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Join Us for

SUNDAY BRUNCH
MARCH 6

**FREE NECK &
SHOULDER MASSAGES**
MARCH 10

GOLDEN MILE SINGERS
MARCH 22

**LSCO ANNUAL
GENERAL MEETING**
MARCH 29

**VOLUNTEER
APPRECIATION SUPPER**
APRIL 14



*Spring is when you feel like whistling
even with a shoe full of slush.*

~ Doug Larson

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Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

A few months ago I wrote about the LSCO Board of Directors and Coordinator staff about to embark on a strategic planning process that will guide us for the next three years. We worked with facilitators from Alberta Culture (Community Development) and came up with some broad goals to focus on, and some more detailed goals that will help us to achieve the bigger picture concepts:

Goal 1 – Comprehensive Financial Planning

- 1.1 Scheduled and funded capital replacement plan
- 1.2 Fundraise up to 50K/year over 3 years
- 1.3 Funded, multi-year service contracts for which LSCO sees material benefit
- 1.4 Access term contracts

Goal 2 – Strategic Organizational Growth

- 2.3 Develop new programs/services

- 2.1 Higher volunteer base
- 2.2 Review all programs/services
- Goal 3 – Expanded Community Outreach
- 3.4 Increase participation and interest in LSCO
- 3.1 Run programs/services in the community
- 3.2 Offer program/service offsite
- 3.3 Increase outside rentals without impacting ongoing programs

Goal 4 – Change of Community Perception of LSCO

- 4.4 Track community perception through community partners
- 4.2 Increase intergenerational programs/services
- 4.3 Increase percentage of younger people attending LSCO
- 4.1 Target groups for tours; capture first impressions

*NOTE: Some of the above will be re-written to provide more clarity when implementing the strategic plan.

Staff are currently determining tasks to achieve the sub goals, whose responsibility it is to complete the tasks and deadlines for completion. When that is completed, we will have a living document which will guide us through the next few years. ★



Board of Directors
2016-17 Slate of Candidates

| | |
|------------------|---------------------------|
| President Elect: | Vacant |
| President: | Clifford (Charlie) Brown |
| Past President: | John Machielse |
| Treasurer: | Irwin Wyrstok (Year 2/3) |
| Secretary: | Marnie Brown (Year 2/3) |
| Board Members: | Bill Hanson (Year 3/3) |
| | Carol Roesler (Year 2/3) |
| | Bob Maslen (Year 2/3) |
| | Merri-Ann Ford (Year 2/3) |
| | Vacant (Year 1/3) |
| | Vacant (Year 1/3) |

Please note that nominations for the Board of Directors will close on **March 18 at 4:30 pm.**

Interested parties can pick up Nomination Forms and a Candidate Survey at the front desk.

This year membership will choose **2 Board members** and **President-elect**. Elections will only be held for those positions which have more than one nominee.

AGM ~ March 29th

TRIVIA ~ Did you know? Cryptozoologists claim that Canada is the home of several cryptids, including Sasquatch, a giant sloth-like creature known as the beaver-eater, a cannibalistic wildman named Windigo, and a number of lake monsters, such as Ogopogo in Lake Okanagan, British Columbia.

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A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by Lethbridge Herald

The Officers of LSCO

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

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

LSCO 403-320-2222

Staff Members:
Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
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mvaneden@lethseniors.com ext. 25
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learn@lethseniors.com ext. 57
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dwalton@lethseniors.com
Volunteer Coordinator – Teresa Ternes
tternes@lethseniors.com ext. 31
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dlegault@lethseniors.com ext. 30
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lcook@lethseniors.com ext. 33
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shamilton@lethseniors.com ext. 26
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Kalila Sheldan-Pitt
mow@lethseniors.com. ext. 34
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finance@lethseniors.com. ext. 23
Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
Food Services Coordinator – Jennifer Harrison
jscott-harrison@lethseniors.com ext. 27
Associate Food Services Coordinator
Farron Matthews
catering@lethseniors.com ext. 27
Cook I – Jody Gordon ext. 27
Prep/Line Cook – Blair Romaniuk ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor/
OPGT Support Services – Sharon Appelt
sappelt@lethseniors.com. ext. 32
Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

For all your health inquiries, call the Chinook
Health LINK number 1-866-408-LINK(5465)
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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.”

LSCO
ANNUAL
GENERAL MEETING
TUESDAY, MARCH 29, 2016
STAGE AREA
BUSINESS MEETING
1:15 P.M. ~ 1:45 P.M.

TOWNHALL MEETING
1:45 ~ 2:00 P.M.

ALL PROGRAMS CANCELLED
AT 1:00 PM
TO RESUME AFTER MEETING

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 (must be accompanied by billiard member) |
| Crib | \$2 non-member |
| Duplicate Bridge | \$2 non-member |
| Scrabble | \$2 non-member |

PROGRAM
COMMITTEE
MEETING
Tuesday, March 15
10:00 am ~ Room A

If you are interested
in attending to represent
the program you participate in
please contact Shawn Hamilton
at shamilton@lethseniors.com
or by calling 403-320-2222.

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!

Welcome
New
Members!

Robert Girard
Alice Murray
Ken Moore
Phyllis Moore
Shirley Sullivan
Gary Hough
Elizabeth Pauls
Len Ormandy
Sonia Ward
Shirley Sewell
Liz Jackson
Robert Findlay
Nieves (Babe)
Delfino
Kathryn Crane
William Scott
Karen Schulz
Bruce Storey
Barbara Vallance
Bonnie Laurien

“A Smile is
the Universal
Welcome.”

COFFEE IS
ALWAYS ON AT
LSCO

LSCO
Times

Publishing
Schedule

| | |
|----------------------|----------|
| Issue | Deadline |
| April 2016 | March 18 |
| May 2016 | April 15 |

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



Food Services Coordinator

Jennifer Harrison
jscott-harrison@lethseniors.com
403-320-2222 ext. 27

this, but such is not the case. Some of the factors that are driving our food costs up are, and in no particular order:

- 1) Supply and demand...poor weather conditions in places that our suppliers import our food products from decreases the supply that we have had available, and the need for good quality goods remains the same.
- 2) Our weak Canadian dollar
- 3) Higher operation and import costs to get these products to us.



Associate Food Services Coordinator

Farron Matthews
catering@lethseniors.com
403-320-2222 ext. 27

The long-awaited new till is here and it will be up and running very shortly. Thank you for your patience. As I mentioned in my last article, the prices that will be posted on the menu board will be the NON-MEMBER price. All of you that have an up-to-date paid membership will receive the member prices. You just need to give your name or membership number at the till...you have already been programmed in. All others will pay non-member prices. For those of you who liked the pre-pay feature of our last system, this is once again available to all members. If you do not wish to carry cash with you every day, you can write a cheque to be applied to your membership number at the dining room till and have your meals deducted from that amount each time you visit. Please note that this feature is only available to members who are current with their membership.

As you no doubt have been watching for it to happen, our prices in the dining room have to increase. It has happened in the grocery stores, restaurants, and at our suppliers end, and unfortunately to us too. It would be nice if being a Seniors' Centre we were immune to

I have compiled a list of some of the common products that we use in the kitchen showing approximately what we paid a year ago and what we are paying for those products now. The difference is incredible. For those of you who are interested, this list will be posted in the dining room on our bulletin board.

Along with the price increases, there will be a new pricing system as well. Not all of our daily specials will cost the same, as they do not cost the same to make. Where average pricing worked out well in the past, it no longer applies. We have kept in mind that there are a great number of our members who live on regular fixed incomes, and in doing so, have rearranged the menu so that the average weekly cost to those of you who rely on us on a daily basis will be close to the same week to week.

Our next Sunday Brunch will be held on March 6th from 10:00 am - 1:00 pm. Please join us for a wide variety of brunch items and our made-to-order omelet station. The LSCO will be closed on Friday, March 25th and Monday, March 28th for the Easter Holiday. ★

Catering

Farron has been with LSCO for three years and has now taken on the role of Associate Food Services Coordinator. In addition to his cooking and coordinating duties, Farron is now responsible for catering, dish rentals and linen rentals.

