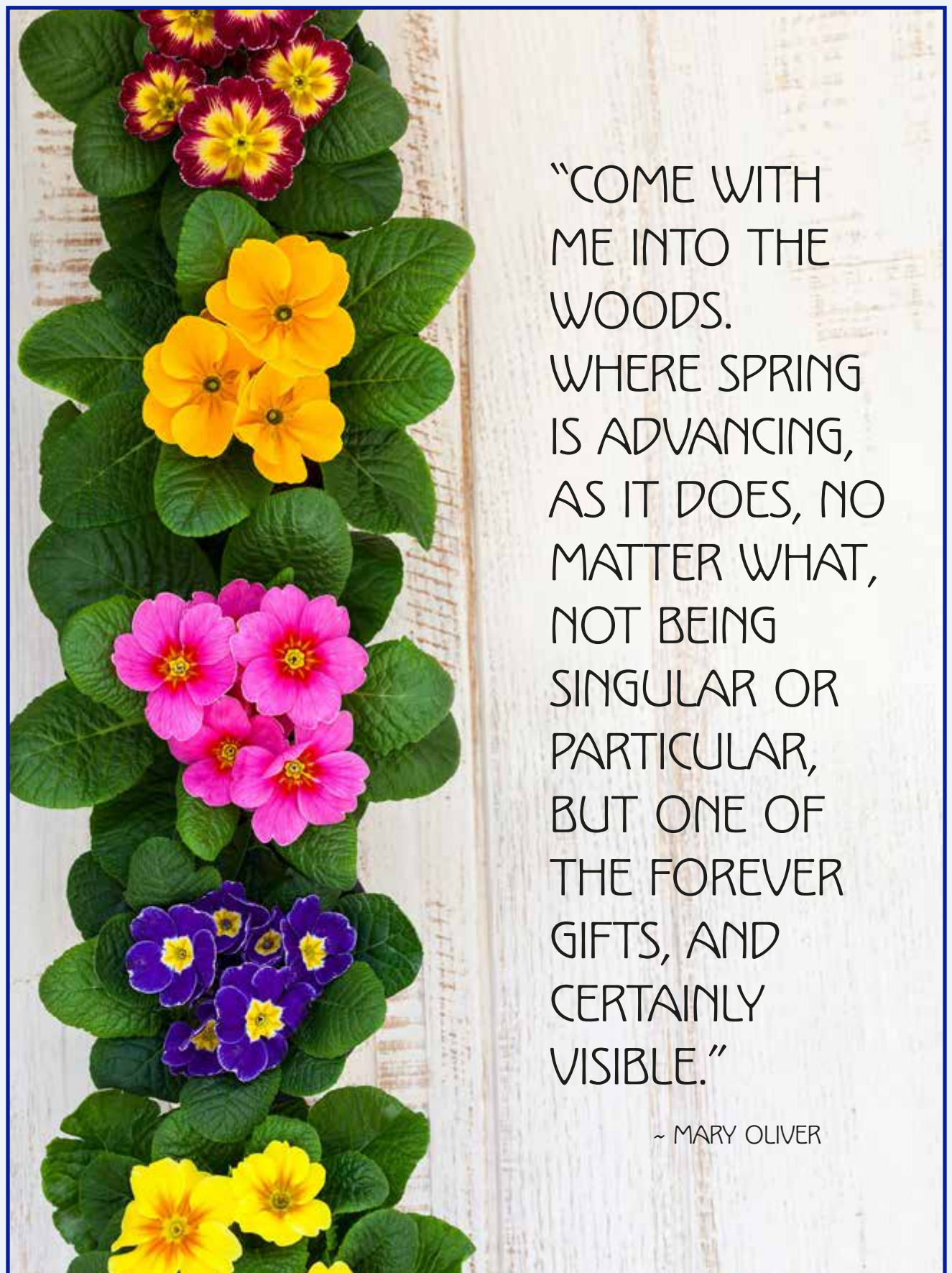


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Join Us for

LIVE WELL SHOWCASE
May 3 & 4
QUILT RAFFLE DRAW
May 11
MOTHER'S DAY BRUNCH
May 13
FOOD SAFETY TRAINING
Kitchen Volunteers
May 17
ADULT 55+ GOLF SCRAMBLE
June 5
OAS, CPP, GIS Service Canada Speaker
June 7



Mother's Day BRUNCH

Sunday, May 13th

Call to reserve your seat today! 403.320.2222
OPEN TO THE PUBLIC (See page 17 for details)



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Who do you believe?

It is inevitable that all members/participants of LSCO won't always agree with management decisions.

It is also a certainty that some, in their dispute, will choose to spread half-truths and outright untruths to sway people to support their cause. It is also a sure thing that, when challenged, those in opposition will play the "senior" card, which means: seniors are being picked on, it's so unfair to seniors, seniors should be listened to and never be told what to do.

The staff group at LSCO is expected to take concerns of our members/participants seriously and to try and find solutions to concerns raised. Our staff are expected to make decisions within their areas of responsibility within the parameters of their job descriptions. Staff are expected to look into the concerns and provide an appropriate response.

Once staff determine the validity of a reported concern and have provided a response as above, they are not expected to waste time and energy on untrue allegations or concerns which are barely based in fact.

Staff are not expected to magically conjure up solutions to imaginary problems, nor are they expected to make decisions based on flimsy suppositions and ungrounded assertions.

Who should you believe? If your mind is closed to options, the above would have no meaning for you and you would have little understanding of the stated concepts. If you're a reasonably open person, you should believe those who provide you with a thoughtful response that can be backed up with facts. ★

May 7-13, 2018 is CMHA Mental Health Week
Mental health is about more than mental illness

It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.

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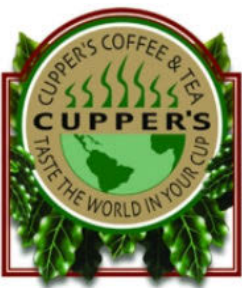
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A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

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 – Keith Sumner
Past President – Bob Maslen
Secretary – Vacant
Treasurer – Stan Coxson

Board of Directors:
Clifford Brown, Merri-Ann Ford, Don McInnes and
Vaughan Hembroff.

LSCO 403-320-2222

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Catering – Christine Toker
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Food Services Coordinator
Francisco (Frank) Bruno ext. 27

Cook I – Nathan Del-Rizzo ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

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

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Organization/149140883844

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LSCO Vision Statement

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

LSCO
WILL be closed
MONDAY, MAY 21ST
FOR VICTORIA DAY

Welcome
New
Members!

Monika Perry
Kent Perry
Ardith Leggat
Bill Leggat
Brock Schuler
Anne Hanson
Judy Sterr
Cheryl Thomas
Sharyn Lecomte
Edna Keloff
Betty Lou Rieux
Catherine Hudson
Judy Plunkie
Wm Roger Riis
Lance McLeod
Gail Brown
Al Lillemo
Randal Armstrong
Roy Cranford
Beatrice Stuckert
Evelyn Lyon

A Smile is
the Universal
Welcome.

ONLINE REGISTRATION
WWW.LETHSENIORS.COM

ADULTS 55+ GOLF SCRAMBLE

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

Open to the community.

When: Tuesday, June 5
Time: Check in at 9:00 am golf to follow
Fee: \$30/person (includes golf, light lunch, prizes)
Register by: Monday, June 4, 2018
Register at LSCO or Evergreen Golf Centre
See page 6 for registration form.

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

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**Publishing
Schedule**

Issue	Deadline
June 2018	May 18
July 2018	June 15

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

At the annual general meeting a member asked about the Board’s composition. I thought I’d take this opportunity to share my thoughts.

I see the Board as the collective conscience of the organization. It represents the membership in matters of policy, financial oversight and future planning. It is also responsible for liaising with the 3 levels of government. Board members represent the general membership at public functions. Last, but of importance it is responsible for its own succession planning.

We are short several board members and would like to fill those positions. Ideally, we would like to attract members with varied backgrounds, so we have a well-balanced board.



President’s Message

Keith Sumner

I suspect some of our general membership is curious but reluctant to volunteer as they are not sure what is expected of them. Let’s chat over coffee and perhaps I can answer any questions.

Over the next few weeks your Board will be exploring the possibility of offering board development workshops for interested members. The information gleaned will, hopefully, be helpful to our future Board members but also to members who wish to sit on boards of other organizations in which they are involved.

Board governance is, in my opinion, a fascinating subject, why not explore the possibility of serving LSCO as a director?

If you’d like a sampling of subjects boards must consider in making decisions you might be interested in attending “Board Leadership Lethbridge” on May 5th. Here’s a link to the website. <https://www.boardleadershiplethbridge.ca/> ★

What do Canadians know and believe about the use of cannabis?

With the Government proposing new changes to the legal status of cannabis, many of us are wondering what to think and how it will affect us, our families and communities. A new Health Canada survey sought to obtain detailed information about the knowledge, attitudes and behaviours of Canadians who use cannabis for non-medical and medical purposes and the perceptions of non-users. Here are some interesting insights from the survey.

