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Join Us for

DR. ROLAND IKUTA ALZHEIMER AWARENESS

January 16 ~ Gym 2

LIVING OPTIONS: NAVIGATING SUPPORTIVE LIVING & CARE

January 25 ~ Room A

FREE NECK & SHOULDER MASSAGES

January 24 ~ Card Area

HEART & STROKE COURSE

January 31



LSCO FITNESS CENTRE

FITNESS CENTRE HOURS

Monday – Friday
8:00 am - 4:15 pm

Hours may change.

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

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

FEES

Members: \$18/months, \$99/6 months, \$180/12 months

Non Members:
\$27/months, \$150/6 months

Drop In: \$6 LSCO member;
\$7 non member per day

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



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Happy New Year!

As each year passes it becomes more evident that LSCO continues to evolve as an organization. The little social club that began in 1975 has become an important service delivery organization in our community. In addition to our many programs and services that are more well known, here are some things you should know about LSCO:

- We merged with Meals on Wheels a few years ago and have MoW function as a support service, not just a food service. Volunteers and staff act as our eyes and ears to ensure meal recipients are also receiving appropriate support in their homes. Due to the annual 23 Days of Christmas fundraiser undertaken by our community partners, Teamworks Training and Select People Solutions, LSCO has reduced the costs of MoW meals to our customers and we have never raised the prices;
- LSCO Adult Day Program provides activities and a social setting for people with disabilities. ADP has also become an important resource for people in the early stages of

- dementia (physical, emotional, social stimulation). LSCO strongly believes in the value of this type of service to the community...so much so that ADP is heavily subsidized to make it affordable for participants;
- LSCO, in partnership with Lethbridge Public Library and Lethbridge Family Services, hosts a weekly gathering of the LPL Read On program specifically for a group of approximately 120 Bhutanese Seniors;
 - We created a Welcome Policy, which is a fee subsidy program for our lower income members, based on income. This policy has enabled many people to be members at LSCO who would not otherwise be able to do so (for example, approximately 60 Bhutanese Seniors and 6 homeless/hard-to-house people);
 - LSCO partners with McKillop Church on the 3C's Program (Cooking, Conversation, Companionship). This program (presented by LSCO and hosted by McKillop) targets isolated seniors and engages them via cooking lessons and social opportunities;
 - LSCO is the host agency for the Lethbridge Elder Abuse Response Network (LEARN). LEARN has the only Elder Abuse Case Manager south of Calgary and LSCO is represented on the LEARN Steering Committee;
 - LSCO is a driving force behind the Age Friendly Lethbridge initiative, part of the

- global World Health Organization program to create age friendly communities. This initiative will utilize local research to determine the needs of our 55+ community and a plan will be developed to address those needs across eight sectors: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information and community and health services;
- LSCO participates on the hoarding task force (HOMES), the Intelligent Communities Steering Committee, Team Lethbridge and the Board of the Alberta Association of Seniors Centres (of which we are a charter member);

And... for 33 years we have hosted a free community Christmas Day turkey dinner. Last month, once again, we fed approximately 600 people including firehall personnel, Emergency Communications Centre staff, police station personnel, shut ins, MoW customers, families and many people who just wanted to be around others on Christmas Day. My sincere thanks to the 130 volunteers and handful of staff who gave up part of their holiday to ensure our community was looked after.

I am very proud of the direction we have taken as an organization and I look forward to our continued success and community involvement in the coming year. ★

Resolve to keep happy,
and your joy and you shall
form an invincible host
against difficulties.
~ Helen Keller

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www.lifeline.ca

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

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



OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

In recognition for the ongoing support of LSCO Meals on Wheels

LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by Lethbridge Herald

The Officers of LSCO

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

Board of Directors:
Bill Hanson, Merri-Ann Ford and Don McInnes.
Keith Sumner, Stan Coxson and Vaughan Hembroff
(Acting Board Members).

LSCO 403-320-2222

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

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kmartin@lethseniors.com ext. 21

Food Services Coordinator
Francisco (Frank) Bruno ext. 27

Cook I – Rodrigo Castrillon ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

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

Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

For all your health inquiries, call the Chinook
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It's free!

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

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let us know so we can address the issue.*

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

facebook

LSCO Vision Statement

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

*Welcome
New Members!*

Joann Boorsma	Dave Annis
Dick Boorsma	Ed Shardlow
Rick Reti	Charlene Cattapan
Jane Allan	Lois Morris
Bruce R Allan	Ryszard Urbaniec
Johnny Martens	Elaine Schmidt
Arthur Trace	Tom Jespersen
Lynne Kuehn	Marsha Jespersen
Lesley Shardlow	Becky Lore
Laura Watson	Julie Duschenes

*A Smile is the Universal
Welcome.*

WELCOME POLICY

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost.

The subsidy is dependent on the income of the individual(s). Subsidy will be determined by presenting prior year income tax for verification. See income guidelines below.

SINGLE		COUPLE	
Prior Year Income (line 150 of Tax return)	Fee Subsidy	Prior Year Income (line 150 of Tax return)	Fee Subsidy
<20,500	25%	<32,500	25%
20,501—22,000	20%	32,501—35,000	20%
22,001—23,500	15%	35,001—37,500	15%
23,501—25,000	10%	37,501—40,000	10%

Thank You!

Thank you for supporting
the Christmas Art Craft
& Bake at LSCO!

Thank you to everyone who kindly
donated to the Bake Sale and to
those who were able to attend
and support the exhibitors.
It is greatly appreciated.

A special thank you to our
volunteers for the event.
We couldn't have done it
without you.

*We spend January 1 walking through our lives, room
by room, drawing up a list of work to be done, cracks
to be patched. Maybe this year, to balance the list, we
ought to walk through the rooms of our lives . . . not
looking for flaws, but for potential.”*
- Ellen Goodman

LSCO

ONLINE
REGISTRATION

WWW.LETHSENIORS.COM

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

**WE NOW ACCEPT VISA, MASTERCARD &
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VISA

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**LSCO Times Publishing
Schedule**

Issue	Deadline
February 2018	January 19
March 2018	February 16

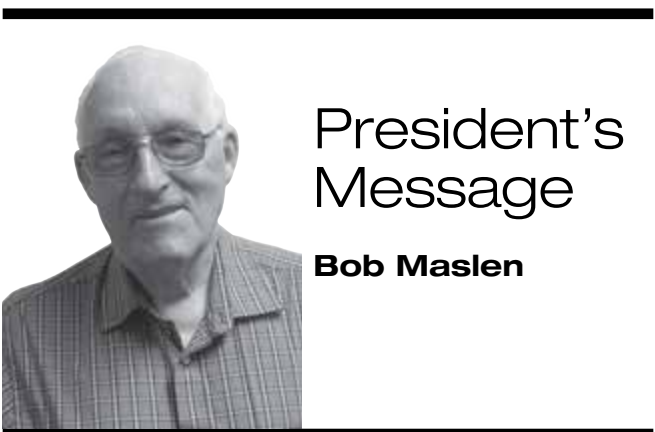
*Please have all ads and articles in by these
dates to ensure inclusion in paper. Thank you.*

We say goodbye to another year at LSCO. IT has been a good year overall. However it was very sad and unexpected losing Teresa.

Have the parking lot completely resurfaced was challenging and at time inconvenient. I think we are all comfortable now with the changes. Also the changes in the kitchen. Our new chef is doing a good job. With each change we improve and grow. Our centre continues to be busy. Meals on Wheels had a great 23 Days of Christmas and the Live Well Showcase was also a great success.

Lowes donation of paint and the help of their willing volunteers has made a big improvement in the office space.

New Years is always a time to make resolutions. We look inside ourselves to think of ways we can improve parts of our lives we



President’s Message

Bob Maslen

aren’t happy with. I look at myself and consider what I can improve. Most of all I want to make a difference but what can I do *really*. Volunteer more, smile more, show more interest in what others are saying and doing.

During the Christmas season I had the privilege of going to a Festival of Nativities. There

were hundreds of nativities on display with manyu from different countries and cultures. The Festival included Mexican, African, Inuit, Japanese and even a Muslim nativity. Looking back on my rootes and heritage, on my mother’s side it goes back to the United Empire Loyalists and my father’s side came soon after. They had to struggle to open up a new land and learn a new way of life. May we be willing to find friendship with others who come from different countries, heritages and cultures and help them to adjust to our country and culture.

With the New Year we have to start thinking about new board members. Several board members’ terms are up. Serving on the board is a great experience. Our elections are in March so start thinking about serving or nominating someone you think would be interested.

May you have a very Happy New Year. ★

New Year’s resolutions that help others

The new year is a great time to work on self-improvement. Many people do this by setting goals like going to the gym more or eating healthier. While these are great practices, resolutions that help others are ones that often get overlooked. If you are looking to have a more selfless year, check out these ideas.

Reduce, reuse, recycle. If you are looking for an easy resolution that will help the world, look no further than increasing your eco-friendly practices. Bring your own bags to the grocery store, and chose glass or paper containers over

plastic when you can. Try things like bringing your lunch to work in reusable Tupperware instead of plastic bags. These habits might take time to get used to, but once you do you’ll forget there was ever another way.

Clean out your home. Believe it or not, spring cleaning is good for you and your community. If you donate your unwanted things, you could be providing furniture, clothing, or other goods to people in need. Plus, donating used items is an eco-friendly practice, so you can knock two things off your resolutions list.