Whether you are booking a wedding, a special birthday party, a business meeting, or private party on-site or offsite, contact Farron to discuss all your catering requirements.



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TRIVIA ~ Did you know? Canadians have made many important inventions, including Kerosene, the electron microscope, the electronic organ, insulin, the IMAX film system, the snowmobile, and the electric cooking range.

TRIVIA ~ Did you know? Many famous authors have come from Canada, including Lucy Maud Montgomery (*Anne of Green Gables*), Margaret Atwood (*The Handmaid's Tale*), and Alice Munro (*Lives of Girls and Women*).

| | | | | | |
|---|---|--|---|---|--|
| <div></div> <h1>MENU FOR MARCH 2016</h1> <p>Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal • The dining room is CASH ONLY Lunch Special \$7.75 LSCO Member Price • Non-Members add 15% • Menu subject to change without notice</p> | | | | | |
| | | Tuesday, March 1 | Wednesday, March 2 | Thursday, March 3 | Friday, March 4 |
| | | Entree: Bran Burger Potato: Coleslaw Sandwich: Toasted BLT Salad: Garden Salad | Entree: Chicken Parmesan Potato: Penne Sandwich: Toasted BLT Salad: Garden Salad | Entree: Spaghetti Potato: Penne Sandwich: Toasted BLT Salad: Garden Salad | Entree: Roast Turkey Potato: Mashed Sandwich: Toasted BLT Salad: Garden Salad |
| Monday, March 7 | Tuesday, March 8 | Wednesday, March 9 | Thursday, March 10 | Friday, March 11 | |
| Entree: Salmon Filet Potato: Buttered Rice Sandwich: Seafood Croissant Salad: Cranberry Mandarin | Entree: Turkey Pot Pie Potato: Steamed Sandwich: Seafood Croissant Salad: Cranberry Mandarin | Entree: Chili Con Carne Potato: Egg Noodles Sandwich: Seafood Croissant Salad: Cranberry Mandarin | Entree: Cranberry Chicken Potato: Mashed Sandwich: Seafood Croissant Salad: Cranberry Mandarin | Entree: Cabbage Rolls Potato: Perogies Sandwich: Seafood Croissant Salad: Cranberry Mandarin | |
| Monday, March 14 | Tuesday, March 15 | Wednesday, March 16 | Thursday, March 17 | Friday, March 18 | |
| Entree: Turkey a la King Potato: Mashed Sandwich: Grilled Beef & Cheddar Salad: Chicken Caesar | Entree: Roast Beef Potato: Mashed Sandwich: Grilled Beef & Cheddar Salad: Chicken Caesar | Entree: Turkey Cutlet Potato: O'Brien Sandwich: Grilled Beef & Cheddar Salad: Chicken Caesar | Entree: Penne Bolognese Potato: Mashed Sandwich: Grilled Beef & Cheddar Salad: Chicken Caesar | Entree: Chicken Risotto Potato: Rice Sandwich: Grilled Beef & Cheddar Salad: Chicken Caesar | |
| Monday, March 21 | Tuesday, March 22 | Wednesday, March 23 | Thursday, March 24 | Friday, March 25 | |
| Entree: Mushroom Burger Potato: French Fries Sandwich: Deli Sub Salad: Greek | Entree: Pork Roast Potato: Yams Sandwich: Deli Sub Salad: Greek | Entree: Smokies & Sauerkraut Potato: Perogies Sandwich: Deli Sub Salad: Greek | Entree: Glazed Ham Potato: Scalloped Sandwich: Deli Sub Salad: Greek | LSCO CLOSED for Good Friday | |
| Monday, March 28 | Tuesday, March 29 | Wednesday, March 30 | Thursday, March 31 | | |
| LSCO CLOSED for Easter Monday | Entree: Roast Chicken Potato: Scalloped Sandwich: Toasted Denver Salad: Spinach | Entree: Beef Pot Pie Potato: Biscuit Sandwich: Toasted Denver Salad: Spinach | Entree: Roast Turkey Potato: Mashed Sandwich: Toasted Denver Salad: Spinach | <div></div> | |

Many of you will remember the saying “In like a lamb and out like a Lion” or vice versa! For you that don’t, it refers to an old time saying about the weather in March. In years past it has proven to be correct but in recent years the weather pattern has changed so much that predicting one day in advance can be a challenge.

March brings many events as I look at the calendar. Starting with Daylight Saving time to set your clocks ahead one hour. In that same week we have St. Patrick’s Day, an Irish tradition that can be read or viewed on any web site and remember to wear something green. On the 20th we have the first day of Spring. How wonderful is that, even though our winter has been so mild, I look forward to the happy sounds of the songbirds. In that same week we celebrate Easter, and for those that are religious, its a time of hope and remembrance of family and loved ones. A time to be kind and a guide to others around you. Last but not least is our AGM on the last Tuesday



President’s Message

Clifford (Charlie) Brown

of the month (29th). This year it will be held in the dining area of LSCO and I urge you attend and give voice to any concerns and input to the direction of this great organization. Your attendance and input are most valuable as this is “Your Organization”. The format will be Elections for board members, followed by a meeting to air your concerns and helpful suggestions.

I do hope you realize what a great and important organization we all belong to and all the

programs and other helps it affords the community as it is actually a “Community Organization”. I can never thank the staff too much for their contributions each day to keeping everything running so smoothly!!. Thank you. Also to all the volunteers and each of you that participate in any way in helping and spreading the word about the many programs offered here. Thank you.

So to each of you this month. I hope you enjoy the extra hour of time after work to enjoy whatever you like to do; may the luck of the Irish be with you; enjoy the sweet songs of the songbirds; happy Easter and may it fill your lives with hope and happiness; and look forward to seeing as many of you that can attend our annual AGM on the 29th. Whew, what a fun month!!

Closing thought – *Live a good and honourable life, then when you get older and think back, you’ll enjoy it a second time.* ★

TRIVIA ~ Did you know? Bullet proof vests, fire escapes, windshield wipers and laser printers were all invented by women.

PLAY HEAR

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X O S I H N T E X V S F I M X
N E C J T S I Q R Q O A F O G
R N I K D E D T S P U M C P H
G B E K M O T S U C T I D E B
H T F L X H C N X S H L E Z Y
I N H T G X X T D J E Y N T N
Y D C V F D Z U O T R K W Q T
T H O M A S I J C R N P O G M
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Glenn Hole
Registered Hearing Aid Practitioner



Thomas (Tom) Copps
Au.D. Doctor of Audiology

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Fitness PASS

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

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

Upcoming Events
Music from Down Under
March 19
Lethbridge Community Silver Band
~ Samuel Yamamoto, conductor ~
Canadian Western Bank Lounge,
ENMAX Centre ~ 7PM
Tickets (\$15) available at Casa or the door

lcbcs.ca

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.”

Self Help Groups

Embracing Life’s Changes Coffee and Conversation Group

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

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 p.m. in Room “A”. The next meeting is **Monday, May 30th**.

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 group will meet on **March 15th at 7:00 pm**. For more information call Vedna at 403-329-3766.

Parkinson’s Alberta Society Support Group

Will be meeting on **March 10th and March 17th** to take part in *The Joy of Movement for Parkinson’s*. The time for these session is from 2:00 pm - 3:00 pm in Room A & B. For more information please contact Monica at 403-317-7710.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. If you are a stroke survivor or the loved one of a survivor you are invited to join the LSRA meeting on **Wednesday, March 9th**. Lauren Tweel from

Building Healthy Lifestyles will be speaking about nutrition and weight management. For more information call Louise at 403-394-6495 or by email at llandry@shaw.ca.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and their family member are invited to attend the meetings. The next meeting is March 12th at 2:00 pm in Room C & D.

Alcoholics Anonymous Saturday Morning Eye Opener Group

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

Sunset Alcoholics Anonymous

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

I told you, it's not all about the eggs.

