

## INSIDE THIS ISSUE

Executive Director . . . . .	p.2
LSCO Contacts. . . . .	p.3
Message from the President . . .	p.5
LSCO Self Help Groups . . . . .	p.6
From the Kitchen . . . . .	p.6
LSCO Programs . . . . .	p.9
LSCO Support Services . . . . .	p.13
LSCO Case Worker . . . . .	p.15
Adult Day Program Calendar . . .	p.16
Weekly Activity Schedule . . . . .	p.20



*Join Us for*

**LIVE WELL SHOWCASE**  
MAY 4 & 5

**LIVE WELL SHOWCASE ROAST BEEF DINNER**  
MAY 4

**SENIORS' WEEK**  
JUNE 5 - 9

**FREE COFFEE & DONUTS AT SERVUS CREDIT UNION**  
JUNE 5

**SENIORS 55+ GOLF EVENT**  
JUNE 9

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**Thursday, May 4th 10 am - 5 pm**  
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## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com


Our deadline for last month was too tight to report on our Annual General Meeting so I'll give an update this month. I would like to thank the people who will serve on our LSCO Board of Directors for the next year (and beyond, for some):

President	Bob Maslen
Past President	Clifford Brown

Treasurer	Irwin Wyrostok	(Year 3/3)
Secretary	Marnie Brown	(Year 3/3)
Board Members	Don McInnes	(Year 1/3)
	Robert Girard	(Year 2/3)
	Merri-Ann Ford	(Year 3/3)
	Bill Hanson	(Year 3/6)

The Board has been in discussions with some interested individuals who were unable to submit their applications prior to the deadline. If they so choose, the Board can appoint Board members on an acting basis until the next election.

I would like to thank everyone for their outpouring of support for our staff around the sudden passing of Teresa and I cannot give high enough praise to our staff for their hard work to ensure Teresa's memorial service went smoothly and to take the burden off the family.★



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- Farm House Boxes • Wooden Signs
- Paint or Draw the Garden
- Zentangle Art • Rock Decor

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*In recognition for the ongoing support of LSCO Meals on Wheels*



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A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by . . . . . Lethbridge Herald

The Officers of LSCO

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

**Board of Directors:**  
Bill Hanson, Merri-Ann Ford, Robert Girard and Don McInnes

**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  
learn@lethseniors.com . . . . . ext. 57

LSCO Case Worker & LEARN Coordinator  
Lavonn Mutch . . . . . 403-320-2222

Volunteer Coordinator – Chelsea Sherbut  
csherbut@lethseniors.com . . . . . ext. 31

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dlegault@lethseniors.com . . . . . ext. 30

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lcook@lethseniors.com . . . . . ext. 33

Program Development Coordinator – Shawn Hamilton  
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MoW Client & Volunteer Support Worker  
Natasha Elder  
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Accounting Technician – Christine Toker  
finance@lethseniors.com . . . . . ext. 23

Administrative Support – Kari Martin  
kmartin@lethseniors.com . . . . . ext. 21

Food Services Coordinator – Farron Matthews  
catering@lethseniors.com . . . . . ext. 27

Assistant Food Services Coordinator  
Jody Gordon . . . . . ext. 27

Cook I – Rodrigo Castrillon . . . . . ext. 27

Food Service Cashier – Georgette Mortimer . . . . . ext. 27

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

Alberta Supports Call Centre . . . . . 1-877-644-9992  
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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 Rogers	Tammy Herbst
Cathie Boychuk	Brenda Strang
Maria Boldt	Lori Leister
Sheila Wirun	Liz Findlay
James Aaron	Linda Meyer
John Jessome	Katherine Kent
Rolanda Richard	Alex Friessen
Sandra Blake	Peggy Rose

A Smile is the Universal Welcome.

I am pleased to announce the hiring of Chelsea Sherbut as our new Volunteer and Fund Development Coordinator. Chelsea has extensive experience in volunteer and human resources recruitment and brings much enthusiasm and knowledge to this position. Please join me in welcoming Chelsea to LSCO.

~ Rob Miyashiro

Thank YOU

Thank you to those members and staff who were able to stop in and say hello on Tuesday, April 18, 2017 from 9-12 noon. It was very nice to meet you and I hope to be able to do another Meet and Greet again in the future.

~ Lavonn Mutch  
LSCO Case Worker/LEARN Coordinator

**Don't Forget....**

The LSCO website has a wealth of information. Go to www.lethseniors.com and make sure you visit it frequently.

**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!

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LSCO  
will be closed  
Monday, May 22nd  
for the Victoria Day  
long weekend.  
Fitness Centre  
closed on Saturday,  
May 20th.

	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

**LSCO FITNESS CENTRE** **Hours**

Monday, Wednesday, Friday  
8:00 am - 4:15 pm

Tuesday & Thursday 8:00 am - 5:45 pm

**Beginning May 2 the Fitness Centre will close at 4:15 pm**

Saturday 9:00 am - 12:00 pm  
Hours may change.

LSCO Times Publishing Schedule

Issue	Deadline
June 2017 . . . . .	May 19
July 2017 . . . . .	June 16

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





*Remembering a life well lived  
..... a heart well loved*

**Teresa Ann  
TERNES**

*October 14, 1957*

*March 29th, 2017*

*A LIFE well lived  
IS THE MOST EXQUISITE  
work of art*

*Remembering Teresa*

Teresa Ternes, of Lethbridge, passed away peacefully on Wednesday, March 29, 2017 at the age of 59 years.

Teresa, thoughtful, loving, kind and caring. She always had a smile on her face and had a joke or two to tell that would follow. Teresa was dearly loved by her nephew and nieces: Ryan, Amanda and Sarah; sister Chyrel (Gary) Cannady and numerous relatives.

She was predeceased by her parents, Max and Rose as well as numerous relatives.

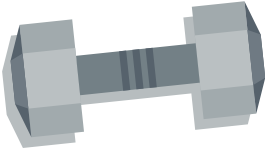
Teresa was a very dear auntie, the best friend and sister that you could ask for.

**Circuit Training**

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

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

When: Tuesdays & Thursdays, May 16 – June 8  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, May 12



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FAX: 403-327-6547  
[www.foxdentureclinic.ca](http://www.foxdentureclinic.ca)

**ROCK DECOR**



Spring is a fun time to go exploring, why not look for fun rocks and sticks along the way. In this class we will learn how to turn your treasures into beautiful pictures. For those who are not as adventurous Michaels and most Dollar stores carry rocks, sea glass and sea shells. Supplies included for this class include stained boards, paint and an assortment of vinyl cutouts. Please bring a selection of rocks, sticks, shells, etc and you will also need E6000 glue.

When: Tuesday, May 23  
Time: 1:30 – 4:30 pm  
Fee: \$25 LSCO M; \$35 NM  
Register by: Friday, May 19



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**Lethbridge HEARING CENTRE**

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120, 2037 Mayor Magrath Dr. S. Lethbridge, AB  
Candice Elliott-Boldt BC-HIS, Registered Hearing Aid Practitioner  
Jake Boldt Hearing Technician



April was a busy month with new members coming on to the Board to serve for the next three years. I look forward to working with them along with the other members of the Board in the coming year. It was also Volunteer Month when we recognize the valuable contribution that our volunteers make. Their many hours of service help to make LSCO the vital, enjoyable organization that it is.

We will miss Teresa Ternes, who has been a valued member of our staff. Her monthly articles in the paper were always uplifting.

April 9, 2017 was the 100th Anniversary of Vimy Ridge. Now 100 years later, we honour the memory of those who fought and died to liberate France during World War I. As I watched the memorial service on TV, I was reminded of the sacrifices that gave us the freedom we enjoy today.



## President’s Message

**Bob Maslen**

I would like to welcome Lavonn Mutch who is our new LSCO Case Worker and LEARN Coordinator. I look forward to getting to know her.

May! It is spring at last! It was an unusually cold winter. I enjoy the sound of robins singing in the trees. My neighbours daffodils are in bloom and there are many green shoots in

my garden. Time for spring chores: raking and pruning the dead growth. I am not an avid gardener but I know it has to be done. As the old saying goes “April showers bring May flowers.”

May 14th is Mother’s Day. A day to honour the mothers, grandmothers and even great grandmothers. My wife and I have many grandchildren and great grandchildren. I wish all mothers a very happy Mother’s Day. And to all you husbands and friends, don’t forget your wives! Have a great Mother’s Day!

We are always looking for volunteers for Meals on Wheels, Bingo, the kitchen and other activities. There is so much to do. Check out our paper for the listings. Better still, talk to our great staff as they would love to help. Be sure to invite a friend to join you at LSCO.

Have a great month. ★

### Start Living

Leave the stress of shovelling walks, grocery shopping and home maintenance behind . . .



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Open House Wednesdays 9:00 – 11:00 am or call for a private showing.



