 17
Time: 1:00 – 3:00 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Tuesday, August 2 (after this date add \$5)



LORNA PEACOCK

~ Solid Track Record as a Residential REALTOR® since 1985
~ Prompt response ~ Highly organized
~ Exceptional support staff

Bus: 403.320.6411 Toll Free: 1.800.554.2380
E-mail: lorna@lornapeacock.com

sutton group – lethbridge
AN INDEPENDENT MEMBER BROKER
1010 - 3rd Avenue South, Lethbridge, AB T1J 0J4

TRIVIA

Did you know?
In space, astronauts cannot cry, because there is no gravity, so the tears can't flow.

Lethbridge Denture Clinic
Putting that sparkle back in your smile.

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

Kimberley Ankermann DD & Trisha Perverseff DD

#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142
www.lethbridgetentureclinic.com

**Escape Winter
Bali Long Stay
C\$2947**

Incl:- Rtn Airfare ex Calgary,
Rtn airport transfers, all taxes,
fees & fuel surcharges,
21 Nights 4 Star Accom, Daily Breakfast

**Travel Dates:
09-Nov-16 – 03-Dec-16**

****ONLY 6 SEATS AVAILABLE****

Downunder TRAVEL

1-866-470-4414 Toll Free
info@downunder-travel.com
www.downunder-travel.com

**Christmas in the
Cook Islands
C\$3136**

Incl:- Rtn Airfare ex Calgary, all taxes,
fees & fuel surcharges,
Rtn Airport trsf, 12 Nights
3.5 Star Accom, Daily Breakfast

FREE BONUSES:
Complimentary resort activities,
incl. kayaking & snorkeling

**Travel Dates:
Departing 18-Dec-16
Returning 31-Dec-2016**

****ONLY 8 SEATS AVAILABLE****

Based on availability and subject to change. Prices are per person, based on double occupancy. Taxes, surcharge and service fee included. Blackout dates apply. Please refer to our website for package validity dates.

Smoking Summer Fun at LSCO

REGISTRATION INFORMATION

Please register early to ensure class is not canceled. Registrations can be made in person or by calling 403-320-2222. Payment can be made over the phone with your credit card. Check our website at www.lethseniors.com for additional courses.

Activity/Exercise

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: Tuesdays & Thursdays, July 5 – 28
Time: 9:00 - 10:00 am
Fee: \$40 LSCO M; \$60 NM
Register by: Monday, July 4

GENTLE YOGA

Everyone is welcome to attend this gentle class. 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: Tuesdays & Thursdays, July 5 – 28
Fee: \$36 LSCO M; \$48 NM
Drop in Fee: \$6 LSCO M; \$7 NM
Time: 9:30 - 10:30 am
Register by: Monday, July 4

SUMMER NOON YOGA

Individuals of all levels are welcome to attend this class led by Melanie Hillaby.

When: Tuesdays, July 5 – 26
Time: 12:05 – 12:55 pm
Fee/session: \$45 LSCO M; \$68 NM
Register by: Thursday, June 30
(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. You will be sure to have a great time with instructor Tine Gulbrandsen.

When: Tuesdays, July 5 – August 9
Time: 11:00 – 11:45 am
Fee: \$27 LSCO M; \$41 NM
Register by: Monday, July 4
(after this date add \$5)

ZUMBA Evening

When: Tuesdays, July 5 – August 9
Time: 5:30 – 6:30 pm
Fee: \$41 LSCO M; \$62 NM
Register by: Monday, July 4
(after this date add \$5)

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. *Beginner players should come Tuesdays & Thursdays at 10:00 am for instruction.* **Drop in fee \$2.50 members \$3.50 for non members.** Pay at the Administration Desk prior to playing.

When: Monday, Wednesday, Friday
Time: 11:10 am – 12:30 pm
When: Tuesdays & Thursdays
Time: 10:30 am – 12:00 pm

KEEP FIT

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

When: Monday, Wednesday, Friday
Time: 10:00 – 10:50 am

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. Drop in fee is \$2. Pay at the Administration Desk prior to playing.

When: Monday, Wednesday, Friday
Time: 3:00 – 4:30 pm

Technology

WINDOWS 10

When: Mondays & Wednesdays
July 11 – 28
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, July 7
(after this date add \$5)

SEARCH ENGINES & CLOUD

We will learn how to use search engines such as Google, Yahoo and DuckDuckGo and make are searches more relevant and more secure. We'll learn about how to make internet usage easier and more useful for ourselves. We will also learn about "The Cloud", what it is and why and how we would use it.

When: Tuesdays & Thursdays, July 12 – 28
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, July 7
(after this date add \$5)

INTRODUCTION TO YOUR IPAD

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Monday – Friday, August 8 – 12
Time: 10:00 – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, August 4
(after this date add \$5)

IPHONE

You have an iPhone, now what? Register for this class if you need more information on how to connect to the internet, get mail, set up voice mail, add contacts and more. Bring your charged iPhone to class.

When: Wednesday, August 3, 10, 17
Time: 1:00 – 3:30 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Tuesday, August 2
(after this date add \$5)

ANDROID SMART PHONES & TABLETS

Are you in need of basic information in order to operate your smart phone or tablet more efficiently? If so register for this 6 day course.

When: Tuesdays & Thursdays
August 2 – 18
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, July 29
(after this date add \$5)



**LSCO Gym 1 & Gym 2
will be CLOSED
from
August 15
to September 2
for annual
maintenance**

TRIVIA ~ Did you know?
In Tokyo, they sell toupees for dogs.