SUNDAY BRUNCH

Sunday, March 6, 2016



Made to order
omelette station,
eggs, ham, sausage,
pancakes, hash
browns, roast beef,
salad bar, desserts,
coffee and tea.

LSCO ~ 500 - 11th St. South • 10:00 am ~ 1:00 pm • Adult \$16 / 11 & Under \$8 • Cash Only ~ OPEN TO THE PUBLIC


5 ways to support your community

Building and maintaining strong communities in the modern world may seem difficult, as we are all increasingly immersed in our own lives, families and technologies. There are many ways to positively impact your community:

- 1. Shop locally.** Buying products from businesses in your neighbourhood means that you are supporting local owners rather than giving the same money to big-box stores. When you purchase from a local business, a percentage of the sales tax goes right back into your community.
- 2. Complete your census questionnaire.** Information collected through the census helps improve important services in your community, such as public transportation, schools and hospitals.
- 3. Become a census enumerator.** Responsible for identifying dwellings on maps, conducting personal interviews, and following up with respondents in person and by phone, enumerators can be part of a positive change in their communities by collecting key information.
- 4. Become a census crew leader.** Responsible for leading, training and supervising a team of enumerators, crew leaders are in a position to build strong relationships and develop a sense of camaraderie in their communities.
- 5. Be an advocate.** Talk to family and friends about potential improvements in your community, and get involved in city council meetings to share feedback and contribute to real change.

Information on census jobs is available online at www.census.gc.ca/jobs.

www.newscanada.com



FORGET ABOUT THE WORKOUT

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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, March 8 – April 26
When: Thursday, March 10 – April 28
Fee/session: \$36 LSCO M; \$54 NM
Time: 11:00 – 11:45 am

zumba.com
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Volunteer Corner



Volunteer Coordinator

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

NATIONAL VOLUNTEER WEEK
The LSCO looks forward to the extra celebrating during National Volunteer Week in honor of our volunteers.

Volunteers with a minimum of 35 hours for 2015 are invited to attend a roast beef supper on Thursday, April 14th. Tickets are available now in my office through to Friday, April 8th. Extra tickets may be purchased at the main administration counter for spouses and extra guests.

We will be presenting a movie for our volunteers at the Movie Mill again this year on Saturday, April 16th, show time is 10:00 am (included this year is a free Junior Combo). Come get your tickets early, only 180 available.

VOLUNTEER SURVEY
As part of our obligation to the funding we receive through Family and Community Support Services program, the LSCO evaluates outcomes every year provided to us by our volunteers. Surveys are available through LSCO

NATIONAL VOLUNTEER WEEK

April 10 - 16, 2016

Volunteers are the roots of strong communities

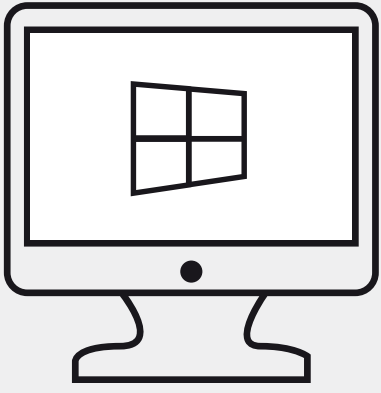


volunteer.ca/nvw2016



coordinators, as well as in my office. Please take a few minutes to complete our Volunteer Survey for 2015 so the LSCO may continue to receive this important provincial funding.

JESUS CHRIST SUPERSTAR
The LSCO is very proud to present Jesus Christ Superstar on Wednesday, Thursday, Friday and Saturday, October 13th, 14th, 15th, 16, 2016. I will admit that although it is too early for a volunteer meeting; trust me when I say it is not too early to contact me if you are able to volunteer during the production. The positions for ushers, program sellers, 50/50 sales and ticket takers will fill up quickly. Volunteers must be able to attend a volunteer orientation meeting regarding these positions. We also require set builders & costume makers which I will outline more in detail in the future. ★



WINDOWS 10

If you would like basic instructions for using Windows 10 register for this 6 day class. You will learn to navigate desktop applications, create and save files, use the internet and other helpful tips.

| | |
|--------------|---|
| When: | Tuesdays & Thursdays April 12 –28 |
| Time: | 1:30 – 3:30 pm |
| Fee: | \$40 LSCO M; \$60 NM |
| Register by: | Thursday, March 24 (after this date add \$5) |

Can Canadian banks fail?

Have you ever wondered what would happen if your bank failed? Do banks even ever go under in Canada? Yes, it's rare, but they have and they can again.

The Canada Deposit Insurance Corporation (CDIC) is a federal Crown corporation that exists to protect savings in their member financial institutions against their failure. Since it was established by Parliament in 1967, there have been 43 financial institution failures affecting more than two million depositors. These were stressful times, but CDIC was there to protect Canadians. No one lost a single dollar of insured deposits.

It's important to know that not everything is protected. Some deposits, such as mutual funds, stocks and bonds fall outside of CDIC's umbrella. Foreign currency (including U.S. dollar accounts) would also be exposed to risk should a bank fail.

If you bank with a CDIC member institution (full list available at cdic.ca), your eligible deposits including savings accounts, term deposits and GICs with a term to maturity of five years or less, are automatically covered up to \$100,000. It is free and automatic, but you should know how it works to fully benefit.

Talk to your financial advisor, or ask about deposit insurance where you bank or invest.

www.newscanada.com

TRIVIA ~ Did you know?

A pound of termites has more nutrients than a pound of beef or pork.

CLASSIFIED ADS

Totally renovated northside 2 bedroom condo with new appliances. Small pets allowed. Ground floor with sheltered patio & storage room. Quick possession. \$162,500/bring offer. Ursula @Sutton 403-795-7815

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

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

Established Business – **Naked Feet Mobile Foot Care:** 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. Theses could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara Mossa 403-308-7654. Seniors may qualify for benefits. Bless Your Feet.

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

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

NEWLY RENOVATED 50+ CONDO FOR RENT. Over 1300 sq.ft. 2 bedroom plus den with balcony. Secured building. Heated underground parking. No smoking in building and no pets. Includes fitness room, car wash, storage facility, banquet room, outdoor barbeques with gazebo and other amenities. \$1500 per month (including utilities) and condo fees. Rio Vista, 75 - 1st Avenue South. 403-328-5447.

Coaldale - Ground floor 1 bedroom with wheelchair accessibility. Single garage across the hall. Small pets allowed. Age 45+. Quiet community and walking distance to shopping. Ursula @Sutton 403-795-7815

HOUSEKEEPING. Unable or needing help in doing every day housework? I can help every 2 weeks. Please call Diane at 403-331-3003.

Tax Time!

It is an important time of year for seniors. If you are a low income senior and are receiving the supplement *Guaranteed Income Supplement* (Federal). If you are and individual who is receiving *Alberta Seniors Benefit* (Provincial pension). Filing your income tax on time is very crucial.

Once Canada Revenue Agency receives your income tax they review it. Your *Notice of Assessment* informs you that your taxes were done correctly or not. Then the CRA sends your income information to the government and they determine what your supplement / pension will be. In July seniors receive a letter from the Federal Government if you are receiving the *Guaranteed Income Supplement* telling you what you will be receiving on a monthly basis. If you are receiving a pension from the *Alberta Seniors Benefits* (Provincial Pension) you will also receive a letter informing you of what your monthly amount will be.

Quite often in July, I have individuals phoning me about a letter they have received. They tell me the letter informs them that their pension supplement/ pension amount is changing. My first question to them is “Have you done your income tax?” My next question would be “Did you have an increase in income from the prior year?” This too will affect the supplement/ pension that you receive.

If you have seen a change in your income and it is now lower you also might qualify for the *Special Needs Assistance for Seniors* program. This program helps individuals financially with a variety of items such as a new bed, prescription costs, etc.

It's tax time – make sure to file your income tax.

