

JULY 2017

LSCO Times

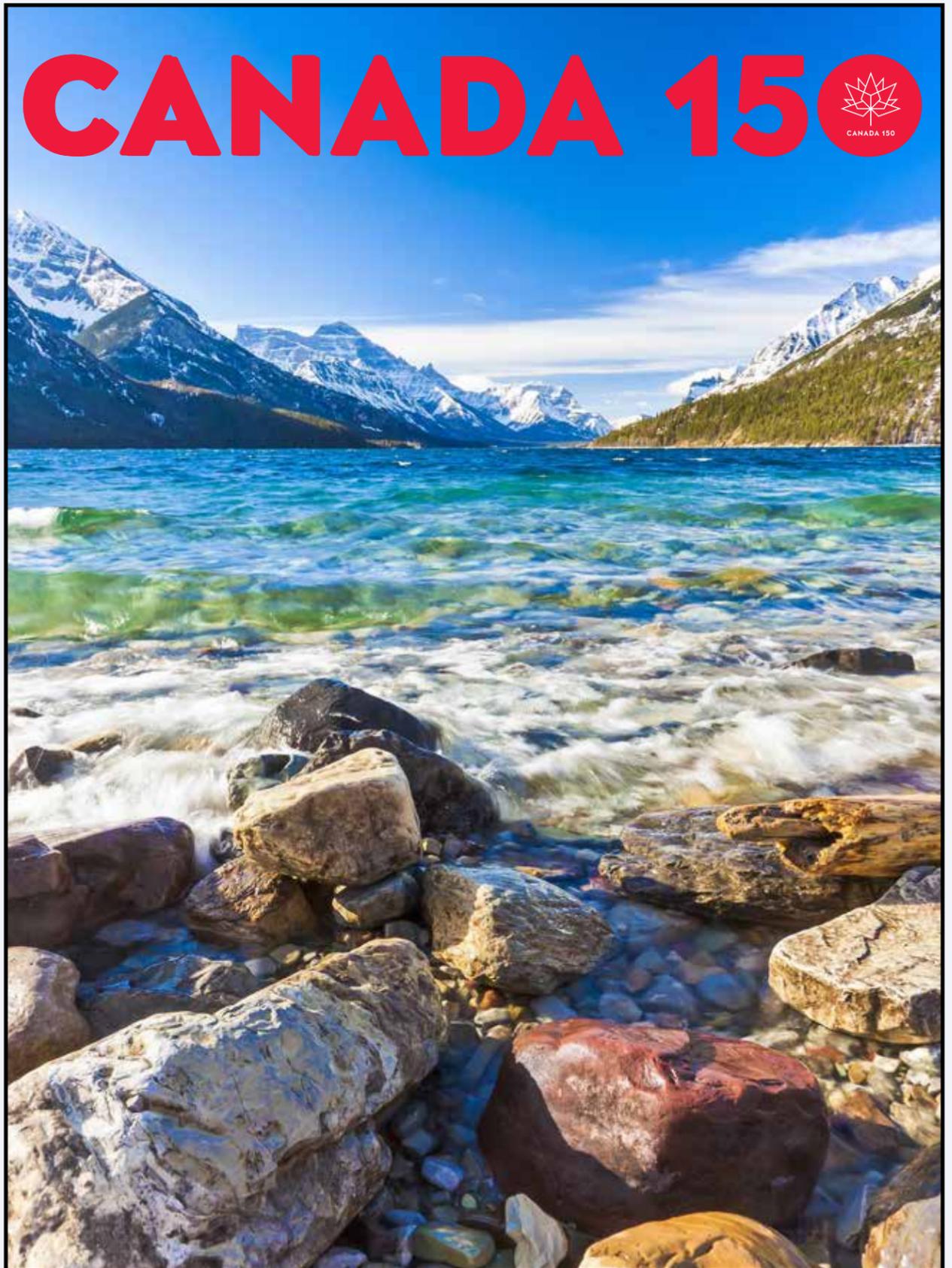


LETHBRIDGE
Senior Citizens
ORGANIZATION

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

INSIDE THIS ISSUE

- Executive Director* p.2
- LSCO Contacts*. p.3
- Message from the President*. . . . p.4
- From the Kitchen* p.4
- LSCO Case Worker* p.5
- LSCO Self Help Groups* p.8
- LSCO Support Services* p.6
- LSCO Programs* p.9
- Volunteer & Fund Development* . p.12
- Adult Day Program Calendar*. . . p.16
- LEARN Case Worker* p.20



Join Us for

FOOT CARE

JULY 4

MOBILE DENTAL HYGIENE

JULY 10 & 24

INTERGENERATIONAL PROGRAM

JULY 11

HEARING SCREENING

JULY 13

MASSAGE THERAPY

JULY 14 & 28

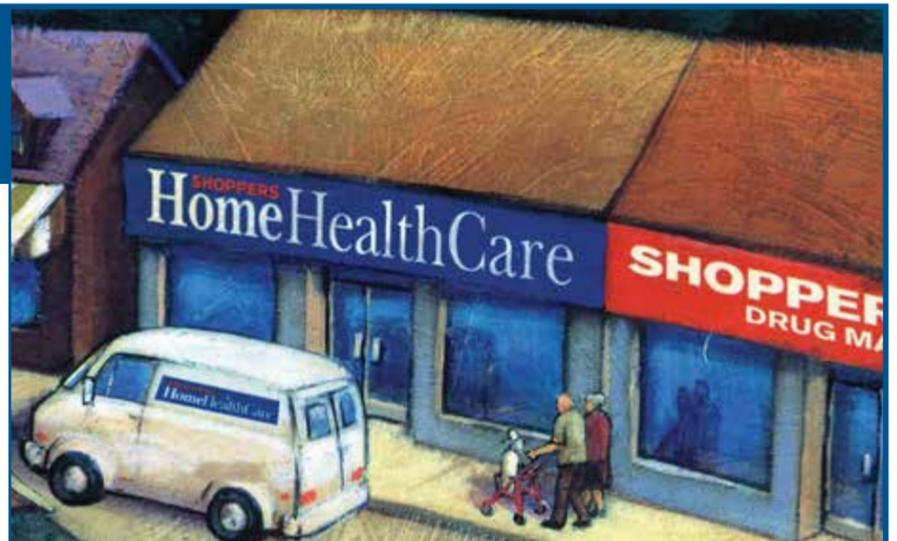
SHOPPERS HomeHealthCare®

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

SCOOTER SALE
UP to 40% OFF
JUNE 28 - AUGUST 31





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

In the past year and a half our Food Services department has been dealing with some serious operational challenges: fluctuating food costs; drought in vegetable/fruit producing regions (creating supply issues – quality and quantity); human resource turnover; equipment maintenance and replacement. All of these things have impacted the department and have posed sustainability questions, the

most pressing which may be, “How do we get back to break even with Food Services?”

We will be working on changes to our Food Services operation during July and August. We will be circulating a short survey about the department to gather your honest feedback (and we will encourage participation by offering LSCO gift cards as incentives to complete the survey). Also during the summer we will be offering a limited menu, which will likely consist of soups, salads, sandwiches and some grill items (the specific items for the summer menu were not available as of the deadline for the *Times*). Our goal is to use your feedback to improve our food services operations and to understand what needs to occur for Food Services to remain viable.

Please note that Meals on Wheels will continue to be a priority and that the changes above should not impact MoW in any way. ★



THANK YOU

LSCO would like to thank those who participated in Seniors' Week Activities; whether you were a spectator, performer, participant or volunteer at the events, we are very grateful.

REST IS NOT IDLENESS, AND TO LIE SOMETIMES ON THE GRASS UNDER TREES ON A SUMMER'S DAY, LISTENING TO THE MURMUR OF THE WATER, OR WATCHING THE CLOUDS FLOAT ACROSS THE SKY, IS BY NO MEANS A WASTE OF TIME. ~ John Lubbock

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge
HEARING CENTRE

Cornerstone
Funeral Home & Crematorium

FOX DENTURE
CLINIC

Hosack
DENTURE CLINIC LTD.

AgeCare

GREEN HAVEN
GARDEN CENTRE

In recognition for the ongoing support of LSCO Meals on Wheels

teamworks
career centre

SELECT
PEOPLE SOLUTIONS

urban grocer



With Philips Lifeline help is within reach.



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

Exclusively from Lifeline

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

SAVE ON LIFELINE

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

Quote code **574**

www.lifeline.ca

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

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

PHILIPS
Lifeline

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 – Bob Maslen
Past President – Clifford (Charlie) Brown
Secretary – Marnie Brown
Treasurer – Irwin Wyrstok

Board of Directors:

Bill Hanson, Merri-Ann Ford, Robert Girard, Don McInnes and Keith Sumner (Acting Board Member)

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 – Joanne Blinco
learn@lethseniors.com 403-394-0306
- LSCO Case Worker & LEARN Coordinator – Lavonn Mutch
lmutch@lethseniors.com ext. 57
- Volunteer Coordinator – Chelsea Sherbut
csherbut@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. 59
- Catering – Christine Toker
catering@lethseniors.com ext. 59
- Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
- Food Services Coordinator – Farron Matthews
fmatthews@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!