NEW WEST
THEATRE



**JUNE 27 - JULY 16 | 7:30PM
MATINEES JULY 9, 16 | 1PM
DARK DAYS JULY 1, 3, 4, 10, 11**
YATES THEATRE | MUSIC-COMEDY REVUE
www.NEWWESTTHEATRE.com

July LSCO Weekly Activity Schedule

For more information regarding programs contact the Administration Desk at 403-320-2222.
Schedule may change without notice.

Note: Some programs are for members only while others are open to the community. • Drop In Fee options available.

Monday	Tuesday	Wednesday	Thursday	Friday
Active Aging 8:00 am		Active Aging 8:00 am		
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 – 10:50 am	Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am
	Lapidary 10:00 am		Badminton 10:00 – 11:50 am	
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm		Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm	
Pickleball 1:00 – 4:50 pm	Quilting 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 1:00 – 4:50 pm
	Pickleball 1:30 – 4:50 pm	Pickleball 1:00 – 3:30 pm	Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
	Zumba 5:30 pm			
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm

HARMONY HOME WATCHERS

DON'T LEAVE YOUR HOME ALONE!!

We provide comfort in knowing that while your house is vacant, it is safe and secure. Your house is in the hands of a competent, licensed and insured individual. Never again having to stress over: Who is going to be watching my house while I am away?

WE MONITOR UNOCCUPIED HOMES FOR YOUR PEACE OF MIND.
City of Lethbridge & Town of Coaldale



Pat Hoyt • 403-381-6605 / 403-894-2831 • phoyt@tpi.ca

TRIVIA ~ Did you know? 40% of all people who come to a party in your home snoop in your medicine cabinet.

JESUS CHRIST SUPERSTAR

Be part of a Select Group - you can purchase advance tickets for Jesus Christ Superstar 10 days before it will be advertised to the general public. To join this select group just send your email request to jcslethbridge@gmail.com. You will be notified so you can get the best seats available.

Eat anything you want... anytime, anywhere...
with the help of implant supported dentures.

Call us today for your complete denture care needs



Hosack DENTURE CLINIC LTD.

Giving you something to smile about!

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

We Cover UGLY Concrete
Driveways, Garage Floors, Patios, Walkways



Made with 100% RECYCLED RUBBER
Using Rubber Stone on our driveway keeps approx. 140 TIRES from the landfill!

SAVE \$300 with this ad (some restrictions apply)

RUBBER STONE is extremely durable and can be applied right over the old surface with no messy removal required! PLUS, it withstands the heat of summer, the cold of winter and everything in between.

- ✓ Soft to Walk on
- ✓ Excellent Traction
- ✓ Quick Installation
- ✓ Multiple Colour Available
- ✓ Ready to Drive on After 24 Hours!

www.CoverWithRubber.com
www.facebook.com/RubberStoneNA

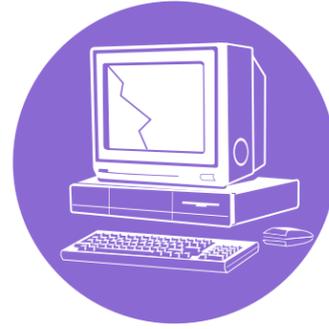


Call for a free Estimate 403-327-5510

RE: PAINT?

RE: TIRE?

RE: WIRE?



RECYCLE!

OLD PAINT CANS, TIRES AND ELECTRONICS ARE ACCEPTED YEAR-ROUND AT THE LETHBRIDGE WASTE & RECYCLING CENTRE

FOR MORE INFO ON ACCEPTED MATERIALS, HOURS AND LOCATION, PLEASE VISIT US ONLINE AT WWW.LETHBRIDGE.CA/WRS OR CALL 403-329-7367



CITY OF
Lethbridge



To believe in life is to believe there will always be someone who will water the geraniums. – Flavia

MORNING
Menu

Good Morning!