Brain Awareness Week: March 14 – 18
Robert James Sutherland, PhD, Professor, Dept of Neuroscience, Board of Governors Research Chair in Neuroscience and Director, Canadian Centre for Behavioural Neuroscience will be speaking at the LSCO on Tuesday,



Support Services Coordinator

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

March 15th at 10:30 am in Room A. Dr. Sutherland will be speaking on *Dementia: Infection and Prevention?*

Community Partnerships

We are beginning a new partnership with McKillop United Church next month.

It is a pilot project in which we are trying to reach out to individuals who live alone. It involves food, cooking, conversation and meeting people. STAY TUNED for next month’s paper for all the details.

Information on Law

Ms. Christina Lam with the law firm of *Alger Zadeiks Shapiro* will be here on **Wednesday, March 9th**. 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.

Downtown City Speakers Toastmasters Club

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

Wellness

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Thursday, March 10th** from 10:00 am – 12:00 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come, first served basis.

Reflexology Appointments

Reflexologists Brenda & Linda will be here on **Friday, March 18th**. 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 going to LSCO.

Hearing Screening

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

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on **Friday, March 11th** 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 go to LSCO.

Grateful Feet: Nursing Foot Care

The care provider for this service is Heather Gunn, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Grateful Feet offers one-hour appointments. Book your appointment for **Tuesday, March 1st and 15th** by calling LSCO 403-320-2222 There is a fee for this service with a portion going to LSCO. For more information call 403-320-2222 ext. 25. To book and appointment for a home visit, call 403-894-2622.

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.

TRIVIA ~ Did you know? Canada contains 9% of the world’s renewable water supply.

Triple D Tours


UP AND COMING TRIPS 2016
COEUR D’ ALENE CASINO
MAY 29, 2016 – JUNE 01, 2016 • 4 DAYS / 3 NIGHTS
Dble \$280.00 Per Person / Single \$365.00 Per Person
Triple \$250.00 Per Person / Quad \$210.00 Per Person

REVISED DATE OF TRIP
COEUR D’ALENE CASINO & SPOKANE SHOPPING GETAWAY
OCTOBER 14 - 17, 2016 4 DAYS / 3 NIGHTS
Dble \$380.00 Per Person / Single \$570.00 Per Person
Triple \$330.00 Per Person / Quad \$310.00 Per Person

COEUR D’ ALENE CASINO
NOV. 29, 2016 – DEC. 02, 2016 • 4 DAYS / 3 NIGHTS
Dble \$280.00 Per Person / Single \$365.00 Per Person
Triple \$250.00 Per Person / Quad \$210.00 Per Person

CROSS IRON MILLS / CHRISTMAS LIGHT TOUR
DECEMBER 05, 06, 07, 2016 • \$40.00 Per Person

Call Donna @ 403-394-0349




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DARWIN & ISABELLE SHOEMAKER

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TUES-FRI 8:30 - 5:00
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Hand, Foot & Ear Reflexology
Relaxation • Relieve Stress
Improved Circulation

Susan Greer, RCRT

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EASTER BRUNCH



Inviting seniors in the community to join our residents at AgeCare Columbia for a delectable Easter Brunch.

Sunday, March 20th
From 11:30 AM - 1:30 PM



Affordable Retirement Living
785 Columbia Blvd. W, Lethbridge, AB
www.agecare.ca/Columbia

SPACE IS VERY LIMITED!
RSVP by MARCH 16
(403) 320-9363
www.agecare.ca/Columbia



Happy Easter
LSCO will be closed
Friday, March 25th
through Monday, March 28th

APPLE COMPUTERS



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

When: Wednesdays & Fridays, March 2 – 18
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM

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.



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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

Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run for six weeks from March 16th to April 20th, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



Make the Connection at LSCO this Spring

Register now for a variety of classes at LSCO. For a complete listing visit www.lethseniors.com or pick up the Program Flyer. Please note: Classes fill up quickly, have registration deadlines and may have late fees. Ask to be put on a waiting list if classes are full in the event we are able to schedule additional classes.

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.

- If making payment after registration date \$5 will be added to course fee where indicated.

UPCOMING CLASSES

For description of classes, fees and registration deadlines pick up a copy of the 2016 Program Flyer or visit www.lethseniors.com. Feel free to call LSCO for additional information.

Legend

LSCO M – LSCO Member; NM – Non Member

See our Spring insert in the April issue of *LSCO Times*.

Seniors & Technology

Program funding from Alberta Innovation & Advanced Education through Lethbridge Lifelong Learning.

APPLE COMPUTERS

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

When: Wednesdays & Fridays
March 2 – 18

Time: 1:30 – 3:30 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Friday, February 26

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 & Thursdays
March 8 – 24

Time: 1:30 – 3:30 pm

Fee: \$35 LSCO M; \$53 NM

Register by: Friday, March 4

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
March 29 – April 7

Time: 1:30 – 3:30 pm

Fee: \$30 LSCO M; \$50 NM

Register by: Tuesday, March 24
(after this date add \$5)

WINDOWS 10

If you would like basic instructions for using Windows 10 register for this 6 day class. You will learn to navigate desktop applications, create and save files, use the internet and other helpful tips.

When: Tuesdays & Thursdays
April 12 –28

Time: 1:30 – 3:30 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Thursday, March 24
(after this date add \$5)

CONVERSATIONAL SPANISH

Whether you are a traveler and want to learn just enough Spanish to survive a visit to beautiful Mexico, or are interested in learning another language consider registering for this class. Participants will learn grammar and common sentences in a comfortable environment. Those enrolled will also have an opportunity to learn more about Mexico.

When: Tuesdays, March 22 – April 26

Time: 1:30 – 3:30 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Wednesday, March 16
(after this date add \$5)

Instructor: Martha Montgomery

ACTIVE YOGA & STRETCH

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

When: Wednesdays, March 2 – 30

Time: 4:45 – 5:45 pm

Fee: \$23 LSCO M; \$30 NM

Register by: Wednesday, March 2

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, March 8 – April 26

Time: 11:00 – 11:45 am

Fee/session: \$36 LSCO M; \$54 NM

When: Thursdays, March 10 – April 28

Time: 11:00 – 11:45 am

Fee/session: \$36 LSCO M; \$54 NM

EVENING ZUMBA

If you were to peek inside a class you would describe Zumba as a party! Upbeat music plays and you are guided through an energetic workout while having a lot of fun. Tine Gulbrandsen will ensure you have a great time.

When: Tuesdays, March 8 – April 26

Time: 5:30 – 6:30 pm

Fee/session: \$36 LSCO M; \$54 NM;

10x Class Pass: \$55 LSCO M; \$65 NM

Register by: Monday, March 7

INTRODUCTION TO MEDITATION

This class offers a contemplative blend of gentle stretching and vinyasa (movement with the breath) for fostering a restful inner atmosphere. Each class includes intention/goal setting, pranayama (breathing techniques), asana (postures) and seated meditation. Whether you are new to yoga and meditation, an established practitioner or

interested in exploring the subtle realm of yoga this class is open to all. Learn how to calm the mind, be present in your body and feel invigorated. The benefits of daily meditation practice can reduce stress, anxiety and insomnia as well as increase clarity, concentration and creativity. Please bring a blanket, pillow, mat or any other item you may need to sit comfortably for a period of time and wear comfortable clothing so you can easily breath and move freely. Gathering with others to meditate adds uplifted energy to all so please join us!

When: Mondays, March 7 – April 4
(no class March 28)

Time: 5:00 – 6:00 pm

Fee: \$20 LSCO M; \$40 NM

Register by: Thursday, March 10

Instructor: Kelsey Lazarick

BEGINNER PICKLEBALL LESSONS

Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun. Instruction will begin at 2:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration. Class will be held in the small gym. Drop in participants not accepted Wednesdays.

When: Wednesdays, March 2 -23

Time: 2:00 – 3:30 pm

Fee: \$15 LSCO M; \$30 NM

BEGINNER OILS IN LANDSCAPE

This is an 8 week beginner oil painting class with instructor Donna Gallant.

