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Join Us for

LSCO WILL BE CLOSED
NOVEMBER 11
FOR REMEMBRANCE DAY

HOLIDAY STRESS LESS!
DECEMBER 5 & 12

PRACTICING HAPPINESS
starts November 16

LSCO MEMBERSHIP MEETING
NOVEMBER 29

CHRISTMAS CRAFT & BAKE SALE
DECEMBER 9



Bye October,
Thanks for
being good to
me. Hello
November,
let's talk . . .

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Executive Director
Rob Miyashiro
rmiyashiro@lethseniors.com

The parking lot reconstruction is complete. Yes, that’s correct, not a misprint. The parking lot is done! There are some differences to the new lot compared to the old:

- There is no longer a north-south drive way in the middle of the lot. The driveway has become part of the enhanced disabled parking system;

- Vehicles must follow the driving lane to the far west of the lot and curve back east in order to use the lot exit closest to the building;
- For safety reasons, people approaching the building from the parking lot are expected to use the sidewalks or the central crosswalk. This becomes more significant when the lot is snowy/icy as the sidewalks and crosswalks will be cleaned...even if the rest of the lot has not;
- The parking lot “islands” are filled with large rocks and after a snowfall these rocks may appear to be a normal snow mound. These rocks will become a tripping hazard if people try to shortcut across them.

Now that we have some closure to that dark period of our history, we can move ahead and welcome back our estranged members and the general public. All of our programs, groups and classes are running full speed ahead and

our dining room has returned to its regular menu. Thanks to everyone for your patience and understanding over the summer.

LSCO is very thankful to the cast, crew, sponsors and volunteers of Jesus Christ Superstar for their first-rate production. JCS was a huge draw (approximately 95% capacity over four shows) and the proceeds will enable LSCO to continue to provide our members and the community with necessary services, supports and programs. A special thanks must be given to Fran Rude and Ken Rogers, whose vision and enthusiasm for this project spurred on the team to produce an extraordinary experience for audiences.

Please note that our semi-annual Membership meeting will be held November 29, 1:00 PM in the Stage Area of the Dining Room. Please attend and find out what’s been happening since our AGM in March. ★

VOLUNTEERS NEEDED FOR THE LSCO ANNUAL CHRISTMAS TURKEY DINNER

Teresa Ternes, Volunteer Coordinator will be taking names after October 31st.

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

“Please contact me if I can be of any assistance.”

November is Crohn’s and Colitis Awareness Month

Throughout the month of November, the Crohn’s and Colitis Foundation of Canada celebrates the courage of the one in 150 Canadians living with Crohn’s and colitis.

LSCO WILL BE CLOSED
FRIDAY
NOVEMBER 11TH
IN HONOUR OF
REMEMBRANCE DAY

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

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

LSCO 403-320-2222

Staff Members:
Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24

Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23

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mvaneden@lethseniors.com ext. 25

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lcook@lethseniors.com ext. 33

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shamilton@lethseniors.com ext. 26

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mow@lethseniors.com. ext. 34

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Jody Gordon ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

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

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Articles may be edited for space requirements.*

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Visit us on Facebook!
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Lethbridge-Senior-Citizens-
Organization/149140883844

LSCO Vision Statement

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

Welcome
New
Members!

Diana Cramer
Richard Regner
Audrey Regner
Elspeth Nickle
Aleitha Ward
Cathy Kennedy
Ram Gurung
Dhan Bahadur
Gurung
Dadi Ram Dahal
Bob Black
Brenda Dalzell
Anita Selby
Marie A. Casey
Bill Tanghe
Irene Carlson
Steve Bradbury
Dale Herrington
Carol Shank

A Smile is
the Universal
Welcome.

LSCO
MEMBERSHIP
MEETING

TUESDAY
NOVEMBER 29, 2016
1:00 P.M. ~ 2:00 P.M.
STAGE AREA

NOTICE

Project Connect will be held on
Saturday, November 19

There will be no regular programs in
Gym 1 and Gym 2 after 1:00 pm
on Friday, November 18

EXTENDED
Fitness Centre
HOURS

Tuesdays & Thursdays
8:00 am – 5:45 pm

Saturdays
Starting October 15, 2016
9:00 am – 12:00 pm

Usage of the Fitness Centre will be tracked.
If participation is low during the
extended hours they will be adjusted.

LSCO Hours of Operation

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

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LSCO Times Publishing
Schedule

Issue

Deadline

December 2016 November 19

January 2017 December 27

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

Last month I touched on being or doing your personal best. This month I would like to share a few thoughts on endurance. To me endure means to give your personal best and to not give up. We all have some hill to climb and it seems the older we get, the steeper the hill. Even though the hill is steeper, I've learned the older we get the more determined we are to endure and succeed. Let me illustrate from a friend of mine who is a runner. By his permission I give this short version of his determination. His story, but paraphrased by myself: A few years back he decided to take part in the Lost Soul Marathon held here in Lethbridge. As there were different distances to participate in, he choose to run the 100 (hundred) mile race. He trained hard and on the day of the race felt well prepared. That day it was very hot with the temperature reaching 30 degrees. He paced himself accordingly and was hydrating well and by mile 66 was in first place. The spectators were very encouraging as he went by but he knew something was going wrong in his body. He was eating a bit and drinking lots. He was on the last 3 loops of the race but within the next 4 miles collapsed, literally on



President's Message

Clifford (Charlie) Brown

the ground, unable to go any further and had to withdraw from the race. How discouraging, but he didn't give up. The next year he trained harder and ran a few preliminary races in advance. The day of the race came. He was focused on pace, hydration and endurance. He was determined and felt nothing would stop him this time. However, around mile 72 he felt unwell. He said it felt like hitting a wall in a marathon. In ultra running it's called bonking. He was ready for it this time. Hurting a lot, he was determined and pushed himself to the 100 mile finish line with his best time ever for that long distance.

He endured!

Sometimes our life is like that. We will feel like we have hit a wall with no room to go around or over it. Sometimes we will even collapse but I know you have what it takes to endure. You have endured many times in your life and your no quitter! That is life – up and down.

I pay a very huge tribute to the Veterans who endured and were NOT quitters. Because of you, I sit and write with no fear or oppression. Because of you, I and everyone in this magnificent country, live a most spectacular life. Their endurance is noted. Thank you.

Thank you for enduring our parking lot and thank you all for enduring any mistakes we as a board at LSCO have done as we sincerely try to do what is best. Your support is appreciated and also noted.

Please feel free to visit LSCO with your family and friends and keep LSCO the great place it is. ★

Closing Thought:
In a world full of people who couldn't care less, be someone who cares more. ~ Author Unknown



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TRIVIA: Did you know? In 1926 Japan deleted 800,000 feet from US films because they showed Kissing.