Have a Great Day

BEGINNING
with
Breakfast

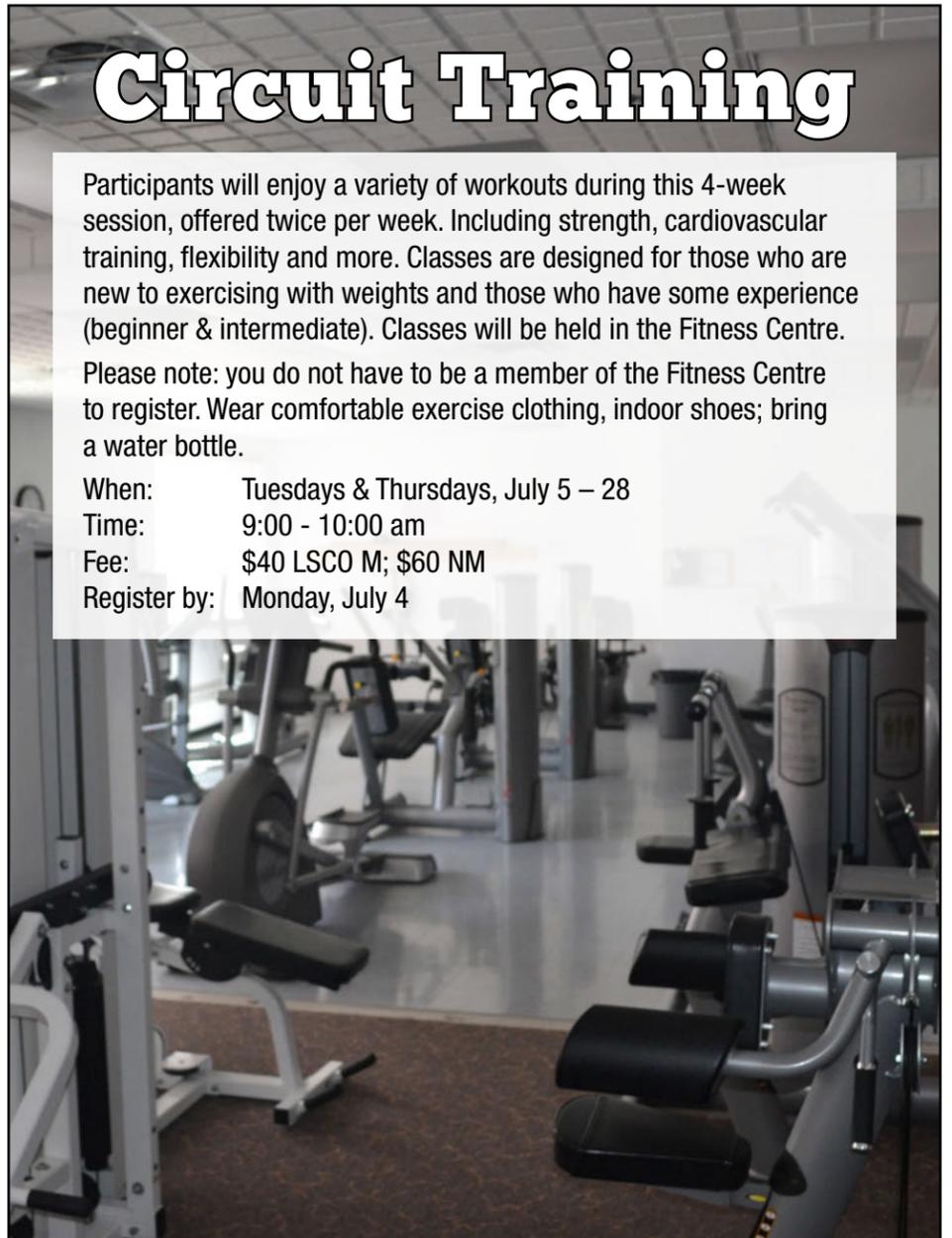
Ham, Sausage or Bacon, 2 Eggs,
Hash Browns, Toast & Coffee or Tea
\$6.00

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: Tuesdays & Thursdays, July 5 – 28
Time: 9:00 - 10:00 am
Fee: \$40 LSCO M; \$60 NM
Register by: Monday, July 4



FROM THE GALT

Hudson's Bay Company and Lethbridge

While the Hudson's Bay Company may be the oldest store in Canada, it wasn't the first store (or even the first large store) to operate in Lethbridge. In fact, it would be a few years after Lethbridge started before the Bay came to Lethbridge.

Because of its location and early history, Lethbridge and southern Alberta had a strong link and physical connections in the early years to northern Montana and places like Fort Benton. So perhaps it is not surprising that the first lot ever sold in the Lethbridge town-site was sold to an American company, I.G. Baker and Company of Fort Benton. I.G. Baker and Company had been operating in southern Alberta since the early 1870s and was involved in supplying inventory to Fort Whoop-Up and the other trading posts as well as to the early Mounted Police posts. From there I.G. Baker & Company developed stores in several communities across southern Alberta (such as Macleod, Calgary and Lethbridge) to supply the new settlers.

But in 1891, 125 years ago, this American store was replaced by the British/Canadian store as the Bay came to town.

In 1891 it was announced that I.G. Baker & Company was selling all of its stores across southern Alberta to Hudson's Bay. Here in Lethbridge, Thomas Curry, previously manager for I.G. Baker, stayed on as the Bay's first manager.

The change took place in March. An advertisement in the March 20, 1891, *Lethbridge News*

noted that I.G. Baker & Co's. Store was to close down that night for the purpose of taking stock and that it would open the next day as the Hudson Bay Company.

Like I.G. Baker & Company before it, the Bay when it opened had a prime location as the store was located on the corner of Baroness Road (1st Avenue South) and Round Street (5th Street South). This location was right across the road from the train station so the store was the first thing noted by new visitors and settlers to the community. It was also the first store along Lethbridge's historic main street (5th Street South).

The building the Bay purchased in 1891 was a wooden building. Eventually the old wood frame building was moved to the back of the lot to be used as a warehouse and a new structure was built on the location in 1907. A larger two-storey addition with a full basement was added on in 1909 to make the building that still exists today.

By 1907, Lethbridge was being recognized as the service centre and largest community in southwestern Alberta. So when the Hudson's Bay Company constructed its new building, it wanted a building suitably grand and large enough for the rapidly developing community. Special pressed brick was used in the construction and sandstone trim enhanced the visual appeal of the façade.

Large plate glass windows brought light into the building and showcased the store's mer-

chandise. More than 520 square feet of plate glass windows was used on the first floor of the store, highlighting the desire to design the building to impress.

There was a great deal of impressive merchandise in the store. The Bay carried much of what people could need. There was general merchandise, groceries, dry goods, clothes, shoes and more. In 1909 the Bay added a new service to its offerings. A second door was constructed on the north-side of the building (entrance from 1 Avenue South) and the company applied for a liquor license so alcohol could be sold from the store.