We will cover simple techniques in painting with oils with the minimal amount of using turpentine and other cleaning products that have a strong odor. Learn how to mix colors, define land formations, and achieve the right lighting effects and many other oil painting techniques and basic principles in painting a landscape. This should be a great experience for the novice.

When: Wednesdays, March 9 – April 27

Time: 10:00 am – 12:00 pm

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

Register by: Wednesday, March 2
(after this date add \$5)

NATURE in PEN & INK

If you have taken a pen & ink class before or even if you haven’t, in this class we will concentrate on subjects found in nature like landscape, animals, plants and water. Some pen & ink techniques will be covered but mostly we will learn how to create the textures found in nature and how to create a realistic rendering of our subjects.

When: Thursdays, March 31 – May 19

Time: 1:00 – 3:00 pm

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

Register by: March 24 (after this date add \$5)

**BASIC SELF DEFENSE for Women
Rape Aggression Defense
Training**

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

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

When: Tuesday, April 5 & 12
Time: 1:00 – 4:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Tuesday, March 29
(after this date add \$5)
Instructor: Dan Walton
(retired police officer, certified instructor)



TRAVELLERS

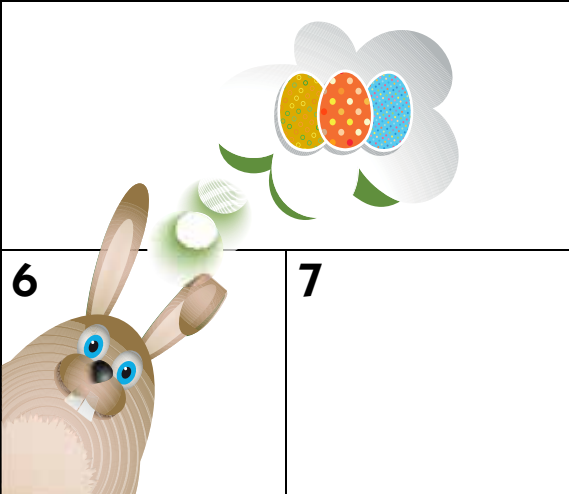

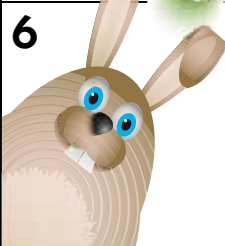

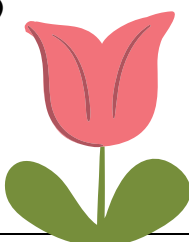


If you book a trip with Maritime Travel, Triple D Tours, Nagel Tours or any other travel company that leave brochures at LSCO, please inform the agency that you got the information from LSCO.

LSCO receives a commission on travel referrals.

Please let us know that you booked a trip through one of these agencies so we can track the referrals.


THANK YOU

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

| March 2016 - LSCO Adult Day Program | | | | | | |
|--|---|--|---|---|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  | | 1 Rudy & the Classic Legends 1:00 pm Chair Exercises 2:45 pm | 2 Fun with Wii 1:00 pm | 3 Music with Sandy 1:00 p.m. | 4 Music Program Bob & Dennis 12:30 ~ 2:00 pm | 5  |
| 6  | 7 | 8 Music with Hank 1:00 pm Chair Exercises 2:45 pm | 9 Bowling Holiday Bowl 1:00 pm | 10 Justine & Frank 1:00 pm | 11 Music Program Classic Legends 12:30 ~ 2:00 pm | 12 |
| 13 | 14  | 15 Music with Stan Ashbee 1:00 pm Chair Exercises 2:45 pm | 16 Fun with Wii 1:00 pm | 17 Adult Day Program 1:00 pm | 18 Music Program Ray & Colin 12:30 ~ 2:00 pm | 19  |
| 20  | 21 | 22 Marbled Eggs Eira ~ 1:00 pm Chair Exercises 2:45 pm | 23 Bowling Holiday Bowl 1:00 pm | 24 <i>Easter Party</i> Music with Barry 1:00 pm | 25 Good Friday LSCO Closed | 26 |
| 27 <i>Happy Easter</i> | 28 Easter Monday LSCO Closed | 29 Los Gringos ~ Alex, Bill & Roy 1:00 pm Chair Exercises 2:45 pm | 30 Fun with Wii 1:00 pm | 31 Movie Time 1:00 pm |  | |
| 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. | | | | | | |




TRIVIA ~ Did you know? Alberta has 50% of the world’s supply of bitumen.

Welcome to...



Gracious Independent and 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 & private viewing, call:

Peter 403-849-7223

John 403-330-7850

Peter 403-393-0269

elimlethbridge.ca

Introduction to Meditation

This class offers a contemplative blend of gentle stretching and vinyasa (movement with the breath) for fostering a restful inner atmosphere. Each class includes intention/goal setting, pranayama (breathing techniques), asana (postures) and seated meditation. Whether you are new to yoga and meditation, an established practitioner or interested in exploring the subtle realm of yoga this class is open to all. Learn how to calm the mind, be present in your body and feel invigorated. The benefits of daily meditation practice can reduce stress, anxiety and insomnia as well as increase clarity, concentration and creativity. Please bring a blanket, pillow, mat or any other item you may need to sit comfortably for a period of time and wear comfortable clothing so you can easily breath and move freely. Gathering with others to meditate adds uplifted energy to all so please join us!

When:

Mondays
March 7 – April 4
(no class March 28)

Time:

5:00 – 6:00 pm

Fee:

\$20 LSCO M; \$40 NM


Register by:

Thursday, March 10

Instructor:

Kelsey Lazarick

Kelsey is a food scientist by day and a yoga instructor by night! Kelsey is a registered yoga instructor with Yoga Alliance (RYT 200, YA) with her certificate in meditation and was born and raised in Lethbridge. Kelsey runs K Yoga and teaches everything from prenatal to chair yoga! She discovered yoga in her late teenage years as a way to keep active but quickly fell in love with the process. Kelsey found that meditation practice was a way to slow down the fast paced world and to really connect with the body and how it moves even in stillness. She loves to combine creative sequences, a spirit of playfulness and a dash of inspiration to the classes to help her student to feel rejuvenated, balanced and smiling after each class.



Notice To All Members:

The Annual General Meeting of Lethbridge Senior Citizens Organization will be held on Tuesday, March 29, 1:15 PM in the Stage Area of the Dining Room. Please note that all program areas will be closed for the duration of this meeting.

It is proposed that the following by-laws be amended, by Special Resolution at this meeting:

By-Law #2.2 – Memberships – change Member at Large to Member

By-Law # 2.2.a – Memberships – change to Adults may become members, add Membership fees are non-refundable

By-Law #2.2.b – Memberships – change to Annual fees will be determined by the Board of Directors

By-Law #2.2.c – Memberships - delete

By-Law #2.2.d – Memberships - change 2.2.d to 2.2.c


By-Law #2.2.e – Memberships - change 2.2.e to 2.2.d

By-Law #2.2.f – Memberships - delete

By-Law #2.2.g – Memberships - change 2.2.g to 2.2.e

Full details regarding these amendments, including the existing by-laws, changes to be made and rationale for changes and motions to be presented for these changes will be posted in LSCO, 500 – 11 St. S., Lethbridge, AB and at www.lethseniors.com

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for Mother's
Day Brunch
on May 8



Two blocks west of the casino on Crowsnest Trail

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Watch for our Conversations Spanish class.

Did you know?

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

TRIVIA ~ Did you know? North America's lowest recorded temperature was -81.4 degrees Fahrenheit (-63 C) at Snag, Yukon Territory, on February 3, 1947.

Computer Corner by Sjoerd Schaafsma

Computer Self Help – Part 1

One of the most powerful tools in any computer is the help function. Since the earliest versions of Windows, the **F1** key (one of the keys usually found on the top edge of your keyboard) was the most common way to access the help files for a particular program. These days, the help files, and better help than that which is included in your software, are often found on the internet.

Finding the help you need is usually a matter of asking the right question.

