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Join Us for

LSCO CLOSED
SEPTEMBER 5

**BETTER CHOICES
BETTER HEALTH**
starts SEPTEMBER 13

**PROGRAM COMMITTEE
MEETING**
SEPTEMBER 20

**FREE NECK & SHOULDER
MASSAGES**
SEPTEMBER 21

**CONVERSATIONAL
SPANISH CLASS**
starts SEPTEMBER 26

5th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization

Due to delays in parking lot reconstruction

Live Well Showcase

POSTPONED

Until MAY 2017

SHOPPERS HomeHealthCare®

Monday - Friday
8:30 am - 5:00 pm

Saturday
Closed

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Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

At press time for the *LSCO Times*, the parking lot reconstruction is at least two weeks behind schedule. In order to be fair to our exhibitors, sponsors, volunteers and staff, we have decided to postpone the Live Well trade show until May. We explored moving the show off-site as well as alternate parking arrangements, but the show's popularity creates a need for a minimum level of parking to accommodate our

regular activities as well as the show. The alternatives we looked at were untenable for ease of access, safety, organizational support and volunteer/exhibitor lounge areas.

As the parking lot will not be completed in time for our Fall program season, I ask that our members be patient with this disruption and remember that every day brings the project closer to completion. Please continue to use the east row of parking stalls in the City Hall parking lot, parking spots along 11th Street and non-metered spots in the neighbourhood.

Remember that we also have the Go Friendly Shuttle (in partnership with City of Lethbridge FCSS, Lethbridge Transit and Nord-Bridge). For the price of one fare on your Breeze card, you can have a ride from your house to LSCO... without the hassle of parking. Talk to Kari or Diane at the front desk for more information. ★

Sorry we will be

CLOSED

Monday
September 5th
for Labour Day

TRIVIA: Did you know? Bats always turn left when exiting a cave.



LINE DANCING FOR BEGINNERS

This is the perfect class for the beginner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that's reason enough for men and women to get their dancing shoes on.

When: Thursdays, Sept. 22 – Nov. 24
Time: 1:15 – 2:15 pm
Fee/session: \$33 LSCO M; \$50 NM ~ Drop In Not Permitted
Register by: Monday, Sept. 19 (after this date add \$5)



LSCO LETHBRIDGE Senior Citizens ORGANIZATION

GIFT CARD

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

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Quote code **574**

www.lifeline.ca

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

PHILIPS Lifeline

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In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE









In recognition for the ongoing support of LSCO Meals on Wheels









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

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

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

LSCO 403-320-2222

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Prep/Line Cook – Blair Romaniuk. ext. 27
Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com. ext. 32
Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

**For all your health inquiries, call the Chinook
Health LINK number 1-866-408-LINK(5465)
It's free!**

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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



Vector images designed by Freepik

LSCO Vision Statement

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

*Welcome
New Members!*

Marion Goller
Victor Clarke
Freda Wapple

*A Smile is the Universal
Welcome.*

**FITNESS CENTRE
SEPTEMBER HOURS**

MONDAY ~ FRIDAY
8:00 AM ~ 4:15 PM
SATURDAYS & SUNDAYS
CLOSED

**FITNESS CENTRE HOURS
WILL CHANGE IN OCTOBER**

Memberships & Program Information

MEMBERSHIPS

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

SENIOR 12 Month Memberships
Individuals 55 years +

- Renewal \$50
- New Member \$53

ADULT 12 Month Memberships
Individuals 35 – 54 years

- Renewal/New Member \$90

FITNESS CENTRE

LSCO Member Fees

- 1 month..... \$18
- 6 months..... \$99
- 12 months \$180

Non-Member Fee

- 1 month..... \$27

10X CLASS/FITNESS PASS
This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Pass holders have access to dropping into the following classes: Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold, Zumba. Review the class information including the description to determine whether it is right for you. Please ask for additional information. ***This pass will expire December 31, 2016.***
Fee: \$55 LSCO Member; \$65 Non-Member

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.

REGISTRATION INFORMATION

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

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 previous years pass)
- NEW..... \$13
- Day Parking Pass \$3

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

**WE NOW ACCEPT VISA, MASTERCARD &
INTERAC PAYMENTS AT THE ADMINISTRATION DESK!**

LSCO Times Publishing Schedule

Issue	Deadline
October 2016	September 16
November 2016.	October 14

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



Food
Services
Coordinator

Farron Matthews

catering@lethseniors.com

403-320-2222 ext. 27

We would like to thank our members and guests for supporting the dining room during the parking lot reconstruction and during the closure of the gyms while maintenance is being done.

As you can imagine, attendance has been low and as a result we have chosen to offer a well balanced menu with as much variety as possible.

We would like to remind readers that we provide catering services onsite. If you are in need of this service please contact us. Feel free to visit www.lethseniors.com for catering options and additional information.

We look forward to seeing everyone soon for a bite to eat, coffee and a visit. Have a great September!

Thank you from the Kitchen Crew. ★



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Breakfast
for Everyone
at LSCO

8:00 – 10:00 a.m.
Monday – Friday

\$6.00



~ Cash Only ~
Non-Members
add 15%

September is World
Alzheimer's Month!

September 2016 will mark the fifth global World Alzheimer's Month™, an international campaign to raise awareness and challenge stigma.

The theme for World Alzheimer's Month 2016 is *Remember Me*. We are asking you to get involved by sharing your favourite memories, or memories of a loved one, on social media this September with the hashtags #RememberMe #WAM2016.

LIMITED MENU

Dining Room

Due to the parking lot reconstruction, we will be serving a limited menu.

Full Breakfast Menu
8:00 – 10:00 am

Full Grill Menu
11:00 am – 1:00 pm

+

Soups, Salads
and Sandwiches

MENU FOR SEPTEMBER 2016									
Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal • The dining room is CASH ONLY									
Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice									
Live Well Showcase					Thursday, Sept. 1		Friday, Sept. 2		
A TRADE SHOW FOR ACTIVE AGING					Entree:	Chicken a la King	Entree:	Beer Battered Cod	
POSTPONED UNTIL MAY 2017					Potato:	Egg Noodles	Potato:	Mashed	
					Sandwich:	Denver	Sandwich:	Denver	
					Salad:	Cottage Cheese & Fresh Fruit	Salad:	Cottage Cheese & Fresh Fruit	
Monday, Sept. 5		Tuesday, Sept. 6		Wednesday, Sept. 7		Thursday, Sept. 8		Friday, Sept. 9	
LSCO CLOSED for Heritage Day		Entree:	Veal Cutlet	Entree:	Chicken Cordon Bleu	Entree:	Pork Tourtière	Entree:	Turkey Paprikash
		Potato:	Mashed	Potato:	Rice Pilaf	Potato:	Steamed	Potato:	Steamed Dumpling
		Sandwich:	Veggie Wrap	Sandwich:	Veggie Wrap	Sandwich:	Veggie Wrap	Sandwich:	Veggie Wrap
		Salad:	Chefs Salad	Salad:	Chefs Salad	Salad:	Chefs Salad	Salad:	Chefs Salad
Monday, Sept. 12		Tuesday, Sept. 13		Wednesday, Sept. 14		Thursday, Sept. 15		Friday, Sept. 16	
Entree:	Baked Salmon	Entree:	Mild Curry Chicken	Entree:	Beef Stew	Entree:	Roast Ham	Entree:	Turkey Schnitzel
Potato:	Half Baked Potato	Potato:	Rice	Potato:	Steamed	Potato:	Sweet Potatoes	Potato:	Spaetzle Dumpling
Sandwich:	Open Faced Philly	Sandwich:	Open Faced Philly	Sandwich:	Open Faced Philly	Sandwich:	Open Faced Philly	Sandwich:	Open Faced Philly
Salad:	Blueberry Kale	Salad:	Blueberry Kale	Salad:	Blueberry Kale	Salad:	Blueberry Kale	Salad:	Blueberry Kale
Monday, Sept. 19		Tuesday, Sept. 20		Wednesday, Sept. 21		Thursday, Sept. 22		Friday, Sept. 23	
Entree:	Crispy Baked Chicken	Entree:	BBQ Pork Chops	Entree:	Roast Beef	Entree:	Baked Lasagna	Entree:	Baked Tilapia
Potato:	Spicy Wedges	Potato:	Mushroom Rice	Potato:	Mashed	Potato:	Garlic Toast	Potato:	Steamed
Sandwich:	Reuben	Sandwich:	Reuben	Sandwich:	Reuben	Sandwich:	Reuben	Sandwich:	Reuben
Salad:	Broccoli Mandarin	Salad:	Broccoli Mandarin	Salad:	Broccoli Mandarin	Salad:	Broccoli Mandarin	Salad:	Broccoli Mandarin
Monday, Sept. 26		Tuesday, Sept. 27		Wednesday, Sept. 28		Thursday, Sept. 29		Friday, Sept. 30	
Entree:	Teriyaki Pork Drummies	Entree:	Pepper Steak	Entree:	Lemon Pepper Sole	Entree:	Roasted Chicken	Entree:	Cabbage Rolls
Potato:	Steamed Baby Reds	Potato:	Buttered Rice	Potato:	Roasted	Potato:	Pesto Noodles	Potato:	Perogies
Sandwich:	BLT	Sandwich:	BLT	Sandwich:	BLT	Sandwich:	BLT	Sandwich:	BLT
Salad:	Chicken Taco Salad	Salad:	Chicken Taco Salad	Salad:	Chicken Taco Salad	Salad:	Chicken Taco Salad	Salad:	Chicken Taco Salad

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."