For forty years the Bay served Lethbridgians well from this location. But in 1931 the Great Depression proved too great a difficulty to overcome. A.E. Dodman, manager of the store, learned on January 1, 1931, that the store was going to close. Throughout February a clearance sale was held and the store closed at the end of that month. Hudson's Bay Company left Lethbridge in 1931 and wouldn't return for several decades (and certainly not to the same location).

But though the Bay left in 1931, the building remains. It has served many different uses including the Trianon Ballroom and today is the home of Spice Grill. ★

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

Come to LSCO for the return of the

\$6⁰⁰ BREAKFAST

Pay extra attention to eye health if you have diabetes

Eleven million Canadians are living with diabetes or pre-diabetes, according to the Canadian Diabetes Association. While there are numerous complications associated with the disease, what diabetics might not know is that it can also have a serious impact on eye health.



"Diabetes gives rise to a number of eye-related issues, including cataracts, glaucoma and potential vision loss," says Alberta optometrist, Dr. Jaswinder Bains. "Anyone suffering from diabetes needs to take extra caution and make sure that they undergo a comprehensive eye examination with their optometrist at least once a year."

Dr. Bains explains that diabetes can affect all blood vessels in the body, including those in the eye. A condition called diabetic retinopathy occurs when there is a weakening or swell-

ing of the tiny blood vessels in the retina of the eye, resulting in blood leakage, the growth of new blood vessels and other changes. If diabetic retinopathy is left untreated, patients can go blind.

Several factors increase the risk of developing diabetic retinopathy, including poorly controlled blood sugar levels, the length of time with diabetes, smoking, high blood pressure, drinking alcohol and pregnancy.

Fortunately, there are ways to avoid and treat diabetic retinopathy, says Dr. Bains. Controlling blood sugar levels is the first step towards avoidance, so it is important to follow a physician's instructions around diet, exercise and medication.

Early detection is crucial to treating the condition before serious damage to the eye occurs. An optometrist can identify the signs of diabetic retinopathy through a comprehensive eye exam and prescribe appropriate treatment.

More information on the connection between diabetes and eye health, or on finding an optometrist, is available at www.optometrists.ab.ca.

www.newscanada.com

Probate, Probate, Probate and Other Estate Questions

Probate, if ever there was a word that only lawyers know the meaning of and what is involved with it, it's probate.

It seems that most people think probate is a get rich quick scheme for lawyers and for the government and they think it is a mysterious process.

Probate is not that mysterious process and while lawyers do make a decent fee off a probate, it is not a get rich quick scheme. Fortunately for now, the government does not charge a high fee for a grant of probate. I am here to now give you the details of probate.

Probate is of course from the Latin word *probare*, and means to prove. So probate means to prove that this is the last will of the deceased. Not there are usually competing claims to what is the last will of a deceased person very often, but sometimes there are.

In broader terms, the process of probate, does the following:

- 1 It proves that this is the deceased's last will;
- 2 It gives the executor of the estate, the power to deal with the deceased's assets;
- 3 It helps ensure that the deceased's assets are distributed according to the terms of their will;
- 4 It cleanses the estate of any potential claims against the deceased's property.

The question is do you have to do probate in every case when someone dies and the short



Legal Tips and Information

Douglas Alger

answer is no. The answer depends on what type of assets do you have at the time of the death and what is the state of ownership of those assets.

Let's start with an easy example of a Husband and Wife and they own the following assets:

1. A home in joint names;
2. A bank account in joint names;
3. An investment account in the husband's name only;
4. A life insurance policy in the wife's name and the husband as beneficiary.

In this example the only asset that would possibly need probate would be the investment account and only if the husband died first. The home and bank account would go to the wife as the surviving joint owner and the life insurance would go by virtue of the designated beneficiary.

If both the husband and wife are deceased, then the home, bank account, and investment

account would need to go through probate. The life insurance policy would likely have to go through probate if the alternative beneficiary of the policy was the estate of the wife.

The determination of whether probate is necessary is one that an experienced lawyer can answer very quickly, upon a review of the assets of the estate with the executor. So one of your first duties as an executor would be to set up a meeting with a lawyer and review the will of the deceased and the deceased's assets.

Once it is deemed necessary to have probate done, what are the court fees involved and what are the legal fees? Alberta has the lowest court fees in the country, with a maximum fee of approximately \$400 for probate. Lawyer's fee have been traditionally set at a base fee of \$2250, plus 1% of the value of the assets of the estate if the estate is valued over \$200,000.00, below \$200,000 the fee is 1/2% of the value. Fees are negotiable and may be less or more depending on the circumstances of the estate.

I will continue this discussion next month, as it seems that wills and estates are a big issue these days. Your will and estate planning need not be complicated, but they can become complicated with poor planning.

Enjoy your summer in Southern Alberta! ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Traditional medicine is making a comeback

Our medical knowledge, research and treatments have evolved over the years — both for conventional and traditional medicine. More and more Canadians are supplementing their health regimen with age-old remedies and treatments to help them maintain their health.



By staving off illness and maintaining your health with natural remedies like oil of oregano, Echinacea and valerian, you can help preserve the effectiveness of conventional medicine. Using alternative remedies generally comes with fewer side effects and can also decrease your risk of prescription medication dependency.

Here are three noteworthy traditional remedies that have been proven to be as effective as pharmaceuticals for certain illnesses and conditions.