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**[elimlethbridge.ca](http://elimlethbridge.ca)**

**30** LETHBRIDGE COMMUNITY BAND SOCIETY  
*Celebrating 30 Years*

## AN EVENING AT THE POPS: MUSIC OF JOHN WILLIAMS

Saturday, June 10, 2017 ~ 7PM  
College Drive Community Church  
Tickets: \$15 ~ Regular,  
Children 12 and younger ~ FREE!  
Tickets available online at [lcbs.ca](http://lcbs.ca)  
at Casa (230 8 St S) or at the door

    [lcbs.ca](http://lcbs.ca) “...for the love of music.”



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## yoga blend

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

When: Thursdays, May 11 – June 29  
Time: 12:05 – 12:55 pm  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Melanie Hillaby  
Register by: Monday, May 9



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Life Time Highs Upcoming Tours  
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Bonnars Ferry, ID Resort	May 28-31	\$344pp/dbl
Cranbrook, St. Eugene Resort	May 28-31	\$359pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$425pp/dbl
Moose Jaw	Sep 24-27	\$399pp/dbl
Coeur D’Alene, ID Resort	Oct 20-23	\$325pp/dbl
Coeur D’Alene, ID Resort	Dec 5-8	\$315pp/dbl

Enjoy the Journey! Tours will either depart from Lethbridge or pick up in Fort McLeod, using Carefree Express luxury motorcoaches.

## 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

# Fabulous Roast Beef Dinner

Everyone Welcome  
Thursday, May 4th  
\$12.00 per person  
5:00 – 7:00 pm  
LSCO Dining Room

Entertainment by Musaeus, Lethbridge Symphony String Quarter



# 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 **May 13th** at 2:00 pm in Room C & D.

### 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, May 29th, 2017.**

### Alzheimer’s Caregiver Support Group

The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common

experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B on **Tuesday, May 16th** at 7:00 pm. There is also an alternative meeting date for this group if you prefer meeting in the afternoon. (There will be no afternoon group meeting because of it being Victoria Day). For more information about either group call Vedna at 403-329-3766.

### Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. For the month of May the group will be meeting at 2:00 pm on **May 10th** in Gym #2 to learn about **URBAN POLING – NORDIC WALKING.** Come and learn about the benefits of walking with the

use of poles. Learn about posture stability and improving your mobility. **(Poles will be provided.)** Please RSVP to Louise at 403-394-6495 or by email at llandry@shaw.

### Parkinson’s Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. Next meeting is **Thursday, May 18th.** 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.

### Sunset Alcoholics Anonymous

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

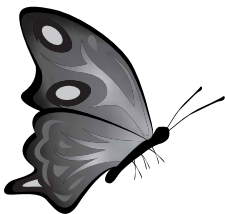


## GRANDCHILDREN SIGN

In this class we will use vinyl stencils to create this fun sign. Leave your board stained or choose from a variety of paints to add your own touch to your board, you could even paint the clothes pins that we will attach for hanging pictures. Board measures 24 x 7. Class includes all materials.

When: Tuesday, June 20  
Time: 1:00 – 4:00 pm  
Fee: \$30 LSCO M; \$35 NM  
Register by: Friday, June 16

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



## MENU FOR MAY 2017



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

Monday, May 1		Tuesday, May 2		Wednesday, May 3		Thursday, May 4		Friday, May 5	
Entree:	Liver & Onions	Entree:	Chicken a la King	Entree:	Pork Cutlets	Entree:	Turkey Casserole	Entree:	Cabbage Rolls
Potato:	Mashed	Potato:	Noodles	Potato:	Steamed	Potato:	Stuffing	Potato:	Mashed
Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese	Sandwich:	Grilled Ham & Cheese
Salad:	Chef Salad	Salad:	Chef Salad	Salad:	Chef Salad	Salad:	Chef Salad	Salad:	Chef Salad
Monday, May 8		Tuesday, May 9		Wednesday, May 10		Thursday, May 11		Friday, May 12	
Entree:	Beer Battered Cod	Entree:	Meatloaf	Entree:	Baked Chicken	Entree:	Beef Stew	Entree:	Pulled BBQ Pork
Potato:	Fries	Potato:	Baby Potatoes	Potato:	Creamy Carbonara	Potato:	Roasted	Potato:	Baked Beans
Sandwich:	Veggie Croissant	Sandwich:	Veggie Croissant	Sandwich:	Veggie Croissant	Sandwich:	Veggie Croissant	Sandwich:	Veggie Croissant
Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate	Salad:	Assorted Cold Plate
Monday, May 15		Tuesday, May 16		Wednesday, May 17		Thursday, May 18		Friday, May 19	
Entree:	Veal Cutlets	Entree:	Baked Pork Loin	Entree:	Roast Beef	Entree:	Chicken Paprikash	Entree:	Garlic Sausage
Potato:	Mashed	Potato:	Mushroom Rice	Potato:	Mashed	Potato:	Dumplings	Potato:	Perogies
Sandwich:	Tuna Melt	Sandwich:	Tuna Melt	Sandwich:	Tuna Melt	Sandwich:	Tuna Melt	Sandwich:	Tuna Melt
Salad:	Broccoli & Bacon	Salad:	Broccoli & Bacon	Salad:	Broccoli & Bacon	Salad:	Broccoli & Bacon	Salad:	Broccoli & Bacon
Monday, May 22		Tuesday, May 23		Wednesday, May 24		Thursday, May 25		Friday, May 26	
<b>LSCO CLOSED FOR VICTORIA DAY</b>		Entree:	Corned Beef	Entree:	Baked Tilapia	Entree:	Meat Sauce	Entree:	Chicken Stir Fry
		Potato:	Steamed	Potato:	Potato Wedges	Potato:	Spaghetti	Potato:	Rice
		Sandwich:	Deli Sub	Sandwich:	Deli Sub	Sandwich:	Deli Sub	Sandwich:	Deli Sub
		Salad:	Apple, Ham & Cheese	Salad:	Apple, Ham & Cheese	Salad:	Apple, Ham & Cheese	Salad:	Apple, Ham & Cheese
Monday, May 29		Tuesday, May 30		Wednesday, May 31					
Entree:	Sausage	Entree:	Baked Ham	Entree:	Mushroom Frittata				
Potato:	Pancakes	Potato:	Scalloped	Potato:	Hash Browns				
Sandwich:	Turkey Bacon Wrap	Sandwich:	Turkey Bacon Wrap	Sandwich:	Turkey Bacon Wrap				
Salad:	Spinach & Egg	Salad:	Spinach & Egg	Salad:	Spinach & Egg				



FROM THE GALT

Going Bananas

In 1917 the Fruit Dispatch Company and their associates in Lethbridge declared a Banana Week in Lethbridge. The Lethbridge Mercantile Company, Limited, imported two carloads of the finest Changuinola Bananas. A campaign was held to promote bananas and provide recipes. The word Banana and other words were capitalized in their deliberate attempt at promotion. The recipes are provided as written in 1917 *Herald* articles so try at your own risk.

“The Banana is a tissue-building food; cheaper than meat, as staple as the Potato, steadier in supply and showing less variation in cost.

One pound of meal made from Bananas has 100 per cent more nutrition than a pound of Wheat Flour It is the ideal Hot Weather Food because it requires no cooking.

It is perfectly sanitary, being sealed by Nature in a germ-proof package.” (16 July 1917 *Lethbridge Daily Herald*)

“Bananas contain most of the nourishment that meat does. If eaten with bread and butter, they make an excellent lunch without the addition of meat. Most children prefer Banana Sandwiches to Meat Sandwiches, and They Cost Much Less.” (18 July 1917 *Lethbridge Daily Herald*)

Banana Fritters

One-half cup of flour one quarter cup of cold water, one egg beaten, one-fourth teaspoon melted butter, one pinch of baking power. Beat the yolk of the egg, add the water and stir into the flour; add the salt, baking powder and melted butter, then the white of egg whipped to a stiff froth. Put sliced Bananas into this batter and fry. About three or four

slices should be incorporated in each fritter. When done, dredge with powdered sugar and serve hot.

Try Banana Whip

Press the pulp of three Bananas through a ricer, vegetable press, or sieve; cook with one-third of a cup of sugar and a tablespoonful of lemon juice until scalded; cool and flavor with a few drops of vanilla; add also a few grains of salt. Then beat gradually into a cup of double cream beaten solid. Set aside to become chilled, then serve piled high in small glasses with a sprinkling of fine chopped pistachio nuts on the top. Line the glasses before filling with slices of Bananas. This makes a particularly good Charlotte Russe filling. (NOTE: – if preferred, you may use the whites of two eggs instead of the cream. It then may be used instead of cream on Jello and similar desserts.

Escalloped Bananas

Stir one-fourth of a cup of melted butter into a pint of grated bread crumbs. Sprinkle the bottom of a baking dish with the crumbs, cover with slices bananas, and sprinkle with a little sugar mixed with cinnamon; repeat the layers of buttered crumbs and bananas until the crumbs are used – having the last layer of crumbs. Add a little lemon juice or hot water, cover and bake twenty-five minutes, then remove to cover to brown the crumbs. Serve as a dessert with cream and sugar, or with hard sauce.