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Domingo Doria
RCIC# R515959
dom@dadimmigration.com


DROP IN FEES

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Chair Yoga	\$3.00	\$5.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

(Fitness Centre closed Saturdays for September).
Late hours begin in October, 2016.

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:
Time:
Fee/session:
Register by:

Session 1: Wednesdays, Oct. 5 – 26
Session 2: Wednesdays, Nov. 2 – 23

2:00 – 3:30 pm
\$15 LSCO M; \$30 NM
Session 1: Monday, Oct. 3
Session 2: Monday, Oct. 31
(after these dates add \$5)

play
PICKLEBALL

CONVERSATIONAL
SPANISH

Whether you are a traveler and want to learn just enough Spanish to survive a visit to beautiful Mexico, or are interested in learning another language consider registering for this beginner class. Participants will learn grammar and common sentences in a comfortable environment. All Spanish classes are taught by Martha Montgomery who is from Mexico City.

Afternoon

When: Monday, September 26 – November 21 (no class Oct. 10)
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, September 22

Evening

When: Monday, October 17 – December 5
Time: 6:00 – 8:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, October 13

SPANISH: THE NEXT STEP

Participants in the past Conversational Spanish classes are encouraged to register for this class if you are interested in furthering your Spanish speaking skills.

Afternoons

When: Tuesday, September 27 – November 15
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, September 22


Terry Fox Run is Sunday, September 18, 2016

Registration at 11am. Run, bike or walk noon to 2pm.

Location: Kiwanis Picnic Shelter at Henderson Lake. Site is accessible to: bicycles; wheelchairs; rollerblades; dogs. Route distance: 3km, 5km or 10km. For info please e-mail info@terryfoxrun.org.

Introduction to Your iPad

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.



When:
Time:
Fee:
Register by:

Tuesdays & Thursdays, September 20 – October 6
1:00 – 3:00 pm
\$40 LSCO M; \$60 NM
Thursday, September 15 (after this date add \$5)

AgeCare

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Signature: _____ Date: _____

A detailed black and white drawing of a small bird, possibly a finch or sparrow, perched on a thin branch. The bird is facing right, with its head slightly turned. It has a large, dark eye, a small beak, and a dark cap. Its body is covered in fine, dark lines, suggesting feathers. The branch it sits on has several red flowers with five petals each, and some small red dots are scattered around the flowers. The background is plain white.

Thursdays
September 22 – October 27
9:15 – 10:00 am
\$17 LSCO M; \$24 NM
Monday, September 19
(after this date add \$5)



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As school days are about to begin and the summer has quickly passed, my memories take me back to my school days with friends, homework and exams. Back when I was young, summer seemed to drag forever. Now, in a blink of an eye its over and fall is looking at us. However, I would like to reminisce for just a very short time on my school exams. I do wish I would have taken more interest in school and tried a little harder. I think everyone would have liked to have gotten a better mark, especially on the final exam. A recent article relates to most of us in getting 80% on the final. Some of us however, focus on the 20% we missed and not on the 80% we got right.

As in life, we focus too much on the negative and not enough on the positive. Granted, we are only human, but I would like to think as



President’s Message

Clifford (Charlie) Brown


we age our thoughts would be geared toward the upside of life in all things. In some professions the certificate on the wall indicates only a passing grade and not any mark obtained on the final exam and isn’t that what we would all like to achieve? A passing grade. How nice for them that are able to hang that

piece of paper somewhere for all to see. To me, that is a positive outlook in their lives. If by chance they didn’t get 100%, what does it matter? They accomplished their goal and have now moved forward.

Hopefully we can be the same and see all the good things in life and have a positive attitude even with all the nasty events going on around us in the world.

For those of us that didn’t really care for the exams in younger years, LSCO offers quite a few classes geared to all ages, with no exams at the end. How good is that? I do hope you would take the time to look at what is offered to everyone and please stay positive! ★

Closing Thought:
Never confuse education with intelligence.



GENTLE NIA

Gentle Nia is all things deliciously Nia – joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility.

When: Thursdays, Sept. 29 – Dec. 1
Time: 3:30 – 4:30 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Tuesday, Sept. 27 (after this date add \$5)

CHAIR NIA


Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual well-being.

When: Thursdays
Sept. 29 – Dec. 1
Time: 2:30 – 3:30 pm
Fee: \$55 LSCO M; \$82.50 NM
Register by: Tuesday, Sept. 27 (after this date add \$5)

CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you.

When: Thursdays
Sept. 29 – Dec. 1
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Tuesday, Sept. 27 (after this date add \$5)



Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle. Classes will be held in the All Purpose Room.

Mondays

When: Sept. 19 – Nov. 28 (no class Oct. 10)
Time: 10:00 – 11:15 am

Fee: \$45 LSCO Members; \$65 NM
Instructor: Michael Pollard
Register by: Friday, Sept. 16 (after this date add \$5)

Wednesdays

When: Sept. 21 – Nov. 30
Time: 10:00 – 11:15 am
Fee/session: \$45 LSCO Members; \$65 NM
Instructor: Leigh Monette; Barb Huston
Register by: Monday, Sept. 19 (after this date add \$5)

Better Choices Better Health

Better Choices, Better Health is a free 6-week course that offers support to people who have ongoing chronic health conditions, or are at risk of developing a condition like:

- high blood pressure • asthma • heart disease
- arthritis • obesity • chronic pain • diabetes
- cancer • stroke • COPD • mental health concerns
- and many others

Adult family members and caregivers are also welcome.




The course covers how to deal with depression and difficult emotions, how to think positively, improving your communication skills, eating healthier, working on weight issues, controlling pain and fatigue, being active, preventing falls, breathing easier, using distraction, making action plans, solving problems, brainstorming ideas, ways to improve sleep, and how to work better with your Health Care Provider.

Tuesdays, September 13 to October 18

9:00 to 11:30 am


LSCO ~ Room A ~ 500 - 11th Street South

Individuals wanting to take part in the course need to register in advance. No cost. **To register please contact South Zone Registration in Lethbridge 403-388-6654 or toll free 1-866-506-6654.**



Are You On Your Own?

Come Join Us for the



Cooking, Conversation & Companionship

A six week cooking class for individuals who live alone.

Instruction will be given each week to create simple, healthy meals to be taken home. The six week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Monday, Sept. 19, Oct. 3, 17, 24, 31 & Nov. 7
Time: 2:30 pm
Where: McKillop United Church
2329 15th Avenue South
Register by: September 12

This is a joint partnership between McKillop United Church and LSCO.

LSCO Chefs Farron or Jody will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the 3 C's is \$50 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration.

Call Marlene at Lethbridge Senior Citizens Organization to register. 403-320-2222 ext. 25

Lethbridge
HEARING CENTRE

&

LSCO

present

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Choreographer: Joy Ackerman

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Sunday Matinee

October 16 ~ 2:00 pm

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Tickets available at the Ticket Centre 329-SEAT (7328)

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LSCO is the place
to be!

A good mix of programs & activities
to get involved in.

Fair prices for both members
& non-members alike.

A welcoming cafeteria for hot meals or
just doing coffee with friends.

A well managed centre & friendly staff
equals a win, win for everyone.

~ Rhonda M.

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Rape Aggression Defense Training



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

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. This class is ideal for senior women. Wear comfortable clothing and footwear.

When: Tuesdays, October 4, 18, 25

Time: 1:30 – 3:30 pm

Fee: \$45 LSCO M; \$67.50 NM

Register by: Thursday, September 29 (after this date add \$5)

Instructor: Dan Walton (retired police officer, certified instructor)

Note: Refunds/credits will not be given after September 29

RETIREMENT LIVING:

More Affordable Than You Might Think

Living in a retirement community not only brings peace of mind to you and your family but allows you to better manage your budget. All of your current fluctuating monthly expenses can become one stable cost.

Most retirement living communities have standard set fees for rent, food, laundry, and housekeeping with an annual increase to keep up with inflation. Some, like AgeCare Columbia, have all-inclusive pricing so there are no hidden or a la carte fees. This

means you don't have to worry about the continually rising costs of utilities, food, and taxes. Plus if you move in by August 31st you can have the same monthly rate for 3 years (*no yearly increases!*).