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TRIVIA: Did you know? In New Jersey it is illegal for a man to knit while fishing?



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Tickets available online at lcbs.ca or at the door

    lcbs.ca *"...for the love of music."*



LSCO wishes to thank the following for their contribution to the success of this musical:

Director: Fran Rude ~ Music Director: Ken Rogers
Choreographer: Joy Ackerman
Production/Stage Manager: Nancy Graham


The cast, crew, orchestra and volunteers, all who gave countless hours to this production.

Lethbridge Collegiate Institute, Winston Churchill High School, Joy's Dance Factory, CTV Lethbridge, lethbridgenewsnow.com, Country 95.5, Lethbridge Herald, Coffee News, Mark Boogiemans Blog, COGO Productions, Lethbridge Theatre Productions, Lethbridge Symphony, Classique Dance Wear, National Salvage, Save-On-Foods, RONA, Prairie Cedar

The production of Jesus Christ Superstar would not have been possible without the financial help of our Sponsors:

Lethbridge Hearing Center	New West Theatre
Fox Denture Clinic	1st Choice Savings & Credit Union
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King of Trade	Galt Museum & Archives
The Movie Mill	Performing Arts Centre Advocacy Group
	Funky Petals Flower Shop

Finally, a special thank you to the nearly 2000 people who attended the show. Your support of the arts in Lethbridge and LSCO is truly appreciated.



CITY OF

Lethbridge

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Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **November 16 to December 21**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

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TRIVIA: Did you know? Norway consumes more spicy Mexican food than any other European country.



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Slow-Cooker Chicken Tortilla Soup

Recipe by Elena

“This tortilla soup tastes better than anything you can get at a restaurant. And it’s healthy too! Don’t let the long list of ingredients fool you. All you do is dump everything into the slow cooker and walk away. Garnish with grated Cheddar, avocadoes, and a splash of fresh lime juice.”

Ingredients

8 servings, 262 cal

1 pound shredded, cooked chicken

1 (15 ounce) can whole peeled tomatoes, mashed

1 (10 ounce) can enchilada sauce

1 medium onion, chopped

1 (4 ounce) can chopped green chile peppers

2 cloves garlic, minced

2 cups water

1 (14.5 ounce) can chicken broth

1 teaspoon cumin

1 teaspoon chili powder

1 teaspoon salt

1/4 teaspoon black pepper

1 bay leaf

1 (10 ounce) package frozen corn

1 tablespoon chopped cilantro

7 corn tortillas

vegetable oil

Directions

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Preheat oven to 400 degrees F (200 degrees C).

Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet.

Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

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MENU FOR NOVEMBER 2016				
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				
	Tuesday, November 1	Wednesday, November 2	Thursday, November 3	Friday, November 4
	Entree: Liver & Onions Potato: Mashed Sandwich: Grilled Ham, Cheese & Tomato Salad: Assorted	Entree: Chicken Pot Pie Potato: Coleslaw Sandwich: Grilled Ham, Cheese & Tomato Salad: Assorted	Entree: Kielbasa Potato: Perogies Sandwich: Grilled Ham, Cheese & Tomato Salad: Assorted	Entree: Lemon Pepper Sole Potato: Rice Sandwich: Grilled Ham, Cheese & Tomato Salad: Assorted
	Monday, November 7	Tuesday, November 8	Wednesday, November 9	Thursday, November 10
	Entree: Pork Cutlet Potato: Steamed Sandwich: Veggie Wrap Salad: Chef’s Salad	Entree: Cabbage Rolls Potato: Mashed Sandwich: Veggie Wrap Salad: Chef’s Salad	Entree: Meat Sauce Potato: Spaghetti Sandwich: Veggie Wrap Salad: Chef’s Salad	Entree: Turkey Dinner Potato: Mashed / Stuffing Sandwich: Veggie Wrap Salad: Chef’s Salad
	LSCO CLOSED for Remembrance Day			
Monday, November 14	Tuesday, November 15	Wednesday, November 16	Thursday, November 17	Friday, November 18
Entree: Halibut Potato: Roasted Sandwich: Denver Salad: Greek Salad	Entree: Pork Roast Potato: Boiled Sandwich: Denver Salad: Greek Salad	Entree: Chicken Cacciatore Breast Potato: Egg Noodles Sandwich: Denver Salad: Greek Salad	Entree: Veal Cutlet Potato: Mashed Sandwich: Denver Salad: Greek Salad	Entree: Turkey Pot Pie Potato: Mashed Sandwich: Denver Salad: Greek Salad
Monday, November 21	Tuesday, November 22	Wednesday, November 23	Thursday, November 24	Friday, November 25
Entree: Pineapple Chicken Balls Potato: Fried Rice Sandwich: Egg Salad Croissant Salad: Chicken Taco	Entree: Breaded Tilapia Potato: Potato Wedges Sandwich: Egg Salad Croissant Salad: Chicken Taco	Entree: Roast Ham Potato: Scalloped Sandwich: Egg Salad Croissant Salad: Chicken Taco	Entree: Roast Chicken Potato: Pesto Noodles Sandwich: Egg Salad Croissant Salad: Chicken Taco	Entree: Beef Dinner Potato: Mashed Sandwich: Egg Salad Croissant Salad: Chicken Taco
Monday, November 28	Tuesday, November 29	Wednesday, November 30		
Entree: Southern Fried Chicken Potato: Fries Sandwich: Reuben Salad: Craisin, Mandarin & Kale	Entree: Beef Stew Potato: Steamed Sandwich: Reuben Salad: Craisin, Mandarin & Kale	Entree: BBQ Pulled Pork Potato: Garlic Mashed Sandwich: Reuben Salad: Craisin, Mandarin & Kale		

Volunteer Corner



Volunteer Coordinator

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

PARKING WITH A CHANCE OF MEATBALLS

It is normally slower at the LSCO in the summer, this year more so than usual due to the “parking lot of perpetuity”. I know it sounds like the title of a bad movie but it really was reality. We all got asked 100 times a day “when will we have our parking lot back” and despite short fuses and general impatience – it is now the past, let’s be thankful and move on. It looks great doesn’t it!!!

CLEVER CRAFTER’S BOUTIQUE

Although I don’t really want to start talking about that special time of year, but what the heck, we’ve already had snow. Our very clever crafters have been busy creating the perfect winter accessories so don’t forget to check out new stock arriving weekly and remember the CCB when looking for that special present this Christmas.

JESUS CHRIST SUPERSTAR

Jesus Christ Superstar was truly one of the most amazing productions I have ever had the

pleasure of being a part of. Absolutely everyone gave it their all. I found the right word that describes what I witnessed during the performances, it was magic. If you saw the show you know what I mean. Thank you everyone so very much.

