

INSIDE THIS ISSUE

Executive Director	p.2
LSCO Contacts.	p.3
From the Kitchen	p.6
Message from the President	p.7
LSCO Support Services	p.8
Volunteer Corner	p.9
LSCO Programs	p.10
Weekly Activity Schedule	p.11
LSCO Self Help Groups	p.14
Adult Day Program Calendar . . .	p.17
LEARN	p.18

Join Us for

LSCO SUNDAY BRUNCH
NOVEMBER 8

LC MASSAGE THERAPY STUDENTS
NOVEMBER 12

FALL DINNER & DANCE
NOVEMBER 13

LSCO CHRISTMAS CRAFT & BAKE SALE
DECEMBER 11

More information inside.



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For those who return but are never the same.
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Notes from the Executive Director

Rob Miyashiro
Executive Director
rmiyashiro@lethseniors.com

LSCO Wins Organizational Diversity Award at 6th Annual Immigrant Achievement Awards

LSCO has been an active partner of the Bhutanese Seniors Project since the project began in 2013.


LSCO has generously:

- donated space for monthly Learning Cafes
- provided Seniors a discount on memberships (up to 25%)
- arranged instructors for trail programs such as yoga and other fitness and computer classes for the Bhutanese Seniors
- invited Bhutanese Seniors to participate in photos for Seniors’ Safety Calendar, which gives them a feeling of belonging to the community
- organized a Senior’s Conversation Class at LSCO for the Bhutanese Seniors to take part.

LSCO Staff, Board and members have done their very best to be welcoming and supportive of the Bhutanese Seniors Group and ensuring that their place is safe for learning and open to becoming a part of a peer group. LSCO offers opportunities for the Bhutanese Seniors to interact and learn how to be a Canadian Senior.


On behalf of the Board of Directors, members and staff I would like to give a huge thank you to the performers, musicians and crew of the “From the Starlight Lounge” production. I would especially like to thank LSCO member Fran Rude and her long-time musical collaborator Ken Rogers for being the inspired creative forces behind this unbelievably talent-laden show. Thanks also to our dedicated volunteers and staff and to Lisette and Teresa who handled the burden of duties, at our end, associated with this event. My apologies if I missed anyone, but once again, many thanks. ★

SIXTH ANNUAL IMMIGRANT ACHIEVEMENT AWARDS 2015



LETHBRIDGE SENIOR CITIZENS ORGANIZATION ORGANIZATIONAL DIVERSITY

SPONSORED BY:



LFS - IMMIGRANT SERVICES
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LETHBRIDGE, ALBERTA
T1Y 0C6
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ELECTRONIC MAIL: ADMIN@LFSFAMILY.CA
WEBSITE: WWW.LFSFAMILY.CA


LETHBRIDGE SENIOR CITIZENS ORGANIZATION (LSCO) IS A MULTI-SERVICE, NOT-FOR-PROFIT CHARITY, WHICH HAS BEEN IN OPERATION FOR 40 YEARS AND STRIVES TO ENCOURAGE AN ACTIVE, HEALTHY COMMUNITY THAT IS LEARNING, GROWING AND MAKING A DIFFERENCE. LSCO'S 2,000 MEMBERS PARTICIPATE IN OVER 70 ACTIVITIES AND WELLNESS PROGRAMS THAT ENHANCE THEIR ABILITY TO PARTICIPATE IN THE COMMUNITY, DEVELOPING SKILLS AND REDUCING ISOLATION. LSCO PROVIDES GUIDANCE, DIRECTION AND SUPPORTS TO SENIORS IN OUR COMMUNITY TO ENHANCE THEIR ABILITY TO COPE WITH LIFE'S CHALLENGES AND MAINTAIN INDEPENDENCE AS WELL AS TO PROLONG THEIR LIVES.

A STRONG SENIORS COMMUNITY IS BUILT THROUGH COMMUNITY INVOLVEMENT AND THROUGH PARTICIPATION ON LOCAL, REGIONAL AND PROVINCIAL ORGANIZATIONS TO PROACTIVELY ADDRESSING VITAL ISSUES SUCH AS ELDER ABUSE, SENIORS HOUSING OPPORTUNITIES, FAIR TAXATION, ADEQUATE HEALTH SERVICES AND AFFORDABLE, ACCESSIBLE IN-HOME AND COMMUNITY SUPPORTS. LSCO ENDEAVOURS TO BE AN INCLUSIVE ORGANIZATION, WHICH IS REFLECTED IN OUR MEMBERSHIP: PEOPLE FROM MANY ETHNIC GROUPS; FIRST AND SECOND GENERATION IMMIGRANTS; DIFFICULT TO HOUSE INDIVIDUALS; THOSE WITH MENTAL ILLNESS AND; PEOPLE WITH PHYSICAL AND INTELLECTUAL DISABILITIES."


THE LSCO HAS BEEN AN ACTIVE PARTNER OF THE BHUTANESE SENIORS PROJECT SINCE THE PROJECT BEGAN IN 2013. LSCO HAS GENEROUSLY:

- DONATED SPACE OR MONTHLY LEARNING CAFES
- PROVIDED SENIORS A DISCOUNT ON MEMBERSHIPS (UP TO 25%)
- ARRANGED INSTRUCTORS FOR TRIAL PROGRAMS SUCH AS YOGA AND OTHER FITNESS AND COMPUTER CLASSES FOR THE BHUTANESE SENIORS.
- THE BHUTANESE SENIORS HAVE BEEN INVITED TO PARTICIPATE IN PHOTOS FOR SENIORS' SAFETY CALENDAR, WHICH GIVES THEM A FEELING OF BELONGING TO THE COMMUNITY.
- THE BHUTANESE SENIORS TAKE PART IN THE SENIORS' CONVERSATION CLASS AT THE LSCO.

THE LSCO STAFF HAS DONE THEIR VERY BEST TO BE WELCOMING AND SUPPORTIVE OF THE BHUTANESE SENIORS GROUP AND ENSURES THAT THEIR PLACE IS SAFE FOR LEARNING AND OPEN TO BECOMING A PART OF A PEER GROUP. THE LSCO OFFERS OPPORTUNITIES FOR THE BHUTANESE SENIORS TO INTERACT AND LEARN HOW TO BE A CANADIAN SENIOR.



LSCO WILL BE CLOSED WEDNESDAY, NOVEMBER 11TH IN HONOUR OF REMEMBERANCE DAY



FORGET ABOUT THE WORKOUT

JUST LOSE YOURSELF IN THE MUSIC AND FIND YOURSELF IN SHAPE AT THE ULTIMATE DANCE-FITNESS PARTY



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This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time with instructor Tine Gulbrandsen.

When: Tuesdays
November 3 – December 8

Time: 11:00 – 11:45 am

Fee: \$25 LSCO M; \$37.50 NM

Register by: Friday, October 30

Where: Gym 2

&/or

When: Thursdays
November 5 – December 10

Time: 11:00 – 11:45 am

Fee: \$25 LSCO M; \$37.50 NM

Register by: Monday, November 2


Where: All Purpose Room

zumba.com

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active yoga & STRETCH

Individuals participating in this class will move through a series of yoga poses to help improve balance, strength, and flexibility while being conscious of the breath. Wear comfortable clothes; bring a mat and water bottle.



When: Wednesdays
Nov. – Dec. 2
(no class Nov. 11)

Time: 4:45 – 5:45 pm

Fee: \$18 LSCO M; \$27 NM

Register by: Monday, Nov. 2

&/or

When: Fridays
Nov. 6 – Dec. 4

Time: 9:00 – 10:00 am

Fee: \$18 LSCO M; \$27 NM

Register by: Wednesday, Nov. 4



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

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

Printed by. Lethbridge Herald

The Officers of LSCO

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

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

LSCO 403-320-2222

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Cook I – Jody Gordon ext. 27
Prep/Line Cook – Blair Romaniuk. ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor/
OPGT Support Services – Sharon Appelt
sappelt@lethseniors.com ext. 32
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For all your health inquiries, call the Chinook
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It's free!

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no liability resulting from incorrect, incomplete
or misleading information or its improper use.
Articles may be edited for space requirements.*

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

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



LSCO Vision Statement

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

LSCO Member Survey

Please take a few moments to complete the following survey to assist us in planning the 2016 classes and programs, keeping in mind that program offerings depend on the availability of instructors, class demand and facility space. Every effort will be made to accommodate suggestions. Your feedback and ideas are appreciated.