The order in which you ask things may or may not be important.

Little words such as, 'the', 'for', and 'a', mean little to an internet search engine. On the other hand, the word 'and' can be very important if used the right way.

Here are some common questions about mail programs. The questions were put into Google. Notice how much smaller the numbers get as the requests become more specific. Even so, you won't be digging through millions of results. With luck the first page will list yet another page that will take you to the answer you want.

I was surprised that with these four questions the first answers were not labeled as ads.

| | |
|---------------------------------------|-----------------------------|
| e.g. How do I use mail | About 2,720,000,000 results |
| How to use outlook mail | About 231,000,000 results |
| How to use windows live mail | About 104,000,000 results |
| how to set up my samsung tablet email | About 17,800,000 results |

With a search for "buy cheap computer", as can be expected almost the entire page is ads, with the first three hits even labeled as 'Ad'.

This month's tips: - To change the size of text in your Windows browser hold down the control key and + key at the same time to increase text size. Control key and - to decrease text size. On a Mac use command + to increase font size, and command - to decrease font size.

- For XP and Vista users: Chrome will keep working, but it will not be performing security updates.

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

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

Computer Club
WORKSHOPS

Upcoming Computer Club Events
March & April

March 9 – Vivian Hnatiuk
Android Sharing Session

Hints, tips, how to and problem solving issues with your Android device

March 16 – Ione Dergousoff
Making a Greeting Card

The theme will be Easter Sending a free online greeting card

Making a greeting card by following a web site
Making a greeting card using Printshop

March 23 – John Brown
Health information Online

Making sense of what is reliable and not, with an emphasis on drugs and medicine

April 6 – John Pinto
Online Learning

Making the best of the GCF website

April 13 – Garth de Heer (CIBC Online banking)
Safeguards and Instructions

How to safely set up on-line banking, how to pay bills on-line, do e-money transfers and e-deposits if interested and cover all the ins and outs of banking. If a member brings their debit card with them Garth will help them get set up on-line banking with their very own bank. It does not matter if they deal with CIBC as he will assist them with any bank.

April 20 – Grant Alger
Creating Slideshows for Any Occasion

LEARN More about Elder Abuse

The journey of a thousand miles begins with a single step.
~ Lao Tzu

I can't help but take notice of all the signs of an early spring that are around us – the birds are chirping, the trees are budding and we have had more than our share of favourable weather. At times like this my thoughts are on renewal, growth and awakening. With that in mind, I thought this month would be a good time to talk about what LEARN is doing to promote the awareness of elder abuse in our communities.

It is a well established truth that elder abuse is highly under-reported. Generally speaking, by the time a call is made to LEARN, something has already happened – a crime may have been committed against an elderly person, or a decision made with consequences that will require some form of intervention to correct. Ideally, preventing an elderly person from becoming a victim of elder abuse, or intervening when risk is recognized but before a situation deteriorates is what we strive for.



LEARN
Case
Manager

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

One of the best ways to achieve this is for communities to learn more about elder abuse.

LEARN is fortunate to have an Elder Abuse Coordinator and a team of community organizations dedicated to increasing awareness of elder abuse and access to support services. As part of our commitment towards prevention, LEARN will provide presentations to professionals, businesses and the public within the City of Lethbridge as well as the County of Lethbridge upon request. Our presentations vary in length and content and can be tailored to fit

individual needs, but are typically a minimum of one hour in length. Whether you are looking for a professional development opportunity for staff, provide support services to seniors and their families in your community, or belong to a group that wants more information about elder abuse, consider having LEARN come out and present. Professionals and organizations should contact Dan Walton, LEARN Coordinator, at 403-393-6482 for more information. All other requests can be made by calling Marlene Van Eden, Support Services Coordinator for LSCO at 403- 320-2222, ext. 25 or Constable Les Vonkeman, Diversity Resource Officer, Lethbridge Police Service at 403-330-5133.

We all have a part to play in recognizing, referring and supporting victims of elder abuse. Continued collaborative efforts will help ensure we are moving in the right direction.

If you have questions or concerns about elder abuse, or if you suspect someone you know may be experiencing elder abuse, please give LEARN a call. Remember, if we are to stop elder abuse, *silence is not an option.* ★



Beginner Oils In Landscape

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

When: Wednesdays, March 9 – April 27, 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$65 NM
Register by: Wednesday, March 2 (after this date add \$5)



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



FEB 06–MAY 23.16

* Daytime Galt Workshops ▶ weekly Wed to APR 15 10:30 am–noon
Program starts at 7 pm
cash bar open 5-8 pm

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

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

02 Felted Potholders 16 Coulee Art
09 Paper lanterns 23 Mosaic trivets
30 Prairie Homes

02 The Early History of Lethbridge Fire & EMS with Deputy Fire Chief Dana Terry
16 Firefighting from the Inside with Wayne McGinn

10 C afé Galt: Advocating for Change with Blackfoot artist, activist and student Lauren Crazybull
24 Archives Program: Searching for Images Hands-on exercise
24 Galt Workshop: Seed Starting
Sun 13 | 2–4 pm C afé Galt: the Women Suffrage Campaign in Alberta with Dr. Sarah Carter

Sat MAR 26
10 am-2 pm
Eggstravaganza
This event does NOT include an Easter egg hunt.

Special Event!
19 Canada & the Second Word War Fundraiser and Talk by Dr. Stephane Guevremont
Cocktails 5 pm, Dinner 6 pm, Lecture 7–9 pm. \$60/ticket includes dinner and lecture.

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

YEAR-ROUND HOURS OF OPERATION
10-5 mon-sat | 10-9 thu | 1-5 sun + hol
CLOSED DEC 25-26, JAN 01, Easter Sunday

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

TRIVIA ~ Did you know? At 3,855,103 square miles, Canada is the second largest country in the world, behind Russia.

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 & Thursdays
March 8 – 24
Time: 1:30 – 3:30 pm
Fee: \$35 LSCO M; \$53 NM
Register by: Thursday, March 4



FROM THE GALT

From Belfast to Lethbridge

It's March, which means, of course, St. Patrick's Day and for this article we note the Belfast connections to the early Lethbridge fire department. When we went looking into some of the people behind the early fire department, Belfast shows up more times than we expected. In fact, for 35 years, each Lethbridge fire chief had a link to Belfast.

Thomas Peter Kilkenny was born near Belfast in 1882. He came to Canada around 1900, getting a job with the Winnipeg fire department. Kilkenny worked up through the ranks at Winnipeg eventually becoming a lieutenant in charge of a station. In early 1909, he became chief of the Portage La Prairie fire department. Just a few months later he accepted a similar position in Lethbridge, becoming fire chief here in August 1909.

Kilkenny died unexpectedly in March 1911 after suffering smoke inhalation, exposure, exhaustion and burns from two fires he fought in January 1911 (in -40 degree temperatures) that developed into bronchitis and then pneumonia. He was only 29 years old when he passed.

In May 1911 William Hardy was chosen as the new Lethbridge Fire Chief to replace Hardy. Hardy was born in Scotland in 1877 but had ancestral roots in Belfast and gained experience with the Belfast fire brigade before coming to Lethbridge in 1909. He went to work with the Lethbridge fire department and was soon promoted to Captain and put

in charge of Fire Station No. 2 (located on 13 Street North).

For four years (1916-1920), Hardy worked as both fire chief and police chief when the city combined the position to save money during the First World War. He was active in the fire fighter's association, even serving as president of the Dominion Association of Fire Chiefs in 1925-1926. He served as Fire Chief until his death in 1935. From his obituary: "He took a keen interest in his duties and by his ability and appreciation of his work made the Lethbridge fire department eminently successful. For several years, the Lethbridge fire brigade ranked first in its class in the west. He was a fearless and competent fire fighter and commanded the loyalty of his men." A former Lethbridge mayor called him "a cocky little SOB."