Perceptions on benefits and harms. About half of all respondents indicated that they believe that cannabis has a positive effect on mood, creativity, anxiety and sleep. On the other hand, some people indicated that cannabis had a negative effect on motivation, memory, concentration, attention and thinking and decision-making. More than 70% of respondents thought that using cannabis could be habit forming. Research shows that THC in cannabis causes an increase in levels of dopamine, the pleasure chemical, in the brain, motivating people to keep using it. In fact, it’s estimated that 9% of cannabis users will develop an addiction to it — a figure that rises with daily use and among people who start using as teenagers.

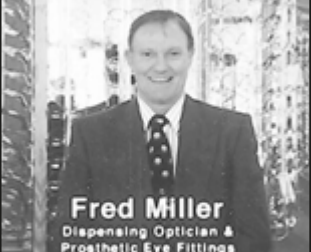
Opinions on using and driving. 4 out of 10 respondents who said that they had used cannabis in the past 12 months also said that they had driven within 2 hours of using cannabis. Cannabis can impair the skills needed to drive safely and perform other high-speed activities like skiing, biking and skateboarding. Participating in any of these activities while impaired can result in accidents that can cause serious injuries, even death.

Age of first use. The average age of respondents when they first used cannabis for non-medical purposes was 18.7 years of age. It’s important to remember that using cannabis at a young age, frequently and over a long period of time can have long-lasting impacts on learning, attention and memory. Early and frequent cannabis use also increases the chance of addiction. If approved, the proposed legislation would restrict the sale of cannabis to people over the age of 18 (or higher, depending on your province or territory).

Find more information at canada.ca/cannabis.

www.newscanada.com

I am neither especially clever nor especially gifted. I am only very, very curious. ~ Albert Einstein

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MENU ~ MAY 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
★ **Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room** ★

Tuesday, May 1		Wednesday, May 2		Thursday, May 3		Friday, May 4			
Entree:	Meat Loaf	Entree:	Pub-style Cod	Entree:	Lasagne	Entree:	Baked Ham		
Potato:	Mashed with Gravy	Potato:	Roasted with Gravy	Potato:		Potato:	Scalloped		
Soup:	Turkey Rice	Soup:	Chicken Rice	Soup:	Tomato Vegetable	Soup:	Clam Chowder		
Monday, May 7		Tuesday, May 8		Wednesday, May 9		Thursday, May 10		Friday, May 11	
Entree:	Chicken Cordon Swiss	Entree:	Country Fried Steak	Entree:	Chicken Fettuccine Alfredo	Entree:	Liver & Onions	Entree:	Veal Cutlets
Potato:	Roasted Baby Potatoes	Potato:	Mashed with Gravy	Potato:		Potato:	Roasted	Potato:	Mashed with Gravy
Soup:	Loaded Potato Bacon	Soup:	Chicken Noodle	Soup:	Potato Leek	Soup:	Minestrone	Soup:	Corn Chowder
Monday, May 14		Tuesday, May 15		Wednesday, May 16		Thursday, May 17		Friday, May 18	
Entree:	Chicken Jambalaya	Entree:	Cream-O-Mushroom Pork Chops	Entree:	Cabbage Rolls	Entree:	Chicken Kiev	Entree:	Roast Beef
Potato:	Rice	Potato:	Rice	Potato:	Perogies w/Onions	Potato:	Rice Pilaf	Potato:	Mashed with Gravy
Soup:	Beef Barley	Soup:	Curry Chicken Rice	Soup:	French Onion	Soup:	Hamburger Cabbage	Soup:	Cream of Cauliflower
Monday, May 21		Tuesday, May 22		Wednesday, May 23		Thursday, May 24		Friday, May 25	
LSCO CLOSED for Victoria Day		Entree:	Beef Stew	Entree:	Chicken Stir-Fry	Entree:	Spaghetti & Meatballs	Entree:	Ginger Chicken
		Potato:	Whole Wheat Bun	Potato:	Rice	Potato:		Potato:	Fried Rice
		Soup:	Beef Vegetable	Soup:	Broccoli & Cheddar	Soup:	Cream of Mushroom	Soup:	Wonton
Monday, May 28		Tuesday, May 29		Wednesday, May 30		Thursday, May 31			
Entree:	Beef Wellington	Entree:	Roast Pork Loin	Entree:	Chicken Parmesan	Entree:	Shepherd's Pie		
Potato:	Mashed with Gravy	Potato:	Rice Pilaf	Potato:	Rotini Pasta	Potato:			
Soup:	Butternut Squash	Soup:	Tomato Vegetable	Soup:	Beef Vegetable	Soup:	Loaded Potato Bacon		

Volunteer & Fund Development

HAPPY NATIONAL VOLUNTEER WEEK!

As I’m writing this, we are experiencing another cold and drizzly April morning. I sincerely hope that you are reading this in the warm sunshine of a beautiful May day, and that we have escaped the torment of winter.

NATIONAL VOLUNTEER WEEK RE-CAP

Well, our *LSCO Times* deadline for the May edition is April 16, which is the first day of National Volunteer Week. I have not improved my skills of seeing the future (can you imagine? I would be the best Volunteer Coordinator of all time!), so all I can say is that I *hope* National Volunteer Week was a huge success and that everyone had a lot of fun. If you have comments, thoughts, feedback, things you loved or suggestions for next year, please let me know.



Coordinator

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

QUILT RAFFLE – LAST CHANCE!


Last chance to get your tickets for the quilt raffle – the draw takes place on May 11th at 4pm. Besides the three unique quilts, there is also an Evergreen Golf Centre prize, a Bulls Baseball patio party, two green fees for Paradise Canyon and a \$100 Funky Petals gift certificate up for grabs. Don’t miss out.

MOTHER’S DAY BRUNCH

I am still looking for a few volunteers for help with bussing, refilling pans on the buffet line, re-setting tables between sittings and greeting guests and bringing them to their tables. Let me know if you are interested and available to help out on Sunday May 13th, it should be a fun time.

VOLUNTEER TRAINING

I am very excited to announce that we are beginning to offer a variety of training sessions for volunteers who are interested in learning and growing and being an even more effective citizen at LSCO and in the community. This month we will have Food Safety training for any kitchen volunteers who are interested on May 17th. Is there some kind of specific training that you are interested in, that would enhance your volunteer experience? Please let me know your ideas! ★



iPHONES

If you are interested in learning more about your iPhone this 2 day course will be helpful. If you have an Android this class is NOT for you. Space is limited, register early!

When: Monday & Wednesday
June 18 & 20

Time: 10:00 am – 12:00 pm

Fee: \$20 LSCO M; \$40 NM

Instructor: Peter Harris

Register by: Friday, June 15



Android Smart Phones & Tablets

Are you in need of basic information in order to operate your Android Smart Phone or Tablet more efficiently? If so register for this 2 day course. If you have an APPLE product this course is NOT for you.


When: Monday & Wednesday
June 11 & 13

Time: 10:00 am – 12:00 pm

Fee: \$20 LSCO M; \$40 NM

Instructor: Peter Harris

Register by: Friday, March 9













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You can't have everything... where would you put it? ~Steven Wright

ADULTS 55+ GOLF SCRAMBLE

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

Open to the community.

When: Tuesday, June 5
Time: Check in at 9:00 am golf to follow
Fee: \$30/person (includes golf, light lunch, prizes)
Register by: Monday, June 4, 2018

Things to know:

- ★ All skill levels welcome.
- ★ Golfers play their own ball. Individual scoring.
- ★ Golfers can form their own team.
- ★ If event is cancelled due to poor weather it will be postponed to June 12.
- ★ If player cancels after June 4 fee is non refundable.
- ★ If player is a “no show” entry fee is non refundable.
- ★ Bucket of balls available to purchase for Driving Range.
- ★ All participants must have a set of clubs to use.
- ★ Clubs, Pull Carts & Limited Power Carts available to rent.

Register at LSCO or Evergreen Golf Centre



Complete the following:

Name: _____
Address: _____
Telephone: _____
Email: _____
List who you will be playing with (if known): _____



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Bonners Ferry, ID (Inn)	June 3-6, 2018	Inn \$345 pp/dbl Ldg \$310 pp/dbl
Waterton	June 14-15, 2018	\$269 pp/dbl
Deadwood, SD	Sept 30-Oct 6, 2018	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26-29, 2018 Shopping	\$TBA
	Dec. 26-29, 2018 Xmas Tour w/Boat Cruise	\$TBA
Edmonton, AB	Jan. 13-15, 2019 River Cree	\$TBA
Coeur D'Alene, ID	March 24-28, 2019 w/2 side trips	\$TBA
Bonners Ferry, ID	Feb. 3-6, 2019	\$TBA
Moose Jaw, SK	April 23-26, 2019	\$TBA
Camrose, AB	May 5-9, 2019	\$TBA
Polson-Kalispell, MT	May 27-30, 2019	\$TBA

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GOLF LESSONS Ladies Only Beginner Level 1

This 4 week session is designed for the lady who has NEVER played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play. Maximum 6 players per session. Instructor: Cara Vanderham, Assistant Golf Professional. Class runs 1 hour per week.