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

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

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



LSCO Vision Statement

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

*Welcome
New Members!*

Ken Hakstol	Laura Staker
Rodney Murray	Bev LeBlanc
Wendy Murray	Cameron Fraser
Louise Arsenault	Margaret Fraser
Darlene Aucoin	Stephanie Legault
Rajko Dodic	Bruce Rines
Lori Bauman	Marine Hubber

*A Smile is the Universal
Welcome.*



**LSCO Gym 1 & Gym 2
will be **CLOSED** from
August 14 – September 5
for maintenance.**

Lawn Care Services

Did you know that the LSCO provides *lawn care services* for low income seniors who receive guaranteed income supplement?

If you qualify and would like more information, please contact Diane Legault at the administration desk at 403-320-2222.




**LSCO will be closed
Monday, July 3rd
in lieu of
Canada Day**

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!







Publishing Schedule

Issue	Deadline
August 2017	July 21
September 2017.	August 18

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

Time travels so fast when you are busy and June was a busy month. Summer is here. Here in our northern location it is all too short. Some say “don’t blink or you’ll miss it.” There is an old song that goes “Those lazy days of summer.” It is time to relax on the deck, fire up the bar-ba-que, read a good book or just doze in the sun. Well, let’s not get too lazy. Shawn is here to keep us fit so let’s try to get out and enjoy some of the activities she has planned here at LSCO. Why not try something like Nordic Walking/Urban Poling, Yoga, Pickleball or Golf for Seniors.

I have expressed my appreciation for our staff and volunteers in the past but last week I really had this brought home to me. Our daughter was visiting us from Kamloops, BC. We were having a good talk when the phone rang. Oh



President’s Message

Bob Maslen

no! I am suppose to do Meals on Wheels on Friday mornings. I forgot! Marlene asked if I was still able to do Meals on Wheels. I said “We’ll be right there.” With relief in her eyes she apologized for calling. It was us who had a senior moment! I promise not to do it again

(until next time). I really enjoy visiting with our clients who are so thankful to see us, to chat for a moment and enjoy a good meal. Even though I was late, they were still pleasant.

On Mother’s Day I promised Elaine that we would plant a tree in our front yard this summer. So on Saturday we went out to Green Haven to select a tree. We were lucky to have a special tree man show us around and explain each kind of tree, it’s height, width, shape and other characteristics. He helped us select a vareity of Maple tree suitable for our yard. Digging the hole and planting the tree in our front yard was my exercise for the day. We will enjoy watching it grow.

During the summer many of us travel to vacation spots or to visit family. Enjoy these special times. Be safe and we will see you soon. ★



20x Pre-Pay Punch Card

403-327-7990



The punch cards are purchased in advance for 5 meals, 10 meals or 20 meals based on the same guidelines as the monthly pricing, Line 236 of their 2016 income tax. The punch cards offer the option of a nutritious meal to suit any person’s individual needs. Punch Card clients will need to phone in to order the meals at least 24 hours in advance.

For more information about LSCO Meals on Wheels and the punch card program you can call 403-327-7990.

E-mail: mow@lethseniors.com

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 water bottle. Class is taught by Nicole Stratychuk.

When:	Tues., July 4 – Aug. 29 (no class August 8)
Time:	11:00 – 11:45 am
Fee:	\$36 LSCO M; \$48 NM
Register by:	Friday, June 30

Did you know? | that LSCO Fitness Centre memberships are available to anyone 35 years and over.

Due to kitchen reorganization we will have a limited menu each day.

NO DAILY LUNCH SPECIALS



The parent-child relationship

The past month was a busy month celebrating Seniors Week, and World Elder Abuse Awareness Walk as well as many other activities at the centre. One of the topics that was well attended for a Coffee and Conversation with myself the LSCO Case Worker included "Building a Healthy Relationship with Your Adult Children." We will be offering a number of sessions on this topic in the fall. Please watch for the posters and the sign-up sheet.

I am posting one of our hand-out materials in this issue.

According to Kira Birditt, researcher at the University of Michigan and lead author of a 2009 study on relationships between parents and their adult children, "The parent-child relationship is one of the longest lasting social ties human beings establish." There are many ways in which both the parent and adult child can foster a healthy and meaningful relationship:

- **Set Boundaries.** Setting limits and boundaries is an important of every relationship, and as your relationship with your child transitions into adulthood, previously set boundaries will likely require updating. Redefining boundaries may mean ditching the belief that you will do anything to help your children succeed, to learning to support your children in finding their own successes. It may mean learning to respect that there are aspects of your adult child's life that are private.
- **Topics off-limits.** Save your venting about your marriage, your sex-life, for your friends or therapist. Complaining to your adult child about your frustration with one of their siblings or another close family member can foster defensiveness and make for an uncomfortable family dynamic. Remember no one is a mind reader, and it is important to be honest with one another when a boundary is crossed so that the relationship can be repaired.
- **Accept Differences.** Accepting that your adult child has different world views, beliefs, priorities, and opinions than you do may be one of the most challenging parts of maintaining a healthy relationship with



LSCO Case Worker/
LEARN
Coordinator
Lavonn Mutch
lmutch@lethseniors.com
403-320-2222 ext. 57

your adult child. As a parent of an adult child, it is no longer your role to approve. It is your role to support them in making decisions that feel authentic to them. As your adult child forms their own families and traditions, they may not celebrate a holiday, make their meals plan their vacations, or engage in religious activities the way that you do and that is OK. Do your best to embrace your differences and celebrate their uniqueness, rather than making comparisons.

- **Validate Feelings.** This is very important, to recognize that being a parent of an adult is different than being a parent of a child or teen. It can be extremely challenging to sit by the sidelines and watch as your adult child encounters devastating setbacks, makes decisions that you don't agree with, falls in love, gets their hearts broken, loses their job, or starts a new one. Unless advice is clearly solicited, parents should offer validation to their adult children rather than problem-solving. By validating your children's feelings rather than attempting to solve their problems, you are sending the message that you support them and believe that they are capable of handling the various struggles that life may throw their way.
- **Choose Your Battles.** Melody Beattie wrote from her book *The Language of Letting Go* (1996), "Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us." When you pick your battles and learning

to let go it takes us to a more peaceful existence, it also will strengthen interpersonal relationships. In choosing your battles, it is important to remember that does not mean stuffing your feelings away or pretending they don't exist. It simply means learning to articulate them in a non-threatening and non-aggressive way. It may mean prioritizing the relationship over being right.

- **Focus on the Present.** Focusing too much on the past or dwelling on the future is a sure-fire way to damper a relationship with your adult child. Understand that as your children have grown up, they changed. They are no longer the teen, that constantly rolled their eyes, broke countless curfews, and picked questionable mates. Stay in the present and show interest in their success. Interrogating your children about when they are going to settle down, get married, and give you grandchildren can quickly develop pressure and resentment. Patience and presence are some of the key ingredients in a healthy and happy relationship, and it is essential to let your adult child know that your love them for who they are today.
- **Seek help when needed.** Every relationship is unique, and some are much more difficult to manage than others. It is important for your health to ask for assistance if your relationship with your adult child feels toxic or overwhelming. Setting boundaries by limiting your behavior is important, and it is also important to set boundaries with your adult children. There are times when parents must also limit physical and emotional access. It is not uncommon for adult children to forget that parents must now build a life in which they are not the center. Your adult children cannot just show up unannounced, rummage through your belongings, use your home as storage, borrow without asking and intrude on your decision making and relationships without invitation. When we fail to set boundaries, for ourselves and our children we find that we are frustrated and may act out or react in destructive ways.

Stay Well and enjoy July. ★

olivia@ddhygiene.ca
403-694-1346

DDH
DIRECT DENTAL HYGIENE

DID YOU KNOW?

Problems that poor Dental Health could cause

HEART DISEASE
STROKES
MOUTH CANCER
LUNG CONDITIONS
DIABETES
DENTAL DECAY
GUM DISEASE
BAD BREATH
TOOTH LOSS

DENTAL EXAMS

- X-rays
- Preventative cleanings
- Fluoride
- Oral cancer screenings
- Patient specific care
- Adjunctive services
- Refer to other HCP

Did you know: Olive oil has long been considered Sacred.

LSCO FITNESS CENTRE **Hours**

Monday – Friday 8:00 am – 4:15 pm
Fitness Centre closed Saturday until September, 2017
Hours may change.

Life Time Highs "Travelling Together" Slots of Fun 2017-18
587-223-0203
cathymunro@lifetimehighs.club www.lifetimehighs.club

Wendover, NV Resort	Sep 10-16	\$425pp/dbl
Moose Jaw	Sep 24-27	\$399pp/dbl
Temple Gardens & Casino	April 15-18, 2018	
Coeur D'Alene, Casino & Resort	Oct 20-23 (2 days shopping)	\$325pp/dbl
Spokane Shopping Option included	Dec 5-8 (1 day shopping)	\$315pp/dbl
Kananaskis, Stoney Nakoda	Oct, Nov, 2017	Call for details
	Feb 20-21, 2018	Call for details
Bonnars Ferry, Idaho	Sept 2017	Call for details
	Feb 3-6 & June 3-6, 2018	
Edmonton, River Cree	Jan 14-16, 2018	\$269pp/dbl
Medicine Hat	Mar 2018	Date & \$ TBD
Camrose	May 6-8, 2018	\$ TBD
Day Trips ~ Rosebud Theatre	Sep 29, Nov 28	
Passion Play	July 23	Ask for others!