Fun facts:

- 32 sheets of 4x8 plywood used
- 80 x 8’ planks (2”x8”)
- 96 feet of pipe
- 4,000 screws
- 146 hours = cutting, moving and building the set
- 176 hours of scheduled rehearsal time per musician
- 1,200 hours to create, measure, build and maintain costumes
- 130 lighting instruments used
- 44 mics used
- 210 separate lighting, sound, scene changes and effect cues
- 15 people = backstage crew
- 47 people = production crew
- 8,777 words sung in each show
- 417 total hours spent on choreography
- 742 hours spent on vocal rehearsals
- 1,315 hours spent blocking, scene work & full rehearsals

CHRISTMAS TURKEY DINNER


Once again the LSCO will be hosting their annual Christmas Turkey Dinner. As you know many volunteers are needed for this event and we will be taking names **after October 31st.** ★



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CLASSIFIED ADS

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Established Business – **Naked Feet Mobile Foot Care:** Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. Theses could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

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FOR SALE: Lift recline chair. Blue. \$800. Bath Lift. 300 lb. \$1100. Angled bath bar. New. 85x45 cm. \$30. Oval toilet extender, 11 cm high. \$30. Wheel-less walker \$30. Bed bar \$80. Shower chair \$30. Phone Diane at 403-795-8937.

WANTED: I would like to buy a newer Honda or Toyota car with low kilometers and automatic transmission. Call 403-380-4493.

TRIVIA: Did you know? The minimum number of musicians a band must have to be considered a “big band” is ten.



Thursdays for the Month of November Only

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Important Dates in November
Mark Your Calendars

Alberta Health Services – Addictions Management Program (AMP)

“The secret of change is to focus all of your energy not on Fighting the old but on building the NEW.” AMP will meet at the Lethbridge Seniors Citizens Organization (LSCO) on **Monday, October 31st – December 5th** from 10:30 am – 11:30 am in Room F (Upstairs). No registration required, this is an open group. Ages 60+. Contact Candace Benson at Candace.Benson@albertahealthservices.ca

“Saving Your Future”

Facing Financial Challenges/Building and Protecting Wealth. Insurance Protection, Debt Management, Emergency Fund, Investment, Long Term Care, Estate Planning, Wills. The Era of the Informed Consumer. Come join the World Financial Group on **Thursday, November 17** at 10:00 am in Room A.

Holiday Stress Less!

Learn tips to deal with the stress during the holiday season and have the opportunity to socialize and gain a sense of support and well-being. Holiday Stress runs **December 5th & 12th** at 1:30 pm. Registration is required for this group. For more information or to register call 403-320-2222 or stop by the LSCO administration desk.

Community Partnerships

Legal Advice

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



Support
Services
Coordinator

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

November 9th. The law firm of Alger Zadeiks Shapiro offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.

Wellness

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Thursday, December 1** from 10:00 am till 12:00 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come first served basis.

Serenity Foot Care

The care provider for this service is *Mercy Lar*, LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible;

simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Serenity offers one-hour appointments. Book your appointment for **Tuesday, November 1st and 15th** 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.

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on **Friday, November 18th.** 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

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 10th.**

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on **Friday November 25th** 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.

Inspiring gifts for the person who has everything

Everyone has someone on their list who’s impossible to shop for, whether that person has it all or has difficult-to-pin-down taste. Instead of getting them a boring, safe gift like a pair of socks or a candle, why not donate to a charity in their name?

Impress loved ones with a creative gift that also makes a meaningful contribution this holiday season. This unique, elegant present can be customized by selecting an organization that matches their interests or one that supports a cause with emotional resonance. Here are some ideas for everyone on your list:

For the animal lover. Veterinarians without Borders works with disadvantaged communities in Africa, Asia, and Canada to foster the health of animals, people, and the environments in which they interact. By sharing their skills and expertise in animal and ecosystem health, they promote sustainable livelihoods and help improve human health and food production systems.

For the humanitarian. The Veteran Transition Network runs 10 day programs for struggling veterans across Canada, delivering much-needed group therapy for depression, PTSD, and suicidal thoughts. In 18 years, not a single veteran who has gone through the program has committed suicide.

For the environmentalist. The Canadian Parks and Wilderness Society is the only nationwide charity dedicated solely to the protection of our public land and water and ensuring our parks are managed to protect the nature within them.

For the artist. The Literary Review of Canada publishes the LRC, a leading forum for discussion on books, culture, politics, and ideas. It also produces Spur, a national festival hosted across the country that brings people together with arts presenters, artists, scientists, thinkers, writers, and speakers to reimagine the kind of society in which they want to live and to be a catalyst for ongoing dialogue and citizen engagement.



A great way to help while also saving money is to donate your miles through Aeroplan’s Member donation program. Now in its tenth year, each charitable donation of 1,000 miles or more made through the program will be topped up by a 10 per cent contribution from Aeroplan.

“Aeroplan enables members to donate their miles to charitable partner organizations dedicated to improving lives and enriching communities at home and around the world,” says Alden Hadwen at Aeroplan. To donate your miles, go to www.aeroplan.com/donate.

www.newscanada.com



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Lethbridge Public Library, Main Branch

810 5th Avenue South

agecare.ca/Chat





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LSCO Programs

Fall classes are well underway. The LSCO website is an excellent resource for future programs, fees, registration forms, Fitness Centre information to name a few. Visit www.lethseniors.com often.

REGISTRATION INFORMATION

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

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit www.lethseniors.com or call 403-320-2222.

SENIOR 12 Month Memberships

Individuals 55 years +

- Renewal..... \$50

- New Member..... \$53

ADULT 12 Month Memberships

Individuals 35 – 54 years

- Renewal/New Member \$90

NON-MEMBER PARTICIPATION

Individuals under age 35 are welcome to participate in some classes offered at LSCO. Upon approval participants will be required to pay the non-member fee. Please ask at the Administration Desk for more information.

PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket. You must show your vehicle registration.

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

Tai Chi

TAI CHI BEGINNER PRACTICE

This practice session is for individuals registered in the Beginner, Intermediate or Advanced classes. The first day will be a demonstration for interested newcomers.

When: Mondays, Nov. 7 – Dec. 12
Time: 9:00 – 10:00 am
Fee/session: \$6 LSCO M; \$12 NM
Register by: Friday, Nov. 4

TAI CHI BEGINNER CLASS

This class is for you if you are new to Tai Chi or haven't been practicing for a while. Wear comfortable clothing and inside footwear.

When: Thursdays, Nov. 10 – Dec. 15
Time: 9:00 – 10:00 am
Fee: \$20 LSCO M; \$30 NM
Register by: Tuesday, Nov. 8
(after this date add \$5)

TAI CHI INTERMEDIATE CLASS

Students who have taken the beginner class and are ready to learn additional steps are encouraged to register for this intermediate class.