Session 2
When: Wednesdays, May 23, 30,
June 6, 13 (Beginner Level 1)
Time: 1:00 – 2:00 pm
Register by: Friday, May 18
Fee: \$35 LSCO M; \$45 NM

*Clubs are provided if needed.
*If you do not own golf attire or golf shoes, wear something comfortable that you can move in. Running shoes are recommended.

Register at LSCO – 500 – 11th Street South
Online at www.lethseniors.com
or call 403-320-2222

GOLF LESSONS INTERMEDIATE PLAYERS PLAYING FOCUSED

This 4 week session is designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week followed by 9 holes. Maximum 6 players per session. Instructor: Josh Walker, Head Golf Professional. Lessons take place at Evergreen Golf Centre.

Session 3

When: Mondays
June 25, July 2, 9, 16
Time: 2:00 -3:00 pm (lesson)
Fee: \$75 LSCO M; \$100 NM
Register by: Friday, June 22

Register at LSCO – 500 – 11th Street S
Online at www.lethseniors.com
or by phone 403-320-2222



Thank You

Thank you to Lethbridge Mobile Shredding, Lethbridge Police Service and the Criminal Justice students for all their help with the “Shredding Event” that took place March 24th here at the LSCO. A total of 321 individuals brought personal documents to be shredded, which filled 36 containers which equates to 7000 lbs of paper.

Acting Group

I was approached by an individual who would like to start up a little acting group. Below is the criteria for being part of the group. If you are interested please call me at 403-320 2222 ext 25. *“People with a little time on their hands and who would be interested in forming an acting group; the aim being to perform one hour skits for shut-ins, senior, etc. on a volunteer basis. These performances would probably take place in the afternoons. No acting experience necessary, just a sense of humour, enjoy meeting others, and having some fun while providing a community service.”*

Live Well Showcase

Live Well Showcase is taking place May 3rd & 4th. As part of the Showcase we have some great presenters speaking on important topics.

Thursday, May 3rd

11:00 am – Are Your Affairs in Order? Are you running the risk of leaving your family in a state of turmoil, confusion and disarray after your time of passing? Travis Zentner & Bryan Watts (Cornerstone Funeral Home) will be presenting.

3:00 pm – Living with your Maturing Gut: what to expect when you are not expecting problems? Dr. Phillip E. Jaffe, MD, Gastroenterologist

Friday, May 4th

11:00 am – Proper Estate Planning. Be confident that you have taken care of your family and estate with tax, legal and funeral preparations. Professionals from Alger Zadieks Shapiro LLP, Avail CPA and Cornerstone Funeral Home will be presenting.



Support
Services
Coordinator

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

1:00 pm – Lindsay Blackett- President of Canadian Cannabis Chamber of Commerce. Legalization and regulations going on at 3 levels of government across the country and the benefits and pitfalls associated with them.

May Friday Music

The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music. May 4th – No Friday Music Program because of the Live Well Showcase. May 11th – *Classic Legends*. May 18th – *Los Gringos*. May 25th – *Tom Wosley*.

CPP, OAS, GIS

Mark your Calendars – Thursday, June 7th at 10:00 am in Room A & B a representative from Service Canada will be here to speak on Canadian Pension Plan, Old Age Security and Guaranteed Income Supplement.

Wellness

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on Friday, May 11th. 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.

Hearing Screening

Candice or Jake from Lethbridge Hearing Centre will be here on Thursday, May 10th from 10:00 am – 12:00 pm. Book your appointment for the

hearing test at the Administration Desk or by phoning 403-320-2222.

Serenity Foot Care

The care provider for this service is *Mercy Lar*, LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. Serenity offers one-hour appointments. Book your appointment for Tuesday, May 1st 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.

Direct Dental Hygiene

Direct Dental Hygiene, a mobile dental hygienist service, service will be here at LSCO on Monday, May 14th 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 and she will refer if needed to other Heath Care providers. Direct billing is done to Blue Cross or other providers. Appointments can be booked at LSCO Administration Desk or by calling 403-320-2222. For more information about this service call Olivia at 403-694-1346.

Community Partnerships

Legal Advice

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

beginner PICKLEBALL


There are no regular scheduled lessons for May. If you are a beginner, times have been scheduled for you to play. We do have a few paddles that are available to use. Please purchase monthly or day passes at the Administration Desk prior to playing. Wear clean inside court shoes.

When: Mondays, Tuesdays, Thursdays & Fridays

Time: 3:00 – 4:50 pm


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

Drop In: \$2.50 LSCO M; \$3.50 NM



Saturday Pickleball

If you are interested in playing Saturday morning pickleball sign up today. Note: These are not lessons. A minimum of 20 participants are required for the program to take place. Some equipment supplied.




When: Saturdays, May 26 – June 23

Time: 9:00 – 11:00 am

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

Register by: Tuesday, May 22



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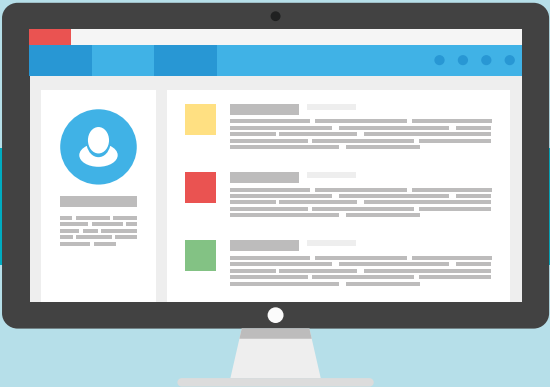
Patient specific care

Adjunctive services

Refer to other HCP

Appointments now available at LSCO.

We direct bill to insurances. Call LSCO office to schedule.




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, May 21 – June 6
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Peter Harris
Register by: Thursday, May 17

ADULT BASKETBALL

TUESDAY & THURSDAY NOON



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

When: Tuesdays & Thursdays in May (not May 3)
Time: 12:00 – 1:00 pm
Fee: \$40 per month
Daily Drop In: \$6 LSCO M; \$7 NM

Finding love online

My grandson did it – found himself a girlfriend “online.” She lives in Malaysia, so he did what any young man in love would do, he moved there. That was two years ago; they’re still happy and in love.

Anything a 20-year-old male can do, I, a 60-something woman can do better. Right? I hummed those words from the musical, Annie Get Your Gun as I logged onto a popular (free) dating site, created a user name, found a photo of me looking my age but not decrepit, and agonized over writing about myself. Interests? Taste in music?

Favourite entertainment? Ideal first date? Age? Intent (was I looking for casual dating, a serious relationship, marriage or friendship)?

It took a bit of soul searching, but I came up with what I thought was a witty and enticing description of who I was.

The first response came almost immediately. “Hey there, you into younger men?” He was only five years older than one of my daughters. There were more approaches from younger men, then a week of silence.

I took the next step and began browsing “candidates.” “Retired engineer, likes good food and reading.” Sounded okay, so I sent a “hi there, want to meet for coffee?” message. No reply.

After a half dozen of my approaches went unanswered, I took a hard look at what I had written in about myself. Likes: CBC, old radio shows, especially Dragnet, history, graveyards...” Perhaps I was not reaching a large audience. (I can explain the graveyards, there’s lots of history on headstones and I like history, but Dragnet?)

So, I updated my profile. “Willing to learn how to dance. Likes movies, walks, beaches. Loves ethnic foods...” What else could I say about myself? I recently left a decades-long relationship and am very naïve about many things.

Responses began to come in. Although the younger men had stopped asking me if I was interested (in retrospect, I’m not sure if that was a good thing or not) there were a few grandfathers out there who also liked CBC.

After checking with Google for tips for “safe online dating for women,” I headed out to my first date.

I had selected a recent photo of me to post on the site, and I was honest about my age when I filled out my profile. But I swear the gentleman waiting to meet me was 10 years older than his photo. I sipped my Earl Gray and listened to him talk about his landlord, his buddies, his car and his ex-wife. He didn’t ask me a thing about myself, but did ask for a second date. “You could come to

my place and we could...” The actual invitation was for cooking dinner together, but the unstated invitation was for something else. I refused and he looked disappointed, which was, I suppose, a compliment.

My rules for how much intimacy on the first, second and third dates were established in the 1960s, but surely they haven’t changed that much. Or have they? Am I living in a Doris Day world? “Cooking” in that gentleman’s use of the word, occurred in the bedroom, not in the kitchen and was not a second date activity according to my personal guidelines.

Seniors are increasingly drawn to online dating. There are sites especially for us, and among North American adults ages 55 to 64, online dating use has doubled since 2013 according to a Pew Research Center Survey.

“Companionship is key to a healthy happy life at any age,” says Jennifer Cairns, technology expert and CEO of eGurus, a technology tutoring company that specializes in the 55+ market. “Of the 49 million people who have tried online dating, 12 per cent are seniors and that number continues to grow. It’s no wonder that popular online dating sites such as eHarmony and Match.com are now focused on the 55+ market.”

A younger friend, who has been online dating for more than 10 years, told me to assume that anyone I met on a dating site was flirting with, if not actually dating, at least five other people. “Try not to fall in love too quickly,” she warned. “You don’t want your heart broken.” She didn’t add “especially not at your age” but I know that’s what she was thinking.