SERVING SOUTHERN ALBERTA Calgary, Lethbridge, Pincher Creek & more.

PAULA'S PRISTINE CLEANING SERVICE
Residential & Commercial
I can do a little or a lot
~ whatever your needs.

Move in, move out, post construction
Windows inside & out too!
EXCELLENT SERVICE, REFERENCES AVAILABLE
CALL 403-331-8892
paulaspristine@gmail.com

Did you know: The adding machine was invented in 1642 by 19-year-old French genius Blaise Pascal to help his dad do taxes.

Lethbridge Nursing Services
403-892-3646
lethbridgenursingservices@outlook.com

What we do

In-home Assistance • Companionship • Meal Preparation
Personal Care/Basic Foot Care • House & Yard Care • Transportation
24-hour Assistance to clients of all ages • Serving Lethbridge & Area
Fluent in English & Spanish • Experienced HCA's/Nurses
Contact today for a free in-home consultation!

Friday Music Program

Come out of the heat and sit back and relax and enjoy the music. The Friday Music Program takes place in the stage area of the LSCO dining room. *Los Gringos* will be entertaining on **July 7th**. *Classic Legends* is back and will be here on **July 14th** to entertain. *David Miku-liak* and his daughters, *Makita and Mataya* will be here to entertain on **July 21st**. On **July 28th** *John King & Don Brewer* will be performing. The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music.



Intergenerational Program

Intergenerational Program in partnership with **Where the Wild Things Grow Early Learning Centre** is taking place at LSCO. This will give you our members a chance to interact and spend some time with some little people ages 3 to 6. The Where the Wild Things Grow staff will bring a variety of books, crafts, wooden blocks etc for you to interact with the little ones for about an hour. This program will run the 2nd Tuesday of every month from 9:00 am – 10:00 am in Room A of the centre. Join us on **Tuesday, July 11th** and make the difference in the life of a little person who might not have any interaction with a Grandparent figure.

Community Partnerships

Legal Advice

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, July 12th**. 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



Support Services Coordinator

Marlene Van Eden

mvaneden@lethseniors.com

403-320-2222 ext. 25

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

NEW! Mobile Dental Hygiene

LSCO has a new wellness service being offered. *Direct Dental Hygiene*, a mobile dental hygienist service, will be here at the LSCO on **Monday, July 10th & 24th** from 9:00 am till 3:00 pm. Olivia Fletcher, RDH, is offering one hour appointments. Olivia offers the following services; preventative cleaning, fluoride, oral cancer screening, patient specific care, adjunctive services and she will refer if needed to other Health Care providers. Direct billing is done to Blue Cross or other providers. Appointments can be booked at the LSCO Administration desk or by calling 403-320-2222. For more information about this service call Olivia at 403-694-1346.

Reflexology Appointments

Did you know the benefits of reflexology include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, prevents

migraines and cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be here on **Friday, July 21st**. 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.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on, **Friday, July 14th & 28th** 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.

Hearing Screening

Are you missing part of the conversation? Do you continually have to ask people to repeat what they have said? Have your hearing checked for free. Candice or Jake from Lethbridge Hearing Centre will be here on **Thursday, July 13th** from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the administration desk or by phoning 403-320-2222.

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 4th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to the LSCO. To book and appointment for a home visit, call 403-915-1800.

DID YOU KNOW THAT YOU DON'T HAVE TO BE A MEMBER OF LSCO TO USE THE FITNESS CENTRE?

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: Tuesdays & Thursdays, July 4 – 20
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, June 30 (after this date add \$5)



500 - 11th Street South • 403-320-2222
www.lethseniors.com

Golf for Seniors 55+

Cara Vanderham, Assistant Golf Professional, will instruct these ladies lessons. Please bring your golf clubs. If you don't have clubs, they will be made available. Space is limited so register at LSCO soon! Held at Evergreen Golf Centre.

Ladies Level 1

We will review the basics and give one on one tips to help improve your skills and swing, helping to make you even more comfortable on the golf course. Perfect for the beginner or for those who haven't golfed in a while.

When: Wednesdays, July 5 – 26
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$40 NM
Register by: Tuesday, July 4

Or

When: Fridays, July 7 – 28
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$40 NM
Register by: Wednesday, July 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
 July 25 – August 10
 Time: 10:00 am – 12:00 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, July 21 (after this date add \$5)

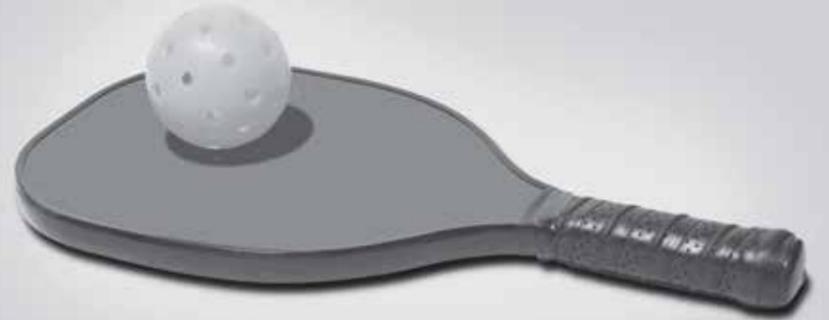


Lethbridge Senior Citizens Organization
 500 - 11th Street South • 403-320-2222
www.lethseniors.com

BEAT THE HEAT!

Come on in to the air conditioned gymnasium for a few games of pickleball. Players of all levels can purchase memberships or pay a drop in fee. Lessons are not presently being held.

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



play
PICKLEBALL

How STEM degrees improve international development

Rwanda is trying to break the cycle of poverty for its citizens by creating a generation skilled in infrastructural development. The country is urging young people to consider careers in STEM fields to ensure better job prospects and help improve the development of their own country.

Science, technology, engineering and math are the core subjects that are needed to improve a developing nation. One of the most effective ways to create a generation of STEM-savvy students is by encouraging their enrollment in Technical Vocational Education and Training schools. TVET combines the core subjects of STEM studies with the hands-on and technical experience needed for skills development.

Students take part in critical programs like

water management, biomedical engineering, electrical engineering and civil engineering. The Integrated Polytechnic Regional Centre in Rwanda is a great example of TVET education, which will help contribute to the local infrastructure and improve the quality of life for everyone in the country, especially those living in poverty. After graduating from these programs, students will be able to go out into the workforce prepared for what lays ahead.

Yet despite the success students have achieved so far, there is still a significantly small number of women studying STEM and TVET programs. In families struggling with poverty, female education is often pushed aside in favour of supporting male children. As a result, many young women are unable to finish secondary

school, let alone college or university.

This is why Beautiful World Canada focuses on

providing college and university scholarships to young women in Uganda, Rwanda and Sierra Leone. Scholarship recipients are provided with everything they need to succeed, from tuition to toothpaste. With the help of generous donors, this organization helps secure a promising future for hundreds of young women through the power of education.

Learn more at www.beautifulworldcanada.org.

www.newscanada.com



With a few modifications to poses, individuals can participate in this gentle, calming class. It is perfect for those who have not practiced for a while or those who enjoy soft flowing yoga movements and poses. Wear comfortable clothing; bring a mat, blanket (if you like) and water bottle.

When: Tuesdays & Thursdays, July 4 – 27
 Time: 9:30 – 10:30 am
 Fee: \$36 LSCO M; \$52 NM
 Register by: Friday, June 30

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, July 5 – August 2
 Time: 8:00 – 8:50 am
 Fee: \$40 LSCO M; \$50 NM
 Register by: Thursday, June 29



Self Help Groups

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 8th** 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. **The group does not meet for July and August.** For more information about the group please call Kelly at 403-359-3811 or email: strokeresources@outlook.com.

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

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. For more information about the group and meeting times please 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 25th, 2017.**

Parkinson's Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. **The group does meet for July and August, next meeting will be September 21st.** For more information call the Parkinson's office at 403-317-7710.

Alcoholics Anonymous Saturday Morning Eye Opener Group

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

3 ways to support affordable housing in your community

While much of the attention in Canada around affordable housing has been focused on the urban areas of Toronto and Vancouver, affordable housing is a growing crisis across the country, including rural and urban communities in every province and territory.

There are too many people in Canada who do not have access to safe and decent housing. Fortunately, there's something you can do about it — here are three ways you can support affordable housing:

1. **Make your voice heard.** Affordable housing is an issue that all levels of government need to make a priority in order to effect change. Call your local MP, MPP, mayor or councillor. Tell them why affordable housing is important to you, and ask them what they are doing about it.
2. **Volunteer with your local Habitat.** Habitat for Humanity's model of affordable homeownership helps build a family's financial independence and stability. There are 56 local organizations working in every province and territory to give people a hand up through affordable homeownership. You can volunteer at your local Habitat ReStore. You can also help build a home for a family — this year, the organization is building 150 homes to mark Canada's 150th.
3. **Share your reason to build.** To mark Canada's 150th, Habitat for Humanity Canada is building 150 homes. Help raise awareness about the need for affordable housing in your community. Share your reason and use the hashtag #150reasonstobuild.