Thomas C. Hardy was born in Belfast, Ireland, and started with the Lethbridge fire department in October 1911. His appointment to the job, some said, was related to the fact that Fire Chief William Hardy was his son! Hardy worked as an engineer and later engineer-electrician and in 1913 became a captain, a position he retained until his death at age 74 in March 1932.

Robert Lindsay was born in Bangor, Northern Ireland, in 1874 and joined the Belfast fire brigade in 1897. He stayed with the department for 12 years, rising to the rank of lieutenant before coming to Canada in 1909. He first went to Kelowna and then, in February

1910, came to Lethbridge where he joined our department. He became captain in April 1912 and was put in charge of Station No. 2 that October. Lindsay served with the 39th Battery, Canadian Field Artillery, during the First World War. When William Hardy died in 1935, Robert Lindsay became fire chief. He remained in this position until his retirement in 1944. After retirement, Lindsay moved to Kelowna in 1945 but he only remained there for five years and returned to Lethbridge. He passed away in 1958. Lindsay was said to be outspoken and followed his own judgment rather than strictly following the regulations.

The following case might give a sense of Lindsay's personality. While a Captain, Lindsay reported a fireman named Lowe for "having a conversation with a female in front of the headquarters, knowing her to be of low reputation." Fireman Lowe lost his job as a result of that conversation.

Four men – three fire chiefs – all either from Belfast or who served with the Belfast fire brigade – and all of whom came to work with the Lethbridge Fire Department. Coincidence? Nepotism? However you see it, Belfast certainly played a role in our early fire department.

If you want to learn more about Lethbridge's fire history, check out the Galt's *We Are Here to Serve: Fire and EMS* exhibit now on. ★

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

Don't fall victim to the grandparent scam

You're a grandparent, and you get a phone call or an email from someone who identifies themselves as your grandchild. "I've been arrested in another country!" they say. "I need money wired quickly to pay my bail. Please, don't tell my mom or dad because they'll only get angry!"

This type of emergency scam has been around for years. It typically occurs when a grandparent receives a call from a scammer pretending to be a family member in need of money immediately. The scammer often claims they have been in a car accident, are having trouble returning from a foreign country, or have been arrested and need to be bailed out. The grandparent is asked to wire some money through a cash transfer company immediately. Often, victims send the money, and do not verify the information until after the money is sent.

Scam artists defraud millions of people each year by phone, by mail, online, and in person using many different tactics. The grandparent scam is one of the most heartbreaking. That is why it is important to stay on guard. Think twice before you hand over any of your money or personal information.


The Competition Bureau shares some tips on how to protect yourself and your family to avoid being a victim:

- Do not reveal any personal information. It's important to protect your identity at all times and only give out information when you know you can trust the person you are talking to.

- Never send money to anyone you don't know or trust. Don't send money or pay fees to claim a prize or lottery winnings. Never wire money to someone whose identity you cannot confirm. Unless you are sure that you know the person, never give your credit card or banking information over the phone.
- Ask questions and be assertive. Scammers are counting on the fact that you will want to act quickly in an emergency. Be sure to assess the situation fully before making any decisions.
- Investigate further. Try asking the caller questions that only your grandchild would know. Call the child's parents to verify the story.
- Get their information. Find out if there is a phone number you can call them back at. If it is truly a relative, they won't hesitate to provide this.
- Take precautions. Remind your family members not to announce that they are going away on sites like Facebook or Twitter. This could expose them and their families to fraudsters who could use this information. Also, ensure your family's contact information is up to date so that you can easily get in touch with them to find out more.

More information is available online at www.competitionbureau.gc.ca/fraud, or by phoning toll-free at 1-800-348-5358.

www.newscanada.com



Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun. Instruction will begin at 2:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration. Class will be held in the small gym. Drop in participants not accepted Wednesdays.

When: Wednesdays
March 2 -23

Time: 2:00 – 3:30 pm

Fee: \$15 LSCO M; \$30 NM

beginner

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CONVERSATIONAL SPANISH


Whether you are a traveler and want to learn just enough Spanish to survive a visit to beautiful Mexico, or are interested in learning another language consider registering for this class. Participants will learn grammar and common sentences in a comfortable environment. Those enrolled will also have an opportunity to learn more about Mexico.

When: Tuesdays, March 22 – April 26
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Wednesday, March 16 (after this date add \$5)
Instructor: Martha Montgomery

Come & Enjoy
Easter & Spring Music
with the
Golden Mile Singers
Tuesday, March 22nd
10:30 ~ 11:30 am
LSCO Stage Area



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LETHBRIDGE
Senior Citizens
ORGANIZATION

PAR 3 GOLF TOURNAMENT

CELEBRATING SENIORS

When:
Time:
Entry Fee:
Register before:
Location:
Where to Register:

Tuesday, June 7, 2016
Check in 9:00 am; Golf to follow
\$30/person (Cheque, Cash, Debit, Credit Card accepted)
Friday, June 3rd
Evergreen Golf Centre
5225 - 24th Ave. S., Lethbridge, AB (Highway 4)
LSCO, 500 - 11th Street S., Lethbridge, AB

Things to know:

- All skill levels welcome.
- Golfers play their own ball. Individual scoring.
- Golfers can form their own team.
- If tournament is cancelled due to poor weather it will be postponed to June 14th.
- If player cancels after June 3, entry fee is non-refundable.
- If player is a "no show", entry fee is non-refundable.
- Bucket of balls available to purchase for Driving Range.
- All participants must have a set of clubs to use.
- Clubs, Pull Carts & Limited Power Carts available to rent.
- Prizes Awarded.

Complete the following:

Name: _____

Address: _____

Telephone: _____

Email: _____


List who you will be playing with (if known): _____

Check if required. Payment to be made at Evergreen.

Power Cart Rental (\$13) _____ Pull Cart (\$3) _____ Club Rental (\$7) _____
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Entry Fee includes green fees, prizes & light lunch.
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TRIVIA ~ Did you know? In 1691, England taxed the number of windows on a house. Consequently, houses began to be built with very few windows or people would close up existing windows. When people began to suffer health problems from lack of windows/air, the tax was finally repealed in 1851.



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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
March 29 – April 7

Time: 1:30 – 3:30 pm

Fee: \$30 LSCO M; \$50 NM

Register by: Tuesday, March 24
(after this date add \$5)

Do Not Try This At Home

(or Why a DIY Will May Not Be a Good Idea)

To some, a will can appear deceptively simple. However, wills are more than a list of gifts written on a piece of paper. Just as people would never attempt to perform dental work on their own, we wish to make a case for the need to properly prepare a will with the help of a professional.

1. Drafting Expertise and Custom Planning:

The drafting of a will is crucial to the proper interpretation and performance of a testator’s wishes. Will makers, also known as Testators, often feel like their self-made wills are straightforward, but in many cases the gifts they make can become ambiguous or create large legal issues for the beneficiaries. A common misstep in self-drafted wills is the failure to appoint an executor or an alternate should the primary executor pass away. Likewise, failure to name an alternate beneficiary can leave a large hole in a Testator’s estate plan if their first choice beneficiary passes away prematurely. Failing to properly describe gifts can also create confusion for those dealing with the will; as can failing to include a “rest and residue” clause to catch assets leftover in the estate.

The makers of self-made wills rarely have the skills necessary to draft a will properly. Acknowledging this, some people may attempt to use pre-made “will kits” to act as a template for their self-made wills. Unfortunately, will kits are a very poor substitute for the personalized advice offered by a professional. Just as no single family or estate is the same, no two wills are identical either. The



Legal
Tips and
Information

Christina Lam

fill-in-the-blank approach used by will kits do little to protect Testators from the mistakes mentioned above, and may even add to them by imposing clauses in the will that they do not understand.

2. Execution Requirements: Some people forget that wills are legal documents which have certain formal requirements in order to be enforceable. A traditional will requires two witnesses in the same place and at the same time in the presence of the testator. A holograph will, which is a handwritten will, does not require those formalities, but it must all be in the handwriting of the testator and must be signed and dated. A will kit will does not constitute a holograph will. People often blend or mix up the two concepts and end up with an invalid and unenforceable will.