Give to charity. You can contribute by donating your time or money. If you are too busy to make a regular commitment, consider setting up a monthly donation. Many organizations allow you to establish an installment plan so that the same amount of money will be charged to your account every month while keeping it easy to opt out if finances get tight. Find more information at www.beautifulworldcanada.org/donate.

www.newscanada.com

MENU FOR JANUARY 2018

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm
The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards
Non-Members add 15% • Menu subject to change without notice

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
LSCO CLOSED New Year’s Day	Entree: Salisbury Steak w/Onions Potato: Mashed w/Gravy Soup: Turkey Rice Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Pork Tenderloin Potato: Mashed w/Gravy Soup: Minestrone Sandwich: Changes daily Salad: Posted in Dining Room	Entree: BBQ Chicken Potato: Roasted w/Gravy Soup: Cream of Cauliflower Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Cabbage Rolls Potato: Mashed Soup: Chicken Noodle Sandwich: Changes daily Salad: Posted in Dining Room
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Entree: Chicken Stirfry Potato: Rice Soup: Cream of Mushroom Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Beef Stroganoff Potato: Noodles Soup: Cream of Broccoli Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Chicken Cacciatore Potato: Rice Soup: Hamburger Cabbage Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Veal Cutlet Potato: Roasted Soup: Corn Chowder Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Baked Ham Potato: Scalloped Soup: Vegetable Sandwich: Changes daily Salad: Posted in Dining Room
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
Entree: Chicken Kiev Potato: Roasted w/Gravy Soup: Ham & Pea Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Cream of Mushroom Pork Chops Potato: Rice Pilaf Soup: Beef Barley Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Battered Cod Fish Potato: Roasted Soup: Cream of Cauliflower Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Chili Potato: Garlic Bread Soup: Turkey Rice Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Chicken Cordon Bleu Potato: Mashed w/Gravy Soup: Corn Chowder Sandwich: Changes daily Salad: Posted in Dining Room
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Entree: Chicken Fettuccini Alfredo Potato: Tomato Vegetable Soup: Changes daily Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Beef Stew Potato: Whole Wheat Bun Soup: Minestrone Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Liver & Onions Potato: Mashed w/Gravy Soup: Loaded Potato Bacon Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Chicken à la King Potato: Rice Pilaf Soup: Clam Chowder Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Ginger Chicken Potato: Chow Mein Soup: Vegetable Sandwich: Changes daily Salad: Posted in Dining Room
Monday, January 29	Tuesday, January 30	Wednesday, January 31	<div>Happy NEW YEAR 2018</div>	
Entree: Beef & Broccoli Potato: Rice Soup: Cream of Mushroom Sandwich: Changes daily Salad: Posted in Dining Room	Entree: BBQ Pork Chops Potato: Baked Beans Soup: Kale & Bean Sandwich: Changes daily Salad: Posted in Dining Room	Entree: Herb Coated Chicken Breast Potato: Mashed Soup: Cream of Broccoli Sandwich: Changes daily Salad: Posted in Dining Room		

Volunteer & Fund Development

Do you do resolutions? I like to make a Possibilities List of the “things I might like to get up to” in the coming year. It’s more inspiring and aspirational, and I always manage to check off at least a few items which feels great. This past year, for example, I noted that I wanted to bike to work 20 times, plant a huge bee garden and donate \$500 to Environment Lethbridge. Done! (Not done: write to my high school debate coach and learn to use my spinning wheel.)

I also like to take some time to objectively review my big picture; which things am I grateful for and proud of? Which things would I like to improve, change or let go of? One thing I reflect on is the community I find myself surrounded by. I strongly believe that the people whose company you keep have a tremendous influence on your character, your perception of yourself and your outlook on the world. Do the people I spend most of my time with share my values (curiosity, compassion, humour)? Are they moving themselves



Coordinator

Chelsea Sherbut
csherbut@lethseniors.com
403-320-2222 ext. 31

forward and making their world better? Do they have a positive outlook and do they take responsibility for themselves?


This is one of the main reasons that I feel so strongly about my own volunteering – volunteering is where I find “my people”. By and large, volunteers do share my values. They believe that they have a role to play in creating the community and the future they want to be part of. They rarely find time to complain – they are too busy doing what needs to be done. I feel very lucky to be part of three

volunteer teams: the Red Cross Disaster Management team, the Environment Lethbridge board of directors and the Lethbridge Bee Enthusiasts. PLUS – I am privileged to support the very special LSCO Volunteer Team as my job, every day.

I wish so many good things for you in 2018. I wish you health, contentment and security. Mostly, I am hoping that you find yourself part of making something better in 2018. Maybe it’s getting to know a new neighbour, helping with a community project, joining a team or coming out and helping with a bingo or two (a girl can dream). If you’re short on ideas, I’d love to help you brainstorm.

On my list: volunteer in Waterton, participate in a Day of Mindfulness and find out if my dog, Hanna, would be a good candidate for the therapy dog program.

Stay tuned – next month I’ll publish the list of all the volunteers who completed 150 volunteer hours for the LSCO in 2017! ★



This program is ideal for individuals who would like to have the option of sitting in a chair or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

When: Mondays, January 22 – February 26 (no class Feb. 19)

Time: 11:00 – 11:45 am

Fee: \$18 LSCO M; \$30

Instructor: Sharon Appelt

Register by: Monday, January 15

Year’s end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.”
~ Hal Borland



Active Aging Strength & Low Impact Classes

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

Note: Monday classes will end at 9:00 am.

When: **Session 1:** Mondays & Wednesdays January 8 – February 28 (no class Feb. 19)

Time: 8:00 – 8:50 am

Fee: \$75 LSCO M; \$98 NM


Register by: Thursday, January 4 (after this date add \$5)

When: **Session 2:** Mondays & Wednesdays March 5 – April 25 (no class April 2)

Time: 8:00 – 8:50 am

Fee: \$75 LSCO M; \$98 NM

Register by: Thursday, March 1 (after this date add \$5)



Working with Windows 10

Have you recently purchased a new computer running Windows 10? Has your older computer updated itself to the newer Windows 10? Is Windows 10 standing between you and using your computer? If you are familiar with the previous versions of Windows and need a hand with the new one, or if its been a while since you’ve last used a computer, this course is here to help you to become competent and confident. Sign up today to learn all of the following: Safely booting up, and shutting down; Accessing the internet; Installing programs and games; Communicating though Email, Skype, etc.; Writing documents and saving files; Accessing entertainment; Online best practices & more. Bring your portable computer if you have one. This is the class for you if you have general knowledge of how to use a computer. If not, the Introduction to Computers class may be the right one for you.

When: Mondays & Wednesdays, January 29 – February 14

Time: 10:00 am – 12:00 pm

Fee: \$35 LSCO M; \$60 NM

Register by: Thursday, January 25 (after this date add \$5)

Instructor: Peter Harris

NOTE: Additional Computer Classes will be posted online and in the January edition of the LSCO Times.



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LSCO Boutique

The Boutique has a variety of handmade items for sale crafted by members. Beautiful blankets, pot holders, scarves, mittens, baby items to name a few. A selection of sport and activity items are also available. Hours of operation are Monday to Friday from 10:00 am – 3:00 pm. If you cannot make it during this time please ask the staff at the Administration Desk for assistance.



- Hats and Toques \$7.50 – \$25.00
- Knit & Crocheted Washcloths & Scrubbies starting at \$1.50
- Handmade cards for all occasions from \$3
- Unique items including cat toys, microwave baked potato bags, table runners, bibs, baby jackets and more!

Pickleball Paddles

- Selkirk Omni Green \$129.95
- Selkirk S1G \$129.95
- Selkirk Neo Blue \$66.95
- Head Xtreme Tour \$119.95
- Head Pro Lite \$99.95
- Paddletek Bantam EX-L Blue \$119.95
- Manta Point \$105.00

Pickleball Bags

- Head Tour \$59.95

Exercise/Yoga

	Regular Price	Sale Price
Yoga Mat Cleaner	\$18.00	\$14.00
Essential Mat	\$35.00	\$25.00
Cotton Blanket	\$46.00	\$38.95
Eye Pillow	\$22.00	\$18.95
6' Yoga Strap	\$13.00	\$10.95

Urban Poling Walking Poles

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Activator	\$105.00	\$85.00
Snow Baskets	\$20.00	\$15.00



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Senior Citizens
ORGANIZATION

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ALZHEIMER AWARENESS

Presentation

January 16, 2018
9:30 am
LSCO Gym 2

Lethbridge Senior Citizens Organization
500 - 11th Street South

For more information please contact
403-329-3766



Presentation by
Dr. Roland Ikuta
Senior Health AHS



LETHBRIDGE
Senior Citizens
ORGANIZATION



Healthy Relationships with our Adult Children

The parent-child relationship is one of the longest lasting social ties human beings establish.

This 6 week group offers education, support and resources to older adults that are grappling with relationships issues with their adult children.

Mondays, January 15 – February 26
1:30 – 2:30 pm • LSCO Board Room
(Note: February 12 in Room E)

Topics include:
Communication • Boundaries
Roles & Relationships

Please register at LSCO Administration Desk
Group limited to 12 participants.
403.320.2222

We never know how our small activities will affect others through the invisible fabric of our connectedness. In this exquisitely connected world, it's never a question of 'critical mass.' It's always about critical connections.

– Grace Lee Boggs

HEART & STROKE COURSE

The Heart & Stroke Basic Life Support (BLS) Provider course teaches learners to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. It includes adult, child, and infant rescue techniques. The BLS provider course includes realistic scenarios, simulations and state-of-the-art animations, and incorporates Heart & Stroke's proven practice-while-watching video format to bring the science of the 2015 Guidelines Update for CPR and ECC to the front-line practitioner. Participants will feel much more confident to help others if the need arises. The course is 4 hours in length. Certificates will be issued.

When: Wednesday, January 31
Time: 5:00 – 9:00 pm
Fee: \$100 LSCO M; \$110 NM
Register by: Wednesday, January 24 (after this date add \$5)

or

When: Tuesday, February 6
Time: 5:00 – 9:00 pm
Fee: \$100 LSCO M; \$110 NM
Register by: Tuesday, January 30 (after this date add \$5)

Movement Medicine

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Movement Medicine increases flexibility, breathe, agility, strength, and mobility. Join Andy Hertz, certified Nia Blue Belt, in a magical dance to compassionately condition your body, mind, and spirit.

FREE DEMONSTRATION CLASS January 11 at 5:15 pm.
A wonderful opportunity to see what it is all about!
Call 403-320-2222 to sign up at the Administration Desk.

When: Thursdays, January 18 – March 29 (no class February 22)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Friday, January 12 (after this date add \$5)

INTRODUCTION TO WOODWORKING

Interested individuals 55+ will gain basic knowledge for using carpentry tools safely. A small project will be completed. At times safety glasses and ear protectors must be worn. Register early, space is limited.

When: Thursdays
January 25 – February 22
Time: 1:00 – 2:30 pm
Fee: \$20 LSCO M; \$40 NM
Register by: Thursday, January 18

Free Neck & Shoulder MASSAGES!

The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, January 25** from 10:00 am until 12:00 pm in the Card Area, LSCO Dining Room.

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



Saturday Flow Yoga

This morning class will leave you feeling peaceful and grounded with a blend of heat building, strength, balance and stretching while mindfully linking breath to movement. A variety of props may be used. Dress comfortably so that you can move freely. Bring your water bottle a yoga mat and any other prop you may like to use. All levels welcome.

When: Saturdays
January 20 – February 24
(no class Feb 17)
Time: 9:30 – 10:30 am
Fee: \$30 LSCO M; \$40 NM
Instructor: Corrine Janzen
Register by: Wednesday, January 17
(after this date add \$5)

Ruler of new beginnings, gates and doors, the first hour of the day, the first day of the month, and the first month of the year, the Roman god Janus gave January its name. He was pictured as two-headed (both heads bearded) and situated so that one head looked forward into the new year while the other took a retrospective view.

Yoga FOR MEN

Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be 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.