When: Tuesdays, Nov. 8 – Dec. 13
Time: 9:00 – 10:00 am
Fee/session: \$20 LSCO M; \$30 NM
Register by: Monday, Nov. 7
(after this date add \$5)

TAI CHI ADVANCED CLASS

If you have completed Steve's Intermediate class and are ready to move on register for this class. Advanced students should also register.

When: Wednesdays, Nov. 9 – Dec. 14
Time: 9:00 – 10:00 am
Fee/session: \$20 LSCO M; \$30 NM
Register by: Monday, Nov. 7
(after this date add \$5)

TAI CHI PRACTICE

This practice session is for intermediate and advanced students.

When: Fridays, Nov. 18 – Dec. 15
Time: 9:00 – 10:00 am
Fee: \$5 LSCO M; \$10 NM
Register by: Wednesday, Nov. 16

Exercise & Movement

CIRCUIT TRAINING

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

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

When: Tuesdays & Thursdays
Nov. 15 – Dec. 8
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Nov. 10
(after this date add \$5)

MORNING EXERCISES

If you haven't had a chance to exercise in awhile this class may be just what you have been waiting for. The program is designed for individuals who prefer to stand, those who need support of a chair, those with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength, flexibility while having a great time. The class is lead by Recreation Therapist. Wear loose, comfortable clothing and bring some water. Sign up for once or twice a week.

Tuesdays

Date: Nov. 1 – 29
Time: 9:15 – 10:00 am
Fee: \$15 LSCO M; \$20 NM
Register by: Friday, October 28

Thursdays

Date: Nov. 3 – Dec. 1
Time: 9:15 – 10:00 am
Fee: \$15 LSCO M; \$20 NM
Register by: Monday, October 31

GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a

mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays
Nov. 15 – Dec. 15
Fee: \$45 LSCO M; \$68 NM
Time: 9:30 - 10:30 am
Register by: Thursday, Nov. 10
(after this day add \$5)

YOGA for MEN

Do you need some time just for you? Have you always wanted to try a beginner 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, Nov. 23 – Dec. 14
Time: 8:30 – 9:30 am
Fee: \$16 LSCO Members; \$24 NM
Register by: Monday, Nov. 21
(after this date add \$5)

PICKLEBALL for BEGINNERS

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

When: Wednesdays, Nov. 2 – 23
Time: 2:00 – 3:30 pm
Fee/session: \$15 LSCO M; \$30 NM
Register by: Monday, October 31

MORNING PICKLEBALL

If you are a morning person or interested in getting your game on earlier in the day, join other pickleball enthusiasts Tuesday and Wednesday mornings from 7:00 – 8:30 am. The dining room is open for breakfast and coffee afterwards at a great price! A fantastic way to start your day! For more information ask at the Administration Desk or one of the pickleball members.

Baking Needed

The LSCO Social Committee is kindly requesting donations of baked items for the **Christmas Sale** to be held **Friday, December 9.**

Items must be labelled. You may price your items if you like and they need to be delivered **no earlier than Thursday, December 8.**

Please leave your name and number at the Administration Desk if you would like to donate.

Thank you for your support.



LSCO Christmas Craft & Bake Sale

FRIDAY, DECEMBER 9, 2016

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

Great Gift Giving Items & Christmas Goodies!

Baking donations requested by Thursday, December 9th
Craft Sale table registration online and at the administration desk or boutique.



LSCO Christmas Craft Sale

(Handmade Items Only)

Friday, December 9
10:00 am – 2:00 pm

Things to know!

Deadline to book a table is Monday, December 5. Items must be hand made. No baking or other food items please. The sale will be held in Gym 2. LSCO will also be holding their Annual Bake Sale in the gym.

Book a Table: Book your table during regular business hours 8:00 am – 4:00 pm. Includes 1-8ft table & 2 chairs; Tables are not confirmed until payment is made.

Table Fee: \$10 LSCO members; \$20 Non members

Day Parking Passes (if needed): \$3

Payment: Cash, Visa or MasterCard, Cheques

Refunds: Only Available if Sale is cancelled.

- Set up time begins at 8:30 am; take down begins at 2:00 pm. Exhibitors may unload at the north doors along fire lane. Please be considerate of other exhibitors and move your vehicle as soon as possible.
- Parking is limited. It is suggested that exhibitors park on the west side of our building, (down by the Civic Centre track) so that there is ample parking for customers.
- Exhibitors are responsible for their own table coverings.
- Please ensure you have a sufficient cash float. (An ATM machine is available in the lobby).
- Refreshments/lunch can be purchased in the LSCO Dining Room.
- LSCO will not be held responsible or liable for any manner of loss or damage that may occur to property or persons during set up, take down or while sale is on.

Please remember to tell everyone you know about the Sale!

Lethbridge Senior Citizens Organization • 500 - 11th Street South • 403-320-2222



LSCO Christmas Craft Sale

Friday, December 9

10:00 am – 2:00 pm ~ Gym 2

EXHIBITOR REGISTRATION FORM

Contact Name: _____

LSCO Member: \$10 ☐ Non-Member: \$20 ☐ Parking Pass (if needed): \$3 ☐

Example of handmade items: _____

Address: _____

Phone: (h) _____ (c) _____

E-mail: _____

Special Request: _____

Payment Type and Amount: _____

Amount Paid: _____ Today's Date: _____

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TRIVIA: Did you know? Garnet Carter of Chattanooga invented Miniature Golf in 1926.



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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
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. 15, 10:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am
	Advanced Photography 9:30 am	Scrabble 9:30 am	Scrabble 9:30 am	
Keep Fit 10:00 – 10:50 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am Lapidary 10:00 am – 12:00 pm	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am	Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Digital Photography 10:00 am
				Scottish Country Dance 10:15 am
Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm		Badminton 11:10 am – 12:30 pm
	Basketball 12:00 – 1:00 pm		Basketball 12:00 – 1:00 pm	
			Wood Carving 12:30 pm	
Pickleball 12:45 pm – 4:50 pm	Quilting 12:00 pm Karaoke 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm	Needlework 1:00 pm Crib 1:00 pm	Pickleball 12:45 – 4:50 pm
	Pickleball 1:30 – 4:50 pm		Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm		Table Tennis 3:00 pm
			Jam Session 6:45 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 5:45 pm	Fitness Centre 8:00 am - 4:15 pm
Fitness Centre extended hours: Saturday, 9:00 am – 12:00 pm starting October 15. Tuesdays & Thursdays Fitness Centre open until 5:45 pm.				
For information about LSCO programs go to www.lethseniors.com				

LSCO
FITNESS
CENTRE

FEEES

Members: \$18/mo., \$99/6 mo., \$180/12 mo.
Non Members: \$27/mo., \$270/12 mo.
Drop In: \$6 LSCO member;
\$7 non member per day
(Must be purchased before 4:15 pm
Monday - Friday for use on Saturdays)

- The Fitness Centre is **unsupervised** Monday to Friday. It is recommended that members receive an orientation if unfamiliar with the exercise equipment.
- For personal safety, individuals must complete a Waiver and Par Q Form. If you answer yes to any question on Par Q, you must complete the PARmed-X Form.
- Drop In participants must be in good health and have knowledge of exercise equipment.