We invite you to compare your current cost of living with our all-inclusive monthly rent at AgeCare Columbia. You may discover that it is no more expense to live here than is in your current home and for some it might even be more affordable.

	Your Current Costs	Our Community
Mortgage or Rent	\$ _____	Private suites, no lease required
Utilities (Gas, Water, Electric)	\$ _____	Included
Home & Yard Maintenance	\$ _____	Included
Insurance & Property Taxes	\$ _____	Included
Groceries & Dining	\$ _____	Included: Breakfast, Lunch & Dinner
Housekeeping	\$ _____	Included: Weekly housekeeping
Laundry	\$ _____	Included: Sheets & Towels + Free laundry machines
Security & Emergency Response System	\$ _____	Included: Staff on-site 24-hour
Entertainment & Fitness	\$ _____	Included: Daily activities that enrich the mind, body and spirit, plus outings




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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.

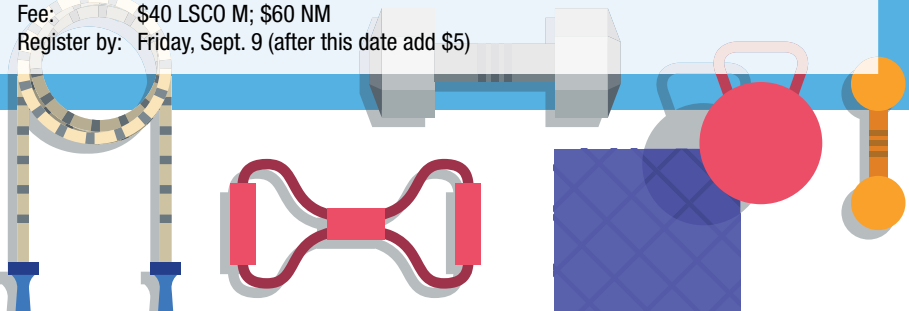
When: Wednesdays, Sept. 21 – Nov. 2
Time: 8:30 – 9:30 am
Fee: \$28 LSCO Members; \$42 NM
Register by: Monday, September 19 (after this date add \$5)

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, September 13 – October 6
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Sept. 9 (after this date add \$5)



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yoga blend

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

When: Thursdays
Sept. 22 – Oct. 27
Time: 12:05 – 12:55 pm
Fee: \$33 LSCO M; \$42 NM
Register by: Tuesday, September 20 (after this date add \$5)

Special Needs Assistance Program – Alberta Seniors Benefits

As of July 1st the new income thresholds are in place for the Special Needs Program. This program is available to help seniors with the cost of appliances, and specific health and personal supports.

	Primary/ Secondary	Primary Only	No Funding
Single Senior	\$0 - \$22,565	\$22,566 - \$26,965	Over \$26,965
Couple	\$0 - \$35,585	\$35,586 - \$43,785	Over \$43,785

The Special Needs Assistance program has also changed. The home repair section of their program has now become part of the new Seniors Home Adaptation & Repair Program (SHARP). SHARP provides low-interest home equity loans for home repairs, adaptations and renovations that help seniors:

- stay in their own homes
- be safe in their homes
- adapt and modify their homes to improve accessibility and mobility
- improve the energy efficiency of their homes.

LSCO has available the new Special Needs Assistance program booklets and the information and application for the SHARP program. You can also go to the Alberta Supports Centre at the Provincial Building, 200 - 5 Avenue South for this information.

Friday Music Program

Due to the parking lot construction taking place we will not have any Friday Music Program until **September 30th**. On September 30th it will be Ray Sauer and Colin Towells playing.

The 3 C’s – Cooking, Conversation & Companionship

This is a six week cooking class where instruction will be given each week to create simple,



Support Services Coordinator

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

healthy meal to be taken home. These sessions offer the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships. This program starts on Monday, September 19th at 2:30 pm.

The classes take place in the kitchen at McKillop United Church, 2329 -15th Avenue South. The cost for the program is \$50. Individuals wanting to be a part of this program need to register by September 9th by calling LSCO 320-2222 extension 25. Payment is due at the time of registration.

Community Partnerships

Information on Law

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on Wednesday, September 14th. The law firm of **Alger Zadeiks Shapiro** offers 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 LSCO on **Wednesday, September 21st** 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.

Reflexology Appointments

Brenda & Linda, Reflexologists will be here on **Friday, September 16th**. 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, September 8th**.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at the LSCO on, **Friday September 9th & 23rd** 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 LSCO.

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, September 6th & 20th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to LSCO. To book and appointment for a home visit, call 403-915-1800.

Qigong

Qi means “life energy” and gong means “work”; together Qi Gong means working with life energy. The class will practice various QiGong exercises such as Tai Chi/QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

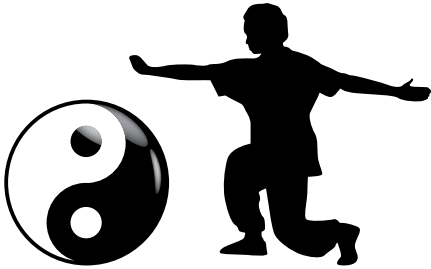
When: Tuesdays & Thursdays
September 20 – December 8
(no classes Oct. 11 & 13)

Time: 10:15 – 11:15 am

Fee: \$66 LSCO M; \$99 NM

Instructor: Dave Scotland

Register by: Friday, Sept. 16 (after this date add \$5)



CLASSIFIED ADS

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

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

Anyone interested in forming group for discussion only relating to **stock market investing**, please call Marge (403-317-1772), email mseskus@telus.net

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Special Interest

CONVERSATIONAL SPANISH

Whether you are a traveler and want to learn just enough Spanish to survive a visit to beautiful Mexico, or are interested in learning another language consider registering for this beginner class. Participants will learn grammar and common sentences in a comfortable environment. All Spanish classes are taught by Martha Montgomery. Martha is from Mexico City.

Afternoon

When: Monday, Sept. 26 – Nov. 21
(no class Oct. 10)
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Sept. 22
(after this date add \$5)

Evening

When: Monday, Oct. 17 – Dec. 5
Time: 6:00 – 8:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Oct. 13
(after this date add \$5)

SPANISH The Next Step

Participants in the past Conversational Spanish classes are encouraged to register for this class if you are interested in furthering your Spanish speaking skills.

Afternoons

When: Tuesday, Sept. 27 – Nov. 15
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Sept. 22
(after this date add \$5)

BASIC SELF DEFENSE for Older Adult Women

Rape Aggression Defense Training

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

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. This class is ideal for senior women. Wear comfortable clothing and footwear.

When: Tuesdays, Oct. 4, 18, 25
Time: 1:30 – 3:30 pm
Fee: \$45 LSCO M; \$67.50 NM
Register by: Thursday, Sept. 29
(after this date add \$5)
Instructor: Dan Walton (retired police officer, certified instructor)
Note: Refunds/credits will not be given after Sept. 29

BASIC SELF DEFENSE for Women Rape Aggression Defense Training

This class is designed for females 18 years and older. They will be taught defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense

tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. Wear comfortable clothing and footwear.

When: Thursday, Sept. 29; 6:00 – 9:00 pm &
Saturday, Oct. 1; 9:00 am – 3:00 pm
Fee: \$45 LSCO M; \$67.50 NM
Register by: Friday, Sept. 23
(after this date add \$5)
Instructor: Dan Walton, retired police officer, certified instructor)
Note: Refunds/credits will not be given after Sept. 23

Introduction to NORDIC WALKING

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather. We will meet in Gym 2 and then take our walking outside. If you do not have poles they will be supplied.

When: Fridays, Sept. 23, 30 Oct. 7
Time: 10:30 – 11:15 am
Fee: \$6 LSCO M; \$12 NM
Register by: Tuesday, Sept. 20
(after this date add \$5)

NORDIC WALKING EVENT

If you have taken a Nordic Walking/Urban Poling class at LSCO please join us for a morning group walk. We will meet in Gym 1 and proceed outside for a walk around the track and for those interested continue through the neighborhood streets. Participants are welcome to walk as long as they like however, after an hour, refreshments will be available. Dress appropriately for the weather and of course bring your poles. The event is free but please register at the Administration Desk or email: shamilton@lethseniors.com

When: Thursday, September 15
Time: 9:00 – 10:00 am (walk)
10:00 – 11:00 am (refreshments)
Fee: FREE
Register by: Tuesday, September 13

Exercise & Movement

ACTIVE AGING

Let's get the fall started with a total body workout. A variety of exercises and equipment will be used. Participants will be encouraged to work at their own pace. All fitness levels welcome.