FREE CLASS Wednesday, January 3: 8:30 – 9:30 am
When: Wednesdays, January 10 – February 28
Time: 8:30 – 9:30 am
Fee: \$38 LSCO M; \$57 NM
Register by: Tuesday, January 9 (after this date add \$5)

When: Wednesdays, March 7 – April 25
Time: 8:30 – 9:30 am
Fee: \$38 LSCO M; \$57 NM
Register by: Tuesday, March 6 (after this date add \$5)

COFFEE IS ALWAYS ON AT LSCO



Saturday Pickleball

The following dates are not lessons. Individuals registering to play must know the basics and rules of the game. If you presently have a pickleball membership with LSCO you must register in advance in order to play. Wear clean indoor court shoes. Balls and some racquets will be supplied.



When: Saturdays
January 6, 13, 20, 27 February 3
Time: 4:45 – 6:45 pm
Fee: \$25 LSCO M; \$35 NM
Register by: Wednesday, January 3

ADULT CPR (2 hour introduction)

This class is designed to allow participants to learn the basic skills of Adult CPR and AED use as well as relief of choking skills. Every year, about 40,000 cardiac arrests happen in Canada – that’s one every 13 minutes. Cardiac arrest can strike without warning, affecting people of all ages and degrees of fitness. When cardiac arrest happens, every minute counts. If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR (cardiopulmonary resuscitation) can double survival rates. This is not a certification course; as a result testing does not take place.

When: Tuesday, January 23
Time: 10:00 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM
Register by: Tuesday, January 16
(after this date add \$5)

Community Self Help Groups

Stroke Care Partner Support Group
Meets the 2nd Wednesday of every month in Room A at 7:00 pm. Next meeting is **January 10th**. For more information about the group please call Kelly at 403-359-3811 or email strokeresources@outlook.com

Celiac Support Group
They meet the last Monday of January, May & September at 7:15 pm in Room A. The next meeting is **Monday, January 29, 2018**.

Parkinson's Alberta Society Support Group
Meets regularly the 3rd Thursday of every month at 2:00 pm in Room A. The next meeting will be **January 18th**. For more information call the Parkinson's office at 403-317-7710.

Trigeminal Neuralgia Support Group
Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and

their family member are invited to attend the meetings. The next meeting is **January 6th** at 2:00 pm in Room C & D.

Alcoholics Anonymous Saturday Morning Eye Opener Group
This group meets every Saturday morning at 9:00 am in Rooms C & D.

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



January At a Glance

admission fees apply | free to annual pass holders

Tue JAN 02 Paper Airplanes
Top 5 Family Programs | 1-3 pm | Families

Wed JAN 03 Sock Puppets
Top 5 Family Programs | 1-3 pm | Families

Thu JAN 04 Watercolour Painting
Top 5 Family Programs | 1-3 pm | Families

Fri JAN 05 Felted Soap
Top 5 Family Programs | 1-3 pm | Families

Sat JAN 06 Paper Mosaics
Top 5 Family Programs | 1-3 pm | Families

Sun JAN 07 Convictions
Café Galt | 2-3 pm | Adults

Wed JAN 10 Comic Collecting
Wednesdays at the Galt | 2-3 pm | Adults

Thu JAN 11 Herb Gardens
Galt Workshops | 7-9 pm | Adults

Sat JAN 13 Traditional Blackfoot Territory
Saturdays at 1:00 | 1-2 pm | All Ages

Sat JAN 20 Needlepoint
Saturdays at 1:00 | 1-2 pm | All Ages

Sun JAN 21 Horses in the High Country
Café Galt | 2-3 pm | Adults

Tue JAN 23 Collections Tour
Special Event | 10 am | All Ages

Wed JAN 24 Collectible Toys & Coins
Wednesdays at the Galt | 2-3 pm | Adults

Thu JAN 25 Cruising Through Time
Archives Program | 7-9 pm | Adults

Sat JAN 27 Broken Sherds & Return of the Pinch Pots
Saturdays at 1:00 | 1-2 pm | All Ages

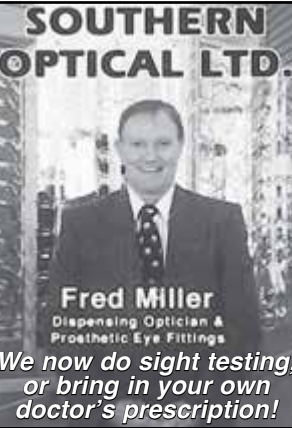
Sun JAN 28 Exhibit Grand Opening & the Curator Presents... with Guest Curator Jane Edmundson
The Curator Presents | 2-3 pm | Adults



galtmuseum.com

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403.320-3954



SOUTHERN OPTICAL LTD.

Fred Miller
Dispensing Optician & Prosthetic Eye Fittings

We now do sight testing, or bring in your own doctor's prescription!

ATTENTION SENIORS

Did you know?
The Alberta Government is once again offering benefits on eye glasses!

Come down to **SOUTHERN OPTICAL** for all the details.
1011 - 3rd Avenue South
(2 blocks north of LSCO)

327-4145

The twelve months...

Snowy,
Flowy,
Blowy,
Showery,
Flowery,
Bowery,
Hoppy,
Croppy,
Dropy,
Breezy,
Sneezy,
Freezy.

~ George Ellis



WINNERS

Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

Come support LSCO and have fun at the same time ~ play Bingo on Thursdays!



Every Wednesday
HALF PRICE REGULAR CARDS

Friday Nights
FREE \$500 GAME

Sunday Afternoons
FREE \$200 GAME

Call the Hotline: 403-327-7454
or Email: winners_bingo@telus.net

INTRODUCTION TO COMPUTERS

This class is designed for anyone learning to use a computer for the first time, or for anyone who feels lost in front of a modern computer. The class will guide you in the basics of using the computer, and allow you to navigate the computer more confidently. We will cover topics such as: Safely powering the computer on and off; Using the mouse, keyboard, and other accessories; Getting around. How to get to places on the computer and online. Plenty of other tips, tricks, and information! Bring your own computer if you have one that is portable, and feel free to ask questions along the way.

When: Mondays & Wednesdays, January 15 - 24

Time: 10:00 am - 12:00 pm

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

Register by: Thursday, January 11 (after this date add \$5)

Instructor: Peter Harris



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327 - 10 Street South, Lethbridge

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We Lessen the Expense ~ Not the Care

Jump into January at LSCO

REGISTRATION INFORMATION

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

IMPORTANT

- Please sign up before the register by date to receive the sale price listed. **Classes are subject to a \$5 increase after this date.**
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- Refunds will be given if LSCO cancels a course. Participants also have the option of taking a credit.

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit www.lethseniors.com 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
- 6 months..... \$150

NON-MEMBER PARTICIPATION

Individuals under age 35 may be able to participate in some evening classes offered. Ex: Yoga, Nia. Please ask at the Administration Desk for more information.

PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket.

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

FOR A COMPLETE LISTING of PROGRAMS VISIT www.lethseniors.com

Special Interest

HEART & STROKE COURSE

The Heart & Stroke Basic Life Support (BLS) Provider course teaches learners to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. It includes adult, child, and infant rescue techniques. The BLS provider course includes realistic scenarios, simulations and state-of-the-art animations, and incorporates Heart & Stroke’s proven practice-while-watching video format to bring the science of the 2015 Guidelines Update for CPR and ECC to the front-line practitioner. Participants will feel much more confident to help others if the need arises. The course is 4 hours in length. Certificates will be issued.

When: Wednesday, January 31
Time: 5:00 – 9:00 pm
Fee: \$100 LSCO M; \$110 NM
Register by: Wednesday, January 24
(after this date add \$5)

or

When: Tuesday, February 6
Time: 5:00 – 9:00 pm
Fee: \$100 LSCO M; \$110 NM
Register by: Tuesday, January 30
(after this date add \$5)

ADULT CPR (2 hour introduction)

This class is designed to allow participants to learn the basic skills of Adult CPR and AED use as well as relief of choking skills. Every year, about 40,000 cardiac arrests happen in Canada – that’s one every 13 minutes. Cardiac arrest can strike without warning, affecting people of all ages and degrees of fitness. When cardiac arrest happens, every minute counts. If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR (cardiopulmonary resuscitation) can double survival rates. This is not a certification course; as a result testing does not take place.

When: Tuesday, January 23
Time: 10:00 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM
Register by: Tuesday, January 16
(after this date add \$5)

INFANT/CHILD CPR

If an infant or small child is in your care this 2 hour class is perfect for you. The class is designed to allow participants to learn the basic skills of Infant CPR and AED use as well as relief of choking skills. This is not a certification course; as a result testing does not take place.

When: Tuesday, February 6
Time: 1:00 – 3:00 pm
Fee: \$10 LSCO M; \$20 NM
Register by: Tuesday, January 30
(after this date add \$5)

Exercise & Movement

LEARN TO HOOP

Hula-hooping is not just for kids anymore! This new style, called “hooping”, is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

When: **Session 1:** Tuesdays
February 6 – March 6
Time: 5:30 – 6:30 pm
Fee: \$30 LSCO M; \$45 NM
Instructor: Erin Lix
Register by: Thursday, February 1
(after this date add \$5)

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! **Note: Monday classes will end at 9:00 am.**

When: **Session 1:** Mondays & Wednesdays
January 8 – February 28
(no class Feb. 19)
Time: 8:00 – 8:50 am
Fee: \$75 LSCO M; \$98 NM

Register by: Thursday, January 4
(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: **Session 1:** Tuesdays & Thursdays
January 9 – February 1
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, January 5
(after this date add \$5)

When: **Session 2:** February 6 – March 1
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, February 2
(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 must be comfortable getting up and down off the floor. A variety of exercise equipment (ex. weights, tubing) is also used. Wear comfortable clothing and footwear. Don’t forget to bring a yoga mat and water bottle. Note: There may be a cancelation of a classes due to instructor availability. Participants will be notified in advance.

Tuesdays & Thursdays

When: **Session 1:** January 9 – March 1
Time: 9:00 – 9:50 am
Fee: \$50 LSCO M; \$96 NM
Register by: Friday, January 5
(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.

When: Mondays, January 8 – March 26
(no class Feb. 19)
Time: 10:30 am – 12:00 pm
Fee: \$34 LSCO M; \$60 NM
Register by: Friday, January 5
(after this date add \$5)

MORNING LINE DANCING

If you have been in the beginner class for a while or have had some line dance experience, but aren’t quite ready to join the advanced dancers, join us for some fun! If you can’t make it every week drop in when you can.

When: Thursdays, January 11 – March 29
Time: 10:30 am – 12:00 pm
Fee: \$34 LSCO M; \$60 NM
Drop In Fee: \$4 LSCO M; \$6 NM
Register by: Monday, January 8
(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, January 11 – March 29
Time: 1:15 pm – 2:15 pm
Fee: \$34 LSCO M; \$60 NM
Register by: Monday, January 8
(after this date add \$5)

MORNING EXERCISES

This program is ideal for individuals who would like to have the option of sitting in a chair or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

When: Mondays, January 22 – February 26
(no class Feb. 19)
Time: 11:00 – 11:45 am
Fee: \$18 LSCO M; \$30
Instructor: Sharon Appelt
Register by: Monday, January 15

SENIORS MARTIAL ARTS FITNESS CLASS

This 6 week class is designed for older adults to challenge and improve balance, coordination, strength and general fitness through martial art movements and exercises. You’ll learn a variety of strike (hand and foot) combinations and exercises from black belt instructors. Wear comfortable clothes and bare feet due to class being held on special mats. Waivers must be completed. Class will be held at C229 12 C Street North. Note: entry into the gym has stairs.