Bananas and Rice

4 very ripe bananas  
1 teaspoon salt  
1 cup rice  
1 teaspoon butter  
Half cup brown sugar

Wash, boil and blanch the rice as usual. Brush agate platter or large pie tin with butter. Pile the rice in mound shape; dust with salt. Skin and scrape and split the Bananas; spread over the rice; cover with brown sugar and put in hot oven; bake 25 minutes or until the Bananas are done a light brown. Serve on dish in which it is baked. Garnish with red jelly. This amount makes six helpings.

Fried Bananas

Take the desired quantity of the fruit, peel, cut in half, dip in egg batter and fry.

Baked Bananas

Take twelve ripe, hard Bananas, peel, sprinkle with three tablespoonfuls of sugar, one of cinnamon, one of butter, and a cup of water. Bake for ten minutes and then serve with cocoanut milk.

Banana Pudding

Slice two Bananas thin and sprinkle sugar over them, letting them stand two or three hours until they become saturated with their syrup. Make a custard of one quart of milk heated to boiling point, to which add four eggs beaten with four tablespoons of sugar and one tablespoon corn starch. Turn the custard over the Bananas and frost with the white of two eggs beaten with sugar and brown lightly in the oven. Serve cold.

Did the needs of the First World War create an opportunity to promote bananas? Did Lethbridgians try these recipes? I don’t know the answers to these questions. But if you do try one, I’d love to hear what you think of the results. ★

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

CLASSIFIED ADS


**HOUSE CLEANING** Unable or needing help with regular housework call Diane at 403-331-3003. Reference available.

**2 BEDROOM CONDO** on Columbia Blvd. West. 5 appliances, balcony enclosed by windows, park view. Price reduced to \$165,900 or best offer. Phone: 403-328-2847.

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.

Established Business – **Naked Feet Mobile Foot Care:** Nail trim and callus removal, filling corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. 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**




# Introduction to Urban Poling – Nordic Walking

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather. If you do not have poles they will be supplied.

When:	Tuesday & Thursday May 23 & 25
Time:	10:15 – 11:15 am
Fee:	\$6 LSCO M; \$12 NM
Register by:	Thursday, May 18

# BASIC SELF DEFENSE for Older Adult Women

## Rape Aggression Defense Training



Rape Aggression Defense Training 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! This class is ideal for senior women. Wear comfortable clothing and footwear. If room permits past participants may be able to attend. Please leave your name and number at the Administration Desk.

When:	Tuesday, June 6 & Wednesday, June 7
Time:	1:00 – 4:00 pm
Fee:	\$50 LSCO M; \$60 NM
Register by:	Thursday, June 1
Instructor:	Dan Walton (retired police officer, certified instructor)
Note:	Refunds or credits will not be given after registration is made.



## Creating Art & Therapeutic Recreation

Two years ago when Debra Symes was recovering from a severe stroke in Lethbridge, she was referred to an Expressive Arts treatment group run by Recreation Therapists (RecTs) in Lethbridge. The program is for people living with a chronic illness or disability, who have a desire to explore different forms of artistic expression.

Debra’s healing was greatly enhanced through the joy she experienced in creating art, with the help and support of RecTs and the city’s arts community. She didn’t need previous art experience to take part, and emerged with enhanced self-confidence and new skills. But participants are only allowed to attend two sessions, to ensure there is always room for new participants, and Debra wanted more.

“Debra and others wanted to keep going, but when they explored other options for arts classes, they encountered barriers that included cost, an evening time frame, a high skill level needed, and the need for them to have some additional assistance,” says Heidi Davis, an Alberta Health Services RecT, who was determined to help.

“I thought about the Galt Museum, which is just a beautiful facility with awesome programs, and I approached them to ask if it was possible to adapt a few of the programs they had already created and try to offer something in the community aimed at seniors

and people requiring a supportive environment. Susan Burrows-Johnson, Executive Director at the Galt, approved the concept. Susan was enthusiastic and very willing to try, so we began in the Fall of 2014, and we have watched our numbers grow from a handful of participants to as many as 75 each week.”

“I went to Expressive Arts and liked it a lot,” says Symes. “Now I enjoy coming to the Galt, too.” After Symes suffered her stroke, she progressed from being in hospital to in-patient rehabilitation, followed by RecT in the community.

“Debra has been a wonderful client who is dedicated to connecting in the community and to self-improvement,” Davis says.

The new daytime workshops are run by Janae Redgrave, Community Programs Co-ordinator at the Galt, along with RecT staff. They are enhanced by dedicated volunteers who support participants with special needs – but they’re open to the public, as well.

Winter/spring sessions under way now include projects like beaded snowflakes, felted pot holders, paper lanterns, coulee art, fabric dolls and much more. The Galt promotes the workshops as ‘Hands On History,’ weaving a lesson in local history into each session that ties in with the craft of the day.

“There is a sense of satisfaction from learning about history and seeing the beautiful craft supplies,”

Davis says. “We have used wool, old jewellery, paints, wood, rocks... I love that each time we are interacting with people from all walks of life and all abilities – it is a snap shot of the community. I think of each table as Oral History at its finest when stories are told. The Galt has the word ‘Stories unfolding’ on the front window. That is exactly what happens each week, prompted by the project. Grain elevators, homemade dolls, lanterns, journals, jewellery; the projects all trigger memories and stimulate minds!”

The program has been so successful that Davis and Redgrave presented at the 2015 Alberta Therapeutic Recreation Association Symposium in Calgary in the fall. Their session “Creating Art through Hands-on History” explained how they explored creation and development of a successful community art and history program offered to the citizens of Lethbridge. Now, they are being called upon to teach others how to start something similar in communities around Alberta.

“Originally, I was advocating for our Therapeutic Recreation clients with the feedback I had received from them,” she says. “We planned the sessions with the intent of being open to the public, but didn’t expect the demand we have seen!”

Story by Sherri Gallant  
Alberta Health Services

**Exercise & Activity Classes**

**Creative Arts**

**Sports & Dance**

**Computers & Technology**

LSCO encourages older adults and seniors to maintain active lifestyles by providing a wide variety of programs and services. Creative Arts are a vital part of this active centre including dance, watercolour painting, drawing, woodworking and ceramics to name a few. Whether you want a lively Zumba class, Nordic Walking, Keep Fit, Yoga, Nia, Pickleball, Fitball or morning exercises, LSCO has something for you.



See our website for all class and program dates and times. Try out a class with our affordable drop-in fees.

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.

To register for programs drop by LSCO or call 403-320-2222.

**HAVE FUN, BE FIT! It's All at LSCO.**

Go to [www.lethseniors.com](http://www.lethseniors.com) to see all our program and class information.

500 - 11th Street South • Lethbridge • 403.320.2222

**Hints that Help in the Home**

*To clean eggs that are stained.* Wet some baking soda and wipe the eggs with it. This will remove all stains.

*To make a bedside mat.* A good bedside mat can be made out of old silk stockings, cut into strips and crocheted up.

*Use for old felt hats.* Old felt hats make cosy insoles for shoes.

*To clean greasy saucepans.* Greasy frying pans or saucepans should be well rubbed with plenty of soft paper while still hot. The paper will absorb every particle of grease and will be found useful for lighting the fire next morning.

*To clean smell of tobacco.* If a saucer of water is placed at night in the room where people have been smoking, the smell of stale tobacco will be gone in the morning.

*Care of foods.* Never put foods away in tins. Fully one half of the cases of poisoning from the use of tinned goods arise from the food having been put back into the tin and kept over for another meal.

*To stop cracks in rooms.* Soak for two or three days pieces of newspaper. Then tear to shreds. Mix a basin of starch as done for starching clothes, and mix the starch with the water. Then take the pulp little by little and press and smooth into the crack. It will harden like brick.

~ The Country Women's Association of Western Australia, 1936

**Did you know?**

that LSCO Fitness Centre memberships are available to anyone 35 years and over.



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*We Lessen the Expense ~ Not the Care*



# Spring into May at LSCO

## REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit [www.lethseniors.com](http://www.lethseniors.com).
- If making payment after register by dates \$5 will be added to course fee where indicated.
- **Refunds** will NOT be given after course start dates. For medical reasons credits may be given and a \$5 Administration Fee will be charged.
- **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](http://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!

## Special Interest

### BASIC SELF DEFENSE for Older Adult Women

Rape Aggression Defense Training 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! This class is ideal for senior women. Wear comfortable clothing and footwear. If room permits past participants may be able to attend. Please leave your name and number at the Administration Desk.

- When: Tuesday, June 6 & Wednesday, June 7
- Time: 1:00 – 4:00 pm
- Fee: \$50 LSCO M; \$60 NM
- Register by: Thursday, June 1
- Instructor: Dan Walton (retired police officer, certified instructor)
- Note: Refunds or credits will not be given after registration is made.