If you would like to review the classes and lessons presently being offered visit our website at www.lethseniors.com or ask the Administration Desk for information.

List classes/lessons you would be interested in taking under the following categories.

Creative Arts (eg. Drawing, Oil Painting, Ceramics, Quility, Woodcarving)

Fitness & Exercise (eg. Yoga, Self Defense, Walking, Weight Training, Hiking, Dance)

Sporting Activities (eg. Pickleball, Golf, Badminton, Basketball, Tennis)

Computers & Technology
(eg. Introduction to Computers, iPad, Facebook, Smartphones, Basic e-mail)

Special Interest (eg. Photography, Euchre, Bridge)

Other (eg. Languages)

If you would like to provide your name so that we may contact you please complete.

Name: _____ Phone: _____

Email: _____

Return to the Administration Desk. Also available online at www.lethseniors.com
E-mail survey back to shamilton@lethseniors.com *Thank you.*

Welcome New Members!

Louise Church
Adrian Oseen
Stewart McLeod
Louella Seely
Alane Witt-Lajeunesse
Larry Kerr
Haider Hussain
Lucius Stebbins
Ellie Gerhardt
Helga Ronningen
Carman Sadlemyer
Gloria-Rose Puurveen
Sharon Davies
Mary Holtman

Jim Ailsby
Carol Beatty
Marian Aarsen
Pauline Withage
Rob Anderson
Karen Fritz
Ruth Lopez
Gerald Colburn
Paul Rainville
Shirley Luschinski
Sandy Whyte
Brock Schuler
Lloyd Graff

“A Smile is the Universal Welcome.”

LSCO Hours of Operation

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

WE NOW ACCEPT VISA, MASTERCARD &
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VISA

Interac

MasterCard

NOTICE

Project Connect
will be held on
Saturday, November 21

There will be no regular
programs in Gym 1
and Gym 2 after 1 pm
on Friday, November 20

LSCO Times

Publishing
Schedule

Issue

Deadline

December 2015 November 20

January 2016 December 23

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



SEARCH ENGINES & CLOUD


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

When: Tuesdays & Thursdays
November 17 – 26

Time: 1:00 – 3:00 pm

Fee: \$20 LSCO M; \$30 20NM

Register by: Tuesday, November 10
(after this date add \$5)



Volunteer Help Needed!

Please consider volunteering for Meals on Wheels. Our need for volunteers is very great.

We require Drivers and Couriers to deliver meals within the City of Lethbridge.

Drivers: Use their own vehicles at their own expense & assist with meal delivery.

An income tax receipt is provided annually.

Couriers: Accompany drivers & deliver meals.

Frequency of Volunteering: Once a week on a monthly or bimonthly basis or "on call" as required.

500 - 11th Street South
Lethbridge

403-327-7990
mow@lethseniors.com



Congratulations to Kay Otsuka on receiving the Lifetime Achievement Award.

Kay turned 99 in October and continues to participate in LSCO programs.



Fall Leaf Collection is back!



Put your paper leaf bags (no plastic!) out Monday of your collection week!

Look at your garbage day to find out when to put out your leaves...

Tuesday, have your leaves out on these dates -

Wednesday, have your leaves out on these dates -

Thursday, have your leaves out on these dates -

Friday, have your leaves out on these dates -

Don't be missed!
Have your bags out by **7:00 am on Monday.**
Put them in the area you normally put your garbage out.

Leave the bags, hang tight - it may be collected anytime during that week.
Thanks for your patience!

OCTOBER 2015						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
Out by 7 am!	4	5	6	7	8	9
			Leave it out until picked up			
Out by 7 am!	11	12	13	14	15	16
			Leave it out until picked up			
Out by 7 am!	18	19	20	21	22	23
			Leave it out until picked up			
Out by 7 am!	25	26	27	28	29	30
			Leave it out until picked up			

NOVEMBER 2015						
SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
Out by 7 am!		Leave it out until picked up				
Out by 7 am!	8	9	10	11	12	13
			Leave it out until picked up			
Out by 7 am!	15	16	17	18	19	20
			Leave it out until picked up			
Out by 7 am!	22	23	24	25	26	27
			Leave it out until picked up			
	29	30				

For more info on how to participate visit lethbridge.ca/wrs or call 403-329-7367



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Quote code **574**

www.lifeline.ca

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

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

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In recognition for the ongoing support of LSCO Meals on Wheels








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Give the Gift!

FITNESS CENTRE HOURS


MONDAY ~ THURSDAY
8:00 AM ~ 6:00 PM

FRIDAYS
8:00 AM ~ 4:15 PM

SATURDAYS & SUNDAYS
9:00 AM ~ 12:00 PM





TELUS Donates Cheque to LSCO




Rob Miyashiro, Executive Director, LSCO accepts a cheque for \$3,000 from Erin Anderson, Field Support Manager and Shaun Fuller, Service Manager for TELUS through their 2015 Team TELUS Charitable Giving program.

TELUS, their team members and retirees are passionate about giving back to communities and embracing their philosophy to give where we live. In 2015, TELUS and program participants are donating more than \$4.9 million to more than 2,250 registered Canadian charities.

TELUS matches all eligible team member and retiree donation, dollar for dollar – up to \$2,500.







From the Kitchen

Jennifer Harrison
jscott-harrison@lethseniors.com

Christmas is once again just around the corner, and as in past years, we will once again be holding our Annual LSCO Christmas Dinner on Christmas Day. This year it falls on Friday, December 25th.

As in other years, we depend upon donations of time, product and money to help make this possible. Volunteer time, as a lot of you know, is not only required on Christmas day where there is always a generous outpouring of help, but also on the days leading up to it. This year the LSCO will be closed on Christmas Eve, but there is still a lot of prep that needs to be done ahead of time in order to make the kitchen run smoothly, so please consider donating some time to this.

Our next Sunday Brunch will be held on November 8th, and then again on December 13th. We will resume Sunday Brunches in February.

The LSCO will be closed on Wednesday, November 11th to observe Remembrance Day. ★

Touched by
CANCER
Support Group

Whether you are young, middle age, older, it does not matter. Sometimes we just need to meet others in the same circumstances ~ have a coffee or a glass of juice, sit and chat with someone.

We are inviting you to a meeting on
Wednesday, November 18, 2015

2:00 pm ~ Room A
LSCO ~ 500 - 11th Street South

Featured speaker will be
Vicki MacArthur from Spirit in Motion

Please Come and Join Us
For more information call 403-320-2222 ext 25

MENU FOR NOVEMBER 2015				
Lunch served from 11 am ~ 1 pm • Soup is not included with meal • The dining room is CASH ONLY • Menu subject to change without notice				
Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Entree: Mushroom & Swiss Burger Potato: French Fries Veg: Buttered Corn Soup: Chicken Noodle Sandwich: Grilled Ham & Swiss Cheese Salad: Assorted Cold Plate	Entree: Spaghetti & Meat Sauce Potato: Veg: Salad Soup: Cream of Potato Bacon Sandwich: Grilled Ham & Swiss Cheese Salad: Assorted Cold Plate	Entree: Lemon Fillet of Sole Potato: Buttered Rice Veg: Peas Soup: Beef Barley Sandwich: Grilled Ham & Swiss Cheese Salad: Assorted Cold Plate	Entree: Oven Roasted Chicken Potato: Steamed Veg: Carrots Soup: Split Pea Sandwich: Grilled Ham & Swiss Cheese Salad: Assorted Cold Plate	Entree: Pork Roast & Apple Sauce Potato: Mashed Veg: Garden Mixed Soup: Cream of Carrot Sandwich: Grilled Ham & Swiss Cheese Salad: Assorted Cold Plate
Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
Entree: BBQ Beef on a Bun Potato: O'Brien Veg: Corn Soup: Tomato Vegetable Sandwich: Toasted BLT Salad: Garden Salad	Entree: Chicken Paprikash Potato: Dumplings Veg: Green Beans Soup: French Onion Sandwich: Toasted BLT Salad: Garden Salad	LSCO CLOSED FOR REMEMBRANCE DAY	Entree: Salmon Fillet Potato: Brown Rice Veg: Broccoli Soup: Cream of Mushroom Sandwich: Toasted BLT Salad: Garden Salad	Entree: Roast Beef Potato: Mashed Veg: Carrots Soup: Lentil Sandwich: Toasted BLT Salad: Garden Salad
Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Entree: Pork Cutlet Potato: Steamed Veg: Broccoli Soup: Chicken Vegetable Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Roast Beef Potato: Mashed Veg: Cauliflower Soup: Clam Chowder Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Lasagna Potato: Veg: Salad Soup: Cream of Cauliflower Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Chicken Risotto Potato: Rice Veg: Carrots Soup: Beef Vegetable Sandwich: Egg Salad Croissant Salad: Chicken Caesar	Entree: Cabbage Rolls Potato: Perogies Veg: Garden Mixed Soup: Borscht Sandwich: Egg Salad Croissant Salad: Chicken Caesar
Monday, November 23	Tuesday, November 24	Wednesday, November 25	Thursday, November 26	Friday, November 27
Entree: Turkey Stew Potato: Mashed Veg: Peas Soup: Corn Chowder Sandwich: Grilled Beef & Cheddar Salad: Greek Salad	Entree: Chili Con Carne Potato: Veg: Salad Soup: French Tomato Sandwich: Grilled Beef & Cheddar Salad: Greek Salad	Entree: Beef Stroganoff Potato: Egg Noodles Veg: Green Beans Soup: Cream of Mushroom Sandwich: Grilled Beef & Cheddar Salad: Greek Salad	Entree: Liver & Onions Potato: O'Brien Veg: Beets Soup: Chicken Noodle Sandwich: Grilled Beef & Cheddar Salad: Greek Salad	Entree: Chicken Parmesan Potato: Fettucini Veg: Corn Soup: Five Bean Sandwich: Grilled Beef & Cheddar Salad: Greek Salad
Monday, November 30	BOOK YOUR CHRISTMAS PARTY, STAFF GATHERING, OR FAMILY RENUION AND ENJOY THE SEASON'S FESTIVITIES.			
Entree: Battered Fish Potato: Fries Veg: Coleslaw Soup: Beef Barley Sandwich: Seafood Croissant Salad: Spinach Salad				