Find more information online at habitat.ca/150reasonstobuild.



www.newscanada.com

Laws of Golf

- All vows taken on a golf course shall be valid only until sunset.
- Golf balls from the same sleeve tend to follow one another, particularly out of bounds or in the water.
- Topping a 3-iron is the most painful torture to man.
- "Nice lag" can usually be translated to "lousy putt."
- "Tough break" can usually be translated to "way to miss an easy one, sucker."
- Golf should be given up at least twice a month.
- All 3-woods are demon-possessed.
- A severe slice is a thing of awesome power and beauty.

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.

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

FRESH PURE UNPASTEURIZED HONEY for sale. Various sizes from 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

Serving Lethbridge and area for 7+ years. **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 **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

SOUTHERN OPTICAL LTD.

Fred Miller
Dispensing Optician & Prosthetic Eye Fittings
We now do sight testing, or bring in your own doctor's prescription!

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

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

327-4145

DID YOU KNOW:
The now-extinct Passenger Pigeon's gizzard, when stewed in milk, was once thought to cure gallstones.

WINNERS BINGO

VOLUNTEERS NEEDED
Mondays & Thursday 11:00 am - 4:00 pm
FREE LUNCH ~ Variety of Positions
Please see Kari at the Admin Desk or call 403-320-2222

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: Tuesdays & Thursday, July 4, 6, 11
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Friday, June 30 (after this date add \$5)



Lethbridge Senior Citizens Organization
500 - 11th Street South · 403-320-2222
www.lethseniors.com

Don't forget to be awesome in July

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.
- If making payment **after** register by dates \$5 will be added to course fee.
- **Refunds** will **NOT** be given after course start dates. For medical reasons credits may be given and a \$5 Administration Fee will be charged.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

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

PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket.

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

NOTE: Check the bulletins, websites often for upcoming classes. Sometimes they don't make the paper!

Sports

GOLF FOR SENIORS 55+

Cara Vanderham, Assistant Golf Professional will instruct these ladies lessons. Please bring your golf clubs. If you don't have clubs, they will be made available. Space is limited so register at LSCO soon! Held at Evergreen Golf Centre.

Ladies Level 1

We will review the basics and give one on one tips to help improve your skills and swing, helping to make you even more comfortable on the golf course. Perfect for the beginner or for those who haven't golfed in awhile.

When: Wednesdays, July 5 – 26
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$40 NM
Register by: Tuesday, July 4

or

When: Fridays, July 7 – 28
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$40 NM
Register by: Wednesday, July 5

PICKLEBALL

Beat the HEAT! Come on in to the air conditioned gymnasium for a few games of pickleball. Players of all levels can purchase memberships or pay a drop in fee. Lessons are not presently being held.

When: Mondays, Wednesdays, Fridays
7:30 – 9:30 am
Mondays & Fridays
1:00 – 4:50 pm
Tuesdays & Thursdays
1:15 – 4:50 pm

Fee Monthly: \$15 LSCO M; \$30 NM
Drop In Fee: \$2.50 M; \$3.50 NM

Exercise & Movement

MORNING EXERCISES & ACTIVITIES

Participants with limited mobility, arthritis, and other health related issues will benefit from this program however, everyone is welcome. Caregivers, you may find this an ideal program for your clients. Participants will work on strength and flexibility, within limitations. Options for sitting or standing will be given. Wear loose clothing and if you like, bring a water bottle. Exercises will be approximately 30

minutes. For those that would like to stay, active games with modifications will follow.

When: Wednesdays, July 12 – August 2
Time: 11:00 am – 12:00 pm
Fee: \$10 LSCO M; \$15 NM
Register by: Tuesday, July 11

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
July 5 – August 2
Time: 8:00 – 8:50 am
Fee: \$40 LSCO M; \$50 NM
Register by: Thursday, June 29

NORDIC WALKING – URBAN POLING

A number of LSCO members get together to walk weekly using their poles. They often meet at Fort Whoop Up and sometimes at LSCO. If you would like to join in please leave your name and phone number at the Administration Desk so that you can be contacted.

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 water bottle. Class is taught by Nicole Stratyckuk.

When: Tuesdays, July 4 – August 29
(no class August 8)
Time: 11:00 – 11:45 am
Fee: \$36 LSCO M; \$48 NM
Register by: Friday, June 30

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.

When: Wednesdays, June 7 – July 26
Time: 9:30 – 10:20 am
Drop In Fee: \$3 LSCO M; \$5 NM

GENTLE YOGA

With a few modifications to poses, individuals can participate in this gentle, calming class. It is perfect for those who have not practiced for a while or those who enjoy soft flowing yoga movements and poses. Wear comfortable clothing; bring a mat, blanket (if you like) and water bottle.

When: Tuesdays & Thursdays, July 4 – 27
Time: 9:30 – 10:30 am
Fee: \$36 LSCO M; \$52 NM
Register by: Friday, June 30

When: Tuesdays & Thursdays
August 1 – 31
Time: 9:30 – 10:30 am
Fee: \$45 LSCO M; \$65 NM
Register by: Monday, July 31

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, July 11 – August 29
Time: 12:05 – 12:55 pm
Fee: \$40 LSCO M; \$56 NM
Register by: Friday, July 7

Technology

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: Tuesdays & Thursdays
July 4 – 20
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, June 30
(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: Tuesdays & Thursday, July 4, 6, 11
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$30 NM
 Register by: Friday, June 30
 (after this date add \$5)

APPLE COMPUTERS

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

When: Tuesdays & Thursdays
 July 25 – August 17
 Time: 1:30 – 3:30 pm
 Fee: \$50 LSCO M; \$70 NM
 Register by: Friday, July 21
 (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
 July 25 – August 10
 Time: 10:00 am – 12:00 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, July 21
 (after this date add \$5)



Summer Classes & Programs

The following programs have ceased for the summer.
 Ceramics & China Painting, Karaoke, Keep Fit, Golden Mile Singers, Paper Tole & Wood Carving.
 They will begin again in September.
 If you are uncertain please call 403-320-2222.



LSCO Gym 1 & Gym 2 will be CLOSED from August 14 – September 4 for resurfacing. Re-opening Tuesday, September 5th.

SENIORS' WEEK 2017



Alberta Seniors & Housing Minister, Lori Sigurdson, dropped in to LSCO on Friday, June 9th for Seniors' Week.

The Minister visited with patrons and helped clear tables.



Everyone Should Create

You should bring something into the world that wasn't in the world before. It doesn't matter what that is. It doesn't matter if it's a table or a film or gardening—everyone should create. You should do something, then sit back and say 'I did that.' ~Ricky Gervais

Lethbridge HEARING CENTRE

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

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



403.320.6000
 www.lethbridgehearing.ca

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

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

Jake Boldt
 Hearing Technician

STUFF YOU DON'T REALLY NEED TO KNOW: Coffee was originally called "Arabic Wine" when it was first brought to Europe • Polar bears trying to blend in with the ice will cover up their black nose with their paws • Cooking and freezing do not diminish the heat of a chile pepper • There are more fake flamingos in the world than real ones.

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

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

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



Thank You
 For Visiting

Mr. Sparkle
 Home Services

At the LSCO Live Well Showcase

Congratulations
 Glennis Sigurdson
 Winner of a Free House Cleaning

Call Us 403-394-4692

Saturday Night CFL Package
Saskatchewan Roughriders & Calgary Stampeders
July 22-23, 2017

PRICING: \$279pp inc tax



Package includes:
 Round-trip coach transportation Lethbridge to Calgary
 1 night hotel accommodation with breakfast (Hampton Inn)
 End Zone game ticket ~ Prizes and Fun!



Contact Dixie

Maritime Travel

403.329.3373 or dfowler@maritimetravel.ca
 921 - 3rd Avenue South, Lethbridge, AB

COFFEE IS ALWAYS ON AT LSCO



AND DON'T FORGET OUR BREAKFASTS & LUNCHES & TAKE-HOME MEALS

Did you know: According to Illinois State law it's illegal to speak English because only American is legal.

July LSCO Weekly Activity Schedule

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	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am
	Advanced Photography 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am	
	Lapidary 10:00 am	Genealogy 10:00 am		
	Badminton 10:30 – 11:50 am		Badminton 10:30 – 11:50 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
	Quilting 12:00 pm			
Pickleball 12:45 pm – 4:50 pm		Beginner Pickleball 1:00 – 3:30 pm	Wood Carving 12:30 pm	Pickleball 12:45 – 4:50 pm
Computer Club 1:00 – 4:00 pm		Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 – 4:00 pm	Needlework 1:00 pm Crib 1:00 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 5:30 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

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.