Four months after I joined an online dating site, I had sent out approximately 30 “want to meet?” messages (many of which went unanswered), been contacted by as many men and had been on eight first dates. There were only a few people I cared to see again (or, let’s be honest, who wanted to see me again.) One was special. He’s kind, considerate, doesn’t want to marry me, move in with me or even see me every day. He is a good match for me because, as it says on my profile, “Robin is looking for casual dating, not a serious relationship.”

That’s an important aspect of online dating: make sure you know exactly what you’re looking for before venturing out there. But do give it a try. Let’s face it, where else do we meet new people in today’s online world?

Stay Safe

1. Chose a user name and stick to it, both on the site and for the first few dates.
2. Don’t share personal details on the dating site. Your phone number, where you shop, get your hair done or go for yoga – keep these details private until you’ve met a person several times and trust them.
3. Be selective with the photo you post. Don’t use one that’s on any of your social media sites. (Try dragging a Facebook photo of you into Google Images and see how much information about you comes up.)
4. Develop a thick skin. It’s not unusual to reach out and be ignored. Or you may want to see someone again after meeting them, but not get a response to your invitation or worse, be turned down. Don’t sweat it, you haven’t invested much, let it go. Conversely, you don’t have to respond to every “hi there” that comes your way.
5. Get yourself to and from the first few dates – drive, walk, bus, cab. Meet only in public places, stay in public places and don’t accept offers to pick you up or take you home.
6. Be honest with your photo and profile (don’t use a 20-year-old photo or claim you’re into meditation and mountain biking when you are a Downton Abbey couch potato.)
7. Listen to your gut. If something feels wrong, get out. You don’t owe this stranger anything. If you’re pressured for your address, real name, money or sex, run.
8. Don’t think you have to meet someone a second time if you didn’t feel a connection on the first date. You don’t! You can block that person from contacting you on the site if they make you feel uncomfortable with repeated requests.
9. If the relationship progresses as far as a sleep-over, let a friend know where you will be, the name and phone number of the person you’ll be with and when you’ll be home. Arrange a time for a “checking-in” phone call or text for the next day.
10. Before that sleep-over, brush up on safe sex habits. Seniors are as susceptible to STDs as teenagers. Times have changed; condoms now come in colours and flavours and they are no longer used only to prevent pregnancy. Go shopping and have fun!

by Robin Roberts
INSPIRED Senior Living magazine
www.seniorlivingmag.com

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Canada Pension Plan (CPP)
Old Age Security (OAS)
Guaranteed Income Supplement
(GIS)

A Representative from Service Canada
will be at LSCO
Thursday, June 7th
10:00 am
Room A & B
to give a presentation on Canadian Pension Plan,
Old Age Security & Guaranteed Income Supplement
Bring your questions and enquiries.



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


Painting Water with Water
in Watercolour

This is a quick little workshop to demonstrate
how to use watercolor to create water scenes.
We will cover three aspects of water – still
water and its reflections, moving water and
waterfalls. As long as you can mix colors, use
your brushes and know how watercolors react
with water, this is a class for you. We will break
for lunch at noon. Ask for a supply list upon
registration.

When: Thursday, May 10
Time: 10:00 am – 3:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Monday, May 7

We will develop and cultivate the liberation of mind
by lovingkindness, make it our vehicle, make it our basis,
stabilize it, exercise ourselves in it, and fully perfect it.
- Buddha

APPLE COMPUTERS




Basic and simple instructions on how to use Mac Computers,
MacBook and iMac will be given. The instructor will start
with Mac basics and then will gradually work up to general
information, followed by answering participant's questions.
Some of the topics will be using iTunes, safe web browsing
with Safari, setting up Skype. Bring your Mac to the class.
You are welcome to take notes if your Mac isn't portable.

When: Fridays, June 1 – July 6
Time: 1:30 – 3:30 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez
Register by: Tuesday, May 29

Birds & Butterflies

Summer is a time of year when we see all kinds of
beautiful birds and butterflies filling the air with
song and movement. Let's try and capture them.
This class will teach you how to paint and/or
draw these beautiful creatures. You will work in
whatever medium you wish to use like colored
pencil, watercolor, pen & ink, oil or acrylic.
You choose the medium and Donna will teach
the basics of understanding your subject in this
4 session class. You may even try a different
medium for each class or just stick with one –
your choice. You should have some experience
working with your chosen medium because the
application of materials will not be covered.
Come fly away with Donna and create some
colorful birds & butterflies. Ask for a supply
list upon registration.

When: Wednesdays, July 4 – 25
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, June 29



Being a Lawyer is not for the Faint of Heart

As a lawyer, you have to have a thick skin. What with the continual lawyer jokes and the fact that people expect their lawyer to be a miracle worker, makes one realize that being a lawyer is not necessarily an easy task.

There are different types of work that lawyers do. They broadly fall into the following categories:

- Litigation Lawyers:** these are the hired guns of the legal profession and these lawyers make their living through arguing issues with other lawyers. Their reputation is everything. People hire these lawyers to aggressively represent their interests and to win their case. The problem is that most cases are not actually won, but rather a compromise between the opposing sides.
- Divorce Lawyers:** these lawyers are litigation lawyers for family law cases. Most clients want their lawyer to aggressively represent their interests and to stick it to their former spouse. Most family cases shouldn't require aggressive representation to resolve, but clients expect their lawyer to go nuclear if necessary.
- Solicitor Lawyers:** These are the lawyers that do all their work in the office. They do, among other things, real estate transactions, corporate work, wills and estates, and contracts. These lawyers usually are hired for their ability to get the transaction done in an



Legal
Tips and
Information
Douglas Alger

efficient and timely manner. The way these lawyers get business is from referrals and if they do a decent job they get more business. This type of lawyer work is not without its share of heartache for lawyers as it is very competitive, and lawyers have to be prepared for clients who expect their solicitor lawyer to be tough with another lawyer, when in fact there is very little a lawyer in a solicitor type transaction can do, other than to complete the transaction. Lawyers have to be prepared for clients who switch lawyers and be prepared for people they know to choose another lawyer to represent them.

4. Lawyers who do not fall into the above categories, like Crown Prosecutors and in-house counsel. These lawyers work for government agency or are counsel for a corporation. These types of lawyers have the security of knowing their job is rela-

tively safe and they don't have to compete for work. There are drawbacks in that you likely have to punch a clock and work under someone.

The simple fact is that if you are interested in becoming a lawyer, you had best prepare for the realization that you are going to have to run a business. Lawyers are the ultimate small business professionals, they have to go out and build a practice. You don't graduate from law school and get a six-figure job, you literally have to claw your way to get there and expect set-backs and disappointments along the way. The continual grind of a law practice can wear one out and each month is a new set of bills to pay. Lawyers don't often talk about this aspect of the practice, but it is a reality that most lawyers have to face.

I am not saying it is not without its rewards. What I am saying is that the life of the lawyer is not the one you see on television and what you think it is. It is often the case that as lawyers you have to deal with the fact that despite trying to do your best, you are not going to please every client or for that matter get more work than you can deal with. It is a challenge to be a lawyer and some days the job pays back big in the satisfaction you feel when you have helped someone solve their legal concern. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.



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What's in a healthy lawn?

A healthy lawn does more than just please the eye — it provides a whole range of environmental, social and economic benefits.

Trees, shrubs and turf help remove smoke, dust and other pollutants from the air and keep people healthy. Experts also tell us that having just one healthy tree on the front lawn removes the same amount of carbon dioxide from the air that's emitted from driving a car 17,700 kilometres. Lawns also produce oxygen: 2,500 square feet of turf releases enough oxygen for a family of four to breathe for a year.

Lawns and gardens also play an important role in improving water quality and preventing soil erosion. Data show that a well landscaped property helps prevent pollutants from running into the water supply, reduces surface water runoff, and reduces storm drain flooding. A dense cover of plants and mulch holds soil in place and keeps sediment out of lakes, streams, storm drains and roads.

Studies also show that people are willing to pay more for well landscaped homes — up to 11 per cent more than for a home with a poorly maintained property.

For all these reasons, most homeowners put a lot of time and care into maintaining their properties. Many use a combination of tools, including manual weed control and careful pesticide application to control weeds, insects and diseases that threaten the health of their lawns and gardens.

www.newscanada.com

I made a huge to do list for today. I just can't figure out who's going to do it. ~ coolfunnyquotes.com

CLASSIFIED ADS

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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.

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Make May a Month to Move

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online at www.lethseniors.com
- **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 (Dr. note required) 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

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
May 7 – 16
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Peter Harris
Register by: Thursday, May 3

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
May 21 – June 6
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Peter Harris
Register by: Thursday, May 17

ANDROID SMART PHONES & TABLETS

Are you in need of basic information in order to operate your Android Smart Phone or Tablet more efficiently? If so register for this 2 day course. If you have an APPLE product this course is NOT for you.

When: Monday & Wednesday, June 11 & 13
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, June 8

IPHONES

If you are interested in learning more about your iPhone this 2 day course will be helpful. If you have an Android this class is NOT for you. Space is limited, register early!