Please have your Fitness Centre Membership Tag visible every time you come to exercise.

FITNESS CENTRE HOURS

Hours: October & November

Monday, Wednesday, Friday: 8:00 am - 4:15 pm
Tuesday & Thursday: 8:00 am - 5:45 pm
Saturday: 9:00 am - 12:00 pm
Hours may change.

The FITNESS CENTRE is open to the public 35 year plus!

Exercise equipment includes:

- Abdominal Curl; Chest Press
Fly/Deltoid Raise; Lateral Raise
- Lat/High Row
- Leg Extension; Leg Press
- Seated Row; Shoulder Press
- Tricep Pull Down; Strength Machine
- 2 Ellipticals • Rowing Machine
- 3 Treadmills • 1 Seated Bike
- 2 Recumbent Bikes
- 2 Vibration Trainers
- A variety of hydraulic equipment

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TRIVIA: Did you know? Lloyds of London offered insurance against an accidental death caused by a falling Sputnik.



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Need More Judges?

Recently there was an article in the paper about there being a shortage of judges in Alberta and elsewhere across the country. What is the story behind this recent article?

Firstly how do judges get appointed in Alberta? As you may know the previous writer of this column was appointed a Master in 2015 and is currently adjudicating in Calgary and elsewhere in Alberta. So I thought it would be worthwhile to explain the process.

There are different types of judges in the Province of Alberta and they serve at different levels of courts in our Province. The first level is the Provincial Court of Alberta. Judges at this level handle primarily minor criminal offences, small claims matters, juvenile court, and family court. They also are the first court level that an accused appears in when charged with a more serious criminal offense.

Judges at the Provincial Court level are appointed by Provincial Minister of Justice and Solicitor General. A lawyer who wants to be a judge at any level, has to put his name on a list of lawyers who are interested in a judicial appointment. Once they are on that list they go through a screening process, which includes letters of reference and of course an interview with a committee. Once they have passed that stage, then it is up to the Ministers involved to make the appointment from the pre-screened list. As with almost anything in life, it is not necessarily what you know, but



Legal Tips and Information

Douglas Alger

who you know. So for anyone wanting to be a judge, you have to run a public relations campaign and be in the good books of your local MLA, hence you have to be a good supporter of the ruling governing party of the day.

The second level of judge is known as a Justice of the Court of Queen’s Bench of Alberta. Judges at the QB level conduct criminal and civil trials, hear judicial dispute resolutions, and deal with generally more weighty matters than Provincial Court. QB justices are appointed by the Federal Minister of Justice. Again the pre-approval process is the same and in this case you had better be a supporter of the ruling party, as it is unlikely you will get an appointment if currently you are a Conservative Party supporter or a couple of years ago a Liberal Party supporter.

The final level of court in the Province is the Alberta Court of Appeal, and Justices at this

level, usually come from the ranks of Queen’s Bench Justices. I will not bother talking about the Federal Court, which deals primarily with tax law.

The bottom line is that the government of the day, primarily at the provincial level, sets the amount of judges that are sitting and determines the priority of the justice system in their provincial budget. More judges mean more courtrooms, more buildings, and more support staff. It is a difficult balancing act for any government to figure out. Adding more judges can only be accomplished when there is money in the government coffers to cover this.

The question then is why do we have the courts overbooked the way they are, granted we have more people in our province, but do all matters involve having to have a judge make a decision, before it can be resolved. Clearly we need a judicial system for criminal matters, but do we need one to resolve basic family law matters and contractual disputes between parties? It is an interesting phenomenon that people elect to give up control of their right to resolve disputes amicably and put things in the hands of a complete stranger to resolve that dispute.

Next month or maybe early in the New Year, I will continue this discussion. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

5 common tire myths debunked

Automobile health starts from the ground up, or in this case a properly inflated tire up.

“Having properly maintained tires on your vehicle is one of the best ways to ensure you arrive at your destination safely,” says Darryl Croft, automotive maintenance expert at OK Tire.

Here are Croft’s top five most common tire myths and how to avoid getting deflated:

- Over-inflating your tires is fine – it means less air is needed later.** When you over-inflate a tire, you drastically decrease its grip and contact with the road, directly affecting a car’s handling. Over time, an over-inflated tire will wear improperly and may burst.
- Putting less air in my tires in the winter is all it takes to increase grip.** Cold air naturally lowers your tires PSI. While a slightly lower PSI during winter can help with traction, it’s just as important to account for car weight load, manufacturer recommendations, and driver performance.
- You’ll know a tire is flat or needs attention when it starts to look deflated.** Other symptoms of bad tire health include slight vibration when driving or your car pulling to one side. Uneven tread wear can also point to alignment issues.
- Tires are only in really bad shape if they are bald or losing their tread.** Other physical signs of a tire in need of replacement include dry rot or cracking, which will generally occur after five or six years.
- If you drive over a really bad pothole and your tire survives, then it’s fine.** Any sudden force to one area of the tire, even a slight hit to a curb or pothole, can cause damage despite not being visible immediately. So even though your car survived a jolt, be extra wary for signs of bad tire health moving forward.

Find more information at www.oktire.com.

www.newscanada.com

TRIVIA: Did you know? In 1978 a grocer in Paris was sent to jail for two years for stabbing his wife with a wedge of hard cheese.

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327-4145

Fishing For Whiskey

“Poor Old fool,” thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he’d humor the old man and asked, “So how many have you caught today?”

The old man replied, “You’re the eighth.”

From A Prairie Home Companion



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Self Help Groups

Embracing Life’s Changes Coffee and Conversation Group

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

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 12th** at 2:00 pm in Room C & D.

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, November 15th** at 7:00 pm. There is also an alternative meeting date for this group if you prefer meeting in the afternoon. Come join them on **Monday, November 21st** at 1:00 pm in Room F (upstairs). For more information about either group call Vedna at 403-329-3766.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 p.m. in Room “A”. The next meeting is **Monday, January 30, 2017**.

Parkinson’s Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 pm. The next meeting will take

place on **Thursday, November 17th** in Room A. Karoline Balodis will be speaking about “Diet and Parkinsons.” For more information call the Parkinson’s office at 403-317-7710.