Note: Regular programs begin in September. For information about LSCO programs go to www.lethseniors.com



Intergenerational Program

Intergenerational Program in partnership with **Where the Wild Things Grow Early Learning Centre** is taking place at LSCO. This will give you our members a chance to interact and spend some time with some little people ages 3 to 6.

Where the Wild Things Grow staff will bring a variety of books, crafts, wooden blocks etc. for you to interact with the little ones for about an hour.

This program will run the 2nd Tuesday of every month from 9:00 – 10:00 am in Room A.

Join us on
Tuesday, July 11th
 and make the difference in the life of a little person who might not have any interaction with a Grandparent figure.

The Healthy Aging Brain

How does brain function change over the lifespan.

Dr. Robbin Gibb, Dr. Claudia Gonzales and Kimiko McKenzie (student) are running a study

Investigating the relationship between motor & cognitive function

The study requires answering questions and doing activities.

It will take approximately 1.5 hours.

The study will take place at
LSCO

500 - 11th Street South

If interested please contact:
Marlene Van Eden

LSCO Support Services Coordinator
403-320-2222 ext. 25

University of
Lethbridge



Volunteer & Fund Development

The Volunteer Office is hopping, and I have to tell you how much I am LOVING working with all of you. It's been a long time since I spent so much of my work day laughing. I thank everyone who has come by to share a joke, tell a story, bring me a news article about bees or even sing me a song. This place is wild.

WHAT SHOULD GO IN THIS COLUMN?

Last month I put out a call for your advice and suggestions on what should go in this column. I went out and purchased a selection of treats for the first 20 people to come give me a piece of their mind. What happened? Are you all shy about sharing your opinion? I still have most of the treats! So for this month, you're subjected to my recruitment campaign since I didn't have any better ideas:

BINGO VOLUNTEERS

Did you know that LSCO volunteers help to run two bingos A WEEK at Winner's Bingo, down by the auto dealerships? In total, this works out to almost 100 volunteer spots EVERY MONTH!

Because of the dedication of this active team, LSCO receives a substantial revenue boost each year from the Alberta Gaming and Lottery Commission. Since I started working here in April, I have had three opportunities to work a bingo shift and Kari has worked at three as well. The reason we go and work at bingo is because we had ended up short-staffed for volunteers for those shifts, and we



Coordinator

Chelsea Sherbut

csherbut@lethseniors.com

403-320-2222 ext. 31

cannot leave them vacant. Although we both adore spending the day with our Bingo Team, it isn't sustainable to have staff leave their regular work this frequently to fill in gaps. Can you guess where I'm going with this?

"Courage is what it takes to stand up and be an LSCO Bingo Volunteer. Courage is also what it takes to sit down and be an LSCO Bingo Volunteer" – Winston Churchill (adapted slightly)

WHO MAKES AN IDEAL BINGO VOLUNTEER?

There are two types of roles at bingo, and they are suited to different people:

Floor Volunteers walk around the hall and sell extra tickets from their aprons. These volunteers need to be able to be on their feet for most of a 5 hour shift, do some basic cash handling and be personable and friendly.

Backroom Volunteers control and track the cashflow and cards in and out. These volunteers need to have some numerical aptitude

and be organized and precise. Backroom volunteers must be a member of LSCO.

COMMITMENT

As I mentioned, we have bingos every Monday and Thursday (daytime), which ends up being about 8 per month! If one per week is too many for you, that's absolutely fine. My goal is to find five new volunteers who can commit to one or two bingos each month, and be willing to fill-in for an additional one per month.

PERKS OF BEING A BINGO VOLUNTEER

Our bingo team is a LOT of fun, you are going to love them. New recruits receive:

- Top notch training and support
- A free lunch during each shift
- A free walking workout (floor volunteers)
- A free mental workout (back room volunteers)
- An LSCO Volunteer t-shirt
- A brand new audience to tell your favourite jokes to
- The undying love and gratitude of the staff and fellow members of the LSCO

ARE YOU IN?

If you've got some questions, or if you'd like to try out a shift before committing to a regular schedule, let's talk. Call, email or drop in! csherbut@lethseniors.com or find me in my office next door to the Dining Room. ★

\$6⁰⁰ BREAKFAST

Monday ~ Friday 8:00 ~ 11:00 am



PLANNING, DESIGN & CONSTRUCTION FOR ALL OF YOUR BUILDING PROJECTS

Residential & Light Commercial Construction
Project Management New Home Construction
Decks and Fences Garages and Shop Construction
Accessibility Renovations Commercial Developments
Kitchens & Bars Basement Developments Sheds
Full Start-to-Finish Design and Building Services
Bathrooms Great Room Renos Steel Beams



#20 3446 - 32 Avenue North
Lethbridge, AB, T1H 3R7

www.ocdguys.com

403-327-5939

FROM THE GALT

Centennial Rose Garden at Henderson Park

One of the projects completed in Lethbridge during the Centennial of 1967 was the Centennial Rose Garden at Henderson Park.

At one time, Henderson Lake extended all the way to what is now Mayor Magrath Drive. The west end was separated from the larger area of the lake by a bridge. Eventually the lake was formed into two distinct lakes and eventually the west lake was drained. This freed up land for Nikka Yuko Centennial Garden and the Henderson swimming pool.

Immediately after the west lake was drained, it wasn't obvious what would be constructed in the area so many organizations approached the city about plans for the space.

The Lethbridge and District Horticultural Society asked that part of the area be landscaped and made into a sunken garden. The Girl Guides took up the matter. The City was persuaded to develop a Centennial Rose Garden in this location and the project moved forward through the work of the Lethbridge Parks and Recreation Department, the Lethbridge and District Horticultural Society and the Lethbridge area Guides and Brownies.

The rose garden was developed with 10 triangular beds, containing 30 different rose varieties, all around a sundial as a focal point. The roses and the sundial were donated and planted by the Guides and Brownies of Lethbridge. Mrs. O.C. Lockhart, grandmother to

Jacky Hall (a local Brownie member), obtained the sundial in England.

The park, from idea to completion, was a three-year project for the Guides and Brownies. The groups raised funds for the project through the sale of cookies. Their fund-raising was very successful; they raised enough money for the sundial and 410 roses.

In June 1967, at the official opening of the garden, the rose garden was officially handed over to the City of Lethbridge. During the ceremony, Brownie Jacky Hall presented a rose to Mrs. M.E. Manning (Provincial Girl Guide Commissioner). Mrs. Manning then turned to Mayor Sherring and handed him the rose as a symbolic transfer of the park to the city.

While the garden was symbolically handed over to the city, the clubs remained active in the operation of the garden, though it is unclear how long this relationship continued. The June 3, 1968, *Lethbridge Herald* shared that "Girl Guides will be assigned responsibility for the maintenance for the 10 beds of roses at Henderson Lake for the season." The Guides also took the opportunity in 1968 to recognize Jack Downs and Charles Bauer for their service and advice with the rose garden.

Also in attendance at the opening ceremonies in June 1967 was Member of Parliament Deanne Gundlock and MLA John Landeryou. Joan Waterfield, Lethbridge Centennial Coordinator, served as Mistress of Ceremonies.

The next year, in 1968, the *Lethbridge Herald* published a photograph of the garden with the roses in full bloom. Over the years many people have enjoyed the garden and it has been the site of numerous photographs and weddings.

Of course, as a fifty year old garden, certainly the plantings have required work and maintenance over the years. In 1986, when Henderson Lake and area underwent major changes and redevelopment, work was done on the rose garden. This provided the opportunity for focus once again on the garden. The June 7, 1986, *Lethbridge Herald* included information that the Commemorative Rose presentation by Brownies at Centennial Rose Garden would be at 3 pm that day followed by the official opening ceremonies at the park pavilion at 3:30 pm.

The rose garden was also replanted again in the summer of 2012.

However, with all of the changes over the years, the garden still remains true to its original plans with the focus still on the roses and the sundial. If you haven't walked through the Centennial Rose Garden recently, take the opportunity this summer to go and check out this 50-year old garden and see the legacy left behind from the Girl Guides and Brownies of the Lethbridge area in 1967. ★

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

The Time for Spontaneity is Now!

Earlier this year, I did something spontaneous. When I bumped into an old friend one afternoon, she told me about a trip she was making to Phoenix in a couple of weeks; she was not looking forward to the drive. February driving through the mountains can be perilous.

So, with my plucky wisdom, I told her I had some free time and would be pleased to drive her to Phoenix. I had never been there, so this was an opportunity for adventure. It turned out to be a drive that called upon every bit of driving ability I could muster. It took longer than planned and the weather was far worse than desired, but we made it!

As much as I cherish the west coast and the ocean, I fell in love with the desert. Something about the air and the open sky filled my soul. I flew home after five days, but the desert still beckons me. If you need a driver, let me know.

Fast forward to early April. Another friend was planning a 21-day trip to Montreal and Quebec City via cross-country rail. Unfortunately, her companions had to back out for family reasons. Once again, I spontaneously offered:

"I've never been to Montreal and Quebec City, would you like me to come with you?"