I would like to thank Mark Hovelling from the Lethbridge Fire Prevention office for being my guest writer last month. As you were aware, October is Fire Prevention Month, and I found Mark’s article very appropriate for all of us.

November reflects a time of remembering and being thankful to those who served their countries in the most trying and terrible times. We are all thankful to them who gave their all and fulfilled the call of duty.

In the Poem, *Flanders Field*, one part of it speaks of “falling hands and passing the torch on to us” to keep up the good works and never forget. In my mind the torch symbolizes freedom.

From a very recent article from one of my favorite authors, who I have many, he talks of a similar torch in ancient Greece in a relay race called “lampadedromia.” I base my remarks solely on this authors article. This race was not to the fastest team, but to the team that crossed the finish line with the torch still light or as he said, alight. Speed was not the only factor in this race but steady hands and nimble feet to keep the torch from falling and going out. Once your torch went out, you were out of the



Acting President’s Message

Clifford (Charlie) Brown

race, regardless of your position in the race.

He relates the story to all mankind to finish the race with our torches still burning or in other words, we keep on going no matter what ailments or obstacles we encounter. I am one of the culprits in the article he talks about. Starting a diet and not staying on it long, starting an exercise program only to tire out shortly there after and the one that might stir us is new Years Resolutions.

LSCO has many members that continue onward in difficult situations. Some have physical ailments and others may find the financial purse stretched to it’s limits. What-

ever the situation, I commend you for keeping on going. You have come through these difficult times and maybe stumbled, but you got back up each time. That lesson is one for all of us - stumble that we may, we will always get back up! Thank you for your good examples and you may or you may not know, there are many cheering for you as we are all in the torch race.

No matter how difficult this life may seem, we will keep getting up and continue the course were destined for. Others have walked a far more difficult course, surely we can walk ours with dignity and determination. My idea today is that the light in your hearts will stay strong no matter what, and you will be able to continue in a life of fulfillment and joy. Everyone has something to offer.

We have at LSCO trained and compassionate staff willing and able to assist you in just about any circumstance. Please feel at ease to talk with them anytime you feel the need.

Closing thought – Remember, you are too important to the bigger picture to just fall off the canvas. ★

Let daylight savings time make a powerful difference

This Fall, why not take some extra steps to keep your family safe and make a positive impact on the environment at the same time? It’s true that with the arrival of daylight savings time many of us relish getting that extra hour of sleep – and that rest is bound to give us the energy to do a bit more.

Consider these simple steps when you turn your clocks back this year:

1. Remember to change the batteries in all your smoke alarms and carbon monoxide detectors. All too often, this important task doesn’t make it onto our ‘to-do’ lists.
2. Don’t forget to test your alarms. Having a smoke detector that works properly is essential to keeping you and your family safe, so be sure to check expiry dates for both smoke alarms and carbon monoxide detectors.
3. Finally, remember to recycle the used batteries. You can drop them off at a nearby Call2Recycle drop-off location along with other used batteries found in your home, like those from your TV remote, laptop computers, and even from your power tools.

The drop-off locations accept household batteries and are conveniently located at national retailers like Best Buy, Canadian Tire, The Home Depot, Home Hardware, Lowe’s, Staples, and The Source. The collection network also includes government buildings and municipal depots – and everyone is assured of recycling at the highest standards to produce a variety of new items, from golf clubs to new batteries.

For convenience, there are 7,000 collection sites across the country so that 91 per cent of Canadians now live within 15 kilometres of one. Visit www.call2recycle.ca for more information and to locate a depot near to you.

www.newscanada.com

TRIVIA ~ Why do people say “mush” to make their sled dogs move? Canadian sled drivers actually were trying to say “marchons,” which means ‘let us march’ in French. Early French-Canadians used this command to make their sled dogs go forward. When English-speaking sled drivers attempted to copy this expression, it was mispronounced to “mushon” and subsequently abbreviated to plain old “mush.”

Breakfast MENU

8:00 – 10:00 a.m. Monday – Friday
OPEN TO THE PUBLIC
~ CASH ONLY ~
Non-Members Add 15%

Ham, Sausage or Bacon, 2 Eggs,
Hash Browns, Toast & Coffee or Tea
\$5.75

Also enjoy
our French Toast,
Fruit, Pancakes & Porridge



CITY OF
Lethbridge

Keeping You on the Move

When it snows, the City of Lethbridge plows, sands and de-ices roads based on a priority system.

What can you do to help?

Slow down and drive with care

Keep a safe distance from the vehicle in front of you

Stay a safe distance behind snow plows and sand trucks

Never pass a snow plow or sanding truck



For more information, including a priority map, visit www.lethbridge.ca/WinterRoads or follow us on Facebook and Twitter.



Do you live on a snow route? Find out what you need to know and sign up for email alerts at www.lethbridge.ca/SnowRoutes.

PRESENTATIONS

Reversed Mortgages. What are they?

Sue Maier from The Mortgage Centre will be at the LSCO on Thursday November 19th at 10:00 am in Room A to talk about the pros and cons of Reversed Mortgages.

COMMUNITY PARTNERSHIPS

Information on Law

Ms. Christina Lam with the law firm of **Alger Zadeiks Shapiro** will be here on Tuesday, November 10th (*note the change in day*). 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.

Toastermasters

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

Volunteer Reading Program

Fleetwood Bawden’s Volunteer Reading Program is in need of some volunteers. The reading program runs **every Tuesday and Thursday from 9:00-10:30 am starting on Tuesday, Oct. 27 through Thursday, May 26**. Every



LSCO Support Services

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

child deserves one-to-one reading time with an adult! Individuals wanting to volunteer can go to the school office at 8:45 on any Tuesday/Thursday to register as a reader. Individuals do not need to commit to every Tuesday and Thursday. Those wishing to help just have to register and you will be given a brief overview of the program. To volunteer please contact Lenée Fyfe (lenee.fyfe@lethsd.ab.ca) or 403-327-5818.

Chat with a Councilman Coffman!

Jeff Coffman will be at the centre to meet with members, to listen to your views and exchange ideas about city issues. This is a good opportunity to share your thoughts or discuss projects or ideas of interest to you. Come talk to Jeff on **Friday, December 11th from 11:30 am – 1:00 pm** in the dining room.

WELLNESS

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on **Friday November 13th & 27th**

from **9:00 am – 2:00 pm** in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to the LSCO.

Reflexology Appointments

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

Hearing Screening

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

Grateful Feet: Nursing Foot Care

The care provider for this service is Tina Huckabay, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. *Grateful Feet* offers one-hour appointments. Book your appointment for **Tuesday, November 3rd & 17th** 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 your appointment or for more information call 403-320-2222 ext. 25. For home visits, call 403-894-9667.