When: Monday & Wednesday, June 18 & 20
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, June 15

APPLE COMPUTERS

Basic and simple instructions on how to use Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant’s questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn’t portable.

When: Fridays, June 1 – July 6
Time: 1:30 – 4:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez
Register by: Tuesday, May 29

INTRODUCTION TO YOUR IPAD

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

When: Tuesdays & Thursdays, June 5 – 21
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Rod Henriquez
Register by: Friday, June 1

Sports

GOLF LESSONS

Register at LSCO. Lessons will take place at Evergreen Golf Centre.

INTERMEDIATE PLAYERS – PLAYING FOCUSED

This 4 week session is designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week followed by 9 holes. Maximum 6 players per session. Instructor: Josh Walker, Head Golf Professional.

Session 3

When: Mondays, June 25, July 2, 9, 16
Time: 2:00 –3:00 pm (lesson)
Register by: Friday, June 22
Fee: \$75 LSCO M; \$100 NM

LADIES ONLY- BEGINNER LEVEL 1 (1 hour/week)

This 4 week session is designed for the lady who has NEVER played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play. Maximum 6 players per session. Instructor: Cara Vanderham, Assistant Golf Professional.

Session 2

When: Wednesdays, May 23, 30, June 6, 13
(Beginner Level 1)
Time: 1:00 – 2:00 pm
Register by: Friday, May 18
Fee: \$35 LSCO M; \$45 NM

*Clubs are provided if needed.

*If you do not own golf attire or golf shoes, wear something comfortable that you can move in. Running shoes are recommended.

LADIES ONLY – LEVEL 2 INTERMEDIATE PLAYERS – PLAYING FOCUSED

(45 minute lesson/week. 9 holes to follow)

Designed for the lady that plays frequently and wants to score lower on the course. Covers putting, green reading skills, chipping, sand play, driving, course management and provides drills for you

to practice with. Lessons will be on range and on course. 9 holes is included in price and will follow the lesson. Instructor: Cara Vanderham, Assistant Golf Professional.

Session 2

When: Thursdays, May 24, 31, June 7, 14
Time: 1:00 – 1:45 pm
Fee: \$75 LSCO M; \$100 NM
Register by: Tuesday, May 22 (class is now FULL)

GOLF SCRAMBLE

Celebrate Seniors Week (June 3–9) by playing in the Fun PAR 3 Golf Scramble scheduled for Tuesday, June 5. You do not have to be a member of LSCO to play! See page 6 for registration form.

SATURDAY PICKLEBALL

If you are interested in playing Saturday morning pickleball sign up today. Note: These are not lessons. A minimum of 20 participants are required for the program to take place. Some equipment supplied.
When: Saturdays, May 26 – June 23
Time: 9:00 – 11:00 am
Fee: \$20 LSCO M; \$30 NM
Register by: Tuesday, May 22

BEGINNER PICKLEBALL

There are no regular scheduled lessons. If you are a beginner, times have been scheduled for you to play. We do have a few paddles that are available to use. Please purchase monthly or day passes at the Administration Desk prior to playing. Wear clean inside court shoes.
When: Mondays, Tuesdays, Thursdays, & Fridays
Time: 3:00 – 4:50 pm
Fee: \$15 LSCO M; \$30 NM
Drop In: \$2.50 LSCO M; \$3.50 NM

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.
When: Tuesdays & Thursdays in May (no class May 3)
Time: 12:00 – 1:00 pm
Fee: \$40 (per month)
Drop in Fee \$6/day

Yoga & Pilates

YOGA FOR MEN

Have you ever thought about taking yoga? 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. If you aren’t sure pay a drop in fee and try it out! Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.
When: Wednesdays, May 2 – June 27 (no class May 16)
Time: 8:30 – 9:30 am
Fee: \$41 LSCO M; \$56 NM
Register by: Tuesday, May 1

ACTIVE YOGA

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, May 4 – 25
Time: 9:00 – 10:00 am
Fee: \$25 LSCO M; \$33 NM
Register by: Thursday, May 3

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 until May 30
Time: 9:35 – 10:35 am
Fee: \$22 LSCO M; \$32 NM
Drop In Fee: \$3 LSCO M; \$5 NM

GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.
When: Tuesdays & Thursdays May 8 – June 28
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$102 NM
Register by: Monday, May 4

NOON YOGA

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 until May 29
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

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, until May 31
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

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, until May 28 (no class May 21)
Time: 9:30 – 10:30 am
Drop In Fee: \$6 LSCO M; \$7 NM

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. All levels welcome.

When: Wednesdays until May 30
Time: 10:00 – 11:00 am
Drop In Fee: \$6 LSCO M; \$7 NM

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, June 4 – 25
Time: 12:05 – 12:55 PM
Fee: \$20 LSCO M; \$28 NM
Register by: Friday, June 1

Exercise, Dance & Movement

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! Note: Monday classes will end at 9:00 am.
When: Mondays & Wednesdays April 30 – June 27
Time: 8:00 – 8:50 am
Fee: \$85 LSCO M; \$106 NM
Register by: Friday, April 27
When: Mondays & Wednesdays July 4 – August 1
Time: 8:00 – 8:50 am
Fee: \$45 LSCO M; \$56 NM
Register by: Friday, June 29

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4–week session, offered twice per week. Including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre. Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.
When: Tuesdays & Thursdays May 8 – May 31
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO Members; \$60 NM
Register by: Friday, May 4

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 (eg. weights, tubing) is also used. Wear comfortable clothing and footwear. Don’t forget to bring a yoga mat and water bottle.
When: Tuesday & Thursday May 1 – June 28 (no class May 3, June 7, 12, 14)
Time: 9:00 – 9:50 am
Fee: \$42 LSCO M; \$91 NM
Register by: Monday, April 30

**INTRODUCTION to
NORDIC WALKING**

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

When: Wednesdays, May 16 & 23
Time: 12:00 – 1:00 pm
Fee: \$5 LSCO M; \$10 NM
Register by: Tuesday, May 15

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: Tuesdays, May 15 – June 26
Time: 11:00 – 11:45 am
Fee: \$35 LSCO M; \$42 NM
Instructor: Nicole Stratychuk
Register by: Friday, May 11

Creative Arts

**PAINTING WATER WITH WATER
in Watercolour**

This is a quick little workshop to demonstrate how to use watercolour to create water scenes. We will cover three aspects of water – still water and its reflections, moving water and waterfalls. As long as you can mix colours, use your brushes and know how watercolours react with water, this is a class for you. We will break for lunch at noon. Ask for a supply list upon registration.

When: Thursday, May 10
Time: 10:00 am – 3:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Monday, May 7

GARDEN PARTY

We had a great success last year that we are offering this class again. If you ever wanted to paint flowers in a garden, this is a great opportunity to take advantage of this “on location class”. We have several locations to paint or draw in someone else’s garden. Pathways, gorgeous groups of flowers, quaint little places and the big blue sky will be our backdrop for class. You will be responsible for your own way there and back and your own selection of media and supplies. Our first class will be at the center to get ourselves set up and touch on some basics for working on location, so you will need a sketch book and pencil or watercolor or whatever you wish to practise with. You will need a few other supplies besides your art supplies such as: folding chair, hat, sunscreen, bug spray, jug of water.

When: Thursdays, May 24 – June 21
Time: 1:00 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Tuesday, May 22

BIRDS & BUTTERFLIES

Summer is a time of year when we see all kinds of beautiful birds and butterflies filling the air with song and movement. Let’s try and capture them.

This class will teach you how to paint and/or draw these beautiful creatures. You will work in whatever medium you wish to use like colored pencil, watercolor, pen & ink, oil or acrylic. You choose the medium and Donna will teach the basics of

understanding your subject in this 4 session class. You may even try a different medium for each class or just stick with one – your choice. You should have some experience working with your chosen medium because the application of materials will not be covered. Come fly away with Donna and create some colorful birds & butterflies. Ask for a supply list upon registration.

When: Wednesdays, July 4 – 25
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, June 29

Adult Day Program

The Adult Day Program at the Lethbridge Senior Center Organization (LSCO) is such an amazing community resource. It gives people with varying disabilities an opportunity to engage with others in a judgement free zone. Many of the people who come to the activities have developed friendships with the other attendees and are very excited to see each other during this program. There are a variety of activities to participate in including pet therapy, arts and crafts, games, music, and movies, just to name a few. The staff and volunteers develop a relationship with each person who attends the program. Participation from everyone, including family members and caregivers, is encouraged during the activities, and there are adaptations available – such as card holders – to promote as much participation as possible. Besides the amount of fun that is had during this program, some other benefits of attending include increased socialization, creativity and self-expression during art programs, and keeping one’s mental abilities as sharp as possible through participation in a variety of games. This is such a wonderful program to attend. We hope to see you there!

~ Megan K.

This program is ongoing. Interested individuals and their caregivers are welcome to drop in.

When: Tuesdays, Wednesdays, Thursdays
Time: 1:00 – 4:00 pm
Fee: \$3/day LSCO M; \$5 NM
Supervisor: Sharon Appelt

LSCO Welcome Policy

LSCO’s Welcome Policy states that individuals with income less than \$30,000 may request a subsidy to purchase a membership and participate in programs.