## Sports

### GOLF FOR SENIORS 55+

Are you interested in receiving golf lessons? Then join one of these classes held at Evergreen Golf Centre. Please bring your golf clubs. Space is limited; register soon!

#### 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, June 7 – 28
- Time: 1:00 – 2:00 pm
- Fee: \$35 LSCO M; \$40 NM
- Register by: Monday, June 5

#### Ladies and Gentlemen Level 2

This advanced class is for the seasoned golfer. Your swing will be analyzed and the lesson will include time on the golf course.

- When: Thursdays, June 8 – 29
- Time: 1:00 – 2:00 pm
- Fee: \$35 LSCO M; \$40 NM
- Register by: Monday, June 5

### SENIORS 55+ GOLF EVENT

Join us in celebrating Seniors Week by registering for this fun golf morning held at Evergreen Golf Centre, 5225 24th Ave. S. It does not matter if you have golfed a lot or a little.

New!! Registrations will be done online at: [evergreengolfcentre.com](http://evergreengolfcentre.com), at Evergreen Golf Centre or by calling them at 403-329-4500.

- When: Friday, June 9
- Time: Check in at 9:00 am golf to follow
- Fee: \$30/person (includes golf, light lunch, prizes)
- Register by: Thursday, June 8

## PICKLEBALL

*A friendly reminder: Pickleball is CANCELED May 4 & 5 due to the Live Well Showcase.*

Wednesdays from 1:00 – 3:30 pm is the perfect time for beginners to come and practice and have a game or 2. If you do not have a month pass please pay the drop in fee at the Administration Desk prior to playing.

## ADULT BASKETBALL

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

- When: Tuesdays & Thursdays, May (cancelled May 5)
- Time: 12:00 – 1:00 pm
- May Fee: \$15/person
- Daily Drop In: \$2.50 LSCO M: \$3.50 NM

## Exercise & Movement

### 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  
June 5 – 28
- Time: 8:00 – 8:50 am
- Fee: \$40 LSCO M; \$50 NM
- Register by: Thursday, June 1

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

## CIRCUIT TRAINING

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

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

- When: Tuesdays & Thursdays  
May 16 – June 8
- Time: 1:30 – 2:30 pm
- Fee: \$40 LSCO M: \$60 NM
- Register by: Friday, May 12

## FITBALL & MORE

Using the large stability ball and a variety of other exercise equipment, participants will work hard to improve balance, increase strength and flexibility. This class is for both women and men. Be prepared to have some fun and maybe sweat a little! Bring a water bottle, yoga/exercise mat, wear comfortable clothes and indoor footwear.

- When: Tuesdays & Thursdays  
May 9 – June 29  
(no class June 13 & 15)
- Time: 9:00 – 9:50 am
- Fee: \$35 LSCO M; \$56 NM
- Register by: Monday, May 8

### THURSDAY Morning LINE DANCE

\*Note: In order for this class to run there must be 10 pre-registered participants by Tuesday, May 9. Join in on the FUN! You will be glad you did.

- When: Thursdays, May 11 – June 29  
(no class May 4 or June 1)
- Time: 10:30 am – 12:00 pm



Fee: \$20 LSCO M; \$29 NM  
Register by: Tuesday, May 9

Introduction to URBAN POLING – NORDIC WALKING

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather. If you do not have poles they will be supplied.

When: Tuesday & Thursday, May 23 & 25  
Time: 10:15 – 11:15 am  
Fee: \$6 LSCO M; \$12 NM  
Register by: Thursday, May 18

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: Tuesdays, May 2 – June 20  
Time: 11:00 – 11:45 am  
Fee: \$40 LSCO M; \$54 NM  
Register by: Monday, May 1

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

Yoga & Pilates

PILATES PLUS

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

When: Mondays, May 1 – June 26  
(no class May 22)  
Time: 12:05 – 12:55 pm  
Fee: \$36 LSCO M; \$48 NM  
Instructor: June Dow  
Register by: As soon as you see this!

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

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  
May 30 – June 29  
Time: 9:30 – 10:30 am  
Fee: \$45 LSCO M; \$65 NM

Register by: Monday, May 29  
When: Tuesdays & Thursdays, July 4 – 27  
Time: 9:30 – 10:30 am  
Fee: \$36 LSCO M; \$52 NM  
Register by: Thursday, 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

ACTIVE YOGA

The instructor will lead participants through an active style of fitness and yoga movements creating heat throughout the body. You are encouraged to do what feels right; options will be given. We will be moving up and down off of the mat. You may want to wear breathable clothing, even crops and short sleeves to help you stay cool. Bring a water bottle & your mat. A variety of props will be used.

When: Fridays, April 7 – May 26  
(no class April 14, May 5)  
Time: 9:00 – 10:00 am  
Drop in Fee: \$6 LSCO M; \$7 NM  
(pay prior to class at Admin Desk)

When: Fridays, June 2 - 30  
Time: 9:00 – 10:00 am  
Fee: \$23 LSCO M; \$30 M  
Register by: Thursday, June 1

YOGA for MEN

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

When: Wednesdays, May 3 – June 28  
Time: 8:30 – 9:30 am  
Fee: \$32 LSCO M; \$48 NM  
Register by: Tuesday, May 2

YOGA MONDAYS

A wonderful way to begin the week is by practicing yoga. We hope you join us and enjoy the variety of styles and teachers. At times we will be moving up and down off the yoga mat. No need to register just come!! However, if you would like to secure a spot in the class register at the Administration Desk. If you have not been active for a while or not done yoga before you will be asked to complete a waiver.

When: Mondays, May 1 – June 5  
(no class May 22)  
Time: 9:15 – 10:15 am  
Fee: FREE

YOGA WEDNESDAYS

Start your day with this yoga practice. You will be guided through a series of poses, breathing techniques, movements to help improve joint mobility, strength and flexibility. All levels welcome. Wear comfortable clothes, bring a yoga mat, water bottle a blanket/pillow if you like additional comfort.

When: Wednesdays, until May 31  
Time: 10:00 – 11:15 am  
Drop In Fee: \$6 LSCO M; \$7 NM

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, May 2 – June 27

Time: 12:05 – 12:55 pm  
Fee: \$45 LSCO M; \$63 NM  
Instructor: Melanie Hillaby  
Register by: Monday, May 1

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

YOGA BLEND

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

When: Thursdays, May 11 – June 29  
Time: 12:05 – 12:55 pm  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Melanie Hillaby  
Register by: Monday, May 9

Creative Arts

CARING FOR YOUR ORCHID

Don't know what to do after your orchid has dropped all its flowers? Come and get hands on experience to learn how to keep your orchid alive and re-bloom every year for you. Sounds too good to be true? Actually, orchids are not that hard to make them happy! I will give you tips and help you repot your own orchid plant. If you have an orchid bring it to the class. If you do not have one you are welcome to register too. Your fee payable to the instructor will be \$25. If you have an orchid your fee payable to the instructor will be \$35. You must register at the Administration Desk to participate.

When: Saturday, May 13  
Time: 10:00 am – 12:00 pm  
Fee: \$5 LSCO M; \$10 M  
Register by: Friday, May 5

or

When: Monday, May 15  
Time: 2:00 – 4:00 pm  
Fee: \$5 LSCO M; \$10 M  
Register by: Friday, May 5  
Instructor: Tan Dereget

FARM HOUSE BOXES

Farm house decor is all the rage right now. These rustic farm house boxes are a fun way to decorate for everyday and the seasons, fill them with greenery, mason jars, Christmas balls....there are so many possibilities. Boxes measure 20 x 7 and 5 1/4" high. Wood will come pre stained and pre-built. We will use chalk paint to paint our boxes and jars. Finish off your box with some cute black metal handles and a coat of varnish for durability. Bring up to 4 jars to paint to put in your new box. All other supplies are included in the fee. Gather your friends for an evening out. Register soon as space is limited.

When: Thursday, May 11  
Time: 6:30 – 9:30 pm  
Fee: \$50 LSCO M; \$55 NM  
Register by: 12:00 pm May 8  
Instructor: Michele Orthner

GARDEN PARTY

Did you ever want to paint flowers in a garden? We have several locations to paint or draw in someone else's garden. Pathways, gorgeous groups of flowers, quaint little places and the big blue sky will be our backdrop for class. We had such a great time last year going on location but our windy city did pose a challenge, this year I thought we could try people's gardens that have a little more shelter for our location work.



The student will be responsible for their own way there and back and their own selection of media and supplies. Our first class will be at the center to get ourselves set up and touch on some basics for working on location, so you will need a sketch book and pencil or watercolor or whatever you wish to practice with. You will need a few other supplies besides your art supplies such as: folding chair, hat, sunscreen, bug spray, jug of water.