When: Session 1: Saturdays
January 20 – February 24
Time: 10:00 – 11:00 am
Fee: \$36 LSCO M; \$54 NM
Register by: Tuesday, January 16
(after this date add \$5)

When: Session 2: Saturdays
March 3 – April 14
(no class March 31)
Time: 10:00 – 11:00 am
Fee: \$36 LSCO M; \$54 NM
Register by: Tuesday, February 27
(after this date add \$5)

MORNING NIA

Nia is a dance-based fitness activity which also borrows from martial arts and healing arts. It is joyful movement medicine for body and soul; helps improve posture, balance, stability and it’s fun! Nia is beneficial for all ages and stages of health - you choose your own intensity level to participate. Wear clothing you can move in comfortably.

When: Thursdays, February 1 – March 29
Time: 10:45 – 11:45 am
Fee: \$58.50 LSCO M; \$88 NM

Instructor: Jane Franz
Register by: Friday, January 26
(after this date add \$5)

MOVEMENT MEDICINE

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Movement Medicine increases flexibility, breathe, agility, strength, and mobility. Join Andy Hertz, certified Nia Blue Belt, in a magical dance to compassionately condition your body, mind, and spirit.

FREE DEMONSTRATION CLASS January 11 at 5:15 pm. A wonderful opportunity to see what it is all about! Call 403-320-2222 to sign up at the Administration Desk.

When: Thursdays, January 18 – March 29
(no class Feb. 22)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$97.50 NM
Register by: Friday, January 12
(after this date add \$5)

EARLY RISER ZUMBA GOLD

Start your day right with a Zumba class designed with low impact moves and energetic music. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Thursdays, January 18 – February 22
Time: 8:00 – 8:45 am
Fee: \$28 LSCO M; 38 NM
Instructor: Nicole Stratychuk
Register by: Monday, January 15
(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. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Session 1: Tuesdays
January 16 – February 27
Time: 11:00 – 11:45 am
Fee: \$32 LSCO M; \$42 NM
Instructor: Nicole Stratychuk
Register by: Thursday, January 11
(after this date add \$5)

When: Session 2: Tuesdays
March 6 – April 24 (no class April 3)
Time: 11:00 – 11:45 am
Fee: \$32 LSCO M; \$42 NM
Instructor: Nicole Stratychuk
Register by: Thursday, March 1
(after this date add \$5)

Tai Chi & QiGong

FREE TAI CHI DEMONSTRATION

Individuals who have always wondered what Tai Chi is all about will have the opportunity to learn more with Steve Burger. Call 403-320-2222 to sign up. Come wearing comfortable clothes and clean in door footwear. The demo will be held in Gym 2.

When: Monday, January 8
Time: 9:00 – 10:00 am

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, January 11 – March 29
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$60 NM
Instructor: Steve Burger
Register by: Tuesday, January 9
(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, January 9 – March 27
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$60 NM
Instructor: Steve Burger
Register by: Monday, January 8
(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
January 10 – March 28
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$60 NM
Instructor: Steve Burger
Register by: Monday, January 8
(after this date add \$5)

TAI CHI PRACTICE

Note: There is not an instructor available for this practice session. Intermediate and advanced students are welcome to participate for a small fee.

When: Fridays, January 12 – March 23
Time: 9:00 – 10:00 am
Fee: \$15 LSCO M; \$30 NM
Register by: Wednesday, January 10
(after this date add \$5)

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
January 9 – March 29
Time: 10:15 – 11:15 am
Fee: \$85 LSCO M; \$105 NM
Instructor: Dave Scotland
Register by: Friday, January 5
(after this date add \$5)

YANG TAI CHI 6 & 10 Forms

Yang 6 and 10 Tai Chi are short forms taken from Yang 24 form. Each form takes approximately 1.5 minutes to perform once and can be completed in an area of 8 by 4 feet. The form is ideal for beginners and those that do not have enough time to commit to performing longer forms. The 6 form emphasizes proper stances and stepping. The 10 form consists of a balance of both left and right, upper and lower body movements. Applications of techniques will be demonstrated and other related Tai Chi exercises practiced.

When: Wednesdays
January 10 – March 28
Time: 12:30 – 1:30 pm
Fee: \$45 LSCO M; \$72 NM
Instructor: Dave Scotland
Register by: Friday, January 5
(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.

When: Wednesdays, January 10 – March 28
Time: 9:35 – 10:25 am

Fee: \$30 LSCO M; \$48 NM
Register by: Friday, January 5
(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
January 9 – March 1
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$108 NM
Register by: Friday, January 5
(after this date add \$5)

When: Session 2: Tuesdays & Thursdays
March 6 – April 26
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$108 NM
Register by: Friday, March 2
(after this date add \$5)

SATURDAY FLOW YOGA

This morning class will leave you feeling peaceful and grounded with a blend of heat building, strength, balance and stretching while mindfully linking breath to movement. A variety of props may be used. Dress comfortably so that you can move freely. Bring your water bottle a yoga mat and any other prop you may like to use. All levels welcome.

When: Saturdays
January 20 – February 24
(no class Feb. 17)
Time: 9:30 – 10:30 am
Fee: \$30 LSCO M; \$40 NM
Instructor: Corrine Janzen
Register by: Wednesday, January 17
(after this date add \$5)

YIN YOGA

This challenging class is intended for those who have already practiced yoga. Yin Yoga focuses on the joints and connective tissue, especially in the hips, lower back and spine. Most of the poses are seated and last for 3-5 minutes, making the practice deeply meditative. Poses calm the mind, improve flexibility and joint mobility, decrease stress and anxiety, help balance energy (chi) in the internal organs through energy movement and meridian stimulation. Yin Yoga is a good compliment to other forms of vigorous exercise. Bring your yoga mat, a firm blanket and anything else you will need to be comfortable. Class will be held in Room A/B.

When: Mondays, February 5 – April 23
(no class Feb. 19 & April 2)
Time: 9:00 – 10:30 am
Fee: \$85 LSCO M; \$125 NM
Instructor: Karen Toohey
Register by: Tuesday, January 30
(after this date add \$5)

MONDAY MORNING YOGA

Whether you are new to yoga or are familiar with the practice, this class yoga will help you develop balance, strength and flexibility without feeling overwhelmed or confused. In this class we will take our time to get into postures focusing on the basics. We will combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. Wear comfortable clothing, bring a blanket, water bottle and yoga mat. Props may be used. This class will be lead by different instructors.

When: Mondays, January 15 – March 26
(no class Feb. 19)
Time: 9:30 – 10:30 am
Fee: \$60 LSCO M; \$80 NM
Register by: Thursday, January 8
(after this date add \$5)

WEDNESDAY MORNING YOGA

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. Wear comfortable clothing; bring a mat, blanket and water bottle. Pending instructor availability classes may not be held (February 7, 14, 21). Participants will be notified. All levels welcome.

When: January 10 – March 28
Time: 10:00 – 11:00 am
Fee: \$60 LSCO Members; \$80 NM
Instructor: Leigh Monette
Register by: Monday, January 8
(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: Friday, January 12 – March 23
(no class Feb. 9 & 16)
Time: 10:15 – 11:15 am
Fee: \$45 LSCO M; \$59 NM
Instructor: Leigh Monette
Register by: Wednesday, January 10
(after this date add \$5)

YOGA for MEN

Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be 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.

FREE CLASS Wednesday, January 3
8:30 – 9:30 am

When: Wednesdays
January 10 – February 28
Time: 8:30 – 9:30 am
Fee: \$38 LSCO M; \$57 NM
Register by: Tuesday, January 9
(after this date add \$5)

When: Wednesdays, March 7 – April 25
Time: 8:30 – 9:30 am
Fee: \$38 LSCO Members; \$57 NM
Register by: Tuesday, March 6
(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. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, January 9 – March 27
Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$90 NM
Instructor: Melanie Hillaby
Register by: Friday, January 5
(after this date add \$5)

YOGA BLEND

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

When: Thursdays, January 11 – March 29
Time: 12:05 – 12:55 pm

Fee: \$72 LSCO M; \$90 NM
Instructor: Melanie Hillaby
Register by: Monday, January 8
(after this date add \$5)

ACTIVE YOGA

Throughout this lively yoga inspired practice we will work to create heat, build strength, balance and flexibility while being conscious of the breath. You should be comfortable flowing up and down off the mat during the practice. A variety of props may be used. Wear comfortable clothes; bring a yoga mat and water bottle.

When: Wednesdays, January 10 – March 28
Time: 4:45 – 5:45 pm
Fee: \$60 LSCO M; \$78 NM
Register by: Monday, January 8
(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 as we move. At times we will be moving up and down off the mat; 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 yoga mat & water bottle.

When: Fridays, January 12 – March 30
(no class Feb. 16)
Time: 9:00 – 10:00 am
Fee: \$60 LSCO M; \$78 NM
Register by: Thursday, January 4
(after this date add \$5)

PILATES PLUS

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

When: Mondays, January 15 – March 26
(no class Feb. 19)
Time: 12:00 – 12:55 pm
Fee: \$55 LSCO M; \$69 NM
Instructor: June Dow
Register by: Thursday, January 11
(after this date add \$5)

Sports

TUESDAY & THURSDAY NOON
ADULT BASKETBALL

Here is your opportunity to play basketball twice a week for a reasonable price during the lunch hour! A great way to relieve stress and get some exercise before heading back to work or to whatever the afternoon holds. Shower facilities are available so no need to worry about not being fresh for the rest of the day! Register at the Administration Desk. Pay for 4 months of basketball and save! Monthly option available.

When: January 2 – April 26
Time: 12:00 – 1:00 pm
Fee: \$120 (4 months); \$40 (per month)
Drop in Fee: \$6/day

BEGINNER BADMINTON

If you have not played badminton for quite some time or are interested in learning how register for this 7 week program. Wear comfortable exercise clothes and inside gym shoes. 30 minutes of instruction followed by play time until 12:00 pm. The class is lead by LSCO badminton members.

When: Thursdays, January 11 – February 22
Time: 10:00 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM
Register by: Tuesday, January 9

SATURDAY PICKLEBALL

The following dates are not lessons. Individuals registering to play must know the basics and rules of the game. If you presently have a pickleball membership with LSCO you must register in advance in order to play. Wear clean indoor court shoes. Balls and some racquets will be supplied.