When: Wednesdays, Sept. 7 – Oct. 5
Time: 8:15 – 9:00 am
Fee: \$25 LSCO M; \$34 NM
Register by: Tuesday, Sept. 6

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Monday classes focus on strength training,

Wednesday on aerobic fitness. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

When: **Session 1:** Mondays & Wednesdays
Oct. 12 – Nov. 9
Session 2: Mondays & Wednesdays
Nov. 14 – Dec. 14
Time: 8:00 – 8:50 am
Fee/session: \$45 LSCO M; \$65 NM
Instructor: Deb Palmer
Register by: **Session 1:** Tuesday, Oct. 11
(after this date add \$5)
Session 2: Thursday, Nov. 10
(after this date add \$5)

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
Sept. 13 – Oct. 6
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Sept. 9
(after this date add \$5)

GENTLE NIA

Gentle Nia is all things deliciously Nia – joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility.

When: Thursdays, Sept. 29 – Dec. 1
Time: 3:30 – 4:30 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Tuesday, Sept. 27
(after this date add \$5)

CHAIR NIA

Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual well-being.

When: Thursdays, Sept. 29 – Dec. 1
Time: 2:30 – 3:30 pm
Fee: \$55 LSCO M; \$82.50 NM
Register by: Tuesday, Sept. 27
(after this date add \$5)

CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you. No pushing or forcing. Nia honours the bodies way. You can do it at high octane to get your fitness on OR you can take it to level 1 and enjoy self healing ~ or anywhere in between. Join Lise Schulze, certified 1st Black Belt, on a magical ride to unite body, mind, spirit. Allow yourself to remember the Joy of being Alive and feeling free in your body.

When: Thursdays, Sept. 29 – Dec. 1
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Tuesday, Sept. 27
(after this date add \$5)

FITBALL

Participants NEW to the oversized inflatable ball will work on improving balance, strengthen a variety of muscle groups and improve flexibility. This class is designed for the beginner and will be held upstairs in Gym 2.

When: Friday, Oct. 14 – Nov. 25
(no class Nov. 11)
Time: 12:00 – 12:45 pm
Fee: \$25 LSCO M; \$38 NM
Register by: Friday, Oct. 7
(after this date add \$5)

FIT BALL & 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! You should be comfortable getting up and down off the floor. A variety of exercise equipment is also used. Wear comfortable clothing and foot wear. Don't forget to bring a water bottle and a yoga mat.

Tuesdays & Thursdays

When: **Session 1:** Sept. 20 – Oct. 27
Time: 9:00 – 9:50 am
Fee: \$30 LSCO M; \$42 NM
Register by: Friday, Sept. 16
(after this date add \$5)

When: **Session 2:** Nov. 1 – Dec. 15
Time: 9:00 – 9:50 am
Fee: \$35 LSCO M; \$50 NM
Register by: Friday, Oct. 28
(after this date add \$5)

LINE DANCING

Individuals with line dance experience will be kicking up their heels learning some new dances, reviewing the old, having a few laughs and as a bonus will be getting exercise. Diane Holstine will be instructing line dance classes.

Mondays

When: Sept. 19 – Nov. 28 (no class Oct. 10)
Time: 10:30 am – 12:00 pm
Fee/session: \$33 LSCO M; \$50 NM
Drop In Not Permitted
Register by: Friday, Sept. 16
(after this date add \$5)

Thursdays

When: Sept. 22 – Nov. 24
Time: 10:30 am – 12:00 pm
Fee/session: \$33 LSCO M; \$50 NM
Drop In Not Permitted
Register by: Monday, Sept. 19
(after this date add \$5)

LINE DANCING BEGINNER

This is the perfect class for the beginner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that's reason enough for men and women to get their dancing shoes on.

When: Thursdays, Sept. 22 – Nov. 24
Time: 1:15 – 2:15 pm
Fee/session: \$33 LSCO M; \$50 NM
Drop In Not Permitted
Register by: Monday, Sept. 19
(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. Wear loose, comfortable clothing and bring some water. Sign up for once or twice a week.

Tuesdays

Date: Sept. 13 – Oct. 25
Time: 9:15 – 10:00 am
Fee: \$20 LSCO M; \$28 NM
Register by: Friday, Sept. 9 (after this date add \$5)

Thursdays

Date: Sept. 22 – Oct. 27
Time: 9:15 – 10:00 am
Fee: \$17 LSCO M; \$24 NM
Register by: Monday, Sept. 19
(after this date add \$5)

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.

Tuesdays

When: **Session 1:** Sept. 20 – Oct. 25
Session 2: Nov. 1 – Dec. 13
Time: 11:00 – 11:45 am
Fee: **Session 1:** \$27 LSCO M; \$36 NM
Session 2: \$32 LSCO M; \$42 NM
Register by: **Session 1:** Friday, Sept. 16
(after this date add \$5)
Session 2: Friday, Oct. 28
(after this date add \$5)

Thursdays

When: Oct. 6 – Nov. 24
Time: 11:00 – 11:45 am
Fee: \$36 LSCO M; \$48 NM
Register by: Tuesday, Oct. 4
(after this date add \$5)

ZUMBA

If you were to peek inside a class you would describe Zumba as a party! Upbeat music plays and you are guided through an energetic workout while having a lot of fun. Tine Gulbrandsen will ensure you have a great time. Join the free demo Tuesday, Sept. 13 from 6:00 - 7:00 pm in Gym 2.

When: Tuesdays, Sept. 20 – Oct. 25
Time: 6:00 – 7:00 pm
Fee: \$36 LSCO M; \$54 NM
Register by: Monday, Sept. 19



TAI CHI PRACTICE

Participants in past winter and spring session of the morning Tai Chi program (lead by Steve Burger) are encouraged to register for practice sessions. Time has been set aside for you to practice alone or with others. The DVD Steve developed can be played for you to follow along.

When: Fridays, Sept. 23 – Nov. 4
Time: 9:00 – 10:00 am
Fee: Free

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

QIGONG

Qi means "life energy" and gong means "work"; together Qi Gong means working with life energy. The exercises are designed to improve flow and quality of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various QiGong exercises such as Tai Chi/ QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

When: Tuesdays & Thursdays
Sept. 20 – Dec. 8
(no classes Oct. 11 & 13)
Time: 10:15 – 11:15 am
Fee: \$66 LSCO M; \$99 NM
Instructor: Dave Scotland
Register by: Friday, Sept. 16
(after this date add \$5)

TAI CHI YANG 24 FORM PRACTICE

This is not a structured practice. It is an opportunity for past participants to practice themselves and with others to maintain their form. Dave Scotland will be on hand to answer any questions.

When: Wednesday, Sept. 21 – Dec. 7
(no class Oct. 12)
Time: 11:45 am – 12:15 pm
Fee: \$10 LSCO M; \$15 NM
Register by: Monday, Sept. 19
(after this date add \$5)

32 MOVEMENT YANG STYLE TAI CHI SWORD

The 32 movement Tai Chi sword form has evolved from the traditional Yang Style Tai Chi Sword. The form follows the Yang Style's soft, flowing, graceful body movements as well swordsmanship skills. The movements are performed slowly and are evenly paced with a light soft feeling. The prerequisite for this course is having attended at least one course of

Tai Chi and have developed a basic understanding of Tai Chi principles. It is important to register early so that equipment can be made available. If you have a sword please bring it.

When: Wednesdays, Sept. 21 – Dec. 7 (no class Oct. 12)

Time: 12:30 – 1:45 pm

Fee: \$48 LSCO M; \$72 NM

Instructor: Dave Scotland

Register by: Monday, Sept. 12 (after this date add \$5)

Yoga

CHAIR YOGA

This is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

Wednesdays

When: **Session 1:** Sept. 7 – Oct. 5

Time: 9:30 – 10:20 am

Fee: \$13 LSCO M; \$20 NM

Register by: Tuesday, Sept. 6 (after this date add \$5)

When: **Session 2:** Oct. 12 – Dec. 14

Time: 9:30 – 10:20 am

Fee: \$25 LSCO M; \$40 NM

Register by: Tuesday, Oct. 11 (after this date add \$5)

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: **Session 1:** Tuesdays & Thursdays Sept. 6 – Oct. 6

Session 2: Tuesdays & Thursdays Oct. 11 – Nov. 10

Session 3: Tuesdays & Thursdays Nov. 15 – Dec. 15

Fee/session: \$45 LSCO M; \$68 NM

Time: 9:30 – 10:30 am

Register by: The Friday prior to week class starts (after this day add \$5)

YOGA

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle. Classes will be held in the All Purpose Room.

Mondays

When: Sept. 19 – Nov. 28 (no class Oct. 10)

Time: 10:00 – 11:15 am

Fee: \$45 LSCO Members: \$65 NM

Instructor: Michael Pollard

Register by: Friday, Sept. 16 (after this date add \$5)

Wednesdays

When: Sept. 21 – Nov. 30

Time: 10:00 – 11:15 am

Fee/session: \$45 LSCO Members; \$65 NM

Instructor: Leigh Monette; Barb Huston

Register by: Monday, Sept. 19 (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: **Session 1:** Wednesdays Sept. 21 – Nov. 2

Time: 8:30 – 9:30 am

Fee: \$28 LSCO Members; \$42 NM

Register by: Monday, Sept. 19 (after this date add \$5)

When: **Session 2:** 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)

YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. You will be instructed to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated as a connection between movement and breath; total body mind connection. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Classes will be taught by Melanie Hillaby.