When: Thursdays, May 18 – June 15  
Time: 1:00 – 3:00 pm  
Fee: \$25 LSCO M; \$38 NM  
Register by: Thursday, May 11  
Instructor: Donna Gallant

**ZENTANGLE ART**

Join Gladys as she takes you through this amazing class. It really is “Yoga for the Brain” Zentangle Art creates a sense of calm, lowers stress, increases focus and concentration, increases creativity and problem solving. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil.

When: Tuesdays, May 9, 16, 23, 30  
Time: 9:30 am – 12:30 pm  
Fee: \$25 LSCO M; \$38 NM  
Register by: Friday, May 5

**ROCK DECOR**

Spring is a fun time to go exploring, why not look for fun rocks and sticks along the way. In this class we will learn how to turn your treasures into beautiful pictures. For those who are not as adventurous Michaels and most Dollar stores carry rocks, sea glass and sea shells. Supplies included for this class include stained boards, paint and an assortment of vinyl cutouts. Please bring a selection of rocks, sticks, shells, etc and you will also need E6000 glue.

When: Tuesday, May 23  
Time: 1:30 – 4:30 pm  
Fee: \$25 LSCO M; \$35 NM  
Register by: Friday, May 19

**PAINT YOUR PIECE**

If you are interested in learning how to paint on bisque to create a one of a kind ceramic item join us! First class will be a trivet to decorate to match your décor! Everything is supplied for this project. Future projects may have a small fee attached. Bring your daughter, son, mother...come and have fun.

When: Mondays, May 29 - June 26  
Time: 1:00 – 3:00 pm  
Fee: \$5 LSCO M; \$10 NM  
Register by: Friday, May 26

**CANADA FLAG**

Celebrate this great country that we live in with this wooden Canada flag. It measures 24 x 16 and is great for hanging indoors or out. In this class we will start with stained boards and create our flags using paint and vinyl stencils. All supplies are included for this class. If you are interested in a Saturday class please leave your name at the Administration Desk.

When: Wednesday, June 7  
Time: 1:30 – 4:30 pm  
Fee: \$45 LSCO M; \$50 NM  
Register by: Friday, June 2

**GRANDCHILDREN SIGN**

In this class we will use vinyl stencils to create this fun sign. Leave your board stained or choose from a variety of paints to add your own touch to your board, you could even paint the clothes pins that we will attach for hanging pictures. Board measures 24 x 7. Class includes all materials.

When: Tuesday, June 20  
Time: 1:00 – 4:00 pm  
Fee: \$30 LSCO M; \$35 NM  
Register by: Friday, June 16

**YEAR ROUND PROGRAMS**

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

**CREATIVE ARTS**

**CERAMICS & CHINA PAINTING**

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

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

**CRAFTING WORKSHOP**

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

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

**KNIT, CROCHET, NEEDLEWORK**

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome. Instructor not available summer months.

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

**LAPIDARY (Stonecrafters)**

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

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

**PAPER TOLE WORKSHOP**

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

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

**QUILTING**

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

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

**WOOD CARVING**

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

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

**WOOD WORKING**

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

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

**PHYSICAL ACTIVITES**

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

**BADMINTON**

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

When: Mondays, Wednesdays, Fridays  
Time: 11:10 am – 12:30 pm  
When: Tuesdays & Thursdays  
Time: 10:30 am – 12:00 pm  
Fee: \$66 & LSCO membership

**KEEP FIT**

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

When: Mondays, Wednesdays, Fridays  
Time: 10:00 – 10:50 am  
Fee: \$22 & LSCO membership

**PICKLEBALL**

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

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

**SCOTTISH COUNTRY DANCE**

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

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



TABLE TENNIS

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

When Mondays & Fridays  
Time: 3:00 – 4:30 pm  
When: Wednesdays  
Time: 2:45 – 4:25 pm  
Fee: \$44 & LSCO membership

TAI CHI

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

When Monday, Wednesday, Friday  
Time: 8:30 – 9:30 am  
Fee: \$17 & LSCO membership

GENERAL INTEREST

ADVANCED PHOTOGRAPHY

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

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

AMATEUR HAM RADIO

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

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

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may

drop in provided they are accompanied by a billiard member. Fee: \$6 M; \$7 NM.

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

COMPUTER CLUB

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

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

CRIB

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

When Thursdays  
Time: 1:00 – 3:00 pm  
Fee: \$22 & LSCO membership or \$2

DIGITAL PHOTOGRAPHY

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

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

DUPLICATE BRIDGE

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

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

GENEALOGY

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

When Wednesdays  
Time: 10:00 am – 3:00 pm

Fee: \$20 & LSCO membership

GOLDEN MILE SINGERS

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

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

KARAOKE

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

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

SCRABBLE

Please register at the Administration Desk. Non-member drop in fee is \$2. Be here by 9:15 am.

When Wednesdays & Thursdays  
Time: 9:30 – 11:00 am  
Fee: \$11 & LSCO Membership

COMMUNITY PROGRAMS

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

BINGO

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

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

JAM SESSION

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

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

It's so freeing and empowering to start a new kind of workout — yoga, dance, spinning, whatever — and come into it without any expectations on yourself, totally open.”  
Shout it from the rooftops (i.e., tell the instructor).  
Being a beginner is a powerful place to start.

SENIORS' WEEK  
JUNE 5 – 9, 2017

Monday, June 5

LSCO Members and staff are invited to Kick off Seniors Week with us for **FREE Coffee and Donuts at Servus Credit Union, WEST SIDE Location.**

65 Columbia Blvd. West.

Stay tuned for additional activities taking place during Seniors Week.

SENIORS 55+ GOLF EVENT

Join us in celebrating Seniors Week by registering for this fun golf morning held at Evergreen Golf Centre, 5225 24th Ave. S. It does not matter if you have golfed a lot or a little.

**New!!** Registrations will be done online at: evergreengolfcentre.com, at Evergreen Golf Centre or by calling them at 403-329-4500.

When: Friday, June 9  
Time: Check in at 9:00 am golf to follow  
Fee: \$30/person (includes golf, light lunch, prizes)  
Register by: Thursday, June 8, 2017

Things to know:

- ★ All skill levels welcome.
- ★ Golfers play their own ball. Individual scoring.
- ★ Golfers can form their own team.
- ★ If event is cancelled due to poor weather it will be postponed to June 16.
- ★ If player cancels after June 8 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.





**Important Dates in May**

**Friday Music Program**

The Friday Music Program will run from **12:30 – 2:00 pm** in the stage area of the dining room. May 3rd – No Music. May 12th – Alice Tinordi. May 19th – Los Gringos. May 26th – Ray Sauer (12:00 pm – 1:30 pm).

**Wellness**

**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, cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be here on **Friday, May 19th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to 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



Support  
Services  
Coordinator

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

Lethbridge Hearing Centre will be here on **Thursday, May 11th** 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. *Refer a Friend and book your appointments together and each save \$5.* Book

your appointment for **Tuesday, May 2nd** 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.

**Massage Therapy Appointments!**

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on, **Friday May 12th & 26th** 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.

**Community Partnerships**


**Legal Advice**

Doug Alger from the law firm of Alger Zadeiks Shapiro will be here on **Wednesday, May 10th**. 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.







**LSCO GIFT CARD**







Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, memberships fees and meals in the Dining Room.



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**Celebrate the expanding role of nurses**

On May 12, medical professionals all over the globe commemorate the birth of Florence Nightingale in celebration of International Nurses Day. Since 1965, the United Nations has worked with the International Council of Nurses to show support for the work nurses do in improving the lives of patients and the healthcare system.



The role of nurses varies across the world depending on the resources available. In sub-Saharan Africa for example, nurses often take on roles traditionally held by doctors and pharmacists because for people living in small, rural villages, access to large hospitals and fully licensed doctors is scarce.

Nurses take on a more advanced position when they are the only medical professional available. Young women in sub-Saharan Africa who choose to enter nursing school are seen as leaders in their communities and garner a great deal of respect. However, attending nursing school is often a challenge due to the immense poverty that persists in Uganda.

Ruth is one such student who has struggled to attend higher education and become a fully licensed nurse. Ruth grew up the eldest of six children in a small village in Uganda. When she was born, Ruth went to live with her grandmother while her mother tried to earn an income for the family. With her grandmother aging and ill, Ruth was in charge of carrying firewood, digging the ground for crops, and fetching water.

But Ruth studied hard and took an interest in a variety of subjects — particularly the sciences. She earned an amazing academic record and scored high on Ugandan national exams despite missing many classes. Her family couldn't afford tuition, but the Beautiful World charity offered her a scholarship to fulfill her dream of attending nursing school.

Ruth is now a role model and leader. She's been attending nursing school for four months and can give vaccinations to her patients. Ruth hopes to teach the importance of vaccinations to her community to help stop the spread of disease.

Beautiful World is located in Toronto. Believing that hope begins with education, the organization supports young women living in poverty in Uganda, Rwanda and Sierra Leone who want to pursue higher education. Beautiful World scholarships provide everything students need to succeed, allowing them to focus entirely on school instead of worrying about basic survival and these courageous young women graduate with the potential to spread hope in their community.