**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.

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.

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

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

ARTS & 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. May 10 the program will be held in the Board 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.

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 Admin. Desk.

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

QUILTING

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

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

WOOD CARVING

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

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

WOOD WORKING

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

When: Monday – Friday
Time: 8:00 am – 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 45 minute class. Wear comfortable clothes and clean, non-marking indoor footwear.

When: Mondays & Wednesdays
Time: 10:00 – 10:45 am
Fee: \$22 & LSCO membership
Drop In Fee: \$2

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: \$2 donation per day
& LSCO membership
Non Mem: \$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.

When: Monday – Friday
Time: 8:15 am – 4:00 pm
Fee: \$53 & LSCO membership
Drop-in Fee: \$6 M; \$7 NM.

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
Non Mem: \$2/day

ETIQUETTE for GYMNASIUMS, FITNESS CENTRE, ALL FITNESS CLASSES

For the enjoyment of our participants here are some friendly etiquette reminders.

- Let the instructor know if you have any medical conditions or injuries. You should complete a waiver if you haven’t completed one in the last 12 months. If you are sick (coughing uncontrollably, blowing nose, etc) please do not attend classes. If possible call in and leave a message that you will not be attending. We worry about you if you aren’t there.
- Let the instructor know if you will be leaving the class early.
- For programs such as Yoga and Tai Chi please try to arrive before class starts. We know that sometimes arriving late cannot be avoided. Please enter quietly.
- Stay focused. Keep cell phones, electronics and anything that buzzes turned off.
- Wear clothing that you can move in comfortably and footwear that does not damage floors or equipment.
- Be fresh and clean. Wearing perfumes, cologne and other strong fragrances can be distracting to some people, as well as the other end of the spectrum (super stinky smells). Wear deodorant, and wash your workout clothing.
- Not all distractions can be prevented. “Expect the unexpected, and then let it go.” If someone in your class is distracting you in any way, try not to let it ruin your class. What about those embarrassing moments which are simply inevitable in yoga? The most common occurrences are farting and falling over during a position and, if this happens to you, try not to be too embarrassed. It happens to everyone at some point, and it’s not a big deal.

Thank you.

DROP IN FEES

LSCO offers an opportunity to drop in to some of the many programs. Contact us for additional information at 403-320-2222 or visit our website at www.lethseniors.com.

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Chair Yoga	\$3.00	\$5.00
Gentle Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Yoga Blend	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.00
Nia	\$8.50	\$12.00
Pilates	\$6.00	\$7.00
Zumba Gold	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

Community Support Groups

Support Group – group of people with common experiences and concerns who provide emotional and moral support for one another.

Community Supports Groups that meet at LSCO who provide support to individuals with medical or specific health concerns.

Parkinson’s Alberta Society Support Group

A degenerative disorder of the central nervous system that mainly affects the motor system. Information will be presented about Adaptive Tools for Parkinson’s Disease. The group will be meeting on **Thursday, May 17th** at 2:00 pm in Room A & B. For more information call Francine Kruger at 403-317-7710.

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.

Stroke Care Partner Support Group

A safe environment where family and friends affected by stroke can mutually support one another by sharing information, thoughts, ideas in a facilitated caring space. The group meets on **Tuesday, May 15th** at 7:00 pm in Room C & D. *(Please note the change in date.)*

Lethbridge Stroke Recovery Association (LSRA)

LSRA is for those individuals who are stroke survivors. Please join LSRA on **Wednesday, May 16th** (please note the change in date) in Room A at 7:00 pm. For more information about the group please call Kelly at 403-359-3811 or email strokeresources@outlook.com

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is **May 12th** at 2:00 pm in Room C & D.

Celiac Support Group

Celiac disease – a gluten-sensitivity, is an immune reaction to eating gluten, a protein found in wheat, barley and rye. The Celiac group only meets 3 times a year. The next meeting is **Monday, May 28th** at 7:15 pm in Room A.



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SOUPS & SALADS
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CATERING STARTING AT \$6.50 PP
\$1.50 LOAF OF BREAD EVERYDAY
Hope to see you soon!



May
At a Glance

museum admission fee applies | free to annual pass holders

Wed **MAY 02** Stories: Our Foundation for Community
Wednesdays at the Galt | **2–3 pm** | Adults & Seniors

Fri **MAY 04** Pinhole Cameras
First Friday Fun | **1:30–3 pm** | All Ages

Sat **MAY 05** Southern Alberta Heritage Fair
Special Event | **1–4:30 pm** | All Ages

MAY 08–09 Taste of Downtown
Special Event | **5–8 pm** | Adults

Sat **MAY 12** Manners Tea
Saturdays at 1:00 | **1–2 pm** | Families

Wed **MAY 16** Constructing a Monster: the Creation of
Prairie Dog
Wednesdays at the Galt | **2–3 pm** | Adults & Seniors

Sat **MAY 19** What are Blackfoot Protocols?
Saturdays at 1:00 | **1–2 pm** | Families

Sun **MAY 20** Onwards: the Calgary Regiment in Sicily
and Italy, 1943–1944, 75th Anniversary
Café Galt | **2–4 pm** | Adults & Seniors

Thu **MAY 24** *Prairie Dog* Movie
Café Galt | **7–9 pm** | Adults & Seniors

Sat **MAY 26** Reel to Reel Cookies
Saturdays at 1:00 | **1–2 pm** | Families

Sun **MAY 27** Exhibit Grand Opening & The
Curator Presents...
The Curator Presents... | **2–3 pm** | Adults & Seniors

Thu **MAY 31** Archives 101
Archives Programs | **7–9 pm** | Adults & Seniors



galtmuseum.com    403.320-3954

Don’t mess with me, I know Karate, Judo, Jujitsu, Kung Fu and 20 other dangerous words. ~ coolfunnyquotes.com

Tape tips to save you from sticky outdoor situations

When it comes to outdoor adventures, tape is at the top of most packing lists for its wide variety of uses. But don’t just throw any roll into your knapsack, be sure to choose one that meets the needs of extreme outdoor environments. For that reason, Survivorman, Les Stroud, sticks with T-Rex brand, which offers all-weather protection that works longer and holds stronger. So, no matter if you’re an avid outdoorsman or an occasional explorer, everyone could benefit from some clever ways to pack and prepare.

Perfect packing. Depending on your adventure, you may need to cut weight — especially if you’re hiking for miles. Reduce the bulk in your pack by wrapping tape around your trekking poles just beneath the handles. You’ll then have tape whenever you need it and it adds additional grip.

Repair ripped rain gear or torn tents. Whether you’re a fly fisher with chest waders, a hiker with raingear or a camper in a tent, choose your gear wisely to stay dry and protected. Deal with tips and tears with T-Rex Clear Repair Tape, since it adheres and holds strong to wet surfaces. This will let you patch yourself up, stay dry and get back into action.

Fast fix for fishing poles. For anglers, if the unexpected happens and your rod breaks, it could be the end of the fishing day. But if you’re prepared with strong tape, you can turn an emergency into an easy solution. Depending on the location of the break, you may be able to reinforce the rod with a few layers of tape. You can also overlap the two broken sections by a few inches and tape the sections together thoroughly. Then, carry on until you limit out.

Boot basics. Broken-in boots are the best to ensure comfort and no blisters, but sometimes those old faithfuls can wear out mid-trek. Fortunately, tape can be your saviour to keep your sole in place until you’re back to base. Additionally, adding tape around your boot top can keep laces from snagging and becoming untied when you’re trekking through brush or vines.

As you prep for your next trip, don’t leave home without the proper supplies – especially a strong, all-weather tape. With this key necessity, you’ll be ready to handle any mishaps and enjoy your next adventure.

www.newscanada.com



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<div><div><div>Pre-registration required for some programs.</div></div><div>May 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	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 Crafting 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	
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 (Gym 1) 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	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		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	
Table Tennis 3:00 pm		Table Tennis 2:45 pm		Table Tennis 3:00 pm
			Nia Inspired Dance 5:15 pm	
			Jam Session 5:30 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 .				



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
April 30 – June 27

Time: 8:00 – 8:50 am

Fee: \$85 LSCO M; \$106 NM

Register by: Friday, April 27

When: **Session 2:** Mondays & Wednesdays
July 4 – August 1

Time: 8:00 – 8:50 am

Fee: \$45 LSCO M; \$56 NM

Register by: Friday, June 29

Circuit Training

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

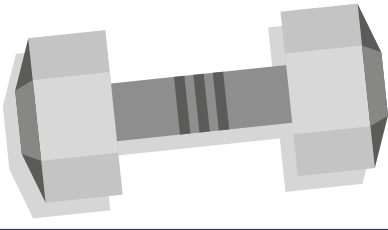
Please note: you do not have to be a member of the Fitness Centre to register. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: Tuesdays & Thursdays
May 8 – May 31

Time: 1:30 – 2:30 pm

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

Register by: Friday, May 4



Now that my tenure as President is finished, I would like to welcome Keith Sumner as the new President. I hope that you will all support him. We have a new Board and many of you may not know them. Thinking about this, I decided to challenge each of them to write an article introducing themselves, giving a brief history, exir aspirations and how they would be to contribute to the association. They willingly agreed. Each month one of the Board members will put an article in the *LSCO Times*. As past President, I have the opportunity to look back on it as a great experience and still be able to be actively involved. In spite of

From LSCO Board of Directors

problems with construction at the Yates which prevented us from doing another production like “Jesus Christ Superstar”, paving the parking lot and changes in the kitchen, we continue to grow. Why? We must be doing something right. The answer is our staff and volunteers who create and implement programs and

activities that fit the needs and interests of our members. They are always working to improve the association.