Tuesdays

When: **Session 1:** Sept. 20 – Oct. 25

Session 2: Nov. 1 – Dec. 6

Time: 12:05 – 12:55 pm

Fee/session: \$33 LSCO M; \$42 NM

Register by: **Session 1:** Friday, Sept. 16 (after this date add \$5)

Session 2: Friday, Oct. 28 (after this date add \$5)

YOGA BLEND

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

When: **Session 1:** Thursdays Sept. 22 – Oct. 27

Session 2: Thursdays Nov. 3 – Dec. 8

Time: 12:05 – 12:55 pm

Fee/session: \$33 LSCO M; \$42 NM

Register by: **Session 1:** Tuesday, Sept. 20 (after this date add \$5)

Session 2: Tuesday, Nov. 1 (after this date add \$5)

ACTIVE YOGA & STRETCH

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

Wednesdays

When: Sept. 28 – Nov. 30

Time: 4:45 – 5:45 pm

Fee: \$45 LSCO M; \$60 NM

Register by: Monday, Sept. 26 (after this date add \$5)

Fridays

When: Sept. 23 – Nov. 25 (no class Nov. 11)

Time: 9:00 – 10:00 am

Fee: \$41 LSCO M; \$54 NM

Register by: Wednesday, Sept. 21 (after this date add \$5)

HIDDEN LANGUAGE HATHA YOGA

This gentle and meditative style of Hatha Yoga takes the asanas (poses) far beyond a series of physical exercises and respect the body as a spiritual tool. The asanas are practiced to help us understand the psychological and symbolic meanings and help us understand how each asana can increase spiritual awareness. Please bring a yoga mat, water bottle, pen and paper for writing personal reflections.

When: Fridays, Oct. 7 – Nov. 4

Time: 10:15 – 11:15 am

Fee: \$25 LSCO M; \$35 NM

Instructor: Leigh Monette

Register by: Monday, Oct. 3 (after this date add \$5)

Sports

BASKETBALL

Friendly pickup games of basketball are played twice a week. Shower facilities are available. Please do not leave valuables unattended. Watch for gym closure notices. Individuals can play as a LSCO member or nonmember.

When: Tuesdays & Thursdays

Time: 12:00 – 1:15 pm

Fee: \$15/month

NM Fee: \$30/month

Drop In: \$5 LSCO M; \$7 NM

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: **Session 1:** Wednesdays, Oct. 5 – 26

Session 2: Wednesdays, Nov. 2 – 23

Time: 2:00 – 3:30 pm

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

Register by: **Session 1:** Monday, Oct. 3

Session 2: Monday, Oct. 31 (after these dates add \$5)

PICKLEBALL

If you are familiar with the game of pickleball you are welcome to pay a drop in fee to play or pay by the month. If you have never played before it is recommended that you take lessons. Please see beginner lesson information. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Some equipment supplied. There a few times a year the gym is not available for play. These dates will be posted.

When: Mondays & Fridays 1:00 – 4:50 pm

Tuesdays & Thursdays 1:30 – 4:50 pm

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

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

Creative Arts

COLOURED PENCILS with WATERCOLOURS

You asked for it, here it is – coloured pencil and watercolour. Tired of the same old techniques in watercolour painting, well this is the class for you. One can achieve such interesting results using coloured pencil or even watercolour pencil with watercolour paints. This style of working can create more intense images, or more soft and sensitive images and you can create wonderful movement throughout your work. This is a great way to work on location or just for sketching. We will cover some basic watercolour techniques but mostly we will be mixing the two. Your choice of whether to use regular coloured pencils or watercolour pencils or both, each have different results. It's a little like drawing but much more dynamic after you add the paint. Ask for a supply list upon registration.

When: Wednesday, Sept. 28 – Nov. 30
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Wednesday, Sept. 21
(after this date add \$5)

DRAWING ANIMALS

Animals make such interesting subjects to draw. They have different body parts than us humans and their fur and skin have patterns and textures that are second to none.

We will learn to draw both four legged, two legged animals and creatures, expressive faces, some unusual poises and movement. We will also learn some interesting techniques in creating fur and feathers as well as understanding how their skeletal structure works. Basic drawing techniques like contour lines, shading and how to create patterns will also be covered. Here's your chance to draw your favorite animal. Ask for a supply list upon registration.

When: Thursdays, Sept. 29 – Dec. 1
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Sept. 22
(after this date add \$5)

MIXING IT UP

Here's something new to try for the adventurous and curious art student.

We will mix medias by trying new techniques that some of you may not even be aware of such as drawing on top of a painting, or using oil pastels with acrylic, or gluing paper down and then pulling it up. You will achieve some very interesting effects while learning how to manipulate your art tools.

We will do several projects with different processes and materials to try. Donna will provide special tools and supplies if needed but there is a basic supply list.

This is a very fun and exciting class.
When: Saturdays, Oct. 15 – Dec. 3
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Oct. 13
(after this date add \$5)

LEARN TO KNIT SOCKS

If you are interested in learning how to knit socks please register at the Administration Desk. It's the perfect project to use up leftover wool. Participants must have paid the yearly knitting fee and know how to knit.

When: Thursdays, starting Sept. 22
Time: 1:00 – 4:00 pm
Fee: LSCO Membership & Knitting Fee
Register by: Wednesday, Sept. 21

Seniors & Technology

INTRODUCTION TO YOUR IPAD

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Tuesdays & Thursdays
Sept. 20 – Oct. 6
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Sept. 15
(after this date add \$5)

FACEBOOK & SOCIAL NETWORKING

This 4 day course focuses primarily on Facebook with some discussion on other ways to use social networking (Pinterest, Instagram). You will be shown how to set up Facebook, set up your profile, find and add friends, how to make sense of privacy options, what to avoid, much more.

When: Tuesdays & Thursdays
Oct. 11 – 20
Time: 1:00 – 3:00 pm
Fee: \$36 LSCO M; \$54 NM
Register by: Thursday, Oct. 6
(after this date add \$5)

WINDOWS 10

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

When: Tuesdays & Thursdays
Oct. 25 – Nov. 10
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Oct. 20
(after this date add \$5)

IPHONE & IPAD CLASSES

If you are interested in taking classes to learn how to operate your iPhone or iPad please leave your name and number on the interest list at the Administration Desk and indicate if you prefer classes during the day or evening.

Special Event

LSCO Christmas Craft & Bake Sale

LSCO will be hosting this popular event again Friday, December 9.

We are very grateful for the donation of baking and homemade preserves.

We hope you will consider donating this year.

Arts & Crafters interested in booking a table to sell homemade items only, can do so when more information is available in November.



Since joining the LSCO & participating in classes and events, I have come to appreciate the energy and enormous talent the membership has. Always a friendly face greets you and of course most import many belly laughs to be had by all. ~ Dianne B.

YEAR ROUND PROGRAMS

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

CERAMICS & CHINA PAINTING
Mondays, 9:00 am – 3:00 pm
(9:00 – 12:00 instructor available)

CRAFTERS WORKSHOP
Thursdays, 9:00 am – 12:00 pm

KNIT, CROCHET, NEEDLEWORK
Thursdays, 1:00 – 4:00 pm

LAPIDARY (Stonecrafters)
Tuesdays, 10:00 am - 12:00 pm
Wednesdays, 1:00 - 3:00 pm

PAPER TOLE
Fridays, 9:00 am - 3:00 pm

QUILTING
Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Administration Desk.
Tuesdays, 12:00 – 3:00 pm

WOOD CARVING
Thursdays, 12:30 – 2:30 pm

WOOD WORKING
Monday – Friday, 8:00 am – 3:00 pm

PHYSICAL ACTIVITIES

BADMINTON
Mon/Wed/Fri., 11:10 am – 12:30 pm
Tuesdays & Thursdays, 10:30 am – 12:00 pm

KEEP FIT
Mon, Wed, Fri., 10:00 – 10:50 am

SCOTTISH COUNTRY DANCE
Fridays, 10:30 am – 12:00 pm

TABLE TENNIS
Mon/Wed/Fri., 3:00 – 4:30 pm

TAI CHI CLUB
Mon/Wed/Fri., 8:30 – 9:30 am

GENERAL INTEREST

ADVANCED PHOTOGRAPHY
Tuesdays, 9:30 am – 12:00 pm

AMATEUR HAM RADIO
Monday – Friday, 9:00 am – 12:00 pm

BILLIARDS
Monday – Friday, 8:15 am – 4:00 pm

COMPUTER CLUB
Mondays & Wednesdays, 1:00 – 4:00 pm

CRIB
Thursdays, 1:00 – 3:00 pm

DIGITAL PHOTOGRAPHY
Fridays, 9:00 am – 12:00 pm

DUPLICATE BRIDGE
Tuesdays, 1:00 – 3:00 pm

GENEALOGY
Wednesdays, 10:00 am – 3:00 pm

GOLDEN MILE SINGERS
Tuesdays, 10:00 – 11:30 am

KARAOKE
Tuesdays, 1:00 – 3:00 pm

SCRABBLE
Wed/Thurs., 9:30 – 11:00 am

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

BINGO
Wednesdays, 1:00 – 3:00 pm

JAM SESSION
Thursdays, 6:00 – 8:00 pm

Volunteer Corner



Volunteer Coordinator

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

VOLUNTEERS

A B-I-G shout out to the volunteers who have been switching days, swapping shifts, and changing hours during our parking lot construction. I haven't heard a single one of you complain about the distance you have to travel from your vehicle to our temporary south entrance, you are all amazing. Thank you for your flexibility and dedication to the LSCO especially during this time.