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. Kelly Munroe from Lethbridge and Area Stroke Team (LAST) will be speaking to the group on Wednesday, **November 9th** at 7:00 pm. For more information about the group call Louise at 403-394-6495 or by email at llandry@shaw.ca.

Alcoholics Anonymous Saturday Morning Eye Opener Group

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

Sunset Alcoholics Anonymous

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

SPECIAL SATURDAY PICKLEBALL
Saturday, November 26, 2016
10:00 am - 12:00 pm

FEE: By donation to help cover the cost of the Gym Rental.
(LSCO is required to pay a rental fee for the gym on weekends and evenings).
If you are interested please sign up at the Administration desk so we have an idea of how many may be participating. *Thank you.*

saturday

PICKLEBALL

DON'T MISS



KIDS! CELEBRATE
SEP 24-16 – JAN 15-17



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

The Agreement

Remembrance Day Film

call or check website for details



10

***Daytime Workshop**

Wednesdays

For Adults | **10:30–noon**



02
09
16
23

***Evening Workshop**

For Adults | 7–9 pm



03

***Café Galt**

Lecture | 2–3 pm



20

***Wednesdays at the Galt**

1st and 3rd Wed | 2–3 pm

Lecture for ages 55+



02
16

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

Tips to Help You Downsize

Whether you’re moving to a smaller new home or looking to make your current one feel larger, freeing up usable space is always a good idea. It’s even more important during the holiday season to accommodate guests and gifts. But sometimes expert help is necessary to decide what to toss and what’s worth keeping.

Tara Fingold, a Toronto-based interior designer, has been helping clients get the most out of their homes for over 20 years. Here are her top five recommendations for getting rid of clutter when downsizing in order to maximize your space and streamline your life:

- 1. Repositioning pieces:** Placing furniture in a room according to its function makes sense, but sometimes it’s best to get creative and reposition traditional pieces in untraditional ways. A living room chest of drawers could serve as a nightstand and provide you with additional storage in the bedroom.
- 2. Books:** If all your treasured books are taking up too much space, use a few favourites as décor. Place large hardcover books on a coffee table and add a decorative item on top of the stack for a true designer look. Opt for a cleaner aesthetic by removing the jackets from used books and line shelves both vertically and horizontally, leaving room for decorative elements like vases and candles between stacks. Save tons of space by storing books that don’t fit in digital format on a Kobo eReader.
- 3. Multifunctional pieces:** When downsizing, remember that many of your existing furniture pieces can serve more than one purpose. For example, you can combine the dining room and home office functions with a singly multipurpose table and using half of your buffet to store dinnerware and the other half to conceal paperwork.
- 4. Built-ins:** One of the best space-saving measures is to install floor to ceiling built-ins. It may be a big investment, but it’ll provide you with lots of storage and increase the value of your home. Be sure to customize the unit according to your individual needs.
- 5. Purging:** Only keep what you use on a regular basis and what you can store. Although we tend to collect pieces over time, it’s best to only keep what you need. Real estate is very costly, so be mindful to maximize every square foot.

www.newscanada.com

FROM THE GALT

“What to do about the returning soldiers?”

It’s November, time to think of Remembrance Day and the veterans. During both the First and Second World Wars, people were asking the question: “What to do about the returning soldiers?”

With thousands of veterans returning from the war, it became obvious that it would be necessary to find homes, jobs and opportunities for the service men and woman. In the First World War, the Canadian Pacific Railway (CPR), believing the government wasn’t doing enough, decided on its own plan.

The idea of Veterans Colonies, or Returned Soldiers’ Colonies as they were originally called, started to be planned by the CPR as early as 1916.

The CPR created a few of these colonies in Alberta including one at Tilley (St. Julien), and one by Bassano (Anzac). The Van Horne Colony started north of Coaldale in 1919. At Coaldale, twenty-five farms each of a quarter-section (160 acre) in size were built. “Each quarter section comprised eighty acres of pasture (sod) and eighty acres of cultivated land; and was provided with a two bedroom house, a large common living room and kitchen, an unfinished attic with access stairway from the living room and a small earthen basement beneath the house. A barn with a rear lean-to was also provided. Irrigation water, passed through a sand filter, supplied a six thousand gallon wood stave cistern which assured the farmstead of a potable water supply by means

of a hand pump.” (*Gem of the West*) Colonists had to pay a small down payment and sign an agreement for a loan at 8 percent interest compounded.

The colony, though, was not a success due to many factors such as a drought, lack of farming knowledge with many of the colonists and a poor economy. Within a decade the colonists had left their farms to move into the cities or to other forms of employment.

The same issues of supporting the veterans came to the front during the Second World War. At that time, a housing shortage led to a construction of large number of houses both during and immediately following the war. There are numerous war-time houses in the area south of Galbraith School and beside the Chinook Regional Hospital.

The Dieppe area of Lethbridge was set up in the late 1940s specifically for veterans. In fact, it was originally known as the Veterans’ Sub-division. A walk through the area highlights the link to the war as the streets are named for Second World War campaigns/battles in which Canadian forces participated. In time, when a school was constructed in the neighbourhood, it was named General Stewart Elementary after General John Smith Stewart, the highest-ranking soldier from Lethbridge to serve in the First World War.

The city provided 125 acres to develop the neighbourhood and land was divided into lots

for 100 veterans. The houses originally built in the area cost approximately \$7500 at the time they were constructed. The lots were large (1 acres each) with plenty of room for the families to have gardens where they could grow food for their own use. Over time those large lots were subdivided and the community densified.

While many houses were being constructed for veterans in the cities, the years following the Second World War also saw land once again being set aside for veterans. Veterans had to meet all of the conditions under the Veterans’ Land Act. The land was leased to the farmers with an option to purchase.

The community of Hays north-east of Taber was developed by the Prairie Farm Rehabilitation Administration (PFRA) in the late 1940s and early 1950s. West of Hays there is a road known by members of the community as Veterans’ Loop. Several veterans settled there when farm-land was offered to veterans. In this case, the farmers were more successful than those who settled on the Van Horne Colony after the First World War and some of the families still reside in the community.

These are just a few of the ways companies and the government stepped up for the veterans following the First and Second World Wars recognizing that their commitment to the soldiers didn’t end with the war. ★

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

Circuit Training

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

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

When: Tuesdays & Thursdays
Nov. 15 – Dec. 8

Time: 1:30 – 2:30 pm

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

Register by: Thursday, Nov. 10 (after this date add \$5)

Yoga

FOR MEN



Do you need some time just for you? Have you always wanted to try a beginner 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, Nov. 23 – Dec. 14
Time: 8:30 – 9:30 am
Fee: \$16 LSCO Members; \$24 NM
Register by: Monday, November 21 (after this date add \$5)



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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.