When: Saturdays
January 6, 13, 20, 27, February 3
Time: 4:45 – 6:45 pm
Fee: \$25 LSCO M; \$35 NM
Register by: Wednesday, January 3

PICKLEBALL for BEGINNERS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Paddles are available for purchase. 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.

When: **Session 1:** Wednesdays
January 10 – 31
Time: 2:00 – 3:30 pm
Fee: \$15 LSCO M; \$30 NM
Register by: Friday, January 5
When: **Session 2:** Wednesdays
February 7 – 28
Time: 2:00 – 3:30 pm
Fee: \$15 LSCO M; \$30 NM
Register by: Friday, February 2

PICKLEBALL

Pickleball players can purchase passes to play a number of times through the week. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied. ****Note:** Levels of ability vary, as a result it seems that individuals that have been playing for some time attend earlier in the day; beginner and intermediate play usually begins at 3:00 pm. This however, does not mean that you can not attend at another time.

When: Mondays, Wednesdays, Fridays
7:30 – 9:30 am
Mondays & Fridays, 1:00 – 4:50 pm
Tuesdays 10:00 – 11:55 am
January, February, March
Tuesdays & Thursdays
1:15 – 4:50 pm
Fee Monthly: \$15 LSCO M; \$30 NM
Yearly: \$120
Drop In Fees must be paid prior to playing: \$2.50 M; \$3.50 NM. Fees are not pro-rated.
Note: A few times a year that the gym is not available due to, special events, tradeshows, holidays and floor re-surfacing.

Technology

INTRODUCTION TO COMPUTERS

This class is designed for anyone learning to use a computer for the first time, or for anyone who feels lost in front of a modern computer. The class will guide you in the basics of using the computer, and allow you to navigate the computer more confidently. We will cover topics such as: Safely powering the computer on and off; Using the mouse, keyboard, and other accessories; Getting around. How to get to places on the computer and online. Plenty of other tips, tricks, and information! Bring your own computer if you have one that is portable, and feel free to ask questions along the way.

When: Mondays & Wednesdays
January 15 – 24
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Peter Harris
Register by: Thursday, January 11
(after this date add \$5)

WORKING WITH WINDOWS 10

Have you recently purchased a new computer running Windows 10? Has your older computer updated itself to the newer Windows 10? Is Windows 10 standing between you and using your computer? If you are familiar with the previous versions of Windows and need a hand with the new one, or if its been a while since you’ve last used a computer, this course is here to help you to become competent and confident. Sign up today to learn all of the following: Safely booting up, and shutting down; Accessing the internet; Installing programs and games; Communicating though Email, Skype, etc.; Writing documents and saving files; Accessing entertainment; Online best practices & more. Bring your portable computer if you have one. This is the class for you if you have general knowledge of how to use a computer. If not, the Introduction to Computers class may be the right one for you.

When: Mondays & Wednesdays
January 29 – February 14
Time: 10:00 am – 12:00 pm
Fee: \$35 LSCO M; \$60 NM
Instructor: Peter Harris
Register by: Thursday, January 25
(after this date add \$5)

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: Fridays, January 12 – February 16
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Rod Henriquez
Register by: Monday, January 8

Creative Arts

INTRO TO WOOD WORKING

Interested individuals 55+ will gain basic knowledge for using carpentry tools safely. A small project will be completed. At times safety glasses and ear protectors must be worn. Register early, space is limited.

When: Thursdays, January 25 – February 22
Time: 1:00 – 2:30 pm
Fee: \$20 LSCO M; \$40 NM
Register by: Thursday, January 18
(after this date add \$5)

UNDERSTANDING FORM (Lines & Edges, Volume & Mass)

This is part of a new series Donna is introducing to help you understand form. Form is the structure and perception of an object or objects. Without the understanding of a form our work looks flat, out of whack and unreal. Every object in life takes up space and volume but if we don’t understand how the structure is perceived and put together, it just won’t look right. We will study and review the characteristics of lines and edges (contours) and then move into volume and mass which will be help with our understanding of space and spacial relationships. Seems a little complex and that’s why we will limit our exercises to just these few elements.

When: Wednesdays
January 24 – February 28
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Wednesday, January 17
(after this date add \$5)

UNDERSTANDING FORM (Value & Space)

This is the second part of a new series Donna is introducing to help you understand form. Form is the structure and perception of an object or objects.

Without the understanding of a form our work looks flat, out of whack and unreal. Every object in life takes up space and volume but if we don’t understand how the structure is perceived and put together, it just won’t look right. We will study and review the characteristics of value (shading) and then move into spatial relationships (perspective) which will give our subject depth and realism.

When: Wednesdays, March 7 – April 11
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Wednesday, February 28

BRUSHING & BLENDING TECHNIQUES for ACRYLICS 1 day workshop

This is a great workshop for the beginner. Learn proper handling of your brushes, different types and sizes, what each brush is can do for you, and how to care for them. We will also cover one of the most demanding issue in painting with acrylics – how to blend. There are several different ways to achieve this and we cover a few more successful ways. A very good class for those seasoned painters as well.

When: Thursday, February 1
Time: 10:00 am – 3:00 pm
(1 hour set aside for lunch)
Fee: \$25 LSCO M; \$50 NM
Register by: Thursday, January 25
(after this date add \$5)

BASIC ACRYLICS for BEGINNERS

For the absolute beginner, this 8 week class will offer the student the basic techniques and understanding of working with this medium. Acrylics can be tricky because they dry so fast but they are perfect for the beginner because mistakes can be quickly corrected. Simple color mixing, brush handling, basic composition and design, different types of paint applications and how to blend and shade your subject will be covered.

When: Thursdays, February 8 – March 29
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, February 1
(after this date add \$5)

ZENTANGLE ART #1

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

When: Tuesdays, January 9 – 30
Time: 1:00 – 3:00 pm
Fee: \$25 LSCO M; \$38 NM
Register by: Thursday, January 4
(after this date add \$5)

ZENTANGLE ART #2

If you have taken the first session of Zentangle Art and are ready to learn new tangles and 3 dimensional shading, register for this class.

When: Tuesdays, February 6 – March 6
Time: 1:00 - 3:00 pm
Fee: \$25 LSCO M; \$38 NM
Register by: Thursday, February 1
(after this date add \$5)

EXPRESSIVE ART

Join our Expressive Art Class! You don’t need to be talented or an artist to participate and receive the benefits. Expressive Art can achieve different things for different people. The creative process of making art improves a person’s physical, mental, and emotional well-being. Come have fun creating art and receive all the benefits of the process. All levels of ability welcome. Supplies are provided. Sharon Appelt will lead this program.

When: Mondays, February 12 – March 26
Time: 1:00 – 2:30 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Wednesday, February 7

Alzheimer Awareness Month

January is Alzheimer’s Awareness Month and once again we are partnering with the Alzheimer’s Society. **Dr. Roland Ikuta** will be speaking on Alzheimer’s Disease and dementia here at LSCO on **January 16th at 9:30 am** in Gym 2. Everyone in the community is invited to attend.

Living Options: Navigating Supportive Living & Care

Understanding the different Levels of Supportive Services. What Health Care Support are available at each level. What to expect? What it includes and how to access available services and benefits. Chloe Kilkenny, LPN, Director of Operations Kilkenny Services – Wellness & Holistic Health will be speaking on **Thursday, January 25th** at 10:00 am in Room A.

Practicing Happiness

Practicing Happiness is a six week program that helps individuals find purpose and direction in life. Every day life can present many ups and downs and sometimes it is hard to keep being positive. Practicing Happiness tries to help individuals find inner peace. Individuals need to pre-register for Practising Happiness that starts on **January 3rd** by calling 403-320-2222 or stopping by the LSCO Administration Desk.

Friday Music Program

Friday Music Program entertainers for the month of January are: January 5th – Rebecca Jeong. January 12th – Classic Legends. January 19th – Celtic Routes. January 26th – Los Gringos. The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music

Community Partnerships

Legal Advice

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



Support
Services
Coordinator

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

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

Wellness

Free Neck and Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, January 24th** from 10:30 am until 12:30 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come first served basis.

Hearing Screening

Are you missing part of the conversation? Do you continually have to ask people to repeat what they have said? Have your hearing checked for free. Candice or Jake from *Lethbridge Hearing Centre* will be here on **Thursday, January 11th** from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the Administration Desk or by phoning 403-320-2222.

Reflexology Appointments

Did you know the benefits of reflexology include its ability to stimulate nerve function,

increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, prevents migraines, cleans up urinary tract conditions. Reflexologists, Brenda & Linda, will be here on **Friday, January 19th.** Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion going 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, January 2nd** by calling LSCO at 403-320-2222. There is a fee for this service with a portion of it going to LSCO. To book an appointment for a home visit call 403-915-1800.

NEW! Mobile Dental Hygiene

LSCO has a new wellness service. *Direct Dental Hygiene*, a mobile dental hygienist service, service will be here at LSCO on **Monday, January 8th** from 9:00 am to 3:00 pm. Olivia Fletcher, RDH is offering one hour appointments. Olivia offers the following services: preventative cleaning, fluoride, oral cancer screening, patient specific care, adjunctive services. Olivia will make referrals to other health care providers if needed. Direct billing is done to Blue Cross or other providers. Appointments can be booked at the LSCO Administration Desk or by calling 403-320-2222. For more information about this service call Olivia at 403-694-1346.

LSCO Fitness Centre has a wide variety of exercise equipment.

- Abdominal Curl; Chest Press Fly/Deltoid Raise; Lateral Raise
- Lat/High Row
- Leg Extension; Leg Press
- Seated Row; Shoulder Press
- Tricep Pull Down; Strength Machine

- 2 Ellipticals
- Rowing Machine
- 3 Treadmills • 1 Seated Bike
- 4 Recumbent Bikes
- 3 Vibration Trainers
- A variety of hydraulic equipment

There are free weights, fit balls and a stretching area.

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.

FRESH PURE UNPASTEURIZED HONEY for sale. Various sizes from 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

Serving Lethbridge and area for 7+ years. **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. These could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more infor-

mation call Barbara **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

Anyone interested in joining our group, to discuss **stock market investing**, whether its do-it-yourself or exchange traded funds, please call Marge at 403-317-1772, email mseskus@telus.net. No fee or deposit required other than sharing cost of pot of coffee. Meeting place is a Royal Canadian Legion the first Tuesday of the month at 1:15 pm.

Do you experience foot, knee, leg, back pain, neuropathy from diabetes or chemotherapy? Let me share with you how the technology in some amazing socks can give you relief and how they have helped me. Call 403-892-4255 or e-mail: cmlhall@shaw.ca

Host the ultimate movie night

Movie nights are a great way to bring family and friends together. After all the holiday spending, they’re also a fun, low-cost option for entertaining. Here are few ideas to host the ultimate movie night, without breaking the bank.

Let guests pick the flick. Curate a selection of movies you have at home or narrow down a list of films on your subscription-based streaming service and let your guests vote. Consider choosing a theme for the evening. For family movie night, offer a list of animated movies to choose from, or for girls’ night in, a selection of rom coms.