A lot of you have been asking when we will resume our normal shifts and I wish I had a definitive answer for you. We have been told there is a 2 to 3 week delay with the parking lot so I would venture to say our regular shifts will resume mid September.

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

~ Author unknown

JESUS CHRIST SUPERSTAR

Volunteers are still needed for a few shifts for our production of Jesus Christ Superstar.

A large set is required for Jesus Christ Superstar and in keeping with the timelines for this large production we require carpenters for set construction. If you are handy with a hammer we could sure use your skills. Please come see me if you can give us some of your time.

Set construction will begin immediately following the Labour Day weekend. ★

Active Aging Strength and Low Impact Classes

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Monday classes focus on strength training, Wednesday on aerobic fitness. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

When:

Session 1:
Mondays & Wednesdays
Oct. 12 – Nov. 9
Session 2:
Mondays & Wednesdays
Nov. 14 – Dec. 14

Time:

8:00 – 8:50 am

Fee/session:

\$45 LSCO M; \$65 NM

Instructor:

Deb Palmer

Register by:

Session 1:
Tuesday, Oct. 11
(after this date add \$5)
Session 2:
Thursday, Nov. 10
(after this date add \$5)

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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. **Embracing Life will begin on September 14th.**

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 September 10th at 2:00 pm in Room C & D.

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, September 15th** as they do not meet through the summer months. For more information call 403-317-7710.

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 next meeting is **Tuesday, September 20th**. For more information call Vedna at 403-329-3766.

Sunset Alcoholics Anonymous

Meets in Rooms C & D Thursday evenings at 7:00 p.m.

Celiac Support Group

They meet the last Monday of January, May & September at 7:15 p.m. in Room "A". The next meeting is **Monday, September 26th.**

Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 pm in Room A. For September please join the group for a potluck picnic taking place at the **Kiwanis Picnic Shelter at Henderson Lake**. Please bring a main dish or salad to share. Dessert and beverages will be provided. You might also want to bring a lawn chair with you. 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 am in Rooms C & D.

FROM THE GALT

Boat Builders and Ship Captains

For a community built in the middle of the prairies, Lethbridge has had more boat builders and ship captains as well as ex-sailors involved in our history than you might expect. This list isn't comprehensive but provides a brief overview of some of their stories.

The Bend: History of West Lethbridge shares a story related to the first business that operated in that area. "The first business, to our knowledge, was that of a riverboat captain, in the U.S., who left the rivers and came north to trade with the Indians of our area. He set up camp on the Belly River almost exactly six miles west of where the Lethbridge Brewery is now. He built a cabin of logs near the river sometime about 1860 as near as we can guess. Apparently his cabin burned down and he left again."

While almost nothing is known about this first captain, more is known about several others who came through this area.

In 1881, Sir Alexander Galt put together a party of people to travel west to the area that is now southern Alberta to look at potential coal mine sites. The group was led by Captain Nicholas Bryant, a Nova Scotia mining engineer. In addition to Mrs. Bryant and daughter and some other members of the Bryant family and friends, the group consisted of William Stafford and several Nova Scotia miners (as one might expect) but also boats builders Nils Todd and Alec Whisler and ship captains Bill Hughes and John Todd. It is important to

remember that the first Galt company was the North Western Coal and Navigation Company. Half of the group was responsible for deciding on the best site to mine coal; the other half was there to figure out how to transport the coal using local rivers, thus navigation.

Captain Todd, here as an adviser, was an experienced river captain from Pittsburgh. He thought that it was perfectly advisable to transport coal on the Oldman River. The shipbuilders soon got to work building the Baroness, one of several boats constructed to float coal to Medicine Hat. The barges did not work as well as hoped (though they did fill in the gap until the railway could be built). The reason barges didn't work is exemplified by a report that it took a boat eight hours to go from Lethbridge to Medicine Hat but that the boat could take five days to return the same distance.

While this group was checking out sites and getting ready to build the barge, they undoubtedly met Nicholas Sheran (in fact, they camped across the river from his mine). Sheran was himself an ex-sailor who operated a ferry in addition to his coal mining operation.

In 1914, nine Lethbridge residents were killed on the Empress of Ireland when it sank in the St. Lawrence River. Only one person from Lethbridge survived – David Clausen. Clausen had been a Swedish sailor and had survived two shipwrecks before leaving that career behind and moving to Lethbridge, far

from the sea. But in the spring of 1914, he learned his Mother was dying back in Sweden and so he made the trip only to suffer one more shipwreck, which he again survived. He eventually made it to Sweden and then stayed there for several years because of the First World War. He married while in Sweden and he and his wife came to Alberta in the 1920s. We have only one thing in the Galt Museum that is linked to David Clausen, Lethbridge's sole survivor of the Empress of Ireland – a two-seater outhouse.

Lost on that fateful voyage of the Empress of Ireland was the entire Hunter family: John and Jessie and their children Stewart and Grace. The Hunter family likely had chosen Lethbridge to live because Jessie Tulloch Hunter's brother, Aeneas Tulloch, was also living here. Aeneas was a master ship builder and carpenter who built his north Lethbridge house according to ship-building standards. This means that the houses was constructed using no metal nails and all of the wood was joined together. Constructed in 1909, the house still stands south of Westminster School.

Just a few of the ship builders, captains and sailors who played a part in our early shared history. ★

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

Windows 10

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

When:

Tuesdays & Thursdays
October 25 - November 10

Time:

1:00 - 3:00 pm

Fee:

\$40 LSCO M; \$60 NM

Register by:

Thursday, Oct. 20 (after this date add \$5)

TRIVIA: Did you know?

The reason why men's and women's shirt buttons are on opposite sides is likely due to the extravagance of the upper class. When buttons were invented around the 13th century, only the wealthy could afford to have them on their clothes, and wealthy women were dressed by their servants, so clothiers started sewing buttons on the other side to make it easier to dress the lady of the house.

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The Silent Remainder

Award Winner, June 2016
The Word Guild, Canada

Looking for a novel that interweaves love and suspense amid the uncertainties of life and choice?

The Silent Remainder introduces us to two young women, close friends of vastly different temperaments. Evelyn is a troubled girl alternately defying or placating her demons. Will she find relief and the origin of her anguish? Barbara, a close constant friend, is a stable influence, but cannot ease her pain or stop her slide into deception.

Both experience life changing events—Barbara through love, Evelyn in trauma. While chance dictates what life brings to them, subsequent choices will also determine their future happiness. What choices will they make? Will their experiences change or reinforce the previous direction of their lives?

Their experiences raise questions about the meaning of life—what gives life meaning and purpose? Is this bi-polar existence of joy and misery all there is?

And what is the "Silent Remainder" they have to deal with? To discover that, you'll have to read the book!

The book deals with adult themes, and is available at the Clever Crafter's Boutique at LSCO.

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.

For information about LSCO programs go to www.lethseniors.com

Payment can be made with Visa, MasterCard, Cash, Debit, Cheque.



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Mixing It Up

Here's something new to try for the adventurous and curious art student.

We will mix medias by trying new techniques that some of you may not even be aware of such as drawing on top of a painting, or using oil pastels with acrylic, or gluing paper down and then pulling it up. You will achieve some very interesting effects while learning how to manipulate your art tools.

We will do several projects with different processes and materials to try. Donna will provide special tools and supplies if needed but there is a basic supply list.

This is a very fun and exciting class.

When: Saturdays
October 15 – December 3

Time: 10:00 am – 12:00 pm

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

Register by: Thursday, October 13
(after this date add \$5)



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This gentle and meditative style of Hatha Yoga takes the asanas (poses) far beyond a series of physical exercises and respect the body as a spiritual tool. The asanas are practiced to help us understand the psychological and symbolic meanings and help us understand how each asana can increase spiritual awareness. Please bring a yoga mat, water bottle, pen and paper for writing personal reflections.