When I came to my senses, I realized prior commitments did not allow me to be away for 21 days. So, I am flying to Montreal and will arrive just as Pam gets off the train; we'll spend four days wandering the streets of old Montreal and then two days in Quebec City. Pam will stay and play for the full 21 days, and I will fly home to meet my obligations.

Three years ago, I travelled solo for the first time to the hill towns of France. I'm not travelling solo this time, but I am looking forward to seeing, tasting and experiencing the new adventures that this part of Canada has in store for me.

When was the last time you did something spontaneous? Maybe it's a solo trip, or with a friend, across the country or across town. Just do it! The time to be courageous – and a little outrageous – is now.

By Pat Nichol

INSPIRED Senior Living magazine
www.seniorlivingmag.com

DROP IN FEES

LSCO offers an opportunity to drop in to some of the many programs. Contact us for additional information at 403-320-2222.

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Morning Exercise	\$4.00	\$5.00
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
Yoga Blend	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Pilates	\$6.00	\$7.00
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

Go to our website at www.lethseniors.com to view all our exercise and fitness classes as well as upcoming events, creative arts classes, year-round classes and general information.



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934

www.evergreenfh.ca

327 - 10 Street South, Lethbridge

*We Lessen the Expense ~
Not the Care*

CARING GROUP

Estate Planning Issues and AISH

I am often giving advice to clients doing their wills and estate planning, what provisions they should make in their wills for beneficiaries who are receiving AISH or Alberta Income for the Severely Handicap.

For those of you who do not know what AISH is, it is an monthly income paid by the Alberta Government to those individuals who cannot make a living due to having a disability of some sort and have no other source of income. You are eligible for AISH if your disability is likely to remain permanent, you are at least 18 years of age and not eligible for Old Age Security pension.

If you qualify, you can receive up to \$1,588 per month allowance, plus health benefits, such as prescriptions, optical, and dental. All in all AISH is a very good government program. I have been told that British Columbia is not so generous with people who are less fortunate, although I have not researched this.

One of the tricks with AISH eligibility, is what assets can you have before AISH is cut off. You can own a home, a vehicle, have reasonable household items and have cash or near cash assets up to \$100,000. You can even earn a little money before AISH is cut off. Bottom line no one is going to get rich off AISH, but you are going to have some dignity and be able to live a life with some financial security. Certainly AISH is nothing like you would see in the USA, the land of the free, as long you are lucky and rich enough.



Legal Tips and Information

Douglas Alger

So with this background, lets say you are writing your will and you have a beneficiary that is receiving AISH and the amount you are going to leave that beneficiary would cut into that person's AISH benefits. Certainly your lawyer should help you understand this issue, so that you can write your will for that beneficiary, based on your values. On the one hand you might say, I can take a person off AISH for a short period of time and not create a burden on the Province, at least until the amount you left them, goes below the \$100,000 mark. Alternatively you might consider that leaving the beneficiary money over any amount that affects their AISH benefits is counterproductive as AISH is more or less a guaranteed source of income, that shouldn't be left alone.

It is not an easy decision and one that requires some thought. Certainly if you have a beneficiary in mind that is an AISH recipient, your will planning just got a little more complicated.

When someone who is on AISH receives an inheritance they are required to report that inheritance to AISH. There really is no good that can come from non-disclosure, regardless of the amount received. Honesty is the best policy and you don't want to be caught defrauding AISH. Further most people who are on AISH have a trustee that is in charge of their benefits. That trustee can also be found liable for defrauding AISH, as the person who is on AISH does not the mental capacity to understand whether they are defrauding the AISH program.

Bottom line, think carefully when drafting your will and get proper legal advice if you have a beneficiary in mind who is on AISH. Another reason those do it yourself will kits are not worth the \$25.00 you spend on them.

July 1, represent the 150th founding of Canada, so happy 150th birthday to our great nation. For many of us we remember 1967, when Canada was 100 years old, it was truly a lifetime ago. The great Canadian experiment continues and so far I think we as a nation are doing an admirable job. We are can always do better and hope the Canadian democratic experiment continues to set an example for the world as what a peaceful nation can accomplish for its citizens. Here's to the Maple Leaf! ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

MORNING EXERCISES & ACTIVITIES

Participants with limited mobility, arthritis, and other health related issues will benefit from this program however, everyone is welcome. Caregivers, you may find this an ideal program for your clients. Participants will work on strength and flexibility, within limitations. Options for sitting or standing will be given. Wear loose clothing and if you like, bring a water bottle. Exercises will be approximately 30 minutes. For those that would like to stay, active games with modifications will follow.

When: Wednesdays, July 12 – August 2
Time: 11:00 am – 12:00 pm
Fee: \$10 LSCO M; \$15 NM
Register by: Tuesday, July 11

Creative ideas to maximize your summer

Does it ever feel like time flies by faster every year? Changing your habits and routine is a great way to fight the feeling of time passing you by – and summer is a great time to start. Instead of your normal seasonal activities, cultivate a new interest to enjoy. Here are some ideas that'll inspire you:

Develop a taste for the arts. That could be going to see a play, switching up the music you listen to, or trying out painting or pottery. Art has many mental health benefits and is a wonderful way to infuse some imagination into your life.

Set an athletic or health goal. If you are already sporty, participating in a long distance run could be a good option. If exercise is not part of your life, consider committing to an accessible, daily activity – a little bit of exercise can go a long way towards a healthier mind and body.

Try volunteering. Getting involved in a community festival, coaching a sports team, or helping out at a local non-profit are all great ways to meet new people and make a meaningful contribution and enhance self-esteem.

Engage with a cause. Whether its environmental issues, human rights or social justice, connecting to a good cause is a great way to enrich your summer. Organizations like Amnesty International offer all kinds of accessible ways to get involved with people from all walks of life. Find more information at www.amnesty.ca.

Did you know: An adult lion's roar can be heard up to five miles away, and warns off intruders or reunites scattered members of the pride.

BARBERS' SHOP

DARWIN & ISABELLE
SHOEMAKER ARE RETIRING

We would just like to say thank you to all of our wonderful customers who have supported us over the past 24 years. We are going to miss your warm smiles and conversations but he time has come for us to retire.

We have sold our business to Shannon who has been doing hair for the last 18 years and has been Barbering for the last 6 years.

We feel that we have left our business in very capable hands and we hope you will support Shannon as well as you supported us.

So once again, thank you very much and God Bless you all. ~ Isabelle & Darwin

EverReady Plumbing

Providing Hot Water on Demand
is a "Tankless" Job!

Tankless "Rinnai" Water Heaters
 40 and 50 Gallon Water Heaters
 Boiler Sales and Service
 Plumbing Renovations • Garage Heaters
 Service Work • 49 Years Experience
 Prompt, Reliable, Honest

Terry Phillips
403-360-4966 10% Seniors Discount

CASINO BUS TOUR

Seniors One-Day
Fun Trip to Calgary

Treats & Lunch Provided
 Sign Up Now!
 Last Tuesday of the Month
 Mary 403-380-4304
 Arleen 403-327-1813

Mature Workers Are An Incredible Resource

If you want your company to succeed into the future, you will be wise to advise your Human Resources department to start hiring mature adults.

Next year, nearly 40 percent of Canadian workers will be over the age of 45. And by 2056, one-quarter of Canada's population will be over 65. That means every business will have at least one senior customer in four. Your customers will no doubt wonder what's wrong with a company that doesn't have at least some people their own age serving them.

Mature workers are an incredible resource. In fact, some say they are one of the biggest untapped and growing natural resources in North America today. Seniors can bring a great deal of stability to your workforce which often lacks the "life wisdom" older employees possess.

Seniors today are full of zest and energy. They know how to learn and they can substantially enhance your business.

Employers, however, may have some misconceptions about what a senior employee looks like.

Common Myths about Older Workers

Older workers are not long-term employees

Actually, older workers are more loyal and stay longer than their younger counterparts. They stay with the same employer for an average of 15 years compared with the average four years workers in their 20's and 30's will provide. Older workers' higher retention rates and loyalty can reduce an employer's expenses by reducing turnover costs.

Older workers are less productive

Productivity is not a function of age; Older workers are more likely to be more accurate and dependable than younger workers which can increase productivity. Maturity is a benefit in evaluating new information and making consistent and reliable decisions.

Training costs are higher

Because older workers aged 65 and up have the highest job satisfaction rating of any age group and the lowest turnover, they are more likely to complete training programs. Not only that, but their stay work life of an older adult will usually exceed the life of any new technology they may be trained for.

Older workers have failing health

Poor health isn't reflected in workplace statistics. On average each year, older workers take fewer work days off for illness and 80 percent of older workers have no chronic health problems. And, because of their life experience and wisdom, older workers account for only eight percent of workplace injuries.

Can't teach an old dog new tricks

It is proven that adaptability and general intelligence is not related to age, and the ability to learn new skills does not decline with age. Studies have also shown that a younger worker can be just as "strong-willed" as any older worker.

Are you looking for quality employees? Consider hiring mature workers. You will gain life experienced, loyal and safety conscious employees who will relate best to nearly half your customers – older adult consumers.