Pick the perfect snack. What’s a movie night without popcorn? Popping a few bags of microwaveable popcorn for the audience to share takes minimal time, so you can focus on tidying up and sitting back to relax. Orville Redenbacher has a new recipe for its microwaveable popcorn with no artificial colours, flavours and preservatives in most flavours, so you can share a snack that your entire family will love.

Read your audience. The movie doesn’t always have to end for a conversation to spark up. If your family and friends have news to share or there are a lot of heavy eyelids in the crowd, let the mood of your guests dictate the course of the evening. After all, the most important part is spending time together.

LSCO PROGRAMS ~ MORE ACTIVITIES FOR LESS

Members may choose to sign up for these programs. 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.

CARDS AND GAMES

Members and invited guests are welcome to play Crib, Bridge, Scrabble and other Social cards and board games in the card area throughout the day. From time to time the area may be needed for other LSCO activities and services. If so, play will be moved to another location or canceled for that time period.

CRIB

Fee: \$11 per 12 months & LSCO membership
Non-member drop in fee is \$2.

BRIDGE

Fee: \$11 per 12 months & LSCO membership
Non-member drop in fee is \$2.

SCRABBLE

Fee: \$11 per 12 months & LSCO membership
Non-member drop in fee is \$2.

SOCIAL CARDS

Fee: \$11 per 12 months & LSCO membership
Non-member drop in fee is \$2.

CREATIVE ARTS

CERAMICS

If you are new to painting ceramics or are a veteran you will enjoy the information Gladys will share with you to either learn or improve your brush stroke techniques. Beginners are very welcome. There is a small selection of bisque in stock to choose from. You will be required to purchase additional items on your own. A small firing fee may be charged.

When: Mondays
Time: 9:00 am – 12:00 pm
Fee: \$22 & LSCO membership
Instructor: Gladys Larson

CHINA PAINTING

Like so many other styles of painting, china painting is an art. Participants will be taught techniques and tips. A selection of pieces can be purchased to paint.

When: Tuesdays
Time: 9:00 am – 12:00 pm
Fee: \$22 & LSCO membership
Instructor: Gladys Larson

CRAFTING WORKSHOP

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found. **Note:** If there is not space available in another location, this program may be canceled Thursday, February 1 and April 19 as a workshop may be taking place in the Art Room.

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

KNIT, CROCHET, NEEDLEWORK

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome.

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

LAPIDARY (Stonecrafters)

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

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

PAPER TOLE WORKSHOP

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

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

QUILTING

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

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

WOOD CARVING

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

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

WOOD WORKING

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

When: Monday – Friday
Time: 8:00 am – 4:00 pm
Fee: \$44 & LSCO membership

PHYSICAL ACTIVITES

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

BADMINTON

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

When: Mon./Wed./Fri.
Time: 11:10 am – 12:30 pm
When: Thursdays
Time: 10:00 am – 12:00 pm
Fee: \$66 & LSCO membership

KEEP FIT

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

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

SCOTTISH COUNTRY DANCE

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

When: Fridays
Time: 10:15 am – 11:45 am
Fee: Weekly \$2 donation & LSCO membership
NM Fee: \$3

TABLE TENNIS

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

When: Mon & Fri: 3:00 – 4:30 pm
Wed. 2:45 – 4:25 pm
Fee: \$44 & LSCO membership

TAI CHI

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

When: Mon./Wed./Fri.
Time: 8:30 – 9:30 am
Fee: \$17 & LSCO membership

GENERAL INTEREST

ADVANCED PHOTOGRAPHY

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

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

AMATEUR HAM RADIO

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

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

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member. Fee: \$6 M; \$7 NM.

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

COMPUTER CLUB

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

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

DIGITAL PHOTOGRAPHY

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

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

GENEALOGY

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

When: Wednesdays
Time: 10:00 am – 3:00 pm
Fee: \$20 & LSCO membership

GOLDEN MILE SINGERS

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

When: Tuesdays
Time: 10:00 – 11:30 am
Fee: LSCO membership
NM Fee: \$2

KARAOKE

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

When: Tuesdays
Time: 1:00 – 3:00 pm
Fee: \$17 & LSCO membership
NM Fee: \$2/day

COMMUNITY PROGRAMS

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

BINGO

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

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

JAM SESSION

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

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

Highlights of Germany, An Avalon River Cruise

Life is good. That's what I'm thinking as I slide open the triple-sized floor-to-ceiling glass doors of my Panorama Suite to a bucolic view of caramel-coloured cows grazing on a lush green meadow that borders the Danube River. Peaceful mornings like this are what I've come to expect on this 12-day tour that starts with 3 nights in Munich and continues with 9 nights aboard Avalon's Artistry II, a Panorama Suite Ship®.

There are several ships cruising the waterways of Europe, and I've chosen one of the best. Boasting smaller ships and larger, luxuriously comfortable cabins, Avalon has raised the bar for river cruising.

Unlike ocean cruising, we dock in the heart of these historic towns and cities, and leaving the ship is as simple as taking a few steps off the gangway and we're off to start exploring a new destination. We dress very casually throughout the day and even though the evening dining experience is elegant, we won't be seeing suits and gowns at dinner. This is how I like to travel.

Before we start the cruise, we enjoy a 3-night stay in historic Munich, the capital of Bavaria. From our centrally-located hotel, we spend our days touring the Nymphenberg Palace, gothic Fraunkirche, and enjoy walking the Marienplatz with its Old and new Town Halls and authentic Bavarian beer gardens.

We enjoyed a typical German dinner at Augustiner Restaurant and Beer Garden: spatzl, schnitzel, dumplings, saurkraut, potatoes, several kinds of wurst (sausage) and a savoury brown gravy that just makes everything taste better.

A day-trip from Munich took us to King Ludwig's fairytale Neuschwanstein Castle, a must-see in this part of Germany. Located high above a garden-like landscape in the Bavarian Alps, the castle is the

inspiration for Disneyland's Sleeping Beauty Castle. Yet another castle visit takes us to Linderhof Palace, King Ludwig's smallest castle and much like a miniature Palace of Versailles.

Our cruise begins in Passau, taking us in a westerly direction along the scenic Danube, Main and Rhine Rivers where we visit Nuremberg, Regensburg, Bamberg, Wurzburg, Miltenberg, Rothenberg, Strasbourg and several more. The ship's daily port of call information sheets really helped to chronicle each day of the cruise. We were provided with "Memory Booklets" to organize our information sheets, maps and other information provided by the cruise director.

There were so many interesting things to see and do on this cruise. One of the places that I found charming was the medieval town of Rothenberg ob der Tauber with its five medieval gates complete with guard towers that date from the 13th to 16th centuries. And like any woman, I was delighted to shop in the Kathe Wohlfahrt Christmas Store, an enormous store housed in a gothic building. I found beautiful Christmas ornament, nutcracker ornaments, and cuckoo clocks of every description. The store is open 365 days a year – perfect for the year-round tourist crowd.

Plan to take a day trip to the Austrian city of Salzburg. It's the birthplace of Mozart; you'll see the historic "Old Town", renowned for its well-preserved baroque architecture.

We sailed through the scenic Rhine Gorge on a calm sunny day, and viewed vineyards, medieval castles and picturesque towns and villages.

Travelling further south on the Rhine, our itinerary took us to the imposing ruins of Heidelberg Castle, the Gothic Cathedral in Strasbourg and the Black Forest region, famous for ham, cherry cake and cuckoo clocks.



This part of the Rhine river separates Germany from France, and you can choose a day trip to Colmar, one of France's prettiest towns.

The cruise finished in Basel, ending a wonderful holiday that took us to four countries: Germany, Austria, France and Switzerland.

by Dixie Fowler

When the author isn't travelling, she's the travel agency manager at Maritime Travel in Lethbridge. [dfowler@maritimetravel.ca]



EARLY RISER ZUMBA GOLD

Start your day right with a Zumba class designed with low impact moves and energetic music. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Thursdays, January 18 – February 22
Time: 8:00 – 8:45 am
Fee: \$28 LSCO M; 38 NM
Instructor: Nicole Stratyckuk
Register by: Monday, January 15 (after this date add \$5)

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JANUARY 12 CLASSIC LEGENDS

JANUARY 19 CELTIC ROUTES

JANUARY 26 LOS GRINGOS

LUNCH SERVED 11:00 AM ~ 1:00 PM

MUSIC PROGRAM 12:30 ~ 2:00 PM

LSCO STAGE AREA



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

LSCO Adult Day Program

LSCO currently offers a day program giving individuals with physical and mental limitations an opportunity to participate and socialize with other adults in a variety of activities. Activities and events vary daily and include games, exercises, and entertainment to name a few. The program presently operates Tuesday, Wednesday and Thursday afternoons from 1:00 – 4:00 pm year round. Individuals can drop in as it suits them best or pay on a regular basis. Caregivers maybe needed for some clients Mondays, a special art program is offered and must individuals must registered in advance. Please see below for more information.

Weekly Programs at a Glance	Adult Day Program Fees
<div>Tuesdays Music Entertainment Chair Exercises (light weights & other equipment) Monthly Pet Therapy Light Refreshments</div> <div>Wednesdays Kinect – Bowling and other sports Horse Racing played with Dice Bowling Offsite (own transportation must be arranged) Light Refreshments</div> <div>Thursdays Music Entertainment Movies Games/Cards Wheel of Fortune Bingo Jeopardy</div>	<div>\$3/day if individual is a member of LSCO \$5/day if not a member of LSCO 10 x Pass LSCO Members: \$30 10 x Pass Non Members: \$50 Fees for clients include refreshments. Caregivers are free of charge when supporting clients however, refreshments are not provided.</div> <div>MEMBERSHIPS LSCO Welcome Policy LSCO’s Welcome Policy states that individuals with income less than \$25,000 may request a subsidy to purchase a membership and participate in programs.</div> <div>SENIOR 12 Month Memberships Individuals 55 years +<ul style="list-style-type: none">• Renewal \$50• New Member \$53ADULT 12 Month Memberships Individuals 35 – 54 years<ul style="list-style-type: none">• Renewal/New Member \$90</div>

CITY of LETHBRIDGE FEE ASSISTANCE PROGRAM

The City of Lethbridge Fee Assistance Program is administered by the Recreation and Culture department. It is to provide Lethbridge residents with the opportunity to participate in Recreation and Culture programs and activities at a subsidized cost or at no cost (depending on the cost of the activity being offered). Confidentiality will be maintained. If you would like more information feel free to contact the City of Lethbridge.

MORNING EXERCISES

This program is ideal for individuals who would like to have the option of sitting in a chair or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.