When: Fridays, October 7 - November 4

Time: 10:15 - 11:15 am

Fee: \$25 LSCO M; \$35 NM

Register by: Monday, October 3 (after this date add \$5)

Instructor: Leigh Monette



When I retired I Gifted myself with a membership to LSCO! Here's what I enjoy from this gift to myself. Wonderful creative choices of courses to stay fit, enjoyable and ever changing activities, affordable programming, for mind, body and spirit.... facilitated by some of the most capable, skilled, positive life loving instructors....offering a wide variety of time slots and scheduling to All community members...whatever age and or ability. It is really a community centre in my neighborhood that's a real gift to be a part of. ~ Karen H.



NORDIC WALKING EVENT

If you have taken a Nordic Walking/Urban Poling class at LSCO please join us for a morning group walk. We will meet in Gym 1 and proceed outside for a walk around the track and for those interested continue through the neighborhood streets. Participants are welcome to walk as long as they like however, after an hour, refreshments will be available. Dress appropriately for the weather and of course bring your poles. The event is free but please register at the Administration Desk or email: shamilton@lethseniors.com





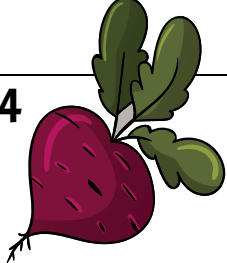
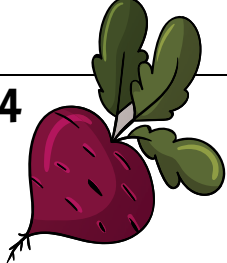
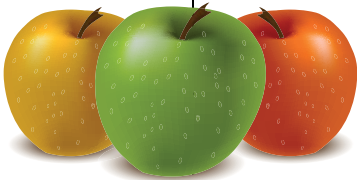

When: Thursday, September 15

Time: 9:00 – 10:00 am (walk)
10:00 – 11:00 am (refreshments)

Fee: FREE

Register by: Tuesday, September 13

September 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Music with Sandy 1:00 pm	2 No Music Program	3 
4	5 Labour Day LSCO Closed	6 Movie Time 1:00 pm Chair Exercises 2:45 pm	7 Fun with Wii 1:00 pm Fit Walk 1:45 pm	8 Music with Floyd Sillito 1:00 pm	9 No Music Program	10 
11 	12	13 Music with Hank 1:00 pm Chair Exercises 2:45 pm	14 Bowling Holiday Bowl 1:00 pm	15 Cards & Dice 1:00 pm	16 No Music Program	17 
18	19	20 Music with Stan 1:00 pm Chair Exercises 2:45 pm	21 Fun with Wii 1:00 pm Fit Walk 1:45 pm	22 Music with Bob & Dennis 1:00 pm	23 Music Program TBA 12:30 ~ 2:00 pm	24 
25 	26	27 Pet Therapy with Heather ~ 1:00 pm Chair Exercises 2:45 pm	28 Bowling Holiday Bowl 1:00 pm	29 Adult Day Program 1:00 pm	30 Music Program Ray Sauer & Colin Towells 12:30 ~ 2:00 pm	 

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



Introduction to Nordic Walking

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather.

We will meet in the lobby and then take our walking outside. If you do not have poles they will be supplied.

When: Fridays
September 23, 30, October 7
Time: 10:30 – 11:15 am
Fee: \$6 LSCO M; \$12 NM
Register by: Tuesday, September 20
(after this date add \$5)

I joined LSCO when I took early retirement in 2006. At first I felt like I was a youngster amongst old timers; little did I know there were many others my age participating at LSCO. I also learned the old timers had a great deal of knowledge they were willing to share with me. Since joining I've taken classes in spanish, carpentry, art (drawing and watercolor), tai chi, line dance, Zumba, electrical wiring and Gentle Nia, as well various clubs held my interest: computer club, photography club (now advanced photography), and digital photography. I have also enjoyed using the Fitness Centre. My knowledge has grown though my participation at LSCO, I've met many people and the social interaction aspect makes this a special club to be part of. ~ Merri-Ann F.

COLOURED PENCILS WITH WATERCOLOURS

You asked for it, here it is – coloured pencil and watercolour. Tired of the same old techniques in watercolour painting, well this is the class for you. One can achieve such interesting results using coloured pencil or even watercolour pencil with watercolour paints. This style of working can create more intense images, or more soft and sensitive images and you can create wonderful movement throughout your work. This is a great way to work on location or just for sketching. We will cover some basic watercolour techniques but mostly we will be mixing the two. Your choice of whether to use regular coloured pencils or watercolour pencils or both, each have different results. It's a little like drawing but much more dynamic after you add the paint. Ask for a supply list upon registration.

When: Wednesday, Sept. 28 – Nov. 30
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Wednesday, September 21
(after this date add \$5)



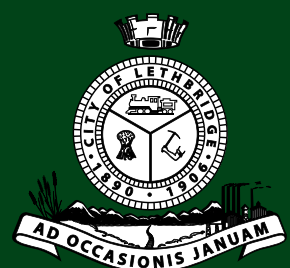


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Divorce or Separation

Heading into the fall again, where does the time go? It seems like just yesterday I was enjoying the arrival of spring and with another summer Olympics over, you realize how fast our lives go.

It seems though that some legal matters, such as litigation files, seem to drag on forever. Taking away some of your precious time and seemingly wasting it on the endless detail driven endeavor that is litigation.

Speaking of litigation, when you get divorced or separated it seems like it takes forever to get anything done. As a lawyer who sometimes enters the minefield of divorce and separation, I have come to the conclusion that the system is somewhat broken and needs some tweaking. Thankfully our system is not as complicated as the United States, but it seems to be heading in that direction.

What is involved in a divorce? The answer as always it depends. It depends on a whether you have children, it depends on how long you've been married, it depends on what property you have, and it depends on what you and your spouses' incomes are.

If you have a couple with no property, no kids and very little income differences, then a divorce can be a straightforward matter of getting a piece of paper saying you are no longer married to one another.



Legal Tips and Information

Douglas Alger

If you have dependent children, then a divorce becomes a fairly complicated matter. It is interesting to note that anyone can have children without any involvement from the state, but as soon as you decide to separate, then the state has a say in how those children are raised and supported. I am talking of course of custody and child support. At least half of all separating couples could probably come up with their own agreement on custody or parenting and child support, but the law has the final say whether these arrangements are appropriate or not. Further if a couple cannot agree on these arrangements a lot of them appear in court, on Tuesday mornings in Lethbridge, to sort these matters out. Did you know that every Tuesday in Lethbridge there are 40 family law matters before a Justice and further that this is capped at 40 matters? A Justice hears all kinds of family law

applications every Tuesday. Each typical application is not inexpensive either and requires a lawyer to prepare documents and spend considerable time crossing their T's and dotting the I's. An application can cost one a minimum of \$2000 in legal fees. Needless to say this is big business for the legal profession and takes up a considerable amount of time for our legal system.

If you have property that you have accumulated together during a relationship, then that has to be divided up as well and this is usually done by way of a separation agreement. Sometimes though this has to be dragged through the courts and at considerable expense and time.

Finally if you and your spouse have an income discrepancy, then a divorce will have to deal with spousal support. Trying to work this out used to be complicated and uncertain. Fortunately with the Federal Spousal Support Advisory Guidelines, it has become easier.

Divorce is surely one of the most stressful things that can happen in your life or someone you know. The legal system doesn't always do the best job of making it less stressful. Clearly if you are thinking of divorce, you need solid legal advice, not to mention emotional support. It is not something you want to do alone. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

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29
30
01

*Wednesdays at the Galt

1st and 3rd Wed | 2-3 pm for ages 55+

07

The History of Child Rescue & Protection in Lethbridge: 1880-1947 with author Gillian Hestad

21

Floyd Sillito

Tickets On Sale for Galt Beer Tasting Soirée

EVENT Fri SEP 09 | 5-10 pm \$12/public | \$9/pass holders +gst

09

*"Of Course You Know, This Means War"

Sun SEP 18 | 2-3 pm

18

Bob Cousins, Associate Professor of New Media at the U of L, will discuss the use of cartoons during WWII

3 Dimensions Sculpture Show

Fri SEP 30 & Sat OCT 01 | 10am-5pm | Sun OCT 02 | 1-5pm

30
01
02

*Thursdays at the Galt

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15
22

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Presentation of Film & Video | 7-9 pm

FOR MORE INFORMATION 403.320-3954 | galtmuseum.com

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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.

Every Wednesday Afternoon ~ 1:15 p.m.

There is no charge to participate in the group.

Everyone is welcome & membership at LSCO is not required.