Self Government Affects All Spheres of Life

Summer and family reunions are complete, harvest is safely gathered in, and the electoral euphoria is finally over. So what are my values and what do they drive me to do now? Maintaining our health is an important value for all of us, but especially for seniors. My creator tells me I am fearfully and wonderfully made with a body, mind, and soul. And I concur.

Our bodies are designed to move, and consistency is everything. Movement takes me to the local Keep Fit Class at LSCO on most Mondays, Wednesdays, and Fridays from 10 to 11 a.m. This class is actually a Music and Movement Class. The music component in this class is good for the soul! Not since I was a young teenager did I participate in such a class.

It has been a delight to experience it again in my old age. We stretch and move to the myriad melodies the instructors choose—marches, dances, and spirituals. The music literally woos us out of our lethargy into its rhythm and our souls are nourished. A huge thank you to our instructors Lyddy, Siggie and Don. Your faithfulness to the class and commitment to your health

are an inspiration. Your exercise of self government informs and instructs all of us. On days when I am not at LSCO, my husband and I walk around our lovely neighborhood. My body doesn’t feel right if I don’t walk or move every day. The rewards are amazing. Health tips of all descriptions come my way through lively conversations with fellow walkers and neighbors. We even share and exchange favorite plants. Then who can forget the glorious sights of the changing seasons to be enjoyed. When I keep moving I can afford to eat well but wisely, with lots of water, fruit and vegetables.

This consistently active lifestyle serves to stimulate the mind. Another favorite value is to read, learn and write. This compels me to read good literature. If you Google *The Good Books*, among the world’s literature, you will find the Bible listed! One of my favorite pieces of biblical wisdom is to “love your neighbor as yourself”; another value to bring peace and serenity.

None of us do this perfectly, but Jesus showed us the way. Furthermore, we recognize that all spheres of life — personal, family, community, business and government — are benefited

by this value. Watching local and global news reminds us of issues beyond our own aches and pains and compels us to sacrifice some small pleasure to relieve the larger world’s poverty issues.

As a consequence of these values, we have learned good time management skills to facilitate the time to write. Our goal is to encourage younger generations not to throw out the baby with the bathwater; senior, and biblical wisdom can and should speak into our lives. Again, the rewards are rich and good for the soul, allowing intergenerational relationships to flourish and dispel ageism in our culture.

In my chiropractor’s office hangs a sign quoting Abraham Lincoln: “It’s not the years in your life that count, it’s the life in your years.” That’s a target value of mine. Is it yours?

Ann Norford has co-authored War Kids and Happy Together with her husband Bryan, and is the author of several published articles. After several non-fiction works, Bryan wrote his first novel for their 60th Wedding Anniversary this year: The Silent Remainder. All three books are available at The Clever Crafters.

TRIVIA ~ Why are sheriff’s badges star-shaped? In primitive societies, the star was believed to possess magical powers. Principal among these was the power to guard against danger and control evil forces. During the Middle Ages the star was considered by many to represent all-powerful forces. It is believed because of its wide acceptance as the symbol of guardianship, the star was the natural choice as the symbol for the office of sheriff.

TRIVIA ~ Did you know? Winston Churchill was born in a ladies’ room during a dance.

Did you know? The first toilet ever seen on television was on “Leave It To Beaver.”

Did you know? The word “PEZ” comes from the German word for peppermint — PfeffErminZ

From the Volunteer Corner



Volunteer News

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



If you were one of the almost 1,200 people who attended the LSCO fundraising concerts From the Starlight Lounge this past weekend then you know what I am feeling when I say “that was outstanding”. The orchestra sounded fabulous and the performers’ voices were perfectly suited to the songs they sang. And having said that I roll my eyes at myself thinking out loud – it’s exactly why magic happens when Fran Rude and Ken Rogers work together. The orchestra, performers, stage crew and technicians – everyone who worked on the Starlight Lounge certainly deserved the standing ovations they received. Thank you all so much.

I would like to thank our three major sponsors: Lethbridge Hearing Centre, Fox Denture Clinic and Martin Brothers Funeral Chapels Ltd. whose support was most appreciated. Also partnering with us was: 1st Choice Savings & Credit Union, Expedia Cruise Ship Centers, Ladybug Arborists, Radiology Associates, The View at Lethbridge, Perlich Bros. Auction Market Ltd., Alger Zadeiks Shapiro, and Funky Petals Flower Shop who provided us with the most amazing flower bouquets anyone has ever seen. Talk about living works of art.

And last but certainly not least, I want to thank our volunteers. With smiles on all your faces, you were on time, did what was asked of you – and then some, you are all very much appreciated.

LSCO CHRISTMAS TURKEY DINNER

The LSCO is proud to continue with our traditional turkey dinner on Christmas Day. Come share a meal with us. You can expect a warm & vibrant room full of smiles and hugs and a turkey dinner with all the trimmings plus dessert.

We cannot stress strongly enough that although the LSCO is pleased to supply our traditional turkey dinner to everyone who travels to the LSCO on Christmas day, PLEASE NOTE..... the LSCO does not supply anyone with two or three meals while you are here nor do we allow anyone to come pick up turkey take-outs, do not ask, thank you.

In 4 ½ hours 500 people plus partake of a turkey dinner prepared & served by over 100 volunteers. If you are able to give us a helping hand serving or washing dishes or coat check, please give us a call. ★



1710 Mayor Magrath Drive South



Proud to Support
LSCO Volunteers

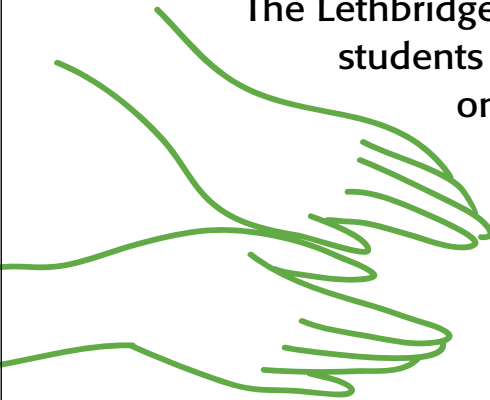
OCTOBER 2015
Volunteer
of the Month
Marguerite Rondeau

Marguerite is in a category of volunteers we lovingly refer to as a “rare breed”. The kind of volunteer that is here for her scheduled shifts, back again the same week to help with the unexpected arrival of a donation, or to fill in for a last minute cancellation and special event. Marguerite’s bright eyes and friendly smile can be found at the Member Services desk and in the Clever Crafter’s Boutique every week. Marguerite is a crafty one as well ☺ I don’t think there is a kitchen in southern Alberta that does not have one of Marguerites scrubbies or kitchen towel.

Marguerite you are very much appreciated....
you **ROCK!!!**

Free Neck and Shoulder Massages!

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



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

LSCO FALL PROGRAMS

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.
- If making payment after registration date (where indicated) \$5 will be added to course fee.

WATCH FOR THE DECEMBER ISSUE FOR OUR 2016 PROGRAMS

NON-MEMBER PARTICIPATION

Individuals 18 years of age and over are welcome to participate in some classes offered at LSCO. Participants will be required to pay the non member fee.

DROP IN CLASSES

Interested individuals may drop in to some of the programs offered. Please review the fees. If you require additional information call 403-320-2222 or visit www.lethseniors.com

Exercise & Activity

Computer & Technology

Fitness Centre

ACTIVE YOGA & STRETCH

Individuals participating in this class will move through a series of yoga poses to help improve balance, strength, and flexibility while being conscious of the breath. Wear comfortable clothes; bring a mat and water bottle.

When: Wednesdays
November 4 – December 2
(no class Nov. 11)

Time: 4:45 – 5:45 pm

Fee: \$18 LSCO M; \$27 NM

Register by: Monday, November 2

&/or

When: Friday
November 6 – December 27

Time: 9:00 – 10:00 am

Fee: \$18 LSCO M; \$27 NM

Register by: Wednesday, November 4

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time with instructor Tine Gulbrandsen.

When: Tuesdays
November 3 – December 8

Time: 11:00 – 11:45 am

Fee: \$25 LSCO M; \$37.50 NM

Register by: Friday, October 30

Where: Gym 2

&/or

When: Thursdays
November 5 – December 10

Time: 11:00 – 11:45 am

Fee: \$25 LSCO M; \$37.50 NM

Register by: Monday, November 2

Where: All Purpose Room

SEARCH ENGINES & CLOUD


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

When: Tuesdays & Thursdays
November 17 – 26

Time: 1:00 – 3:00 pm

Fee: \$20 LSCO M; \$30 20NM

Register by: Tuesday, November 10
(after this date add \$5)



Fit BALL AND MORE

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too!