November 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Classic Legends 1:00 pm Chair Exercises 2:45 pm	2 Fun with Wii 1:00 pm Fit Walk 2:45 pm	3 Music with Sandy 1:00 pm	4 Music Program in Stage Area Classic Legends 12:30 ~ 2:00 pm	5
	6 7	8 Music with Hank 1:00 pm Chair Exercises 2:45 pm	9 Bowling Holiday Bowl 1:00 pm	10 Music with Floyd Sillito 1:00 pm	11 Remembrance Day LSCO Closed	
13	14 	15 Movie Time 1:00 pm	16 Horse Racing 1:00 pm	17 Music with Don Robb & Randy Epp 1:00 pm	18 Music Program in Stage Area Ray Sauer 12:30 ~ 2:00 pm	
20	21 	22 Travel with Geoff Bradshaw ~ 1:00 pm Chair Exercises 2:45 pm	23 Bowling Holiday Bowl 1:00 pm	24 Music with Los Gringos 1:00 pm	25 Music Program in Stage Area Randy Epp 12:30 ~ 2:00 pm	26
27		29 Cards & Dice 1:00 pm Chair Exercises 2:45 pm	30 Fun with Wii 1:00 pm Fit Walk 2:45 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.						



WHAT CAN I DO TO PREVENT A FALL?

- Work on your strength, balance, and flexibility 30 minutes each day
- Get your vision and hearing checked regularly
- Review your medications with your pharmacist
- Eat a variety of nutritious foods
- Complete a home safety checklist
- Keep an active social life

Tours for Seniors!



Join us for a presentation with Kelly of **WestWorld Tours** and learn about Australia, Alaska, Haida Gwaii, Black Hills, Cruise/Tour packages & more, designed specifically for ‘Seniors’!

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Going Unnoticed

Curious when I found two black-and-white negatives in a drawer, I had them made into prints. I was pleasantly surprised to see they were of a younger, slimmer me taken on one of my first dates with my husband.

When I showed him the photographs, his face lit up. “Wow! It’s my old Plymouth.”

~ Reader’s Digest

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Fall leaf collection on now!



CITY OF
Lethbridge

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If your garbage collection day falls on...

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:



October 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	2	3	4	5	6	7
Out by 7 am!		Leave it out until picked up				
	8					
	9	10	11	12	13	14
Out by 7 am!		Leave it out until picked up				
	15					
	16	17	18	19	20	21
Out by 7 am!		Leave it out until picked up				
	22					
	23	24	25	26	27	28
Out by 7 am!		Leave it out until picked up				
	29					

November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30	1	2	3	4	5
Out by 7 am!		Leave it out until picked up				
	6	7	8	9	10	11
Out by 7 am!		Leave it out until picked up				
	12					
	13	14	15	16	17	18
Out by 7 am!		Leave it out until picked up				
	19					
	20	21	22	23	24	25
Out by 7 am!		Leave it out until picked up				
	26					
	27	28	29	30		

Visit Lethbridge.ca/YardWaste for more info or call (403) 329-7367

Family Violence Prevention Month

Once again it is November, and time to recognize Family Violence Prevention Month in Alberta. This year marks the 30th anniversary of this important initiative brought about by concerned Alberta citizens hoping to make a difference by drawing attention to the issue. The theme for 2016, *Reach out, Speak Out* encourages all Albertans to become a part of the larger effort to address family violence, and recognizes that everyone has a role to play in preventing abuse and building healthy relationships.

The definition of family violence varies across organizations and governments. According to the Department of Justice in Canada, “family violence is when someone uses abusive behaviours to control and/or harm a member of their family, or someone with whom they have an intimate relationship. It may include a single act of violence or a number of acts that form a pattern of abuse”¹ www.justice.gc.ca. In the government document entitled “Family Violence Hurts Everyone: A Framework to end Family Violence in Alberta”, the definition becomes more specific and focuses on “the abuse of power within relationships of family, trust or dependency”, which would include abuse inflicted on older adults, or elder abuse. While the definition of family violence therefore includes the types of abuse we see that impacts older adults,



LEARN
Case
Manager

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

and the profile of those who perpetrate such abuse, there are also additional complex circumstances that are considered with respect to this type of violence.

The provincial campaign that runs throughout the month of November focuses on three key areas designed to help prevent the ongoing issue of abuse:

- 1) **Awareness and education** – Information is available through various forms of media (print, electronic, public awareness events) that provides definitions and indicators of violence as well as opportunities to sponsor or attend awareness events and activities in communities across the province;
- 2) **Support** – Information on how to support

- someone who is experiencing family violence as well as available resources at the municipal and provincial levels; and
- 3) **Advocacy.** Opportunities for those impacted by family violence, as well as those who support them, to have their voices heard in the ongoing efforts to reduce or eliminate the problem.

We have come a long way in 30 years to highlight the issue of family violence and take steps to address it, but we still have a long way to go. Let’s all play our part. For more information, go to:

- www.dvat.ca – The Domestic Violence Action Team in Lethbridge.
- www.familyviolence.alberta.ca – The Government of Alberta Website.

And, as always, if you or someone you know is experiencing abuse, please give LEARN a call. *Reach out. Speak out. Be silent no more.*

The Lethbridge Elder Abuse Response Network is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Tanya Purdy-Fischer, at (403) 394-0306 or learn@lethseniors.com.

5 ways to pay it forward this holiday season

(NC) It turns out that seeing others do good helps inspire us to pay it forward. Show your thanks for what you have by giving back this season through one of these five simple ways to make a difference.

1. Give a charitable gift. The Canadian Red Cross has a variety of options

available for your donation, like family groceries. Healthy, nutritious food is always a welcome relief for anyone recovering from a personal disaster like a flood or house fire.

2. Volunteer your time at an organization that you care about.

3. While doing your grocery shopping, pick up extra items that can be donated to a local food bank. Proteins and healthy grains are most needed. Or pick up feminine hygiene products to give to a women’s shelter – essential items that are often forgotten about.

4. Spread the cheer and visit a retirement home to spend quality time with residents.

5. Take your family caroling in the community and make sure to visit any neighbours who may not be spending time with family and friends this season.

Computer Corner by Sjoerd Schaafsma

Transferring Photos from a Mobile Device to a PC or other Mobile Device – Part Four – Wireless

I had no idea this topic would go on for four months. This will be the last one.

Text: If you text, you can transfer files by selecting a picture and texting it to a contact.