1. **Oil of oregano.** This oil has antibacterial, antiseptic, anti-inflammatory and antioxidant properties. It can help decrease swelling and inflammation and can also treat fungal infections like athlete's foot. Oil of oregano also aids in digestion and helps preserve food.
2. **Echinacea.** Several studies have found that Echinacea contains active substances that boost immune function, reduce inflammation and have antiviral and antioxidant effects. Echinacea is commonly used to reduce the symptoms and duration of the common cold.
3. **Valerian.** This medicinal herb has been used for centuries to treat insomnia and other sleep disorders. It is a popular alternative to prescription sleep medication.

It's always important to speak to your healthcare practitioner about which traditional and conventional medicines are right for you.

Find more information on traditional medicine and naturopathic supplements online at orangenaturals.com.

www.newscanada.com

RBC Wealth Management
Dominion Securities

Higher GIC Rates

June 20/16

1 year	1.80%
2 years	2.10%
3 years	2.20%
4 years	2.25%
5 years	2.35%

Earn more on your GIC renewals



Call us today at:
403-634-6395

Claude J Landry PFP,FMA,CIM
RBC Dominion Securities
Lethbridge, AB

Rates are subject to change and availability. RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. *Member - Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. *Registered trademarks of Royal Bank of Canada. Used under licence. © 2016 Royal Bank of Canada. All rights reserved.



101 ways to LOVE
the rest of your life

If you are considering "retirement" or are "retired", this seminar is designed for you!

Dates: July 18, 19, 20 & 21 from 6pm - 9pm

teamworks
career centre

Call Teamworks
Career Centre now

teamworkstraining.ca • 403.382.3770

Are Your Countertops
dated? faded? chipped? cracked?
OR JUST PLAIN UGLY???

Replace them affordably at

**COULEE
COUNTERTOPS**

3130 - 2nd Avenue North, Lethbridge

403-329-3035

SENIORS DISCOUNT 10%

www.couleecountertops.com

FREE IN-HOME ESTIMATES

Self Help Groups

Embracing Life's Changes Coffee and Conversation Group

This is a drop-in support group that meets every Wednesday at 1:15 pm in Room B. Participants will share concerns, worries when they feel comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required. **The group will be taking a break for the summer and will resume on September 14th.**

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

Parkinson's Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. **The next meeting will take place on Thursday, September 15th as they do not meet through the summer months.** For more information call 403-317-7710.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group is now meeting at the LSCO. The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the 3rd Tuesday of the month. The next meeting is **Tuesday, July 19th.** For more information call Vedna at 403-329-3766.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 p.m. in Room "A". The next meeting is **Monday, September 26th.**

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. **The group will not be meeting during the summer months.** For more information about the group call Louise at 403-394-6495 or by email at llandry@shaw.ca.

Alcoholics Anonymous Saturday Morning Eye Opener Group

This group meets every Saturday morning at 9:00 am in Rooms C & D.

Sunset Alcoholics Anonymous

Meets in Rooms C & D Thursday evenings at 7:00 p.m.

Monopoly helped POWs escape



During World War II, the Nazis did something un-Nazi-like: They let Allied prisoners of war play board games. The British government was even allowed to send its incarcerated soldiers a game or two. One of the games it sent? Monopoly. Inside the box? Tools for escape. Specifically, the British government, with the cooperation of the game's publisher, hid real bank notes among the Monopoly money. Compasses, metal files, and a folded silk map—which was less likely to disintegrate than a paper one—were also concealed inside the box to help the POWs flee their captors. It worked; the soldiers escaped.

By Dan Lewis, Reader's Digest Magazine

Angle's

Spa & Wig Boutique

403-308-9232

Website: www.AngiesSpa.ca
Email: Angiebevan@icloud.com

Pedicures
Foot care
Waxing
Facials
Microdermabrasions
Wigs & Accessories
Extensions
Products

2213 - 2 Avenue N. Lethbridge, AB. T1H 0C1

Lady Bug

reflexology

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

Receive \$10 Off with this coupon
Gift Certificates Available

403-360-5416

TRIVIA ~ Did you know? The only food that doesn't spoil is Honey.

BARBERS' SHOP

DARWIN & ISABELLE SHOEMAKER

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

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

MUSEUM & ARCHIVES
stories unfolding...

NOW OPEN

FORT WHOOP-UP

July

*admission fees apply [incl. exhibit access] | free to annual pass holders

It's Back! * **Summer Family Fun**
Tues in JUL & AUG | **1 - 4 pm**
for families

* **Wednesdays at the Galt**
1st and 3rd Wed | **2 - 3 pm**
for ages 55+

* **Thursdays at the Galt**
Archives, Discovery Hall & Museum Store
open until **9 pm**

Celebrate Canada's birthday
Free Admission | 1 pm

Sir Alexander Galt Museum Celebrates its
50th birthday
Free Admission | 2 pm

Summer Cemetery Tours
\$3/Galt pass holders; \$4/ticket
| 7 pm

<p>01 Watercolour Painting</p> <p>12 Pasta Art</p> <p>01 Annora Brown: Interpreter of Foothills, Glimpses of Her Life and Art with Joyce Sasse</p> <p>15 Waterton Lakes National Park Oral Histories with Edwin Knox</p> <p>07 Downtown Walking Tour 7-8 pm</p> <p>21 Archives 101 Workshop 7-9 pm</p> <p>23 Flower Brooches Workshop 7-9 pm</p>	<p>19 Rocket Flingers</p> <p>26 Ice Cream Social</p>
---	--

MUSEUM COMMUNITY DAY
FREE ADMISSION
1 - 4:30 pm

happy birthday to us!