When: Tuesdays & Thursdays, Nov. 3 – Dec. 10

Time: 9:00 – 9:45 am

Fee: \$30 LSCO M; \$45 NM

Register by: Thursday, October 29

TRIVIA ~ Did you know? In ancient China, doctors received payment only if their patients were kept healthy. If their health failed, the doctor sometimes paid the patient.

The Fitness Centre is open Monday – Thursday, 8:00 am – 6:00 pm, Fridays 8:00 am – 4:15 pm, Saturdays, 9:00 am – 12:00 pm. Both LSCO members and non members 35 years of age and over are welcome to purchase passes to exercise. For orientations please contact the Administration Desk.

Fee: \$18/month LSCO M; \$27 NM

	Member	Non Member
Active Aging	\$6.00	\$7.50 <small>(pay after to Admin Desk)</small>
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Fitness Centre	\$5.00	\$6.00
Zumba	\$6.00	\$7.00

(must be purchased before 4:15 weekdays for use after 4:30 or Saturdays).

PICKLEBALL ~ EXPERIENCED

Pickleball players can purchase a day or monthly pass prior to playing; at the Administration Desk. Wear comfortable exercise clothes and clean, indoor court shoes. Bring your own racquet. Balls are supplied.

When: Mondays & Fridays; 1:00 – 3:00 pm
Tuesdays & Thursdays; 1:30 – 3:30 pm

BEGINNER/INTERMEDIATE PICKLEBALL

Lessons for first time players for the month of November is FULL. Individuals who have taken lessons in the past can register to play during the times listed below. Bring your own racquet. Balls are supplied.

When: Mon., Tues., Thurs., Fri., 3:00 – 4:50 pm

No pickleball November 20 due to Project Connect.

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

Fee Drop in: \$2.50 LSCO M; \$3.50 NM

Fee is due beginning of each month



Create Your Own Calendar

Create Your Own Calendar Using the Staples Copy and Print Center

Get started creating your own custom 2016 calendar and personalize it with your own photos and special dates. This calendar will be started in the class and you will be able to finish it at your leisure. This class is for you if you are comfortable using a computer for everyday tasks. You also need to know how to organize files into folders and to transfer those files to a flash drive to bring to the class. A list of needed information will be provided upon registration.

Dates: Tuesday, November 17th & Thursday, November 19th
(instruction provided on these days)
Fridays, November 20th and 27th
(help available on these days)

Time: 9:00 - 11:00 am

Fee: \$5.00 LSCO M

In addition you will be responsible for paying for the cost of the calendar. The Staples website makes it easy to create a professional looking 11 x 17 inch, coil bound, calendar with a matte finish on heavy weight paper (100 lb). It is possible to learn to create a calendar and then decide later whether or not you wish to print.

November 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
Active Aging 8:00 am		Active Aging 8:00 am		
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Program Committee Meeting Tuesday, Nov. 17, 10:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Chair Yoga 9:30 am Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 – 10:50 am Lapidary 10:00 am Yoga 10:00 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Yoga 10:00 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
Line Dancing 10:30 am	Chi Gong 10:15 – 11:30 am		Badminton 10:00 – 11:50 am Chi Gong 10:15 – 11:30 am Line Dancing 10:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm	
			Wood Carving 12:30 pm	
Pickleball 1:00 pm Beginner/Intermediate Pickleball Practice 3:00 – 4:50 pm	Quilting 1:00 pm Karaoke 1:00 pm	Beginner Pickleball 1:00 pm Bingo 1:00 pm Lapidary 1:00 pm Computers 1:00 pm	Needlework 1:00 pm Crib 1:00 pm Line Dancing Beginner 1:15 pm	Pickleball 1:00 pm
	Pickleball 1:30 pm Beginner/Intermediate Pickleball Practice 3:00 – 4:50 pm		Pickleball 1:30 pm Beginner/Intermediate Pickleball Practice 3:00 – 4:50 pm	Beginner/Intermediate Pickleball Practice 3:00 – 4:50 pm
Table Tennis 3:00 pm		Table Tennis 3:00 pm	Chair Nia 2:30	Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
		Tai Chi 4:45 pm	Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 6:00 pm	Fitness Centre 8:00 am - 4:15 pm
Saturday Fitness Centre 9:00 am – 12:00 noon • For information about LSCO programs go to www.lethseniors.com				

LSCO Christmas Craft & Bake Sale

FRIDAY, DECEMBER 11, 2015

10:00 am ~ 2:00 pm • Everyone Welcome!

Bake Sale in Rooms A & B • Craft Sale in Card Area

Great Gift Giving Items & Christmas Goodies!



Baking donations requested by Thursday, December 10th • Pick up Craft Sale table registration at the administration desk or boutique.

Breakfast
for Everyone
at LSCO

8:00 – 10:00 a.m.
Monday – Friday

\$5.75



~ Cash Only ~
Non-Members
add 15%

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Help Recover Our Vimy Heroes

Nearly 61,000 Canadians lost their lives during the First World War and of these, an astonishing 1/6 simply vanished and have no known grave.

The location of a mass grave, including the remains of 44 Canadian Scottish who perished on 9 April 1917 at Vimy Ridge has recently been re-discovered and efforts are underway to excavate the site, with the hope of identifying their remains and providing them with their long overdue burial honours.

Of the 44 men believed to be in this mass grave, 10 of them are original members of the 113th Battalion CEF Lethbridge Highlanders – people from our community who went to war and never came home.

Private Launcelot Maurice Attwood – Age 30
Private Earnest Earl Betts – Age 28

Lance Corporal George Falconer Blaik – Age 37
Private Cyril Arthur Gooding – Age 19
Private Arthur Johnson Hawkins – Age 33
Private Walter Harold Hooper – Age 25
Private Sanford Wesley Leitch – Age 23
Private Thomas McCandless – Age 32
Private George Brown Piper – Age 21
Private Levi George Powell – Age 43

How Can I Help?

If you can provide any information about these individuals, we would be pleased to hear from you, as we are hoping to locate personal information, letters, photographs, artifacts, and surviving family members. Please contact Brett Clifton at 403-308-8548 or brett.clifton@uleth.ca.

Lest We Forget



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FROM THE GALT

Albert Mountain Horse

One hundred years ago many young men from southern Alberta were in far-away lands fighting and, unfortunately, sometimes dying, for their country. Many others survived the battle only to later die from or live with long-term consequences of the mustard gas and other war-time traumas. This is the story of one young man whose funeral took place in Macleod in November 1915.

As with many young men who went off to fight, Albert Mountain Horse served first with the cadets, serving as Lieutenant of the Macleod Cadets. When the war started in August 1914, he was among the first from southern Alberta to enlist. Albert Mountain Horse was in Calgary taking a musketry course when he decided to enlist in the Army Service Corp. Though offered a commission as lieutenant, he chose to enlist as a private. He went to Valcartier in September 1914 and then went to Europe with the first Canadian contingent.

Albert Mountain Horse served in several battles, including Ypres. He was in three poisonous gas attacks and was eventually diagnosed with tuberculosis. It is possible he had tuberculosis before going to Europe but that it wasn't diagnosed until after the gas attacks (which would have exacerbated his condition).

During his time in the military, he routinely wrote home to his parents and his letters were often shared with the newspaper. This letter from Private Albert Mountain Horse to his

family was published in the 23 October 1915 *Calgary Herald*:

"I am getting on great these days: all our boys are in the trenches now and doing good work. When going to the trenches I met a pal of mine who enlisted in the 14th Btn., and he was pretty badly wounded in the chest and right side. I took him to the field ambulance, and he is to be sent to the hospital. As I am writing this letter the shrapnel is bursting over our heads. I was in the thick of the fighting at Ypres and we had to get out of it. The Germans were using the poisonous gas on our men – oh it was awful – it is worse than anything I know of. I don't mind rifle fire and the shells busting around us, but this gas is the limit. I have a German helmet I want to give you, but I can't get it passed through the censor. My, it's a good one."

It was the gas and the tuberculosis that would result in Albert Mountain Horse being sent back to Canada in November 1915. Unfortunately, he would never make it home.

The 24 November 1915 *Lethbridge Herald* noted that Albert Mountain Horse had died in a Quebec hospital and his body was being brought home for burial. His death was a surprise as his family had just prior received news that Albert was greatly improved and was expected to return in a few days. But, instead, overcome by the tuberculosis and the damage to his lungs from the gas, he died shortly after arriving on Canadian soil.