“

O' pumpkin pie, your time has come 'round again and I am autumnrifically happy! ~ Terri Guillemets

”

LEARN More: Caregiver Stress

By our nature, human beings are social and we rely on others to have our needs met. Farmers grow our food, doctors take care of our physical health, and teachers take care of educational needs. As adults age, they often come to rely on family, friends and even paid caregivers to make sure their needs continue to get met. However, if a person’s needs become overwhelming, a caregiver can suffer from burnout and stress which affects not only their own lives, but the lives and well-being of the people they help. It’s quite common for a caregiver to push themselves to the limit, to put the needs of others before themselves; their desire to help people leads to their own detriment.

It’s important for caregivers to be able to take time to focus on their own needs, and put themselves first. While this can sometimes look like a person is being selfish, cold or that they don’t care about the needs of their loved one or the people they care for as part of their job; in truth, in order to continue to function in their role as a caregiver they have to take the time for themselves to rest and recuperate and



LEARN
Case
Manager

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

address their own needs.
Here are some signs of a stressed or burnt out caregiver:

- anxiety, depression, irritability
- Feeling tired and run down
- Difficulty sleeping
- Overreacting to minor nuisances
- New or worsening health problems
- Trouble concentrating
- Feeling increasingly resentful

- Drinking, smoking, or eating more
 - Neglecting responsibilities
 - Cutting back on leisure activities
- Some tips to help combat caregiver stress:
- ask others for help
 - be physically active
 - use relaxation techniques
 - join a caregiver support group
 - take some time for yourself
 - have realistic expectations of what you can and cannot do
 - stay connected with family and friends
 - bring humor into your life

With help and support, and by recognizing their own needs, the caregiver can continue to provide beneficial support to others. Without support and help, caregiver stress can lead to Elder Abuse.

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.* ★

Computer Corner by Sjoerd Schaafsma

Transferring Photos from a Mobile Device to a PC – Part Two

Last month we talked about transferring photos with a memory card, specifically the SD card, which is generally the fastest method. The information which follows barely touches the surface of how to transfer photos. A few links to internet information sources are included.

Cable: There are various types of cables used for transferring photos from a mobile device to a PC or mobile storage device. A mobile storage device could be an SD card, a USB flash drive, or an external hard drive. The type of cable will vary depending on the age and type of device you have. The terminology and acronyms can be confusing, USB, USB-3, USB-C, micro, mini, lightning, standard, OTG. Whatever came with your device is almost certainly what you need. If you’re lucky, just plugging one end of the cable into your device and the other into your computer will bring up the software to enable the transfers, otherwise, you may need to start the software first.

If the dog or cat ate the cable, your chair ran over it or you lost it, that’s when you either collect the pieces, or find your cable type in the user manual, take it with you and shop for a replacement.

Apple Devices: iPods, iPads, iPhones, connect with either a 30 pin USB cable, (a wide connector on the device end), or a lightning USB cable (newer type with skinny connector on the device end). When the standard USB end is plugged into your PC, your device should appear in file explorer. The photos can then be imported into your folder of choice. On the Mac, do a Google search for “transfer photos to Mac from Ipad with USB” for the proper procedure. As is often the case, “results may vary” depending on the version of software or the age of your equipment.

Android Devices: Samsung, HTC, tablets, and most mobile phones running the Android operating system, usually connect with an OTG or On The Go cable. This has a standard USB connector on one end, and a skinny micro USB connector on the other end. Many have customized software to help you with your transfers.

A Google search for “how to transfer photos from android to pc using USB” brings up more than a million hits. Below are two sites explaining how to transfer photos via USB cable.

<http://www.winability.com/how-to-move-images-from-android-device-to-pc/>
<http://www.androidcentral.com/best-ways-get-photos-your-android#slide5>

Cameras: As with Android devices, cameras usually come with their own USB cable and software to enable easy file transfers to your PC. The options are too many to delve into in this column.

Next Month: Wireless transfers.

The Monthly Tip: If a USB flash or other device, like a mouse, stops working, sometimes all it takes to fix it is to remove and replace it. A restart of your system, be it a computer or a mobile device can also solve some quirky problems.

The Computer Corner can be read online at <http://members.shaw.ca/lscocc> or the Computer Club tech site <http://tinyurl.com/hzwnhbt>

Direct your comments to: saltidae@gmail.com

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TRIVIA: Did you know? Joseph Coyle of Smithers, British Columbia invented the egg carton in 1911. He invented it to solve a dispute about broken eggs between a farmer in Bulkley Valley and the owner of the Aldermere Hotel.

Computer Club
WORKSHOPS

September 2016

Due to the delay in parking lot repairs we’ve set back our first fall workshops.

The first two workshops of September will be Facebook, and Windows 10 question and answer sessions.

September 14: Facebook - Pam Brown
Question and Answer sessions - What you were left wondering about after taking classes. This workshop is for current Facebook users, not for setting up Facebook. Please submit questions ahead of time to Pam {brown47p@shaw.ca}. This is for PC users, not iPads.

September 28: Windows 10 Question and Answer sessions
More details will be provided in the Computer club emails. Please jot down some questions you have about Facebook and Windows 10 to help the workshop run smoothly. Emailing them ahead of time, would be even better. It would be great to have a list of questions so the presenter(s) can be more prepared.

If you have suggestions for workshops or classes please email saltidae@gmail.com or computerclub@lethseniors.com.

Tai Chi Yang 24 Form Practice


This is not a structured practice. It is an opportunity for past participants to practice themselves and with others to maintain their form. Dave Scotland will be on hand to answer any questions.

When: Wednesday, Sept. 21 – Dec. 7 (no class Oct. 12)

Time: 11:45 am – 12:15 pm

Fee: \$10 LSCO M; \$15 NM

Register by: Monday, Sept. 19 (after this date add \$5)



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Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Wednesday, September 21** from 10:00 am until 12:00 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.





Facebook &
Social Networking



This 4 day course focuses primarily on Facebook with some discussion on other ways to use social networking (Pinterest, Instagram). You will be shown how to set up Facebook, set up your profile, find and add friends, how to make sense of privacy options, what to avoid, much more.





When:

Tuesdays & Thursdays
October 11 – 20



Time:

1:00 – 3:00 pm



Fee:

\$36 LSCO M; \$54 NM

Register by:

Thursday, October 6
(after this date add \$5)

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What is a Life Coach?

Many of you who have been reading my articles in the *LSCO Times* have asked me what a Life Coach is. The term Life Coach by broad definition is someone who advises clients on how to solve problems and reach their goals in life. Life Coaching can help you plan and to build what you want to see in your personal life, your family and your career and can support you as you deal with unexpected transitions, changes or difficulties. Life Coaching is best defined by the Coach themselves for it is based on a Coaches' education, training and life experience. There are many people who could be categorized as Life Coaches across many professions and walks of life so it is often best understood as a skillset rather than a career. I have been advising people for over 35 years with their concerns or planning around health, life balance, relationships, family, careers, finances and spirituality and use the term Life Coach to define my work.

As a Life Coach most individuals who come to me are dealing with the unexpected. I recently had the oldest client that I have ever had at 82 years of age who lost her husband of 60 years. She said her family were a wonderful support for her but she didn't want to tell her family how difficult life had really become for her. From her *Mother's heart* she could not tell her family how vulnerable she felt and how much pain she was in for it would be harder for them. She also believed she should not need support at 82 because death should be expected and



Life Design

Connie-Marie Riedlhuber
Transition Specialist & Life Designer

Life Design Network
www.lifedesignnetwork.ca

after all her and her husband had lived a good life. She was frightened by the changes occurring and her inability to make simple decisions from day to day on what to do, where to be and how to move forward. She was forced to take her life in a new direction, feeling alone for the 1st time in 60 years and she wasn't sure how to begin.

As a Life Coach I also help those dealing with family members with illness and difficulties to be the healthiest they can be while continuing to be supportive. Many family members and caregivers are faced with imbalance as the demands of supporting a loved one in crisis or managing illness takes them away from their day to day routines and their relationship as it was before the illness or difficulty occurred.

I also help Moms to be healthier and to build healthy families. As life demands increase moms are having trouble finding time for themselves and for parenting at a time when guiding children has become increasingly


important for their well-being and safety. Teachings around finances and technology are essential in addition to the emotional, physical and spiritual teachings that form a solid foundation for our children. It is a time for Moms to be better Life Coaches.

I believe that the heart matters. Many need to live less busy, more meaningful lives and what we really need is not a mind that speaks but a heart that listens. No matter what we are facing Life Coaching begins for me with an open heart and by looking at what we can do to help make Life easier. Imagine a relationship where the focus is on you, on what you want in your life and what will help you achieve it. Imagine a relationship with someone who is curious about your dreams and aspirations, what you value and what you are most passionate about in your life. Imagine someone listening, not only to your words but also what's behind them – who even listens to the spaces between the words.

Imagine what a gift it would be to have someone to guide and support you through changes and challenges or imagine giving the *gift* of Life Coaching to your children or grandchildren to help them. ★

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.

TRIVIA: Did you know? Queen Elizabeth and Prince Philip were given a baby crocodile as a present for baby Prince Andrew while on a visit to the Gambia.



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