FOR MORE INFORMATION 403.320-3954 | www.galtmuseum.com

TRIVIA ~ Did you know?
According to National Geographic, scientists have settled the old dispute over which came first – the chicken or the egg. They say that reptiles were laying eggs thousands of years before chickens appeared, and the first chicken came from an egg laid by a bird that was not quite a chicken. That seems to answer the question. The egg came first.

Source: "Knowledge in a Nutshell"

Fred Miller
Dispensing Optician & Prosthetic Eye Fittings

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

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

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

327-4145

We understand ...

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

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

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

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

SUMMER OPEN HOUSE Family BBQ

July 21st

11:30AM - 1:30PM

Live Entertainment and Fun Activities



PRICE FREEZE

Move in BEFORE the END of SUMMER and receive no rental increase for 3 years.

BOOK A TOUR TODAY
(403) 320-9363



All-Inclusive Retirement Living
785 Columbia Blvd. W, Lethbridge, AB
www.agecare.ca/RetireColumbia

ACCOMPANY You

Provides Freedom and Transportation for Seniors

- Medical Appointments
- Recreational Outings
- Curb to Door Assistance
- Banking and Paying Bills
- Visiting Friends
- Shopping
- Grocery Shopping
- Genuine Companionship
- Lethbridge to Calgary Service
- Accompanied Appointments

CALL NOW
to schedule your appointment.

403-380-9072
slmstein@outlook.com

COFFEE IS ALWAYS ON AT LSCO



FOX DENTURE CLINIC

Implant Supported Dentures • Full Dentures
Partial Dentures • Relines and Repairs
Nightguards • Sports Mouthguards • Teeth Whitening

We Also Offer:

Sympro Denture Cleaning • Ultrasonic Denture Cleaning
Novadent and Renew Denture Cleaners
VELscope Oral Screening

BRETT J. FOX DD
DENTURE SPECIALIST
4th GENERATION
foxdenture5@telus.net



524 - 6 STREET SOUTH
LETHBRIDGE, AB
T1J 2E2

PH: 403-327-6565
FAX: 403-327-6547
www.foxdentureclinic.ca

Lethbridge HEARING CENTRE



Lethbridge's Best locally owned and family operated hearing centre.

Make an appointment at the front desk for your **FREE Hearing Consultation and hearing aid cleanings** at LSCO on the 2nd Thursday of every month.

We offer:

- Locally owned & family operated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Most up-to-date digital technology
- All makes/models cleaning and repairs
- Devices for all budgets & lifestyles
- Battery Club Savings
- Free parking and wheelchair accessible



Lethbridge's trusted source for all your hearing needs.



403.320.6000
www.lethbridgehearing.ca

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

120, 2037 Mayor Magrath Dr. S., Lethbridge, AB

Thank You



to members of the Program Committee for volunteering at the Pancake Breakfast!
A great way to celebrate Seniors' Week.



July 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 CANADA Day LSCO Closed	2
3	4	5 Rudy & the Classic Legends ~ 1:00 pm Chair Exercises 2:45 pm	6 Fun with Wii 1:00 pm	7 Music with Sandy 1:00 pm	8 Southern Alberta Summer Games	9
10 	11	12 Music with Hank 1:00 pm Chair Exercises 2:45 pm	13 Carpet Bowling 1:00 pm	14 Movie Time 1:00 pm	15 Music Program Los Gringos 12:30 ~ 2:00 pm	16
17	18 	19 Music with Alex, Bill & Roy Los Gringos ~ 1:00 pm Chair Exercises 2:45 pm	20 Fun with Wii 1:00 pm	21 Music with Barry 1:00 pm	22 Music Program Ray Sauer 12:30 ~ 2:00 pm	23
24	25 	26 Music with Stan 1:00 pm Chair Exercises 2:45 pm	27 Carpet Bowling 1:00 pm	28 Music with Floyd Sillito 1:00 pm	29 Music Program Classic Legends 12:30 ~ 2:00 pm	30

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$5 per visit.

roost2roost LIMITED



Downsizing Dilemma? Need to move on?

We can help....
 Sorting • Organizing • Selling Unneeded Furniture
 Packing • Arranging Movers • Unpacking

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

403-388-4122 (Office) 403-315-1729 (Cell)

Shannon Phillips, MLA Lethbridge West

402 8th St S
 Lethbridge, AB T1J 2J7
 lethbridge.west@assembly.ab.ca
 403-329-4644



"Please contact me if I can be of any assistance."

Ladybug Arborists

Booking Birch and Maple Trees

How Can We Help Your Trees Today?

403~634~3062
 ladybugarborists@gmail.com
 www.ladybugarborists.com




alger zadeiks shapiro LLP
 CLIENT CENTRED

PROUDLY SERVING THE CLIENTS OF KRUSHEL FARRINGTON

The Paramount Building
 #260, 719 4th Avenue South
 Lethbridge, Alberta T1J 0P1
 403.380.6005

If you are a present or former client of Krushel Farrington Law Firm please contact Alger Zadeiks Shapiro LLP

www.azlawyers.ca

GENTLE YOGA

Everyone is welcome to attend this gentle class. 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: Tuesdays & Thursdays, July 5 – 28
 Fee: \$36 LSCO M; \$48 NM
 Drop-in Fee: \$6 M; \$7 NM
 Time: 9:30 – 10:30 am
 Register by: Monday, July 4



Adult Day Program
Sister Marie Albert



Sister Marie Albert, strong supporter and volunteer of the Adult Day Program at its inception, recently passed away in Antigonish, Nova Scotia. Sister Marie Albert volunteered with the Adult Day Program from 1984 until 2000, when she returned to Antigonish, Nova Scotia. She was 102 years old. Sister Marie Albert was in her 79th year of religious life.