The businesses in Macleod were requested to close for his funeral. The 24 November 1915 *Lethbridge Herald* noted that the St. Paul Mission Cadet Corps, the Home Guard, Macleod Boy Scouts and the RNWMP were all expected to be part of the funeral.

His funeral was held in Macleod on 27 November 1915. Such large numbers were expected for the funeral that admission would only be given to those with tickets.

Albert Mountain Horse was the first member of the Kainai Nation to serve at the front during the First World War. But he certainly wasn't the only one. Among several others from the Reserve, both of Albert's brothers – Joseph and Mike – soon enlisted into the military. Joseph and Mike Mountain Horse survived the war, though both suffered injuries.

On this Remembrance Day (and throughout the year), we remember and honour all of the soldiers who served on behalf of Canada.

This is, of course, only a cursory article. More information on the Mountain Horses and others who served can be found in *Warriors of the King* by L. James Dempsey and in Mike Mountain Horse's book *My People the Bloods*. ★

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



CHANGING PLACES

immigration & diversity

OCT 31.15 - JAN 17.16

until JAN.15

*Wednesdays at 2:00

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

04 Dutch Whale of a Tale in the Greenland Sea:
Arctic survival, weather & sea ice in 1710
with Dr. Hester Jiskoot

18 Changing Places: immigration & Diversity, exhibit tour with Janae Redgrave

*Café Galt

Archives, Discovery Hall & Museum Store open to 9 pm Thu
Program starts at 7 pm unless otherwise noted

Sun 08 | 2–3 pm Negotiating Difference:
Gender, Religion and Immigration in Small Cities with Dr. Glenda Tribe Bonifacio

Thu 19 | 7–8:30 pm The Story from Bhutan to Lethbridge with Jeff Bingley

*Daytime Galt Workshops

weekly Wed 10:30 am–noon
for seniors, and adults requiring
an accessible environment

04 Beaded Lanterns

11 no program—Remembrance Day

18 Mandalas

25 Clocks

Saturdays at 1:00

weekly family program 1–2 pm | details online

 presented with Green Acres
Kiwanis Club of Lethbridge

07 Rangoli Art

14 Columbian Dancing

21 Origami

28 Nepali Beading

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

YEAR-ROUND HOURS OF OPERATION

10-5 mon-sat | 10-9 thu | 1-5 sun + hol

CLOSED DEC 25–26, JAN 01, Easter Sunday

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

 www.galtmuseum.com

TRIVIA

Did you know?

Studies have shown
children laugh an
average of 300
times per day and
adults 17 times per
day, making the
average child more
optimistic, curious,
and creative than
the adult.



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LONG SLEEVE
\$18.00

Self Help Groups

Touched by Cancer Support Group

An opportunity for any age individual and their loved ones to come together to talk, share experiences about their cancer journey. The chance to offer support to each other whether newly diagnosed, undergoing treatment or in remission. The group's next meeting is **Wednesday, November 17th at 2:00 pm in Room A**. For more information please call 403-320-2222 ext 25.

Parkinson's Alberta Society Support Group

Meet regularly the 3rd Thursday of every month at 2:00 pm. The meeting will take place on **Thursday, November 19th in Room A & B**. For more information about the group, please call Brian at 403-317-7710.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and their family member are invited to attend the meetings. The next meeting is **November 14th at 2:00 pm in Room C & D**.

On Our Own: A Group for Widows, Widowers and Divorcees

Meet weekly for a coffee social hour every **Wednesday in the Dining Room at 2:00 pm**. New member are welcomed.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group is now meeting at the LSCO. The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the 3rd Tuesday of the month. The group will meet on **November 17th at 7:00 pm**. For more information call Vedna at 403-329-3766.

Celiac Support Group

They meet the last Monday of January, May & September at 7:00 pm in Room "A". The next meeting is **Monday, January 25th**.

Sunset Alcoholics Anonymous

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

Embracing Life's Changes Coffee and Conversation Group


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

Lethbridge Stroke Recovery Association (LSRA)

Meets regularly the 2nd Wednesday of every month at 7:00 pm in Room A. **There will be no meeting this month because of Remembrance Day**. For more information please call Louise at 403-394-6495 or by email at llandry@shaw.ca

Alcoholics Anonymous Saturday Morning Eye Opener Group

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





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3 online safety tips every senior should know

The Internet can be a senior citizen's best friend. It helps you to keep in touch with far-away friends and family members, offers convenient ways to carry out chores and provides countless opportunities for connecting with others through social media, on dating sites and e-mail. However, it can also make you vulnerable to scams and cybercrime. The following three tips will help you stay safe online:

- Beware of strangers and offers**
One of the most common forms of cybercrime perpetrated against seniors involves emails from fake banks, false businesses, and strangers asking for help, donations or promising prizes. "As a rule of thumb, never open e-mails from addresses or people you do not know personally," explains Shelly Smith, director of Telus Wise, established to educate Canadians on wise Internet and smartphone habits. "If someone legitimate really needs to talk to you, they will use regular offline channels."
- Only trust reputable sellers and sites**
While looking to book a trip or make a purchase,

you may stumble across a deal that seems too good to be true. It probably is. Buying and selling online is a great way to shop but always make sure you are using a reputable vendor. "Do your due diligence by performing a Google search, reading online reviews and asking friends and family before supplying your credit card information," Smith points out.

- Your password is your strongest defense**
You likely have several different passwords, which can make it difficult to keep track of them. So, you might be inclined to use the same one repeatedly or rely on an easy-to-remember solution like a birthday or the name of a loved one. You should avoid this at all costs. Instead, play around with different letter, number and character combinations and change your password frequently.

The Internet can be an invaluable tool – and plenty of fun – just make sure you use it wisely. Additional information about online safety is available at telus.com/wise.

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The Dreaded Real Property Report – Part 2

Last month, our article introduced the concept of Real Property Reports. This month, we will expand on that topic by discussing some options that may be available if a current RPR cannot be obtained in time for closing.

It is important to note that a buyer cannot be compelled to complete registration of the transfer of land without having the opportunity to review a current RPR. Ultimately, what follows will depend heavily on what the buyer is willing to agree to.

Where the issue is simply a matter of an existing RPR requiring an update and a new compliance certificate to reflect relatively minor improvements to the property, the buyer and seller may agree to proceed with closing and to hold back a sum of money sufficient to cover any possible damages. Upon the buyer receiving notice of compliance, the funds held back will be returned.

Alternatively, the buyer may choose to obtain title insurance for a one-time fee. Title insurance is an insurance policy that protects against certain title and non-title related

Legal Tips and Information

Christina Lam

defects that may be discovered on the property in the future. The insurance policy is intended to protect the insured from loss of their interest in the property due to such problems as title fraud, forgery, unregistered title encumbrances or improvements built without proper municipal permits. In some cases, title insurance may also cover defects that are not visible on an RPR and so it may even be desired in addition to an RPR. Title insurance is not a replacement for an RPR. However, it can offer the buyer financial assistance to cover the expense of dealing with defects after closing, such as the cost of demolition, reconstruction, repairs or loss of property value.

In the event that the buyer and seller cannot agree to a holdback, closing with title insur-

ance or if the buyer is unwilling to take possession without reviewing the RPR beforehand, the buyer may choose to postpone possession. In the worst case scenario, the buyer may also be entitled to require the seller to provide an RPR or else rescind the entire purchase agreement. If the possession date is postponed, the buyer shall not be required to pay late interest due to the seller’s inability to provide an RPR.

Unfortunately, failure to anticipate this issue before it is too late has caused RPRs to become a thing of some dread, despite its usefulness in warning buyers about what they are actually purchasing. The options we have mentioned here, either alone or in combination, may satisfy the buyer come closing time but ultimately, the best approach is a proactive one. Addressing whether an adequate RPR exists as soon as a purchase contract is signed, or even before it is signed, will help ensure smooth sailing on possession day. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

How to recognize and avoid affinity fraud amongst your friends

Affinity fraud is a common form of investment fraud. It almost always involves either a fake investment or one where the scammer lies about the critical details, such as the risk of losing money, past investment results, or information about the people running the scheme.

Unfortunately, many Albertans are approached with fraudulent investment opportunities through friends and family who are considered trusted sources. While sometimes these sources are fully aware of their intent to deceive, other times they are unknowingly involved in a fraudulent deal. It is critical, therefore, that you know how to protect yourself from investment fraud no matter how confident you are in the source.