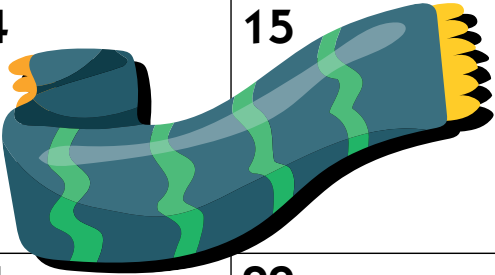


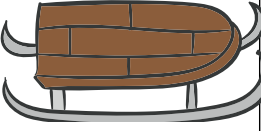


When:	Mondays, January 22 – February 26
Time:	11:00 – 11:45 am
Fee:	\$18 LSCO M; \$30
Instructor:	Sharon Appelt
Register by:	Monday, January 15

EXPRESSIVE ART

You don’t need to be talented or an artist to participate and receive the benefits. Expressive Art can achieve different things for different people. The creative process of making art improves a person’s physical, mental, and emotional well-being. Come have fun creating art and receive all the benefits of the process. All levels of ability welcome. Supplies are provided. Sharon Appelt will lead this program.

When:	Mondays, February 12 – March 26
Time:	1:00 – 2:30 pm
Fee:	\$20 LSCO M; \$30 NM
Register by:	Wednesday, February 7

January 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 Music with Alice 1:00 pm Chair Exercises 2:45 pm	3 Fun with Wii 1:00 pm	4 Music with Sandy Gervais 1:00 pm Room A/B	5 Music Program in Stage Area Rebecca Jeong 12:30 ~ 2:00 pm	6 
7	8	9 Music with Hank 1:00 pm Chair Exercises 2:45 pm	10 Bowling Holiday Bowl 1:00 pm	11 Music with Floyd Sillito 1:00 pm Room A/B	12 Music Program in Stage Area Classic Legends 12:30 ~ 2:00 pm	13
14 	15 	16 Intention Sticks with Lavonn 1:00 pm Chair Exercises 2:45 pm	17 Horse Racing 1:00 pm Room A/B	18 Pressed Flowers with Eira 1:00 pm Room C/D	19 Music Program in Stage Area Celtic Routes 12:30 ~ 2:00 pm	20
21 	22	23 Movie Time 1:00 pm Chair Exercises 2:45 pm	24 Bowling Holiday Bowl 1:00 pm	25 Los Gringos 1:00 pm Room A/B	25 Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	27 
28 	29	30 Cards & Dice 1:00 pm Chair Exercises 2:45 pm	31 Horse Racing 1:00 pm Room A/B	Happy New Year 2018 		

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 \$3 LSCO M & \$5 NM per visit.

Creative Arts

Creative Arts Classes in Winter

- Zentangle • Understanding Form
- Brushing & Blending Techniques for Acrylics
- Intro to Woodworking • Basic Acrylics

Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **January 3 – February 7**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



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.

When: Mondays
January 8 – March 26
(no class Feb. 19)

Time: 10:30 am – 12:00 pm

Fee: \$34 LSCO M; \$60 NM

Register by: Friday, January 5
(after this date add \$5)



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<div><div>Please check for start dates.</div><div>January Weekly Activity Schedule</div></div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball 7:30 am		Pickleball 7:30 am		Pickleball 7:30 am
Active Aging 8:00 am		Active Aging 8:00 am		
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am Yoga for Men 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am Paper Tole 9:00 am Active Yoga Stretch 9:00 am
	Gentle Yoga 9:30 am	Scrabble 9:30 am Chair Yoga 9:35 am	Gentle Yoga 9:30 am Scrabble 9:30 am	
Keep Fit 10:00 am Yoga 9:30 am	Advanced Photography 10:00 am Lapidary 10:00 am Golden Mile Singers 10:00	Keep Fit 10:00 am Genealogy 10:00 am Yoga 10:00 am		Walking 9:30 am Digital Photography 10:00 am
Line Dancing 10:30 am	QiGong 10:15 am Pickleball 10:00 am		QiGong 10:15 am Badminton 10:30 am Line Dance 10:30 am Nia 10:45 am	Scottish Country Dance 10:15 am
Badminton 11:10 am	Zumba Gold 11:00 am	Badminton 11:10 am		Badminton 11:10 am
Pilates Plus 12:00 pm	Quilting 12:00 pm Yoga Noon Hour 12:05 pm	Yang Tai Chi 6 & 10 Forms 12:30 pm	Yoga Blend 12:05 pm	
			Wood Carving 12:30 pm	Friday Music Program 12:30 pm
Pickleball 12:45 pm				Pickleball 12:45 pm
Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities & Chair Exercises) Karaoke 1:00 pm	Adult Day Program 1:00 pm (Horse Racing, Games, Bowling, Kinect, Movies) Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities) Needlework 1:00 pm Crib 1:00 pm	
	Pickleball 1:15 pm		Pickleball 1:15 pm Line Dance Beginner 1:15 pm	
		Pickleball Lessons 2:00 pm		
Table Tennis 3:00 pm		Table Tennis 2:45 pm		Table Tennis 3:00 pm
		Active Yoga 4:45 pm		
			Nia Inspired Dance 5:15 pm	
			Jam Session 6:45 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm
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 .				

You can now renew your membership and register online for classes at www.lethseniors.com



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Personal Directives in Light of Medically Assisted Dying Legislation

It has come to my attention lately that more clients are wanting to have something more in their Personal Directives, that make it clear about Medical Assistance in Dying or Maid. Prior to 2016, the standard personal directive or PD had a standard clause about someone not wishing to be kept alive if they were in a persistent vegetative state. This meant that if you were in a coma with significant brain damage, and with no hope of regaining any meaningful consciousness, that would not want heroic measures to save your life. This is sometimes referred to euphemistically by some of my clients as the “pull the plug” document. I have many of my clients say to me just pull the plug if I am no longer there. The problem becomes what if there is not plug to pull and you have simply lost your consciousness or what makes you you. In this case you can continue to live for years as simply a mere shell of what makes you human. Your heart and lungs will keep you living and because you are under no stress per se, you can continue to live for a long time. An example of this is disease like dementia, which in a lot of cases can have you living many years as your brain slowly deteriorates to a point where who you were is gone. What does the Maid legislation say about this?

The answer is practically nothing. Maid legislation states the following when Maid is available to a patient (as taken from the Government of Canada website on same):

Grievous and irremediable medical condition

To be considered as having a grievous and irremediable medical condition, you must meet all of the following criteria. You must:

- have a serious illness, disease or disability
- be in an advanced state of decline that cannot be reversed

Reboot

Marlee Hosho Ross is an ordained Zen chaplain, and says she is now “doing the work that I’m meant to do.” A graduate of comparative religions and philosophy from University of Toronto’s Trinity College, Marlee says she has always been interested in the study of language and stories, and that interest led her to an earlier career as a Speech Language Pathologist in Vancouver schools.

“The thread of who we are runs through us; it’s already there and it shapes our character,” she says. “Now, I am a great lover of both language and silence.”

Marlee acknowledges it takes great courage to grow older and embrace age as an “enlarging,” not “diminishing” experience.

“It’s a time of great vitality,” she says, acknowledging the importance of managing and nurturing physical energy to open mental and emotional space to live alongside others and to serve the world with our gifts.

“It’s about love,” she concludes, “and trusting yourself to be who you really are.”

By Verena Foux
INSPIRED Senior Living magazine
www.seniorlivingmag.com



Legal Tips and Information

Douglas Alger

- experience unbearable physical or mental suffering from your illness, disease, disability or state of decline that cannot be relieved under conditions that you consider acceptable
- be at a point where your natural death has become reasonably foreseeable
 - this takes into account all of your medical circumstances and does not require a specific prognosis as to how long you have left to live

You do not need to have a fatal or terminal condition to be eligible for medical assistance in dying.

Informed Consent

This means you have consented (given permission) to medical assistance in dying after you have received all of the information you need to make your decision, including:

- your medical diagnosis
- available forms of treatment
- available options to relieve suffering, including palliative care

You must be able to give informed consent both:

- at the time of your request
- immediately before medical assistance in dying is provided


You can withdraw your consent at any time and in any manner.

It is straight-forward enough when you see this. The Maid legislation is for terminally ill patients who have to provide their own consent and someone you appoint as agent cannot provide that consent. It does seem to make sense that your agent cannot make that decision for you. However what if while you are still of sound mind that you indicate that you do not want to live if you have lost all that made you who you are? This is a difficult ethics question indeed.

There are things that can be done to ease your suffering and one of them is talking things through with your doctor and lawyer, well before you are faced with a life threatening illness. Your personal directive can make reference to many things that cover end of life provisions and if you feel strongly about this, one way or the other, you should place these directives in that document. Finally in light of the recent changes to our laws, it would be wise to schedule an appointment with your lawyer and go over your existing personal directive to make sure it has those wishes clearly stated for all to see.

Wishing you the best for 2018. ★

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~Maya Angelou

New Year and New Intentions

I remember the countless times I have sat down and written out or stated to someone else what my New Year Resolution was going to be. Before the end of the month or sooner, I seem to have returned to my same behaviour that I resolved I was going to change. I would then put the resolution aside and feel that I was unsuccessful.

This year for 2018 I will try to put aside an “all or nothing” way of thinking. I will put aside the need to develop a resolution and think about those changes or goals I would like and focus on making them an intention.

The Free Dictionary.com defines intention as a course of action that one intends to follow, an aim that guides action, an objective. Merriam-Webster.com defines intention as a determination to act in a certain way.

An intention is a clear and positive statement of an outcome you want to experience. An



LSCO Case Worker/
LEARN Coordinator

Lavonn Mutch
lmutch@lethseniors.com
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intention is a goal, or vision that guides your activities, thoughts, attitudes, and choices, hence your intentions influence your experiences. Intentions are important because they provide a framework for you to set priorities, encourage you to use your time wisely. When you set a clear and personal intention you will tend to act in ways that support your intention.

It is easy to stray and get side tracked and put that intention away, it takes gentle reminders to bring ourselves back to the spot where we strayed and re visit the plan.

I remind myself to slow down and pay attention to what my thoughts are creating, and listen to my self-talk. Re-visit what is it that I want for the outcome, and how can I move in a positive direction to support that outcome. People can set positive intentions for all aspects of their lives; in overall goals such as peace, joy health etc. and in other areas they want to focus on such as work and relationships.

An example of a positive intention could be; I intend to respond first then react to the situation; or I intend to lead by example.

For the 2018 coming year I invite you to create those positive intentions that you would like to incorporate into your days. Health and Happiness for 2018. ★

Wilber: Discipline

This story took place during the years of the depression. A number of things happened on the farms. Nothing was ever wasted. Families were large and discipline was sure. That's the background for my story.

Wilber lived on a family farm. The next farm over belonged to his uncle. His uncle had thirteen kids. Wilber just had a younger sister.