Sister Marie entered the Congregation of the Sisters of St. Martha in 1936. After entering the Congregation, Sister Marie ministered in the field of health care for 46 years in addition to her volunteer work in the Adult Day Program.

Sister Marie was asked to volunteer in 1984 in the Adult Day Program which the Victorian Order of Nurses was setting up. She continued volunteering at the Lethbridge Senior Citizens Organization four days a week and was a strong advocate for the members of the Adult Day Program. Sister Marie taught us patience, tolerance and being kind to each other. She treated everyone equal and believed that everyone deserved grace in their life.

We fondly remember Sister Marie Albert and the many years she gave so freely of her time, love and devotion to those less fortunate. She is remembered with much love.

Sharon Appelt
 Adult Day Program Supervisor

Thanks Lethbridge! World Elder Abuse Awareness Day, Part 2

I wanted to follow-up on last month's article by telling everyone about the activities that Lethbridge took part in to mark World Elder Abuse Awareness Day (June 15) this year. We started our campaign to raise awareness with a show of solidarity from city officials, who lit up City Hall in purple the night of June 14. What a great way to get people talking! If you missed it, please check out our LEARN Facebook page. The next day was our first ever awareness walk and barbeque. We had over 60 people, representing several generations, join us at Civic Athletic Park for an hour long walk around the track, many wearing purple shirts, pants, scarves, shoes, ribbons and even some with purple nails! Following that, 175 attended the barbeque and cake cutting. There were a number of local media representatives on hand, with coverage on the radio and TV news that night, and in the paper the following day. All proceeds from the barbeque and sale of our "I support LEARN" t-shirts will go towards the 2017 Seniors Safety Calendar.



**LEARN
Case
Manager**

**Tanya
Purdy-Fischer**

learn@lethseniors.com
403-320-2222 ext. 31

All in all, it was a huge success!!

I would like to thank everyone who had a hand in making the day as successful as it was, be it our organizer (Dan Walton), graphic design support (Lisette Cook) sponsors (LSCO, Save-on Foods, FCSS and Lethbridge Police Service), Network volunteers (Lorri Penner, Laura Barrett, Dawn Vickers, Rob Miyashiro, Marlene Van Eden, Candice Fisher), celebrity chefs (Cst. Les Vonkeman and Mark Hovel-

ing) special guests (Lethbridge East MLA Maria Fitzpatrick, members of the Lethbridge Police Service including Chief Davis), walkers (including Shawn Hamilton and LSCO Nordic Walkers, members of Nordbridge Roll 'n' Stroll, residents of Blue Sky Lodge and Pemican Lodge, University of Lethbridge Student Union reps). We truly appreciate all of your hard work and support!

We hope to make this an annual event in Lethbridge, so save the date: next WEAAD takes place on *Thursday June 15, 2017*. Why not consider challenging your co-workers, family members or friends to see who can rally the most people to support our efforts to end elder abuse! You may also still purchase "I support LEARN" t-shirts at the front counter at LSCO. Together, we can make a difference!

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





Prearranging provides peace of mind.

IT'S SIMPLE, IT'S EASY AND SPARES THE FAMILY MEMBERS FROM MAKING EMOTIONAL DECISIONS THAT MAY NOT BE CONSISTENT WITH YOUR OWN WISHES.

And what many people don't know is that you need not prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone.

CALL FOR MORE INFORMATION.

100% GUARANTEE
NO INCREASED COST services are applied in the future.



403-381-7777 (24 Hrs)

Corner of Mayor Magrath Drive & 28th Avenue South, Lethbridge
www.cornerstonefuneralhome.com

RACHAEL HARDER

Member of Parliament
Lethbridge



255 8th St. S
Lethbridge, Alberta
T1J 4Y1

Phone: 403-320-0070
Web: RachaelHarder.ca



Here To Serve You

WINNERS BINGO VOLUNTEERS NEEDED
Mondays and Thursday from 11:00 am to 4:00 pm ~ FREE LUNCH
Variety of positions available. Please see Kari at the Administration Desk or call 403-320-2222 for more information.

5th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization

Plan to attend!

Contact LSCO
500 ~ 11 Street South, Lethbridge
www.lethseniors.com

Thursday, September 15 10 am - 6 pm
Friday, September 16 10 am - 4 pm

Free Admission ☆ Over 60 Exhibitors ☆ Door Prizes ☆ Speakers

Dr. Robbin Gibb – U of L Neurosciences
Amanda Porter, Ph.D. – Clinical Ethicist, South Zone, AHS
Travis Zetner – Cornerstone Funeral Home
Constable Dan Shurtz, LPS Economic Crimes Unit

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Presented by **Cornerstone** Funeral Home & Crematorium

Speakers sponsored by Hosack Denture Clinic

Yoga

SUMMER NOON YOGA

Individuals of all levels are welcome to attend this class led by Melanie Hillaby.

When: Tuesdays, July 5 - 26
Time: 12:05 – 12:55 pm
Fee/session: \$45 LSCO M; \$68 NM
Register by: Thursday, June 30 (after this date add \$5)

Can love really last a lifetime? Absolutely – but there's a catch. If you want your love to last, you need to ditch that fairy tale about living "happily ever after." Scientists recently found that romantic love involves chemical changes in the brain that last between 12 and 18 months. After that, since you won't have those chemicals to keep you feeling "lovey dovey," you'll need to maintain your relationship by doing things like communicating, listening, and – gasp! – compromising. Relationships require maintenance, so if you want to grow old together, take the time to regularly "tune up" your love.