Those involved in organized groups such as community clubs, church groups, immigrant communities, seniors homes and on-line chat forums are at risk because these groups are often targeted by scam artists. If Mary from church, for example, just invested with someone who promised a large return on her money, chances are good that she will tell others in her church and social groups about this opportunity. Because Mary’s friends trust her, they are likely to invest blindly without asking a lot of questions.

This type of fraud is identifiable and avoidable. By following this checklist, you could help to save yourself or a loved one, time, money and heartache:

- Never rely solely on referrals from friends and family members. If they have failed to do their own research and invested in a scam, they may unknowingly lead you down the same path.

- If it sounds too good to be true, it probably is. Don’t be drawn in by promises of spectacular returns and low risk; these are classic warning signs of fraud.
- Don’t be pressured into making a decision. Just because your uncle has made good returns on his investment in a “once in a lifetime opportunity” doesn’t mean it is safe. Take your time to understand the business and the risks involved.
- Be wary of investments that are not put in writing. If you are being offered an investment and the promoter “doesn’t have time” to provide details, this could be a sign of fraud. You should also be suspicious if you are told to keep the opportunity confidential.
- Check the promoter’s background. Contact the Alberta Securities Commission to determine if the salesperson is registered to sell securities or if they’ve ever had enforcement action against them.
- Learn about other red flags: Find out more about investment fraud at www.checkfirst.ca.

Many people who fall victim to affinity fraud fail to report it because they feel ashamed, embarrassed or want to protect their friend or loved one who recommended the investment. This enables other people to fall victim to the same scam and makes prevention difficult. If you suspect you have been approached with a potentially fraudulent investment scheme, contact the Alberta Securities Commission at 1-877-355-4488 or e-mail: inquiries@asc.ca. All information provided is confidential.

www.newscanada.com

TRIVIA ~ Did you know? Bananas grow on a tropical plant that is not a tree – it has no trunk. Bananas are gigantic herbs that spring from underground stems. What appears to be the trunk is a false stem formed by tightly wrapped leaf sheaths. With stalks 25 feet high, they’re the largest plant on earth without a woody stem.

TRIVIA ~ Did you know? The first “Hello” badge used to identify guests and hosts at conventions, parties, etc. was traced back to September 1880. It was on that date that the first Telephone Operators Convention was held at Niagra Falls and the “Hello” badge was created for that event.



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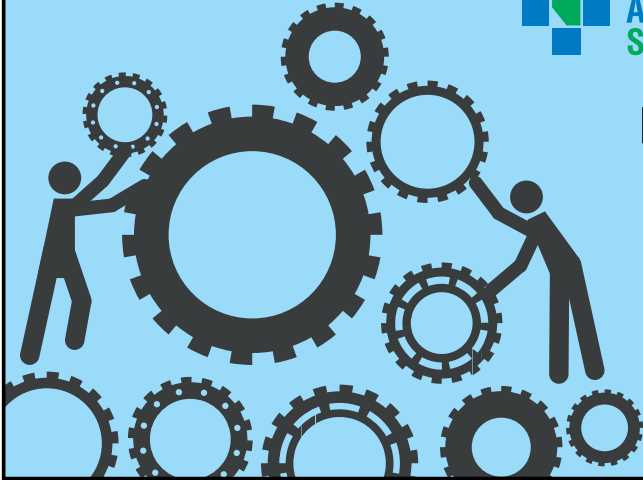




Men's Group

In partnership with Alberta Health Services, there will be a new men's group forming at LSCO in October 2015 to meet the needs of males, 50 to 68 years old, who would like to build social relationships and improve their life satisfaction.

The first session will be held on October 9th at 9:30 am in the LSCO Dining Room. Each week a recreation therapist will present a new topic and members can casually discuss their own experiences. Topics will include healthy aging, helpful tips on building memory, exercise, current events, humour therapy, social wellness, and importance of recreation. Each member will be welcome to contribute ideas on discussion topics. This group is focused on building positive experiences within a healthy social network.

Interested men are asked to contact, Carolyn Tivadar, Recreation Therapist for Alberta Health Services at 403.388.6348 prior to the start of the group to register.



Embracing Life's Changes Coffee & Conversation Support Group

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

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

Every Wednesday Afternoon ~ 1:15 p.m.

Lethbridge Senior Citizens Organization
500 – 11th Street South
403.320.2222

There is no charge to participate in the group. Everyone is welcome and membership at LSCO is not required.

Coffee is supplied by LSCO but donations are accepted.



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BEGINNER/INTERMEDIATE PICKLEBALL


Lessons for first time players for the month of November is FULL. Please leave your name at the Administration Desk in the event additional lessons can be arranged. Individuals who have taken lessons in the past can register to play during the times listed below. Bring your own racquet. Balls are supplied.




When: Mon., Tues., Thurs., Fri.
3:00 – 4:50 pm

No pickleball November 20 due to Project Connect.

Fee monthly: \$15 LSCO M; \$30 NM
Fee Drop in: \$2.50 LSCO M; \$3.50 NM
Fee is due beginning of each month



November 2015 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3 <i>Rudy & the Classic Legends</i> 1:00 p.m. <i>Chair Exercises</i> 2:45 pm	4 <i>Fun with Wii</i> 1:00 p.m.	5 <i>Music with Sandy</i> 1:00 p.m.	6 <i>Music Program</i> <i>Hank Wiebe</i> 12:30 ~ 2:00 p.m.	7 
8	9	10 <i>Music with Hank</i> 1:00 p.m. <i>Chair Exercises</i> 2:45 pm	11 LSCO CLOSED in honour of Remembrance Day	12 <i>Music with Alex & Bill</i> <i>Los Gringos</i> 1:00 p.m.	13 <i>Music Program</i> <i>Classic Legends</i> 12:30 ~ 2:00 p.m.	14
15	16 	17 <i>Movie Time</i> 1:00 p.m.	18 <i>Fun with Wii</i> 1:00 p.m.	19 <i>Music with Justine & Frank</i> 1:00 p.m.	20 <i>Music Program</i> <i>Bob & Dennis</i> 12:30 ~ 2:00 p.m.	21 
22 	23	24 <i>Keith – Piano</i> 1:00 p.m. <i>Chair Exercises</i> 2:45 pm	25 <i>Bowling</i> <i>Holiday Bowl</i> 1:00 p.m.	26 <i>Music with Barry</i> 1:00 p.m.	27 <i>Music Program</i> <i>Barry</i> 12:30 ~ 2:00 p.m.	28
29 	30					

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

LSCO Christmas Craft & Bake Sale Friday, December 11, 2015



SUNDAY BRUNCH

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Sunday, November 8th

Eggs Benedict, ham, sausage, pancakes, hash browns, roast beef, salad bar, desserts, coffee and tea.

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

TRIVIA ~ Did you know? In a test performed by Canadian scientists, using various different styles of music, it was determined that chickens lay the most eggs when pop music was played.

A Mushroom?



Frieda Wendelboe found this mushroom in her garden.
Do you know what it is?
A mushroom?

National Seniors Safety Week

While researching topics for this month’s article, I came across the website for the Canadian Safety Council, or CSC. Created in 1968 from the amalgamation of three safety-focused programs (the Canadian Highway Safety Council, the National Safety League of Canada and the Canadian Industrial Safety Association), the CSC is a non-profit organization that works to create a culture of health, wellness and safety through the promotion of knowledge-based, research-driven education and public awareness campaigns in an effort to minimize avoidable death, injury, and damage to property. They are considered a valuable voice and resource for the promotion of health for all Canadians. But what does this have to do with Elder Abuse?

One of the best ways to help prevent elder abuse is to share information about the resources available at the community, provincial and federal levels. Increasing the knowledge of seniors and their support systems helps to empower these individuals and minimizes the opportunity for an abusive situation to occur. To that end, the CSC pays special attention to keeping mature Canadians healthy, indepen-



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Tanya Purdy-Fischer
LEARN Case Manager

Meeting Room E
2nd Floor, LSCO
403-394-0306

dent and safe through the annual promotion of *National Seniors Safety Week*. Each year from November 6 – 12, this organization runs an educational campaign and provides safety tips to help in the aging process. Some of the topics in previous years have included driving skills, healthy active living, medication safety, fraud and finances, fall prevention and, yes, even elder abuse. This year, in conjunction with the Alzheimer’s society, the theme is “Creating a dementia friendly home”. For more information about the CSC, and to see the tips provided, you can go online to <https://canadasafetycouncil.org>. I encourage you to take some time during this week to learn more about the

issues that impact you specifically as senior citizens, take note of the resources available, and take action towards the creation of a safe and healthy future.