On an **iPad or iPhone:** AirDrop, which is available in Mac OSX10.7 and iOS 7 and up, enables the direct transfer of files among supported Macintosh computers and iOS devices

iOS devices: Free programs I use:

Wifi Photo – your mobile device photos all show up by album and camera roll in your PC browser. You select the photos and they get transferred in a .zip file. You need to be at your computer in the same network.

iTransfer – gives options to transfer multiple photos via email (free) or to: Dropbox, Google Drive, and OneDrive, (requires paid version \$6.99)

ImageTransfer – select multiple photos and send them to a computer or other iOS device (requires ImageTransfer app on both iOS devices) or a browser in the same network. It also transfers files to Dropbox, GoogleDocs, and Flickr.

Android – I don’t use an android, but a Google search for “how to transfer photos from android to pc using wifi” brings up lots of options. The Google Play store has several free WiFi File Transfer apps.

Details on how to use the apps can be found in the apps themselves or by doing a Google search for ‘how to use’ then the name of the app.

Here are some examples of Google searches for more ways to do photo transfers: *don’t always grab the first hits, they are usually paid ads.*

Transfer pictures from an iPad to a pc

Transfer photos from iPad to pc using wifi

Transfer Photos and Videos from iPad to PC via Wi-Fi for FREE

The 3 Fastest Ways to Get Photos from an iPad to a Mac or Windows

The Monthly Tip: If you have scrolled through multiple pages of apps on an iPhone or iPad, tapping the HOME button once will bring you back to the home screen

The Computer Corner can be read online at the Computer Club tech site <https://goo.gl/pjZz3J>, the short form of <https://sites.google.com/site/oldfolkscomputers/home>

Direct your comments to: saltidae@gmail.com

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TRIVIA: Did you know? George Bush said: “I’m the president of the United States and I’m not going to eat any more broccoli.”

Computer Club
WORKSHOPS

November 2016

The Computer club is still trying to line up some workshops.
The lab computers are fixed.
If you are interested in helping with software updates or presenting a workshop please contact: computerclub@lethseniors.com
Wednesday, November 2nd, 1:00 pm – Vivian Hnatiuk Personalizing Your Desktop Workshop
More details will be provided in the Computer club emails.
If you have suggestions for workshops or classes please email computerclub@lethseniors.com.



HOLIDAY STRESS LESS

Tips for Enjoying the Holiday Season

LSCO and AHS Addiction and Mental Health Program

Monday, December 5 & 12, 2016



1:30 - 2:30 pm ~ Room C & D ~ LSCO

What to expect:


- Reminders and Re-thinkers for the holidays
- Suggested hints and tips to take home and use
- Circles of Support
- Why are we stressed this time of year?
- Holiday laughter!!

Join us to learn tips to deal with the stress during the holiday season and have the opportunity to socialize and gain a sense of support and well-being.

For more information or to register for the sessions, call 403-320-2222 or stop by the Administration Desk.





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



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Member of Parliament For Lethbridge






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TRIVIA: Did you know? If the population of China walked past you in single file, the line would never end because of the rate of reproduction.

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Family Involvement In Health Care

I took a friend to a late evening appointment at the hospital this week for an MRI and it was the first time I had entered the hospital since my father passed away. I have talked a little about my parents in my articles in the past and I feel that based on the current economic realities it is a good time to share a few thoughts with you around my experience and concerns with Health Care.

My concerns based on the current economic realities in our province is that they may have to restructure or reduce health care costs in some areas; it is simply not sustainable. There appears to be a need to evaluate and restructure even if the current levels of care provided can be maintained. As families we often don't know what the future will bring which is also what happens when we assist aging parents with their health care. We cannot predict what the future holds therefore we need to do the best we can to assist and monitor before crisis occurs. For some, our parents may struggle for years in the last phase of their life with physical and/or mental illness.

I played the key role in my parent's health care for over 15 years. My mother had a very complex medical profile over the course of her life. She suffered with bi-polar disorder and post-traumatic stress. Her illnesses took her in and out of psychiatric care, frequent trips to the hospital and long stays. She also had pulmonary fibrosis and was oxygen dependent the last 5 years of her life which brought the challenges of restricted travel outside of the home and constant monitoring. There were many other health challenges that she faced, as she aged, including stomach cancer and a high level of dementia and psychotic episodes. She required 24 hour care the last 3 years of her life even though she was living at home with my father. Mom required a live in caregiver and our family provided respite care on weekends.

My father on the other hand was really healthy over the course of his life until his last 2 years.



Life Design

Connie-Marie Riedlhuber
Transition Specialist
& Life Designer

Life Design Network
www.lifedesignnetwork.ca

A sudden fall at home due to an undetected infection left him in serious condition. The infection was treated effectively but he never was able to walk or care for himself after that and ended up wheel chair dependent in assisted living care at 90 years of age.

I believe experience is a good teacher and I have learned a lot supporting my parent's health care. I believe family assistance and monitoring is essential. I have spent hundreds of hours in the emergency ward and made far too many calls for an ambulance. My mother's hospital stays were long term in the psychiatric and geriatric units and her diagnosis filled with problem solving and unending inconsistencies. Her file reads like a book and at one point I attended a review meeting where she had 9 attending doctors, social workers and a home care manager involved in her geriatric care.

If I were to make it as easy as possible to help your family, I would tell you that the health care system is complex and family members need your support to maneuver it. Become informed and participate in appointments wherever possible. I made it simpler by having my parents see the same physician and I would take them together for appointments. I worked with them and their physician to keep their quality of life the best possible but not to continue with an unreasonable amount of assessments, testing and medications. I also did what I could to make sure their wishes for end of life care were respected. Ask questions, engage and partici-

pate with the system sharing information and coordinating services. Also, be respectful of health care providers because of the ups and downs, especially during crisis and at end of life. Diagnosis and treatments are difficult and often we see unexpected outcomes.

Be involved and have a family approach to care before its actually needed especially if there have been health issues already to indicate special living options may be required. It's also important to have family conversations around individual family members level of participation and responsibilities. Talk to your parents before the urgency is there and while they have the ability to make their own decisions. This is even more vital once one parent has died and the other is left on their own.

Ask yourself how you can make a difference and seek support and services when you are unable to be there for them. Not all family members will be willing or able to assist. As a family member if you provide support do your best for there is much more at stake than health care. Our ability as a family to support my parents was a gift that had a valuable return in their life for it provided them with security to know that we were there and that they were safe. We increased the continuity and consistency of care. We enhanced their quality of life and maintained their dignity. We engaged, communicated and thereby increased their support and understanding to their health care providers. They were given the gift of knowing that they really mattered to us. Family involvement in health care is an important part of their journey and a matter of the heart. ★

Connie-Marie is a compassionate Life Coach known for her loving and inspiring presence and her ability to support others. She has guided individuals and families for over 30 years, has a passion for helping others and cares about your life and your family.

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TRIVIA: Did you know? In 1493, Columbus thought he saw mermaids. They were "not as pretty as they are depicted, for somehow in the face they look like men." (Probably manatees.)

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