Tesh Media Group

Frog Feathers

Life is an echo; what you send out comes back.

~ Chinese Proverb

It came to my attention recently that some of my grandchildren are lacking part of their education. I told a granddaughter that someone was “cut of the same cloth” as another person and she looked at me with a blank stare. Then I realized that a lot of the folksy, family analogies have been lost for the younger generations. We may not have twittered or tweeted but older folks knew how to get a point across with just a few words. I grew up hearing that I must have been “born in a barn” when I didn’t close a door, and I was “putting the cart before the horse” if I didn’t do things in the proper order. Some challenges were “easy as falling off a log” while others were like “looking for a needle in a haystack”. People who were a little slow on the uptake were considered “dumb as a board” or “a sack full of claw hammers”.

I realize that I have been remiss in my duty as a grandmother by not passing on some of these words of wisdom to my grandkids. This younger generation may learn in more advanced schools than I attended, but my family gave me a pragmatic, common sense education in everyday conversation. I grew up learning:

Waste not, want not. People who live in glass houses shouldn’t throw rocks. A stitch in time saves nine. Haste makes waste. A penny



The Widow’s Walk

Kay Long, BSW, RSW

saved is a penny earned. Look before you leap. Pretty is as pretty does. Never a lick a miss (if you don’t deserve this spanking it’s for something I don’t know about). You’re as healthy as a horse (we had to be – the only time we saw a doctor was when something was broken or bleeding). Strike while the iron is hot (referring to a blacksmith’s work). A bird in the hand is worth two in the bush. Once bit, twice shy. He who laughs last, laughs best. A penny saved is a penny earned. One should bury the hatchet, kiss and make up.

My elders also taught me: **Fool me once, shame on you; Fool me twice, shame on me.** One of my Mother’s all time favourites was, “**Laugh and the world laughs with you; Cry and you cry alone**”. Although she did not enjoy cooking, she seemed obsessed with kitchen things, such as: **That’s the pot calling the kettle black, looks like the fat’s in the fire** (meaning trouble

was about to happen), and my all time favourite from her, “**There’s never a pot so crooked but what there’s a lid to fit it.**” I often heard those words when I had just broken up with a boyfriend, along with, **there’s plenty of fish in the sea, or men are like streetcars – there’ll be another one along any minute.**

I remember my Dad talking about someone who was, “**as crooked as a dog’s hind leg**” and a friend recently told me that he used to hear, “**that guy is so crooked he has to screw his socks on**” from his father.

These mini-lectures were short and sweet but they gave us words to live by without having to take notes. The exam was in the form of life itself and, if we listened and learned we were apt to grow up to be good people. Being a “word” person I’ve continued to gather these colloquial gems. In more recent years my favourite has been: **Never try to teach a pig how to sing. It waste’s your time and annoys the pig.** However, a friend who grew up in Holland gave me another one recently that has to top them all. She said, “**You can’t pluck feathers from a frog**”, and that one “**blew me away**”. I’m sure all of you, Dear Readers, have your own mini-lectures tucked away in your memories and I’d love to hear them all. ★

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

Active Aging Strength & Low Impact Classes

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

When: July 4 – 27
 Time: 8:00 – 8:50 am
 Fees: \$36 LSCO M; \$54 NM
 Register by: Wednesday, June 29 (after this date add \$5)

JO ANN KELLY
 REALTOR®

Sutton sutton group - lethbridge
 AN INDEPENDENT MEMBER BROKER

1010 - 3 Ave. South, Lethbridge, AB. T1J 0J4
 Bus: 403-320-6411 Fax: 403-381-4546
 E-mail: kellyaj@telusplanet.net

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

Celebrating 20 Years
 as your local Lethbridge Realtor

EXPERIENCE COUNTS!

53 Years of Service

SEE Our Web Profile at www.betterbook.ca

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

Trinity Trinity Hearing Instrument Specialists, Inc.
 Member: College of Hearing Aid Practitioners of Alberta
TESTING, SERVICE AND REPAIRS. HUGE walk-in SOUND BOOTH
 Hearing Protection Devices, Swim Plugs, Musician Ear Plugs

unitron **PHONAK** **TV-EARS**
 Dr. Recommended TV Listening Device
TOLL FREE 1-877-810-9201

#214, 740 - 4 Ave S Professional Building Lethbridge AB • T1J0N9
www.trinityhearinglethbridge.ca

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

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

eLBees HEARING

www.elbeeshearing.com

We Listen! You Hear!

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

Lesa Butler ~ BC-HIS

403-328-0795
615 - 4th Avenue South

STUBBS PHARMACY

Serving Southern Alberta for 60 Years

FREE CITYWIDE DELIVERY AND PICKUP

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

FREE Compliance packaging

Let us help you manage your medications.

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

“Your Everyday Neighbourhood Drugstore”

DOUG'S HANDYMAN SERVICE

Cell: 403-331-6433
 Email: douglassmollinsklina@gmail.com

Odd Jobs of any size starting at \$20 per hour

All Season Yard Maintenance	Interior & Exterior Painting
Int & Ext Furniture Assembly	Demolition / Minor Renovations
Minor Home Maintenance	Packing/Assisting Estate Executors
Running Errands	Garage Cleaning & Organizing