3. Legal Obligations: The laws of Alberta create obligations for Testators to provide for particular people in their wills. Depending on a person’s family situation, this may include spouses, common-law partners, children and grandchildren. Failure to provide for such people can result in a claim being made

against the estate and a lengthy and costly court dispute over how the estate ought to be distributed. Without professional advice, testators and their families can be blind-sided by these claims against the estate, regardless of whether the omission of a particular person was intentional.

4. Reliability: A will that is professionally done is generally well respected by the parties who ultimately must abide by it. Third parties such as insurance companies, banks, or other financial institutions take wills at face value. A clear and professionally drafted will gives that third party greater confidence in accepting and relying upon the will. If the will has not been professionally done, or is ambiguous, third parties often have concerns and for liability reasons will require the parties to go through a probate process before they release assets or give access to accounts. While the testator may have saved on the cost of the will at the time it was made, down the road their self-made will may subject their executor and beneficiaries to a costly probate process that could have otherwise been avoided.

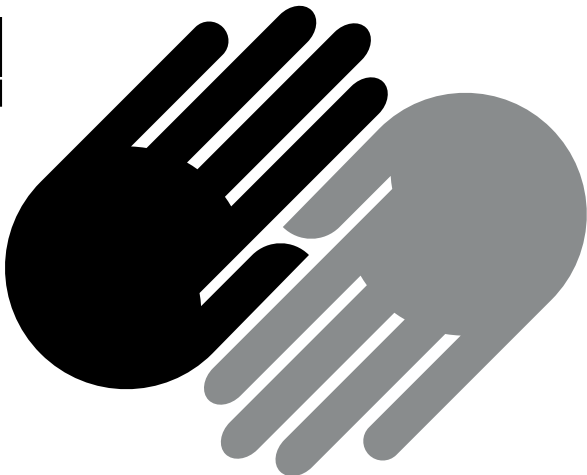
These are just some of the reasons why estate planning requires more expertise than a self-made will can provide. There are many others. As always, please talk to your own lawyer with any specific questions relating to your fact situation. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Free Neck & Shoulder Massages!

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

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



New technology helps increase safety for the deaf and hard of hearing



Hearing smoke alarms blaring and escaping a fire is a terrifying experience for anyone. Now, imagine if you are deaf or hard of hearing.

A smoke alarm with an integrated LED strobe light has been introduced by Kidde Canada to help the deaf and their family members have greater peace of mind in fire emergencies. Designed to be hardwired into a home’s electrical system, the new device also features a 10-year sealed backup battery to keep the alarm functioning during a power outage. It never needs to be changed for the life of the alarm.

A voice warning also calls out “Fire!” if the alarm activates. It will also call out “Carbon Monoxide!” if it is interconnected with a separate Kidde carbon monoxide alarm.

“In the past, it was possible to add a strobe light to hardwired smoke alarms but you ended up with two units on your ceiling,” says Carol Heller of Kidde. “A powerful strobe light has now been integrated right into the smoke alarm, along with a 10-year backup battery, a first in Canada.”

As a hardwired and interconnected smoke alarm, this new model can be connected with other alarms in a home. If some of those are the same integrated strobe light alarm, all strobes will flash in a synchronized fashion in an emergency.

“An aging population is a fact of life and along with that often comes, hearing loss,” Heller adds. “This new alarm reduces barriers to safety for those who are deaf or hard of hearing in a single device that is relatively inconspicuous...until it is called into action.”

Nature in Pen & Ink

If you have taken a pen & ink class before or even if you haven't, in this class we will concentrate on subjects found in nature like landscape, animals, plants and water. Some pen & ink techniques will be covered but mostly we will learn how to create the textures found in nature and how to create a realistic rendering of our subjects.

When: Thursdays
 March 31 – May 19
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$65 NM
Register by: March 24 (after this date add \$5)

TRIVIA ~ Did you know? The CIA reportedly created a project called Project MK-ULTRA to experiment with mind control using LSD. They even tried to use the drug as a way to completely wipe the memories of retiring CIA agents.

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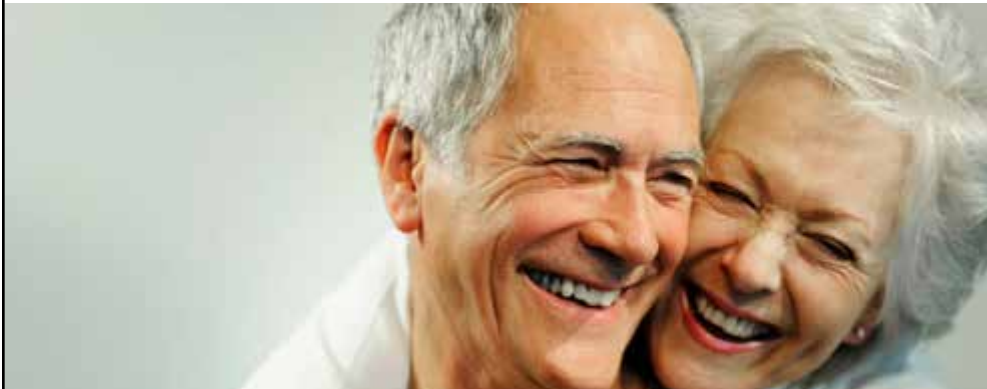
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“Rightsizing Your Home”

When the time has come for your children to leave home many couples begin to think about downsizing from their family home into a smaller place. My husband and I are thinking about changes to our home we will make, becoming empty nesters, as our youngest son gets closer to completing University.

I have always enjoyed making changes to our home. We have lived in the same residence for over 25 years and as I look back we have always been able to adjust our rooms and décor based on the stage of our lives and the lives of our sons. An unfinished basement was perfect for their early years as a playroom and a floor hockey rink. When they were ready to move downstairs and have separate bedrooms, we repaired walls well worn from all the wear and tear, laid carpet and we were ready for the teen years. My sons had their privacy and I liked their living space separate from our upstairs living and entertaining areas. The upstairs bedroom began as our baby’s room and held both boys on a bunk bed until their move downstairs. The bedroom was then changed to a home office and has now has expanded to a shared office and TV room.

To me space is space and how much I have is not as important as how I am living in it. As we become empty nesters I will look again at rightsizing and thinking about how to move



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Connie-Marie Riedlhuber
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furniture, technology and pictures based on being the most comfortable and how we actually move within our home and use it from day to day. Making changes in our home based on movement and living can be much different than choices made for appearance. I still want to have 2 spare bedrooms even though the space won’t be used a lot because chances are my sons will not be living in Lethbridge. When retirement comes and my husband and I are home, spending a lot more time together, we will again look at how we are living in the space and create shared space and alone space.

Another important consideration when considering downsizing or moving to another home is monthly costs. Changing properties we often look at the cost of the home but don’t spend enough time evaluating the monthly utilities, taxes or possible future upgrades and renovation

costs. We had friends whose biggest complaint with utility costs was that they had a 25 year old, 2 - story home with 2 furnaces which made heating costs high. Tax rates vary based on the area you choose and the age of the home generally determines the future upgrades that will need to be done. Based on your projected income when you retire you can determine what housing costs you can afford monthly and before you make residential changes or consider seniors lodging or seniors care facilities you need to know what your retirement income will be.

There is a trend in design today to move to simplicity and to keep what we love eliminating clutter. There is a desire for our homes to become our sanctuary in these times where the demands on our time can seem endless and the need to find comfort at the end of the day in our homes becomes part of our health and wellbeing. In times of uncertainty our hearts return home. In good times we gather at home to celebrate and during hard times we return home for understanding and support. The heart of our homes can be reflected in how we arrange and decorate them and reflect on the outside where we are on the inside. May your home reflect the spirit of your life and be just the “right” size for you and your family. ★

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

TRIVIA ~ Did you know? According to *Cosmopolitan* magazine, the blends of lavender and pumpkin scents make women more attractive to men. Women are attracted to the smell of cucumbers or black licorice.



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