Find more information at [www.beautifulworld.org](http://www.beautifulworld.org).

[www.newscanada.com](http://www.newscanada.com)



# What are the Facts?

Is it the case that we are always doomed to not getting all the information we need to make an informed decision? Take the big issues of the day, climate change, pollution, the economy and how do we make an informed opinion as to what is right or wrong?

It seems that all the news delivers is a general sense of the story, rather than the facts. It is almost as if we are still living in an age when people thought the earth was flat. So, politician A comes on the television and says if we don't bring a carbon tax, then the air in Alberta will become unbreathable. Politician B says that if we bring in a carbon tax it will kill jobs. Politician A says climate change is big threat to humanity. Politician B says it is a hoax. The average citizen has no way of knowing what is the truth and it is not like one can make up their own minds as to whether climate change is real or not. So, what does the media do, they stage a debate between the two opposing sides of the debate, much like a court room trial. I don't know about you, but debates while interesting do very little to answer a question. Today with all the media we have, can we not as a nation and as a citizen or the world, come up with an agreed answer to this?

Take the issue of Syria and the current mess that country is in. What information do we get about what the problem is and how can we solve it? The media reports on the problem, such as the recent chemical attacks, but there is no explanation as to why the attacks occurred.



## Legal Tips and Information

Douglas Alger

There is very little information as to why Syria is at war with itself. Why can't the media present the story behind the news and why can't we as citizens have access to this information, if we want to look deeper and understand the problem. For example, if Assad launched the chemical attack this year, why did he do this, when he knew it would turn world opinion against him? If he didn't launch the attack, then who did and for what motive.

Canadians are better informed than our American counterparts. Our media is less structured base on right vs. left leaning politics, but we still lack the proper information, to understand an issue fully. It seems that the news is simply one person representing one side of the issue and another the other side and we are supposed to sort this out.

I for one would like to see things explained better and presented better, rather than just a 5-minute segment on the news, that accepts as

true the underlying premise of the story. Our media is important, but they need to do a better job of explaining the news behind the news.

For example, climate change is a problem for the world, but the USA and China are the biggest producers of CO2 emissions by far and therefore the way to solve this problem if for these countries to figure it out. Air quality is an important issue for human survival and how do we solve this problem without crippling the world economy. It appears that if you look at the facts behind climate change that electricity production by coal is the biggest single factor and it is the country of China that produces most of its electricity from coal.

Issues are messy and complicated, but it would be better if we demanded of our media and our politician's reliance on facts and not hard lined opinions. So, if some politician comes on television and says my plan is the best, make them show us the facts to support this and that doesn't just mean them saying, "The fact of the matter is.....", when really all they are saying is "My opinion of the matter is.....". Facts are important and the only thing we can fall back on when seeking out the truth.

You wonder why things seem so messed up these days, perhaps it is time we call on our leaders to provide us with just the facts and not theories based on facts. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

**Did you know?** Yankee Doodle Dandy was the first black and white movie to be converted to colour electronically?

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**MAY**

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**Special Events**

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Tue MAY 09 and Wed MAY 10 | 5-8 pm  
\$30 | tickets available at the Galt Museum Store |  
Galt fundraiser for festivals and other history projects

**FORT WHOOP-UP**  
**Fort Whoop-Up Opening Day**  
Sun MAY 14 | 1-5 pm | at Fort Whoop-Up

**\*Adult Programs**

**WEDNESDAYS AT THE GALT**  
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Wed MAY 03 | 2-3 pm *Oral Histories of Galt Nurses*  
Sun MAY 07 | 2-3 pm *Great Gardener's of Canada's Past*  
Thu MAY 11 | 7-9 pm *Echoes of Nikkei Dispersal*  
Wed MAY 17 | 2-3 pm *Leftist Politics in Postwar Southern Alberta*  
Thu MAY 25 | 7-8 pm *Poetic Justice*  
Thu MAY 18 | 7-9 pm | *Locate Your Female Ancestors* with Susan Haga

**archives programs**

**\*Family Programs**  
check website for details

**FIRST FRIDAY FUN**  
Fri MAY 05 | 1:30-3 pm | Drop in

**SATURDAYS at 1:00 Kiwanis**  
Sat MAY 13, 20, 27 | 1-2 pm

**FOR MORE INFORMATION | [www.galtmuseum.com](http://www.galtmuseum.com) | 403.320-3954**

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# Conflict and Your Stress

Conflict exists in relationships and it can create stress in our lives. When we experience stress we want to do something to relieve that feeling. It is important to remember that avoiding conflict does not resolve the issue although it may temporarily relieve our uncomfortable feelings of stress. Conflict can bring up many painful childhood memories and/or an unhealthy relationship that may have left us feeling out of our comfort zone with little control in the situation. These past experiences can stay with us and drive our behaviour to want to continue to avoid conflict. This pattern is not healthy and impacts our self-esteem. It may be useful to view the conflict through a different lens where we tell ourselves; “I can develop skills to manage this conflict in a healthy way.” Healthy conflict involves creating a space in the conversation for understanding. Our values, ideas, perceptions and motivations are all part of what we bring to a disagreement. If we can understand our emotional part of the disagreement, we can view the conflict as an opportunity for growth. Successfully resolving a conflict includes the



LSCO Case  
Worker/  
LEARN  
Coordinator

Lavonn Mutch  
lmutch@lethseniors.com  
403-320-2222 ext. 57

ability to learn (through practice) to quickly reduce stress in the moment and the ability to remain comfortable enough with your emotions to react in constructive ways. The ability to reduce the stress in the moment slows down the automatic thoughts associated with the situation. When we slow down to evaluate the meaning we are giving the conflict we give ourselves time to change those automatic thoughts we have and replace them with ones that help us to address the conflict. When you are finding yourself in that situation, take the important time to slow down your breathing

and to allow yourself a moment to re-think what you can do and what meaning you are giving to the situation. Telling yourself you can manage this and take your time to hear and put forward your thoughts are steps to healthy conflict management skills. Moving forward to managing conflict in healthy ways takes work and practice and it has the potential to improve day to day relationships. I do want to emphasize that changing how you manage conflicts should never put yours or another person’s safety at risk.

- Here is what you can start to do:
- Make understanding the priority rather than winning or “being right”
  - Listen to the other person’s feelings, in addition to their words
  - Focus on the present rather than the past
  - Be willing to let go of the resentment
  - Be willing to agree to disagree and move on
  - Use appropriate humour to reduce tension and anger.

*Adapted from [www.helpguide.org/articles/relationships/conflict-resolution-skills](http://www.helpguide.org/articles/relationships/conflict-resolution-skills). ★*

## 3 tips for taking control of body pain

They say with age comes wisdom, but for many people it can come with body pain too. This pain can be episodic, kicking in after a physically strenuous activity. Or, it can be long-lasting pain that becomes part of our daily lives, perhaps preventing us from participating in the activities we love.



If you experience long-lasting pain that interferes with your ability to stay active or accomplish the things you want to, these simple tips can help you take control of your pain:

1. **Stay active:** Body pain may lead you to avoid physical activity. But low-impact activities like walking, stretching or light exercises can actually help manage pain and even increase strength and flexibility.
2. **Get relief:** To help gain control over your pain so you can accomplish everything you want to, try a non-prescription pain reliever. For those tired of taking multiple doses of pain relievers, just one Advil 12 Hour keeps working for up to 12 hours.
3. **Hot and cold:** Direct heat from hot packs or a warm bath can help relax tight muscles, while ice packs can reduce inflammation and ease pain.

These tips are suggestions. As always, consult your health care provider with any health concerns.

[www.newscanada.com](http://www.newscanada.com)

## Mental Health Week is May 1-7, 2017

CMHA's Mental Health Week is an annual national event that takes place during the first week in May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health. Visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca) for more information.