As part of our own local initiative, don’t forget that LEARN will be putting out another addition of the Seniors Safety Calendar for 2016. This year’s theme will not disappoint! Each of the monthly pages contains important information and tips to help keep seniors safe and will feature some of the members of LSCO and Nordbridge Seniors Centre. We are hoping to have the calendar ready for distribution sometime in December, and as always, they will be available at no charge. Make sure to get your copies and start the New Year out safely!

Elder abuse is a complex issue that requires a community-supported, multi-faceted response. Knowledge is essential to encourage prevention and ensure those who may be at risk for or are already experiencing abuse are identified as soon as possible and properly supported. Please remember, if you or someone you know needs help, speak up and give LEARN a call. **When it comes to Elder Abuse, silence is not an option. ★**

Small gestures can make a big difference for those in need

This is the time of year when everyone talks about “giving back” and helping those less fortunate than ourselves. Fortunately, many of us are easily able to meet our basic needs, but there are still too many at home and abroad who lack essentials such as food and shelter. The holiday season with its spirit of caring for families and strangers alike is a good time to think about giving back.

There are numerous ways you can engage charitably in your own and the global community:

- Volunteer at a local soup kitchen or homeless shelter.
- Donate to a food bank—and donate regularly throughout the year.
- Clean out your closet and give what you haven’t worn in a while to adults and children in need.

- Help the homeless as they are especially vulnerable to the elements. If you see someone outside on a cold day, provide them with warm socks, hats and scarves.
- Give your children some money to donate to a charity—and ask why they have chosen one cause over another to encourage discussions about giving.

If you want to buy a gift that provides hope and the real possibility of meaningful change for people in developing nations, numerous charitable and non-governmental organizations offer a wide range of ethical choices such as Plan Canada’s Gifts of Hope. More information is available at www.plangifts.com.
www.newscanada.com

Computer Corner by Sjoerd Schaafsma

Tricks and Tips for PCs and Mobile Devices

iPad: The control panel is available by swiping up from the bottom of the screen. This gives you rapid access to commonly used apps like the camera, settings, brightness, cellular data, rotation lock and more. With brightness set to automatic, sometimes you just need more light when you play a game. If you have a sim card to use cellular networks with your iPad, you may want to turn off the cellular network to save costs.

Backup: Do regular back ups. I just heard from someone whose computer did a surprise factory restore, which set everything back to the way his computer was when new.

Troubleshoot: It is not always a virus or malware when something on your computer stops working. Maybe you just need to replace one component, it could be as simple as a mouse or keyboard, or if you have a back up image, a new hard drive. With a separate boot device, either a CD/DVD or a USB drive, you can restore your system to the time you last backed it up. Your computer might also be shutting itself down if it gets too hot from heat build up. The solution to that is to blow out the dust carefully.

The Monthly Tip: iPad, iPhone – add or remove suggestions when typing

ios 8.4: If you don’t like the word suggestions when typing on your iphone or iPad, you can temporarily hide the predictive suggestion bar - which sits just above the default keyboard. Tap anywhere in the bar and drag downward - it will collapse into a thinner gray line with a white grab handle. To get it back swipe up from the thin line above the keyboard.

For a listing of computer club workshops check out our website or the Computer Club Bulletin Board in the downstairs foyer.

Read the Computer Corner online at <http://members.shaw.ca/lscocc>

Direct comments to: saltidae@gmail.com

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Computer Club WORKSHOPS

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November 18: OPEN

November 25: Grant Alger

Keeping in touch with family while on holidays, through blogging and websites

December 2: Dan Murach

Housekeeping
Learning how to clean your computer

December 9: Gayle Tarasoff from CIBC

On-line banking: Safeguards and Instructions
How to safely set up on-line banking, how to pay bills on-line, do e-money transfers and e-deposits if interested and cover all the ins and outs of banking.

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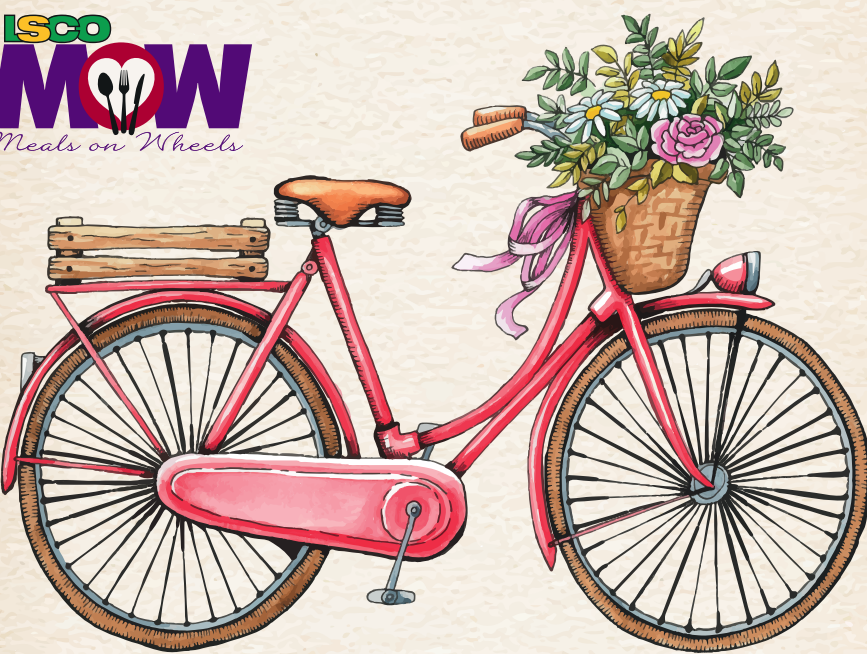
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TRIVIA ~ Did you know? The expression ‘to get fired’ comes from long ago Clans that wanted to get rid of unwanted people, so they would burn their houses instead of killing them, creating the term ‘Got fired’.






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“Retiring” from Fitness

Fitness over the years has had its share of fads. New programs come and go as well as the individuals who attend them. Depending on the phase of life you are in, your commitment to work out can be hard to fit into your busy life. When you are working full time sliding it in before work, at lunch or after work takes a lot of planning and there always seems to be interruptions that take you away from your scheduled routine. But what about the later years in life where you have allowed age to take you away from fitness.

Your body needs to move. Fitness is extremely important at all ages and new research indicates as we age the need for intense physical activity increases unless you have physical barriers or injuries that prevent you from exercising. If you have allowed yourself to “retire” from your fitness routine its time to get moving again.

I have been fortunate to have a couple of great role models in my life that showed me the benefits of exercise at an older age. I trained with a Sacred Psychologist for years who at the age of 84 was at the gym at 6:00 AM, five days a week, lifting weights to keep up her muscular strength giving her the ability to continue to





Life Design

Connie-Marie Riedlhuber
Transition Specialist
& Life Designer

Life Design Network
www.lifedesignnetwork.ca

travel and facilitate large training groups for long hours. She was a small woman, standing no more than 5 feet tall and weighing about 110 lbs. She did not have the body frame you would expect to see in the weight room at the gym. Her commitment to fitness was visible in her health and vitality.

My father was my other role model. He spent most of his life farming and the last 10 years worked as a welder building farm equipment. After a lifetime of heavy labor he was unable to lift his arms above his chest, a result of being literally “worn out” and his legs could hardly support him. At 90 years old he was still doing the gardening he could do and walking daily

to the end of the block. The end of the block was really only about ½ of a block but he persevered. The last few years of his life his morning walk began with him putting on 2 full steel braces on his legs and using a walker to help him. He never stopped exercising or gardening, doing errands with me and his grocery shopping until he could no longer walk at all.

I have exercised and attended gyms for many years and have to honestly say that most days I would rather stay home but I believe strongly that my commitment to exercise improves my health and my quality of life. It also improves my chances of continuing to be active and mobile and able to do all the things I want to do and need to do, as I get older.

There are no guarantees we will have good health as we age. Sometimes we work hard at being healthy and end up with poor health conditions but not retiring from exercise can reduce our risk of health challenges. If you have retired from fitness find something that gets you moving again. ★

Connie-Marie Riedlhuber is a Life Coach who helps individuals and families make life easier and to live more meaningful lives.

TRIVIA ~ Did you know? The real name of television’s Mister Ed was Bamboo Harvester.

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