By Mathieu Powell
INSPIRED Senior Living magazine
www.seniorlivingmag.com

Keep checking our website at www.lethseniors.com for listings of our Summer and Winter classes. Coming this Fall! Get ready to register for classes online!



JULY

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

Special Events



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

*Adult Programs



- Canada Day** at the Galt Museum & Fort Whoop-Up
Sat **JUL 01** | 1-4:30 pm
Community Day | All Ages | **Free Admission**
- Nikkei Memory Capture Project Exhibition Launch**
Sun **JUL 09** | 1:30-3 pm
Special Program | Adults & Seniors | **Free Admission**

Tue **JUL 18**, Wed **JUL 26** | 7 pm | **St. Patrick's Cemetery** meet at west end 5 ave North.
Wed **JUL 19**, Thu **JUL 27** | 7 pm | **Mountain View Cemetery** meet at Eternal Flame on Scenic Dr S.

- Wed **JUL 05** | 2-3 pm **History of Irrigation in Southern Alberta**
- Wed **JUL 19** | 2-3 pm **Lethbridge Twinning Society**

Thu **JUL 13** | 7-9 pm | **Archives 101**



***Family Programs**
check website for details



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

Martin Brothers
Funeral Services
a division of the Caring Group Corp.

Serving

Southern Alberta Families
for over **100**
YEARS

People you know. Friends you trust.

Martin Brothers Funeral Services www.mbfunerals.com

Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB

Did you know: A polecat is not a cat. It is a nocturnal European weasel.

July 2017 - LSCO Adult Day Program

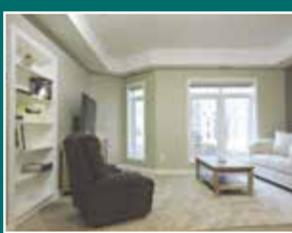
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 	3 LSCO Closed	4 <i>Rudy & Friends</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	5 <i>Fun with Wii</i> 1:00 pm	6 <i>Music with Sandy</i> 1:00 pm	7 Music Program in Stage Area <i>Los Gringos</i> 12:30 ~ 2:00 pm	8 
9		11 <i>Hank Wiebe</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	12 <i>Morning Exercise & Activities</i> (see page 9) <i>Horse Racing</i> 1:00 pm	13 <i>Music with Floyd Sillito</i> 1:00 pm	14 Music Program in Stage Area <i>Classic Legends</i> 12:30 ~ 2:00 pm	15 
16 	17	18 <i>Day Program</i> <i>Outing</i>	19 <i>Morning Exercise & Activities</i> (see page 9) <i>Fun with Wii</i> 1:00 pm	20 <i>Music with Los Gringos</i> 1:00 pm	21 Music Program in Stage Area <i>David Mikuliak & his Daughters</i> 12:30 ~ 2:00 pm	22 
23 	24	25 <i>Cards & Dice</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	26 <i>Morning Exercise & Activities</i> (see page 9) <i>Horse Racing</i> 1:00 pm	27 <i>Movie Time</i> 1:00 pm	28 Music Program in Stage Area <i>John King</i> 12:30 ~ 2:00 pm	29 
30	31	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.				

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 MasterCard

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."


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


Start Living
 Leave the stress of shovelling walks, grocery shopping and home maintenance behind . . .
Open House Wednesdays 9:00 - 11:00 am or call for a private showing.



One Bedroom Suite Two Bedroom Suite
 Close to bus routes and Access-A-Ride available.
 275 Lettice Perry Road North
 Lethbridge, AB
403-942-2672 and 403-715-1929
 elimlethbridge.ca


Did you know: The Tomato was dubbed the FlavrSavr and was the first genetically engineered food sold in the United States.

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



World Elder Abuse Awareness Day Walk

Thank you to all the participants, volunteers, Save On Foods Northside, Sunshine Senior Services Hostess, & Coca-Cola Bottling for making the 2017 walk a success.



How is your hearing?



Do you need a Hearing Test?

Candice from Lethbridge Hearing Centre

will be here **Thursday, July 13, 2017**

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



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.

October 3rd 2017 ~ 2 pm – 4 pm
AgeCare Columbia ~ 785 Columbia Blvd. W, Lethbridge

BECOMING A SPONSOR

To become a Seniors of Distinction sponsor, please ask about our sponsorship levels. You can join us by committing to a cash donation or gift-in-kind (product, services) donation.

NOMINATE A SENIOR OF DISTINCTION TODAY!

Deadline for nominations is August 31st.
Winners will be notified by September 20th.

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: _____

My Journey to a Smart Phone

Although I am not a Neanderthal, my communication skills date back to the Stone Age's equivalent of the means used for personal and business contact. Not that long ago, for heaven's sake, writing a letter by hand was "communication" and if one had a typewriter that was chi-chi enough.

At the workplace, stenos were typing letters (with carbon copies); telephones (personal calls only in an emergency, please) were for mostly local calls since long distance was very expensive. There was telex for the important stuff, telegrams for real urgency, Multilith machines for printing and the wonders of it all, it worked just fine. Letters took only three days from Vancouver to Toronto, instead of a week today – and all for 10-cent postage.

In a while came the fax machine: an amazing concept, allowing the transmittal of writing on paper through the phone lines. Who would have thunk?! Then a clunky, brick-sized device called cellphone made its debut, the Internet became a reality, email was sending messages through the ether and the world of communication was turned on its head.

My boss, at the time, just had to have one of those early contraptions and we would laugh watching him sitting in his car in the office parking lot, making calls on the mobile phone, rather than from the desk phone in his office. I did without one until frequent business travel made it necessary (although people travelled frequently in the past without such benefit) and my wife had one, as well, as an emergency contact for two elderly parents in our care. By then, our devices were tiny flip-phones, fit in the pocket and admittedly handy; getting used to a convenience is never difficult.

So much for history – right up until last week we had just one cellphone, taken by my wife, or me if one left without the other. Remember the cop show *NYPD Blues* on TV? Andy Sipowicz always pulled a two-way radio from the rack as he left the station. He didn't have his own - like my wife and I with our shared cellphone.

The phone we had was the basic device made for telephone calls and text messaging, providing one wanted to waste time triple-stroking the number keys to get the right letter. This had to be a plain stupid phone since all the new ones are called smartphones. But since I am not a freaking bird, I don't Tweet and the only Facebook I care about is a photo album on the bookshelf, those smart features were for the two-thumb texting and endless game-playing generation. Or so I thought.

And then the contract on our stupid phone expired and the sweet young thing at the phone-mart offered the latest touch-screen-type smartphone, with more icons than my computer and, because of the complexity, a tutorial session: one-on-one with a live person in the shop! "Can I make a phone call with this device?" I asked with appropriate wonder in my voice. Of course I could and send email, and flash up a map, if I am lost, and listen to music, and, and, and, endless joy. The deal? Free with a three-year contract.

Hooked like hungry fish, we got the "device" (that's what the techies are calling it), and I am now waiting for my turn to fool around with it. I may have to wait a while – my wife will not stop playing "Angry Birds" on the darned thing.

By George Zador
INSPIRED Senior Living magazine
www.seniorlivingmag.com

WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

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



Every Wednesday
HALF PRICE REGULAR CARDS
Friday Nights
FREE \$500 GAME
Sunday Afternoons
FREE \$200 GAME

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

Computer Corner by Sjoerd Schaafsma

Using Bookmarks in your Browser

All browsers have the option to mark bookmarks that let you go back to a favorite site without repeating a search. Chrome and Firefox call them bookmarks, Edge, Safari and Internet Explorer call them favorites. The following tips are for a computer. For more details on any of these tips do a search for 'add a book mark' and the name of your browser or device.

To add a bookmark:

Note: Press Ctrl + d (Windows or Linux) or command + d (Mac) works for all browsers. The desired website must be open in your browser.

Chrome:

On the right side of your address bar, click the Star Bookmark or:

At the top right, click More, then Bookmarks then Bookmark this page.

To the left of the web address, click the icon you see: Lock, Info, or Warning. Drag any one into the bookmarks bar.

Firefox:

On the right side of your address bar, click the Star Bookmark.

Edge:

Click the Favorites icon (the little star) near Microsoft Edge's top-right edge. Then choose either Favorites or Reading List from the drop-down menu.

The menu offers two places to stash your web page:

Favorites: Click to add the site to your list of favorite sites for quick revisiting.

Reading List: Choose this option for longer web pages that are packed with information you'd like to read later. Click the Add button.

Internet Explorer 11:

Select the Favorites button, click *Add to favorites*.

A dialog box will appear. To choose a folder for your favorite, click the drop-down menu in the Create in: box, then select a folder. Click Add to save the favorite.

Safari:

Click the Bookmarks menu and select "Add Bookmark..." or

Click and drag the site's icon from the address bar into your Bookmarks Bar.

The Monthly Tip: This was a tip I recently needed for an iPhone. If you can't access Settings because your Home screen icons are magnified, double tap with three fingers on the display to zoom out. To turn off Zoom, go to Settings > General > Accessibility > Zoom > tap the slider to turn off.

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: or if you have questions about the Computer Club contact - computerclub@lethseniors.com

LSCO Genealogy

If you have thought about tracing your family history and are not sure where to start, LSCO Genealogy group may be able to help you.