We also live in a great community with companies who support activities like the 23 Days of Christmas and the Live Well Showcase.

May is the month of warmer weather, new growth in plans and trees and Mother’s Day! A chance for all of us to remember our mothers and wives.

May is also a new year and a new beginning for LSCO. Watch for the articles from the Board in *LSCO Times* and get to know them.

Bob Maslen ★

Blue Jays in Seattle Coach Tour
August 2 – 7, 2018
Pickup/Drop off in Lethbridge



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Lois Friesen
403-634-9713
Independent Associate
voxxlife.com/loisfriesen
loisefriesen@gmail.com

Anne Indenbosch
403-330-1811
Independent Associate
voxxlife.com/anneindenbosch
toosjeanne@yahoo.ca

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, May 7 - 16

Time:

10:00 am - 12:00 pm

Fee:

\$30 LSCO M; \$50 NM

Instructor:

Peter Harris

Register by:

Thursday, May 3

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Mother's Day BRUNCH

Sunday, May 13th

3 Seatings

10:00 am ~ 11:30 am ~ 1:00 pm

Omelette (ham & cheese or veggie), sausage, pancakes, bacon, scalloped potatoes, hash browns, baked ham, salad bar, coffee and tea.

Call to reserve your seat today!
403.320.2222

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OPEN TO THE PUBLIC

World Elder Abuse Awareness Day



SOCK HOP

Wear Purple and help raise awareness for Elder Abuse

FRIDAY, JUNE 15/2018

1:00 pm – 3:30 pm

Light Snacks

DJ'd by Still Cruisin'

Lethbridge Senior Citizen Organization
500 - 11th Street South
Gym 2
403-320-2222

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Response Network (LEARN)



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*"Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance."*

~ Yoko Ono

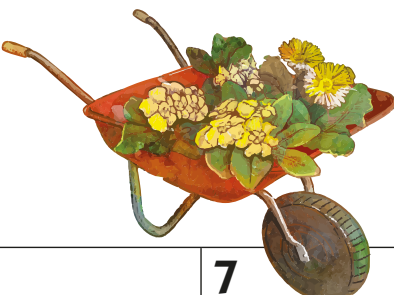


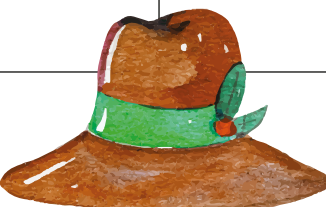
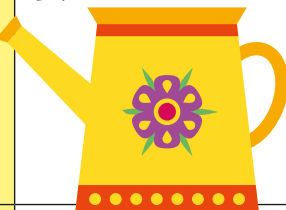

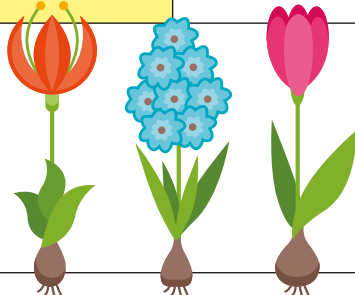
Introduction to Your iPad

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



When: Tuesdays & Thursdays, June 5 – 21
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Rod Henriquez
Register by: Friday, June 1

May 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Classic Legends 1:00 pm Room C/D Chair Exercises 2:45 pm	2 Horse Racing 1:00 pm Room A/B	3 Sandy Gervais 1:00 pm Room C/D Live Well Showcase	4 No Music Program Live Well Showcase	5 
6	7 	8 Hank Wiebe 1:00 pm Room C/D Chair Exercises 2:45 pm	9 Bowling Holiday Bowl 1:00 pm	10 Floyd Sillito 1:00 pm Room A/B	11 Music Program in Stage Area Classic Legends 12:30 ~ 2:00 pm	12
13 		15 Cards & Dice 1:00 pm Room C/D Chair Exercises 2:45 pm	16 Horse Racing 1:00 pm Room A/B	17 Country Grass 1:00 pm Room C/D	18 Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	19 
20	21 LSCO Closed for Victoria Day	22 Pet Therapy 1:00 pm Room C/D Chair Exercises 2:45 pm	23 Bowling Holiday Bowl 1:00 pm	24 Don Robb & Randy Epp 1:00 pm Room A/B	25 Music Program in Stage Area Tom Wosley 12:30 ~ 2:00 pm	26
27 	28	29 Karaoke 1:00 pm Room A/B Chair Exercises 2:45 pm	30 Horse Racing 1:00 pm Room A/B	31 Los Gringos 1:00 pm Room A/B		
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.						

Garden Party

We had a great success last year that we are offering this class again. If you ever wanted to paint flowers in a garden, this is a great opportunity to take advantage of this “on location class”. We have several locations to paint or draw in someone else’s garden. Pathways, gorgeous groups of flowers, quaint little places and the big blue sky will be our backdrop for class. You will be responsible for your own way there and back and your own selection of media and supplies. Our first class will be at the center to get ourselves set up and touch on some basics for working on location, so you will need a sketch book and pencil or watercolor or whatever you wish to practise with. You will need a few other supplies besides your art supplies such as: folding chair, hat, sunscreen, bug spray, jug of water.

When: Thursdays, May 24 – June 21
Time: 1:00 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Tuesday, May 22

Active Yoga



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, May 4 – 25
Time: 8:30 – 9:30 am
Fee: \$41 LSCO M; \$56 NM
Register by: Tuesday, May 1

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 until May 30
Time: 9:35 – 10:35 am
Fee: \$22 LSCO M; \$32 NM
Drop-In: \$3 LSCO M; \$5 NM

LSCO Friday Music Program

Lunch served 11:00 am ~ 1:00 pm
Music Program 12:30 ~ 2:00 pm
LSCO Stage Area

4 May No Music Program
 Live Well Showcase

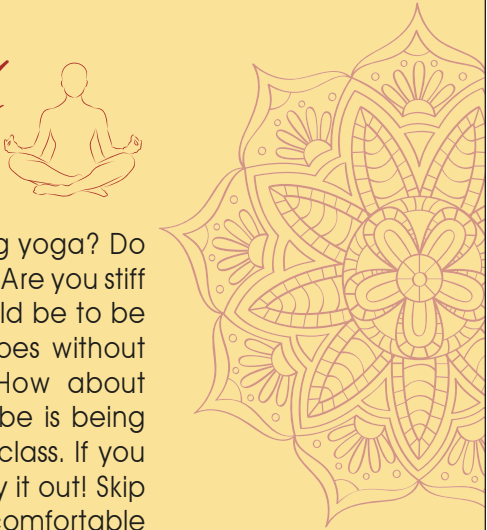
11 May Classic Legends

18 May Los Gringos

25 May Tom Wosley

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

Yoga FOR MEN



Have you ever thought about taking yoga? 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. If you aren't sure pay a drop in fee and try it out! Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, May 2 – June 27
Time: 8:30 – 9:30 am
Fee: \$41 LSCO M; \$56 NM
Register by: Tuesday, May 1

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, until May 31
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM



Introduction to Nordic Walking

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

When: Wednesdays, May 16 & 23
Time: 12:00 – 1:00 pm
Fee: \$5 LSCO M; \$10 NM
Register by: Tuesday, May 15



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What would you do if you weren't afraid?

“Whenever I’m faced with a difficult decision, I ask myself: What would I do if I weren’t afraid of making a mistake, feeling rejected, looking foolish, or being alone? I know for sure that when you remove the fear, the answer you’ve been searching for comes into focus. And as you walk into what you fear, you should know for sure that your deepest struggle can, if you’re willing and open, produce your greatest strength.”

~ Oprah Winfrey

Fear is something that affects us all. Each of us face different fears. I believe our fears are made up from our life experiences and mostly our childhood. Those emotions or feelings can change - So please ask yourself “What would I do if I weren’t afraid?”

Start a course you wanted to?

Write a letter to a friend from many years ago that you lost touch with?



LEARN Case Manager

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

Start writing your book?

Speak your truth?

Simplify your life?

Exercise?

Lois says that “At age 67, I would FINALLY conquer my fears and learn to swim.”

Bev age 69, I would travel to countries I haven’t been to, I would try their foods.

Hartley 73, I would take up a musical instrument, likely the piano.

Sam 85, I would volunteer.

If I wasn’t afraid I would - Ask for help?

If you, or someone you know is experiencing financial or any type of elder abuse, please call. **When it comes to Elder Abuse, silence is not an option.**

The Lethbridge Elder Abuse Response Network (LEARN) 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 403-394-0306, drop by on the 2nd floor or e-mail: learn@lethseniors.com.