Two blocks west of the casino on Crowsnest Trail

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or Email: [winners\\_bingo@telus.net](mailto:winners_bingo@telus.net)**

**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: Tuesdays, May 2 – June 27  
Time: 11:00 – 11:45 am  
Fee: \$40 LSCO M; \$54 NM  
Register by: Monday, May 1

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

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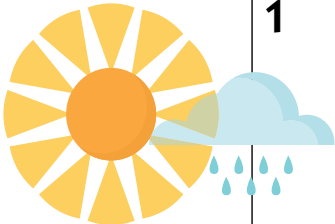
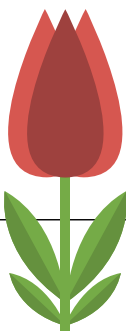
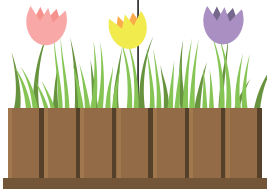
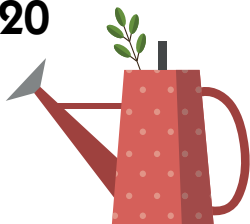


**Urban Poling  
Nordic Walking Poles**  
300 Series \$85  
Activator \$85

**Exercise/Yoga**  
Dual Practice Mat \$30  
Essential Mat \$24  
Cotton Blanket \$33  
Eye Pillow \$15  
8' Loop Studio Strap \$15  
8' Essential Studio Strap \$10

*Open Monday – Friday  
10:00 am – 3:00 pm*



# May 2017 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Music with Alice 1:00 pm Chair Exercises 2:45 pm	3 Fun with Wii 1:00 pm	4 Music with Sandy 1:00 pm Live Well Showcase	5 No Friday Music Program Live Well Showcase	6 
7	8	9 Music with Hank 1:00 pm Chair Exercises 2:45 pm	10 Bowling Holiday Bowl 1:00 pm	11 LCI Summer Dance Program Yates Theatre Meet at LSCO 12:30	12 Music Program in Stage Area Alice Tinordi 12:30 ~ 2:00 pm	13
14 	15	16 Music with Marg & Maureen 1:00 pm Chair Exercises 2:45 pm	17 Horse Racing 1:00 pm	18 Music with Don Robb & Randy Epp 1:00 pm	19 Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	20 
21	22 Victoria Day Holiday LSCO Closed	23 Pet Therapy with Heather 1:00 pm Chair Exercises 2:45 pm	24 Bowling Holiday Bowl 1:00 pm	25 Music with Floyd & Jill 1:00 pm	26 Music Program in Stage Area Ray Sauer 12:30 ~ 2:00 pm	27
28 	29	30 Music with Bud Stewart – 1:00 pm Chair Exercises 2:45 pm	31 Fun with Wii 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.						

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### Active Aging Strength and 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 June 5 – 28	When: Mondays & Wednesdays July 5 – August 2
Time: 8:00 – 8:50 am	Time: 8:00 – 8:50 am
Fee: \$40 LSCO M; \$50 NM	Fee: \$40 LSCO M; \$50 NM
Register by: Thursday, June 1	Register by: Thursday, June 29

### Farm House Boxes



Farm house decor is all the rage right now. These rustic farm house boxes are a fun way to decorate for everyday and the seasons, fill them with greenery, mason jars, Christmas balls....there are so many possibilities. Boxes measure 20 x 7 and 5 1/4" high. Wood will come pre-stained and pre-built. We will use chalk paint to paint our boxes and jars. Finish off your box with some cute black metal handles and a coat of varnish for durability. Bring up to 4 jars to paint to put in your new box. All other supplies are included in the fee. Gather your friends for an evening out. Register soon as space is limited.

When: Thursday, May 11
Time: 6:30 – 9:30 pm
Fee: \$50 LSCO M; \$55 NM
Register by: 12:00 pm May 8



RETIREMENT LIVING:

More Affordable Than You Might Think

AgeCare creates more affordable options for seniors through its retirement living subsidy program.

AgeCare, an operator of industry leading seniors communities that emphasizes ‘aging in place’, has further demonstrated its commitment to local seniors by introducing an internally funded subsidy program, separate from any financial supports available to seniors through the Alberta Government.

The AgeCare Affordable Retirement Living Program is being offered to low to moderate-income seniors who may require subsidized rates in order to live in AgeCare,” informs Dale Forbes, President of AgeCare. “We are proud to be able to provide a substantial reduction of up to \$350 off our already competitive rates for our retirement living suites, particularly in this challenging economic time.”

AgeCare is founded on the belief that all seniors are entitled to a rich quality of life, and regardless of economic conditions this holds true,” says Dr. Hasmukh Patel, Chief Executive Officer of AgeCare.

“Without sacrificing the quality of programs and services offered at our communities that have become the AgeCare difference, the company is leveraging its position as an industry leader to support Albertans who are presently struggling to find affordable retirement housing.”

Since opening in 2002, AgeCare Columbia has become an integral part of the community, providing resident-centered programs and services that continuously support the needs of the community. “Prior to Christmas, we were very pleased to inform all of our independent retirement living residents at AgeCare Columbia that we were lowering their monthly rental rates. Now, with the introduction of the AgeCare funded subsidy program, we are further addressing the financial pressures facing many seniors and their loved ones,” says Forbes.

Considering your retirement options?  
Call Chloe at AgeCare Columbia today  
for a private tour at (403) 320-9363



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Caring for Your Orchid

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When: Saturday, May 13  
Time: 10:00 am – 12:00 pm  
Fee: \$5 LSCO M; \$10 M  
Register by: Friday, May 5  
Instructor: Tan Dereget

or

When: Monday, May 15  
Time: 2:00 – 4:00 pm  
Fee: \$5 LSCO M; \$10 M  
Register by: Friday, May 5  
Instructor: Tan Dereget



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

When: Wednesdays, May 3 – June 28  
Time: 8:30 – 9:30 am  
Fee: \$32 LSCO M; \$48 NM  
Register by: Tuesday, May 2



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  
May 30 – June 29  
Time: 9:30 – 10:30 am  
Fee: \$45 LSCO M; \$65 NM

Register by: Monday, May 29  
When: Tuesdays & Thursdays, July 4 – 27  
Time: 9:30 – 10:30 am  
Fee: \$36 LSCO M; \$52 NM  
Register by: Thursday, 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



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# Zentangle Art

- ✿ *Creates a sense of calm*
- ✿ *Lowers stress*
- ✿ *Increases focus and concentration*
- ✿ *Increases creativity and problem solving*

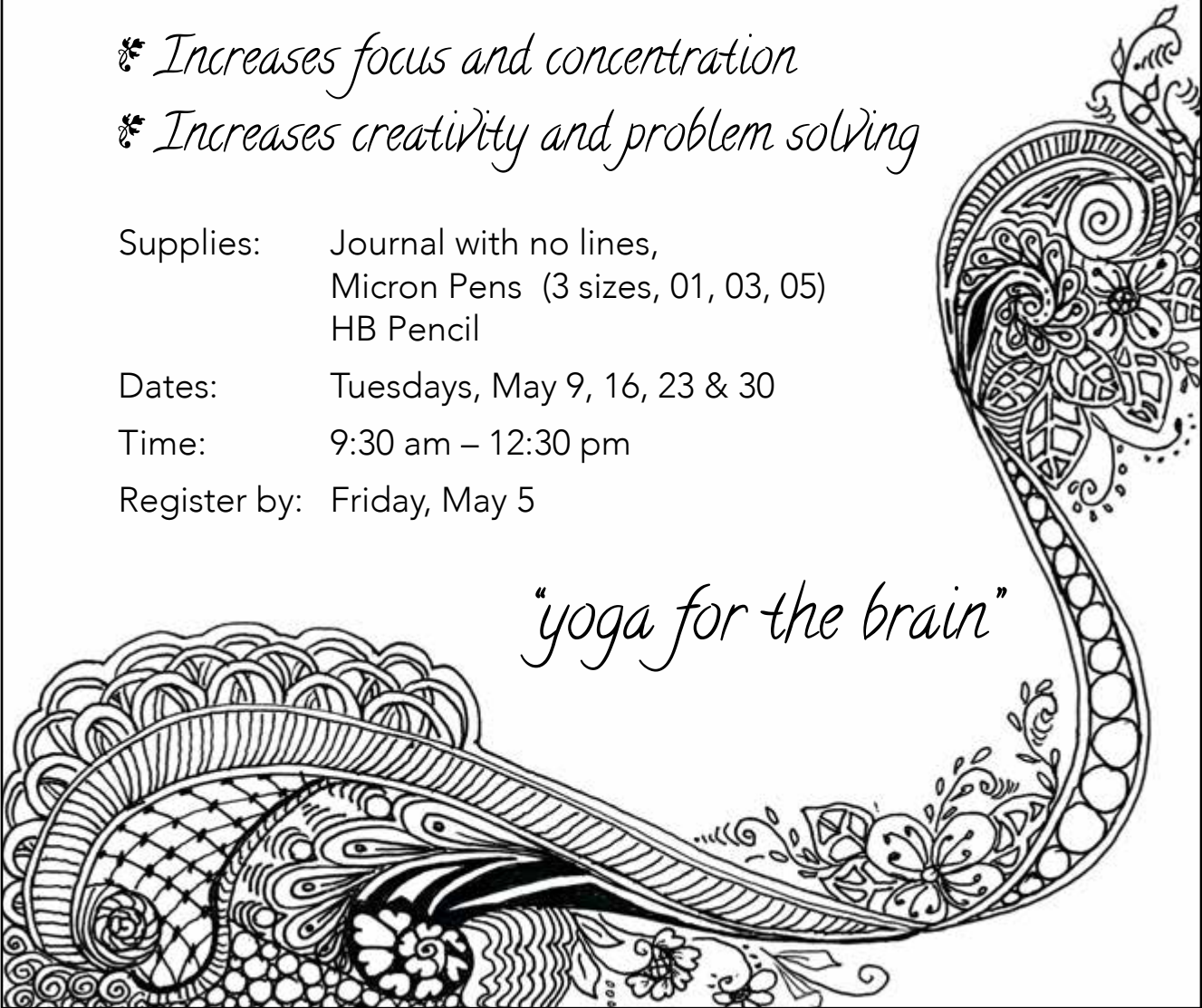
Supplies: Journal with no lines,  
Micron Pens (3 sizes, 01, 03, 05)  
HB Pencil

Dates: Tuesdays, May 9, 16, 23 & 30

Time: 9:30 am – 12:30 pm

Register by: Friday, May 5

*“yoga for the brain”*



## 3 tips for a bee-friendly flower garden

We don't all have a green thumb, but a beautiful flower garden doesn't have to be difficult. Planting a little patch of colour can be easy and rewarding, not just for us, but also for pollinators like honey bees. By following these tips, anyone can turn their outdoor space into an area that looks beautiful and helps feed hungry honey bees all summer long.