We are in the Board Room on Wednesdays from 10:00 am to 3:00 pm. Software, forms and access to Ancestry.ca are available to members of this group.

For more information call 403-320-2222 or ask about us at the Administration Desk.



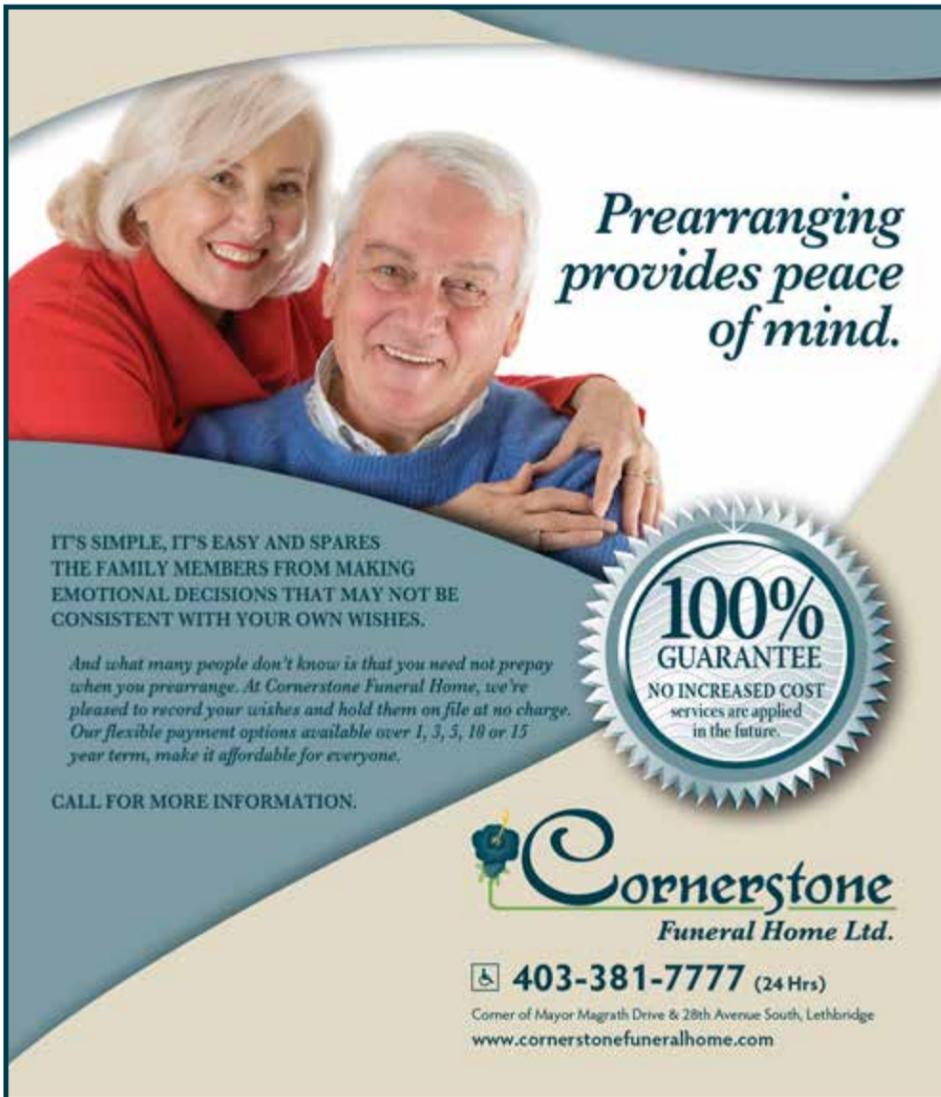
Computer Club WORKSHOPS

July 2017

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events.

There are currently no workshops planned for the summer months. If these plans change they will be posted on the computer club website <https://sites.google.com/site/oldfolkscomputers/workshop-calendar>, shared with members via the club email list, or posted on the bulletin board.

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.



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.

Cornerstone
Funeral Home Ltd.

403-381-7777 (24 Hrs)
Corner of Mayor Magrath Drive & 28th Avenue South, Lethbridge
www.cornerstonefuneralhome.com



HAPPY CANADA 150

RACHAEL HARDER MEMBER OF PARLIAMENT
RACHAELHARDER.CA 403.320.0070 255-8TH ST S

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, July 11 - August 29
Time: 12:05 - 12:55 pm
Fee: \$40 LSCO M; \$56 NM
Register by: Friday, July 7



NORDIC WALKING – URBAN POLING

A number of LSCO members get together to walk weekly using their poles. They often meet at Fort Whoop Up and sometimes at LSCO. If you would like to join in please leave your name and phone number at the Administration Desk so that you can be contacted.



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

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.

When: Wednesdays
June 7 - July 26
Time: 9:30 - 10:20 am
Fee: \$20 LSCO M; \$32 NM
Register by: Monday, June 5



Come home to a job well done.

Why choose Merry Maids of Lethbridge?

- Bonded & insured maids
- Carefully screened staff
- Fully customized services
- Free in-home estimates
- Weekly, biweekly, monthly services
- Move in/move out cleaning services
- Detailed spring cleaning



Imagine stepping into a beautifully cleaned home without ever lifting a finger. Merry Maids of Lethbridge, you can relax knowing our team of trusted professional is dedicated to your needs.

Contact Merry Maids to set up your FREE in-home estimate!
Call Merry Maids of Lethbridge at 403-394-1577
or email owner4678@merrymaids.net

merrymaidslethbridge.com **merry maids**
Relax. It's Done.™

Moving Forward

Hi my name is Joanne Blinco and I am the new LEARN Case Manager and I am very excited to join the team! I have enjoyed meeting so many wonderful new people already and look forward to meeting many more. Lavonn and I both have our offices upstairs, I would welcome those to come by and say hello.

I wanted to give a bit of background of who I am. I was born and raised in a farming community in Humboldt, Saskatchewan. My husband Jeff and I then moved to Lethbridge where we raised our 3 boys who also have made Lethbridge their home. We are blessed to have 2 wonderful grandchildren.

My work history has been with the provincial government in the Children and Family Services Ministry. I have had opportunity to do family support, intakes, investigation and case management in all communities in southern Alberta, I have had a very rewarding career thus far. However, I was feeling that I wanted to explore another passion and that was to work and learn with seniors. LSCO's concept of seniors helping seniors guided me here. My door is always open to support those



LEARN
Case
Manager

Joanne Blinco
learn@lethseniors.com
403-394-0306

who unfortunately might be in the position as defined;

Elder abuse is any action or inaction by self or others that jeopardizes the health or well – being of an older adult. Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect, with more than one type of abuse often occurring at the same time. Elder abuse can include the infliction of physical injury, restraint, financial exploitation, threats, ridicule, insult or humiliation, withholding medication, unwanted touching or sexual contact, forced isolation (physical or social), or forced change in living arrangements. It may also include neglect, which

is defined as the refusal or failure to care for an older person, whether intentional or unintentional. This could include abandonment, withholding or not providing food, healthcare, companionship or assistance.

Any senior can become a victim of elder abuse regardless of gender, race, ethnicity, income or education. Like other types of family violence, the dynamics of elder abuse are complex.

Elder abuse is often committed by someone known to the victim, such as a family member, friend, neighbor or caregiver. Abusers can also include any individual in a position of power, trust or authority.

I am feeling honoured to be a part of the LEARN community that offers supports to seniors. ★

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, Joanne Blinco, at 403-394-0306 or learn@lethseniors.com.

roost 2 roost LIMITED

Downsizing Dilemma? Need to move on?

We can help....

- Sorting • Organizing
- Selling Unneeded Furniture
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts

Call Wendy Gillett for your complimentary in-home consultation and free estimate.
Cell: 403-315-1729



Did you know: Bob Dole said "The internet is a good way to get on the net."

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 or 403-380-3450
www.accompanyyou.ca



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.lethbridgetdentureclinic.com

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"

The Lawyer who makes House Calls



For seniors and shut-ins.

R. Roy Davidson, Lawyer
Estate Planning, Wills, Personal Directives, Enduring Power of Attorney, Real Estate

403-327-1605
The Lawyer who makes House Calls

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!
55 YEARS of SERVICE to Southern Alberta

unitron
TV-EARS
PHONAK



Michael B. Golia, BC-HIS, RHAP-Alberta
Beth Golia - Office Manager

trinity HEARING INSTRUMENT SPECIALISTS INC.

www.trinityhearinglethbridge.com
403-327-3877 | Toll FREE: 1-888-327-7868
#214-740-4 Ave. S. Professional Bldg. (Downtown, next door to Post Office)

DOUG'S HANDYMAN SERVICE

Cell: 403-331-6433
Email: dougshms@gmail.com
Odd Jobs of any size starting at \$20 per

All Season Yard Maintenance	Interior & Exterior Painting
Int & Ext Furniture Assembly	Garden/ Fence/ Deck Work
Minor Home Maintenance	Packing/Assisting with Moves
Window Washing	Garage Cleaning & Organizing