Did you know?

that anyone 18 and over can participate in most classes at LSCO?

Computer Corner

by Sjoerd Schaafsma

Email: How Much Do You Know?

Several of the earlier articles in last month’s Computer Corner referenced GCF LearnFree.org. This site <https://www.gcflearnfree.org/email101/introduction-to-email/1/> has a good email tutorial, which goes into more detail than I can in a short column. The website starts with absolute basics.

My list of essential email skills would include the following:

1. Address your email
2. Keep your addresses in an address book
3. Add a correspondent to your address book
4. Send email to a group of people
5. Read, save, or send an attachment, be it picture, sound clip, movie or other document
6. Find what you’ve saved
7. Forward ONLY the mail worth forwarding and without the subject heading reading something like fwd: fwd; fwd: the latest cool joke
8. Receive your email wherever you are in the world
9. Sort your email by date, subject or correspondent
10. Manage the mail on your server; do you need 10 thousand emails?
11. Do all the above on your portable device or tablet
12. Properly use carbon copy, CC: and blind carbon copy BCC:

If you can do most of what’s listed above, you are probably someone your friends and family look to for help with their computer problems. The computer club could use your skills. If you’d like to learn more about the skills on the list come to this month’s email workshop.

Some basic email jargon:

- IMAP:** Email stays on the server (in the cloud) unless you have specifically set your mail to download to your computer.
- POP3:** Email gets downloaded to your computer and stays until you delete it
- Email Client:** The program you use to read your email
- Webmail:** Reading email on your mail provider’s website with a browser.

The Monthly Tips: In Windows 10, go to settings, and choose ‘Personalize’ to organize the start menu the way you want, either full screen or program listing. To show or hide Cortana on the task bar, right click on the task bar go to Cortana, and choose to hide or show Cortana.

Tech Term: A *Peripheral Device* is any computer device that is externally or internally connected to a computer’s CPU. Examples of Peripheral Devices are: printers, keyboards, monitors, mouse devices, scanners, hard disks, external drives, graphics tablets, etc.

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

Email: computerclub@lethseniors.com

Gentle Yoga

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When:	Tuesdays & Thursdays May 8 – June 28 9:30 - 10:30 am
Time:	
Fee:	\$72 LSCO M; \$102 NM
Register by:	Monday, May 4

Computer Club WORKSHOPS

May 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.

May

Wednesday 2: Sharing session, computers, smart phones, tablets, bring your questions and or bright ideas.

Monday 7: Regular Updates of Lab computers and Sharing/Help session.

Wednesday 16: Email basics and more. ~ Sjoerd

Join us for a waltz, dance, walk or crawl through the wonders of email. The focus will be on using Gmail, but the basics apply to most email accounts. Learn how to set up an account and more.

Monday May 28: Meeting and sharing session. Planning for the future of the computer club.

The LSCOCC will be taking a break from workshops for the summer months. The lab will be available at the usual times.

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, 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.

Suggestions for other workshops are welcomed.

Updates to 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.

Help the Lethbridge Public Library Celebrate 100 Years in Our Community

On August 14, 1919, after nine years of work building community support, the Lethbridge Public Library opened its doors to the residents of our city. Originally located in two rooms at the YMCA, located on the northeast corner of 10th St. and Fourth Ave. South, the library served our community from that location until January 23, 1922, when it relocated to Third Ave. South, where the Southern Alberta Art Gallery (SAAG) now stands. The renovated Carnegie Library still makes up the west wing of the building and houses SAAG’s Upper Gallery.

As a library, the building was home to a children’s library, an adult library, and a lecture room. It was constructed at a cost of \$26,996.

However, increased patronage and a growing population began to exhibit a need for a larger library space, and in 1974 the Library opened at its current downtown location on Fifth Ave. and Ninth St. South, with a 20,000 sq. ft. extension added in 1992. Book-mobile services were added in 1985, and The Crossings Branch opened in West Lethbridge in 2010.

Almost 100 years and three locations later, the Lethbridge Public Library is a hub of the Lethbridge community. It has become our community’s choice for the pursuit of literacy, leisure, learning, and innovation.

And the Library needs your help.

In preparation of our 100th Anniversary celebrations to be held in 2019, we want to hear from you.

We want you to tell us about your most memorable library experiences over the years, and what the library means to you and your family.

We are a place for so many people and activities. What do you love to do here? Do you remember a favourite storytime and story? How about the first time you visited the library? What about the people you met, and the friendships you’ve built while spending time at the library? Did you meet another parent you’ve built a lifelong friendship with? Have you had the opportunity to sit with someone to discuss the news in the *Lethbridge Herald*? Do you remember coming to the library before computers? How about visiting the library after the computers were installed in 1997? Is there a favourite event you wish we would do again? What was your favourite movie to be shown at one of our branches? What gems did you find in our stacks? What role have we played in our community and in you and your family’s lives? How do you envision the library of the future?

We cannot wait to hear from you!

Share your stories and ideas with us, and you’ll be entered for a chance to win a Lethbridge Public Library swag bag and a Booster Juice gift pack.

Visit www.lethlib.ca to send us your feedback by June 1.



The Lethbridge Public Library will be celebrating 100 years in our community in 2019 and we want to hear from you!

We want you to tell us about your most memorable library experiences and what the library means to you and your family. How do you envision the library of the future?

Share your stories and ideas with us, and you’ll be entered for a chance to win a Lethbridge Public Library swag bag and Booster Juice gift pack.

Visit www.lethlib.ca to send us your feedback by June 1.



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 until May 28
(no class May 21)

Time: 9:30 – 10:30 am

Drop In Fee: \$6 LSCO M; \$7 NM

Laughing is one of the best exercises, it’s like running inside your mind.
You can do it almost anywhere and it’s even better with a friend.
~ coolfunnyquotes.com

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 until May 29
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM
Instructor: Melanie Hillaby



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. All levels welcome.

When: Wednesdays until May 30

Time: 10:00 – 11:00 am

Drop In Fee: \$6 LSCO M; \$7 NM

Instructor: Leigh Monette

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Lethbridge




RSVP by May 11th



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

403.320.0070 RACHAELHARDER.CA @RACHAELHARDERMP

FIT BALL AND MORE



Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! You must be comfortable getting up and down off the floor. A variety of exercise equipment (eg. weights, tubing) is also used. Wear comfortable clothing and footwear. Don't forget to bring a yoga mat and water bottle.

When: Tuesday & Thursday, May 1 - June 28
(no class May 3, June 7, 12, 14)

Time: 9:00 - 9:50 am

Fee: \$42 LSCO M; \$91 NM

Register by: Monday, April 30



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, June 4 – 25

Time: 12:00 – 12:55 pm

Fee: \$20 LSCO M; \$28 NM

Register by: Friday, June 1

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May is Mental Health Awareness Month

The Canadian Mental Health Awareness Week is designated from May 7 - May 13th. The theme for this week to recognize we all have Mental Health. We all have a state of well-being, whether or not we have a mental illness.

The Canadian Mental Health web site has articles that cover lots of good information on this topic. One of those topics that stands out for me is looking at How mental health is like physical health. It suggests that in the same way that we all have a state of physical health; we all have a state of mental health. Mental health is more than the absence of mental illness The article suggests that in order to thrive, we all need a good sense of self, and we all need purpose, contribution, hope resilience and belonging.

Mental health and depression can impact of people of all ages, and many seniors suffer from depression. For older adults, staying vital and connected can help you ward off depression that can come from aging.



LSCO Case Worker/
LEARN Coordinator
Lavonn Mutch
lmutch@lethseniors.com
403-320-2222 ext. 57

1. Just Keep Moving; Exercise is essential for body and mind- if you have physical limitations, try chair exercises.
2. Socialize at your Senior Centre.
3. Stay involved in family gatherings; keep visits short if you tire easily.
4. Call on friends; stay connected to peers.
5. Turn to technology to stay in touch, learn to use new technology through a class at your senior center.
6. Go back to a class of learning something new, you can try online classes if transportation is a challenge.

7. Get a pet, or borrow a pet to walk, animals can assist older adults to be more engaged, less depressed.
8. Play those games, puzzles, cards, check out what is available at your senior center.
9. Make a deeper spiritual connection, religion and the community that goes with it can offer meaningful activities and support.
10. Make a difference, volunteering comes in all shapes and sizes, giving back can be one of the best ways to add meaning to your life.

A challenged brain is a happy brain, so when your kids are grown and you’ve retired from your job, you find yourself struggling a bit to stay busy and engaged, this may bring on some feelings of depression. Bill Clinton states that Mental illness is nothing to ashamed of, but stigma and bias shame us all. The Canadian Mental Health Association work hard all year to provide information and supports for all people to understand about mental illness and to work on taking the stigma away. ★

Breakfast: Ham, Sausage or Bacon 2 Eggs, Hash Browns, Toast & Coffee or Tea \$6.00

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I am going to try to pay attention to the spring.
I am going to look around at all the flowers, and look up at the hectic trees.
I am going to close my eyes and listen. ~Anne Lamott

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