1. Your garden is like a buffet for honey bees. Plants reproduce through pollination. This occurs when pollen is transferred from one flowering plant to another. Moving the pollen is where honey bees come in. They use nectar and pollen as food for their hives, but in their travels they can also spread the pollen. Make sure you plant honey bee-attractive flowering plants that will bloom in your garden at different times throughout the summer.
2. Plant wherever you can. It doesn't matter if you live in a house or an apartment — whether it's on your balcony, on a rooftop or in your backyard — a small patch of flowers can help feed honey bees in your community. Consider plants native to Canada like lance-leaved coreopsis, sneezeweed, New England asters, dense blazing stars and golden tickseed.
3. Choose the right seeds. Researching the best plants for your area doesn't have to be a long and cumbersome process. Bees Matter offers free pollinator-friendly seeds with an online sign-up at [www.beesmatter.ca](http://www.beesmatter.ca). Using pre-packaged Buzzing Gardens seed kits can help make planting your garden quick and easy.

[www.newscanada.com](http://www.newscanada.com)

## Did you know?

that the Dining Room at LSCO is open to the public and serves breakfast and lunch?

## Computer Corner by Sjoerd Schaafsma

### Spring Thoughts

The temperatures are rising. Remember, it's time to blow the dust bunnies out of your computer.

How important are your computer files, have you backed up your computer lately?

Are you getting rid of an old computer? Be sure to dispose of it safely, back up your data, and remove your hard drive. Don't just drop it into a recycling bin. If your computer is new enough, it might be useful for someone else. How about a play computer for occasional company or grandkids, so they don't mess up your daily computer? Again.... Don't leave any personal files, passwords, or email accounts on the computer.

Here's a link to a more detailed account. How to Dispose of Old Computers Responsibly <https://www.howtogeek.com/howto/3555/how-to-dispose-of-old-computers-responsibly/>

**The Monthly Tip:** This month's tip is a link to a good article on basic computer security. It offers solid easy to understand advice. Some of it may seem obvious, but sometimes the obvious is easily overlooked.

<https://www.howtogeek.com/173478/10-important-computer-security-practices-you-should-follow/> or the tinyurl <https://tinyurl.com/kgf34mv>

For those of you already leery of following unintelligible links you don't recognize, (a wise precaution) a Google search for 'howtogeek basic computer security practices' will also bring you to the article.

I'm going out to do some gardening as soon as my computer is cleaned up and backed up. Enjoy the warmer weather.

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](mailto:computerclub@lethseniors.com)



## Computer Club WORKSHOPS

May 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>, and shared with members via the club email list.

Email [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com) to be added to the email list.






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## Garden Party

Did you ever want to paint flowers in a garden? We have several locations to paint or draw in someone else's garden. Pathways, gorgeous groups of flowers, quaint little places and the big blue sky will be our backdrop for class. We had such a great time last year going on location but our windy city did pose a challenge, this year I thought we could try people's gardens that have a little more shelter for our location work.

The student will be responsible for their own way there and back and their own selection of media and supplies. Our first class will be at the center to get ourselves set up and touch on some basics for working on location, so you will need a sketch book and pencil or watercolor or whatever you wish to practice with. You will need a few other supplies besides your art supplies such as: folding chair, hat, sunscreen, bug spray, jug of water.

When:	Thursdays, May 18 – June 15
Time:	1:00 – 3:00 pm
Fee:	\$25 LSCO M; \$38 NM
Register by:	Thursday, May 11
Instructor:	Donna Gallant





## Canada Flag

Celebrate this great country that we live in with this wooden Canada flag. It measures 24 x 16 and is great for hanging indoors or out. In this class we will start with stained boards and create our flags using paint and vinyl stencils. All supplies are included for this class. If you are interested in a Saturday class please leave your name at the Administration Desk.

When:	Wednesday, June 7
Time:	1:30 – 4:30 pm
Fee:	\$45 LSCO M; \$50 NM
Register by:	Friday, June 2

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# May LSCO Weekly Activity Schedule

For more information regarding programs contact the Administration Desk at 403-320-2222.  
Note: Some programs are for members only while others are open to the community. Schedule may change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Social Cards</b> 8:30 am <b>Tai Chi Club</b> 8:30 am <b>Woodworking</b> 8:30 am <b>Billiards</b> 8:30 am	<b>Social Cards</b> 8:30 am <b>Woodworking</b> 8:30 am <b>Billiards</b> 8:30 am	<b>Social Cards</b> 8:30 am <b>Tai Chi Club</b> 8:30 am <b>Woodworking</b> 8:30 am <b>Billiards</b> 8:30 am	<b>Social Cards</b> 8:30 am <b>Woodworking</b> 8:30 am <b>Billiards</b> 8:30 am	<b>Social Cards</b> 8:30 am <b>Tai Chi Club</b> 8:30 am <b>Woodworking</b> 8:30 am <b>Billiards</b> 8:30 am
<b>Amateur Ham Radio</b> 9:00 am <b>Ceramics &amp; China Painting</b> 9:00 am	<b>Amateur Ham Radio</b> 9:00 am	<b>Amateur Ham Radio</b> 9:00 am	<b>Amateur Ham Radio</b> 9:00 am	<b>Amateur Ham Radio</b> 9:00 am <b>Paper Tole</b> 9:00 am <b>Digital Photography</b> 9:00 am
	<b>Advanced Photography</b> 9:30 am	<b>Scrabble</b> 9:30 am	<b>Scrabble</b> 9:30 am	
<b>Keep Fit</b> 10:00 – 10:50 am	<b>Golden Mile Singers</b> 10:00 am <b>Lapidary</b> 10:00 am	<b>Keep Fit</b> 10:00 – 10:50 am <b>Genealogy</b> 10:00 am		<b>Keep Fit</b> 10:00 – 10:50 am
	<b>Badminton</b> 10:30 – 11:50 am	<i>If you are reading this schedule let us know if you find this useful.</i>	<b>Badminton</b> 10:30 – 11:50 am	<b>Scottish Country Dance</b> 10:15 am
<b>Badminton</b> 11:10 am – 12:30 pm		<b>Badminton</b> 11:10 am – 12:30 pm		<b>Badminton</b> 11:10 am – 12:30 pm
	<b>Basketball</b> 12:00 – 1:00 pm <b>Quilting</b> 12:00 pm		<b>Basketball</b> 12:00 – 1:00 pm	
<b>Pickleball</b> 12:45 pm – 4:50 pm		<b>Beginner Pickleball</b> 1:00 – 3:30 pm	<b>Wood Carving</b> 12:30 pm	<b>Pickleball</b> 12:45 – 4:50 pm
<b>Computer Club</b> 1:00 – 4:00 pm	<b>Karaoke</b> 1:00 pm	<b>Bingo</b> 1:00 pm <b>Lapidary</b> 1:00 pm <b>Computer Club</b> 1:00 – 4:00 pm	<b>Needlework</b> 1:00 pm <b>Crib</b> 1:00 pm	
	<b>Pickleball</b> 1:15 – 4:50 pm		<b>Pickleball</b> 1:15 – 4:50 pm	
<b>Table Tennis</b> 3:00 pm		<b>Table Tennis</b> 3:00 pm		<b>Table Tennis</b> 3:00 pm
			<b>Jam Session</b> 6:45 pm	
<b>Fitness Centre</b> 8:00 am - 4:15 pm	<b>Fitness Centre</b> 8:00 am - 4:15 pm	<b>Fitness Centre</b> 8:00 am - 4:15 pm	<b>Fitness Centre</b> 8:00 am - 4:15 pm	<b>Fitness Centre</b> 8:00 am - 4:15 pm

**Fitness Centre hours: Saturday, 9:00 am – 12:00 pm. ~ Beginning May 2nd the Fitness Centre will close at 4:15 pm.**  
**NOTE: LSCO CLOSED Monday, May 22 for Victoria Day. Fitness Centre closed Saturday, May 20th.**

For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com)

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