Wilber's uncle's boy (his cousin) was fourteen and use to come up to Wilber's place and just hang out with Wilber. Wilber had an inventive and inquisitive mind, and his cousin was having a little fun teaching Wilber about measurements. Wilber was only five years old and had not yet been to school. His cousin

had tried to teach him about the distance of one foot or three feet, but without success. They went to the hen house and got some eggs which they then placed on the ground at varied distances apart. The cousin then told Wilber to try and step with his bare feet, on the eggs. It was fun! But Wilber's mother looked out the kitchen window when she heard Wilber laughing as the eggs squished between his toes. Now Wilber's mother sold eggs and that profit was her only spending money. The boys had already gone through a dozen eggs. She picked up her willow switch that hung over the back door, ready to correct any situation.

Mother grabbed Wilber, who was wearing short pants,

and laid the willow switch on his bare legs. He let out a scream. Wilber's dog thought that mother was stepping on Wilber's rights so it bit her. She let out a scream. Wilber ran for the barn. The cousin just stood there laughing, which was not too smart! Mother was Irish and mad. She used the willow switch on the dog and then grabbed the cousin and finished the job.

Mother, Dad, Sister, Cousin – if you got caught, you went before judge and jury and suffered whatever was convenient for punishment. You were not sent to your room, given a time out, or cut off from TV.

Both boys grew up to be good, honest, hard working men. I guess we will never know.

~ Stan Coxson

Computer Corner by Sjoerd Schaafsma

Visibility Options – continued

The Ease of Access feature allows you to adjust settings to make your computer easier to use, but sometimes the Ease of Access menu has more options than we want.

The size of objects and text can also be changed with the Windows display options, and zoom functions within software.

On the Desktop: Right click on an empty area of the desktop. A drop down menu should appear.

In *Windows 10*, choose *Display settings*, left click on it. The Settings display screen will open up.

There is a menu to the left; at the top should be *Display*. On the right hand side find Scale and layout.

Below this is a box labeled: “Change the size of text, apps, and other items”.

The default value is 100%. Changing this value is a ‘clean’ way to increase the size of items on the desktop and elsewhere.

The Resolution option allows you to change the size of items as well. Most items will appear less crisp if the resolution is changed to a value lower than the recommended one. The recommended value for LED (flat) screens is usually the maximum value for that monitor.

In *Windows 7*, choose ‘Screen resolution’ after right clicking an empty area of the desktop. A display menu will appear. The resolution can be changed in the drop down menu, there is a slider bar to drag down and choose the resolution. This is the ‘dirty’ way to increase the size of items.

In smaller blue text is the choice to “*Make text and other items larger or smaller*”. Mousing over this text will display a blue underline. Left clicking on the text will bring up a menu to let you enlarge the item size to either 125% or 150%. There is a preview window which gives you a rough idea of the changes in size you can expect. After making changes you will have to log off to apply the changes. A simple log off is all that's needed. You don't have to reboot your computer (unless something else is going on that requires a reboot).

In Office and other productivity software there is usually a **View** command on the task bar. Under the view menu look for a Zoom setting which will let you magnify text or images.

The Monthly Distraction: Anyone who uses the Google home page for internet searches, may have noticed the Google Doodle. Clicking on the doodle brings up date or location related links, to either current or historical events. If you can't see the doodle, add /doodles after google.ca. in the address bar eg. Google.ca/doodles.

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

To subscribe to the computer club email list: or if you have questions about the Computer Club contact: computerclub@lethseniors.com

Computer Club WORKSHOPS

January 2018

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm.

This time may be pre-empted for other events.

We have a number of workshops ‘simmering in the pot’ but no dates have been set yet.

Workshops and events we're looking at are: Making the best of Bluetooth (London Drugs), TeamViewer (your best friend or worst enemy), Google Docs (when available again), card making with your computer, computing basics (after the LSCO classes if there is a demand and no further classes are planned), word processing and keyboarding, Android sharing session.

January 2018

Remember to renew your memberships and parking permits! Your Computer Club membership started on the day you paid for it and expires one year later. Check at the desk if you aren't sure.

If you want one on one help for a specific problem or something you'd like to learn, please email computerclub@lethseniors.com giving a date and time and what you'd like help with. We'll try to hook you up with someone who will be able to help you in the lab. This service is available to Computer Club members only.

Don't be shy! Suggestions for other workshops are welcomed.

The schedule can be found at <https://sites.google.com/site/oldfolkscomputers/workshop-calendar>

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.

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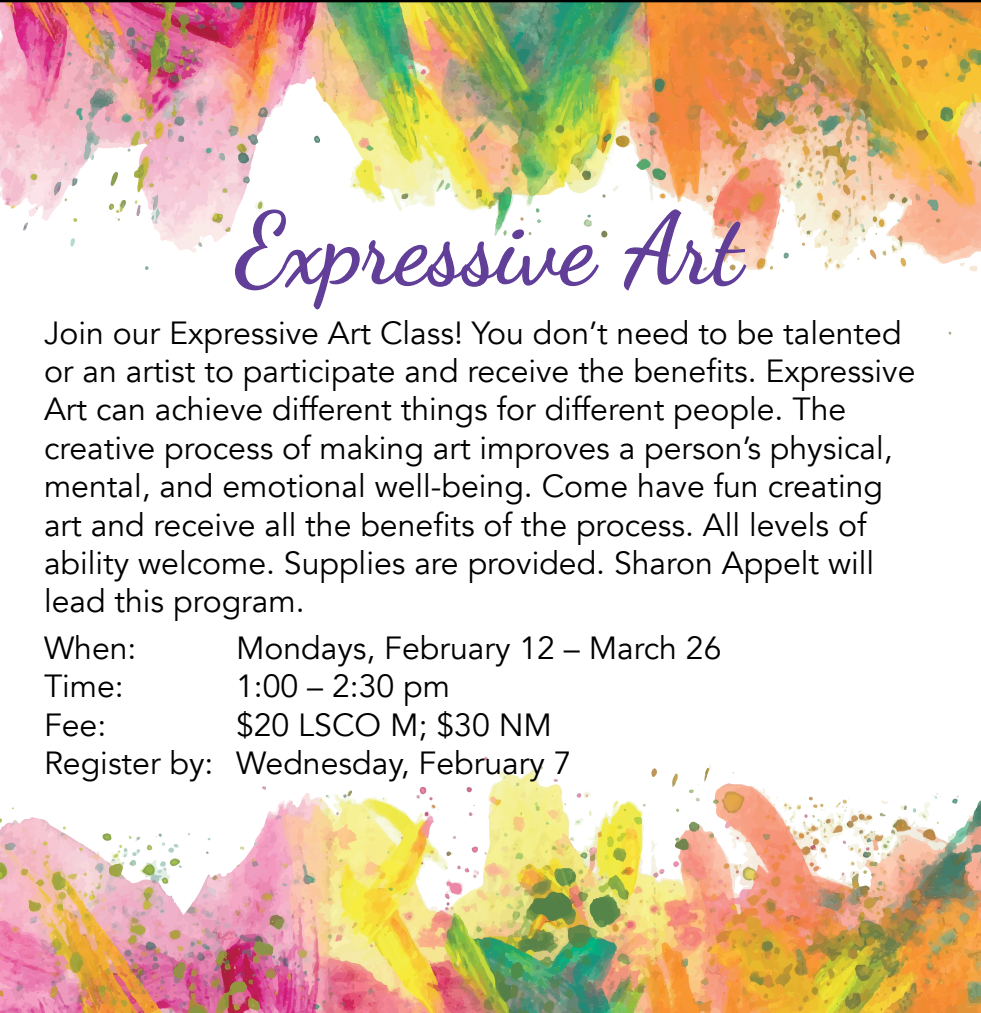
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Join our Expressive Art Class! You don't need to be talented or an artist to participate and receive the benefits. Expressive Art can achieve different things for different people. The creative process of making art improves a person's physical, mental, and emotional well-being. Come have fun creating art and receive all the benefits of the process. All levels of ability welcome. Supplies are provided. Sharon Appelt will lead this program.

When: Mondays, February 12 – March 26
Time: 1:00 – 2:30 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Wednesday, February 7



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Personal Directive and Enduring Power of Attorney

As the New Year has come in we look at goals for the upcoming year, I hope to remind everyone to make sure you have a *Personal Directive* (PD) and an *Enduring Power of Attorney* (EPOA).

It is recommended that every Albertan who is 18 years or older should have both of them.

A **personal directive** is like a living will, which outlines end-of-life wishes, but it's broader. A personal directive can be about all health care decisions, where you live, the activities you take part in, etc.

You choose one or more persons you trust to make personal decisions for you if, in the future, you can't make them yourself because of illness or injury. The person(s) you choose is called your agent.

- talk with your agent about your wishes so he or she is prepared to make decisions for you and knows what you would want
- keep your personal directive in a safe place
- make copies of your personal directive and give them to your agent, your doctor and other key people (e.g. the manager of your care facility, if you live in one)

Fill out the form
<http://www.humanservices.alberta.ca/documents/opg-personal-directives-form-opg5521a.pdf>
or as long as you include the proper signatures, you can write your personal directive



LEARN Case Manager

Joanne Blinco
learn@lethseniors.com
403-394-0306

without a form or you can use a lawyer for this as the 3rd option.

An enduring power of attorney

You write an enduring power of attorney at a time when you are capable of making your own decisions.

It's a legal document that lets you choose someone, usually a family member or trusted friend, to make financial decisions for you. This person is called your attorney. Although this word is often used to describe a lawyer, it has a different meaning here.

Depending on how your enduring power of attorney is written, there are two options:

1. Your attorney starts making decisions immediately. You and your attorney have control over the money – you can both write cheques, sign documents, etc. If, in the future, you can't make decisions because you are ill or injured, your attorney takes over – they make the decisions.

OR


2. Your attorney doesn't make financial decisions for you until, sometime in the future, when you can't make decisions because you are ill or injured. This arrangement is sometimes called a springing power of attorney because it springs into effect when you become incapable. If you get better, you can take back the power to make your own decisions.

The money is still yours and your attorney has to keep clear records of financial transactions. There is no standard form. Your lawyer will have their own version. See the attached address for information on making a power of attorney.

<http://p.b5z.net/i/u/10086419/f/MakingAPowerOfAttorney.pdf>

As always, if you, or someone you know is experiencing abuse, please give me a call. When it comes to Elder Abuse, Silence is not an option.

The Lethbridge Elder Abuse Response Network is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Joanne Blinco, at 403-394-0306 or drop by on the 2nd floor or e-mail: learn@lethseniors.com. ★



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Moose Jaw	April 15-18, 2018	\$425 pp/dbl
Camrose, AB	May 20-23, 2018	\$235 pp/dbl
Bonners Ferry, ID	June 3-6, 2018	\$310 pp/dbl
Waterton	June 14-17, 2018	\$269 pp/dbl
Stoney Nakoda Kananskis	TBA - Call	TBD
Deadwood, SD	Sept 30-Oct 6, 2018	\$665 pp/dbl

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