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Join Us for

LSCO CLOSED
August 5
Heritage Day

TITANIC: THE MUSICAL
Tickets Go On Sale
August 17

WHOOOP-UP DAYS
Pancake Breakfast
August 22

WHOOOP-UP DAYS
Pulled Pork Lunch
August 24

PRACTICING HAPPINESS
Starts September 12

TITANIC

THE MUSICAL

Coming
October 18, 19,
20 & 21, 2018

Tickets on Sale
August 17th



PANCAKE BREAKFAST

Wednesday, August 22

8:00 – 10:00 am

\$2.00

Pancakes, Sausages, Coffee & Juice

LSCO Parking Lot (under the awning)
500 - 11th Street South • 403-320-2222





Executive Director
Rob Miyashiro
rmiyashiro@lethseniors.com

During August and September, please be on the lookout for our Membership Survey. This 37 item questionnaire will enhance the demographic data we have on our membership as well as provide us with a better picture of who are members are and what you need.

Why are we doing this?...you may be asking yourself. The answer to that question is quite simple: We need to figure out what services/ supports/activities/groups you want us to provide in order for LSCO to remain relevant to our membership and the community.

This Fall, LSCO Board of Directors and staff will be developing our next 3 year organizational plan. The information gleaned from this survey will feed directly into the planning process and will provide us with vital information required to make good planning decisions. Help us to make the right decisions which will affect the future of our organization. Please take some time and fill out the survey...there's even a prize draw for completing and submitting it! ★

Golf Mix & Mingle

Individuals that have taken LSCO golf lessons at Evergreen Golf Centre this spring and summer are encouraged to sign up for the Mix & Mingle. Participants will be given a small bucket of balls for golf tips (not a formal lesson) and a round of golf. This is a great opportunity to meet others who like to play golf for fun! Foursomes will be organized that day. Register early as space is limited.

When:	Thursday, August 9
Time:	9:30 start
Fee:	\$15 per person
Register by:	Tuesday, August 7

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*AutoAlert does not detect 100% of falls.
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PHILIPS Lifeline

Yoga does not remove us from the reality or responsibilities of everyday life, but rather places our feet firmly and resolutely in the practical ground of experience. We don't transcend our lives; we return to the life we left behind in the hopes of something better." - Donna Farhi

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 September 13 – December 6
Time:	12:05 – 12:55 pm
Fee:	\$78 LSCO M; \$98 NM
Instructor:	Melanie Hillaby
Register by:	Monday, September 10



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Check out the website! www.lethseniors.com and register online.

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

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LSCO 403-320-2222

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Organization/149140883844](http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844)

LSCO Vision Statement

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

*Welcome
New Members!*

Mary Vanzwol	Dale Sorochan
Calvin Biem	Lynn Gibson
Robert Allen	Ian Randell
Rita Allen	Irene Morrow
Aldean Routhier	Robert Morrow
Martha Fast	

*A Smile is the Universal
Welcome.*

LSCO
will be closed
Monday, August 6th
for
Heritage Day

**LSCO Gym 1 & Gym 2
will be CLOSED from
August 6 – 26
for maintenance**

**Registration
NOW OPEN**

LSCO
2018 Fall Classes
www.lethseniors.com

LSCO Whoop-Up Days
Pulled Pork Sandwich
Friday, August 24
Lunch from 11:00 am – 1:00 pm
\$5.50 a plate

**Get in the spirit of Whoop-Up Days
and join the LSCO community
for food and entertainment.**
Beverages available for purchase.

Lethbridge Senior Citizens Organization
500 - 11th Street South
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LSCO Hours of Operation
Monday – Friday, 8:00 am – 4:30 pm
Holidays vary – watch our calendar.

**WE NOW ACCEPT VISA, MASTERCARD &
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**LSCO Times Publishing
Schedule**

Issue	Deadline
September 2018.	August 17
October 2018.	September 14

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

An acquaintance of mine likes to say “when I forget to be grateful that’s when the troubles start”. As I write this on my iPad I’m sitting in the shade in plus 30 weather at Henderson Lake. I’m grateful our City forefathers had the foresight to create the park and plant the trees.

Too often lately with all that’s happening in the world and our City I find it’s easier to be critical and complain about the state of affairs. I forget to separate hearsay from the facts. I tend to forget to place principles before personalities. I find it easy to slip into character assignation. Society accuses millennials of an attitude of entitlement but I too feel entitled because, after all, I’m a senior and I’ve paid my dues.



President’s Message

Keith Sumner

I find it easy to be grateful for the big things in my life especially at Christmas, Thanksgiving and Canada Day. Too often I forget about what Maslow described as the hygienic items

in his hierarchy of needs. I need to be grateful for the farmers that produce the food I eat, my home that shelters me, the factory works that manufactured my clothes and the healthcare professionals that care for me and, most of all, for family and friends.

When I cultivate an attitude of gratitude I am less judgemental. I remember that each individual is entitled to their opinion. That I have no right to impose my will on another human being. I remember to check my motives and be kind.

I’m grateful to live in these times as it’s teaching me to be encouraging rather than critical.

Namaste ★

Going Organic? Get the Best Bang for Your Buck

The prevalence of organic food flooding the marketplace over the past 10 years is difficult to ignore. Right there, next to the regular apples – at a higher price – are the organic apples. Some grocery stores even dedicate their entire stock to organic foods.

So, you’re wondering, if I’m going to go organic, or even partially organic, what items will give me the best bang for my buck? Before we get to specific items, let’s consider where you’re shopping for your organic foods. On average, chain grocery stores charge between .45 and .79 more per pound than if you head to your local farmers market, which is where a large part of this organic movement was born. So, consider supporting your local farmers.

On to the foods themselves:

FROZEN FRUIT

I know, I know, isn’t the point of eating organic to have the freshest produce possible? But hear me out. Frozen fruit is generally inexpensive, and, on average, the organic versions are close in price to the non-organic. That is some bang for your organic buck, but the real value comes in their best use – homemade smoothies. Smoothies are quick to prepare, delicious, simple and healthy. If you don’t make it yourself, the cost can feel

unreasonably high. Having a large bag of frozen fruit on hand is an amazing way to save some money. Plus, they can last up to a year. If you decide to add organic fruit, berries are your healthiest option.

BEANS & LENTILS

Many health experts consider beans a super food. They are fibre-rich, and bank-account friendly and they have the power to fill you up without filling out your clothes. When it comes to the organic variety of beans, you’ll find the mark up isn’t going to set you back and may be so minimal you won’t even notice it.

CORN TORTILLAS

Corn is a mixed bag of differing opinions among health experts. But if you decide to go the organic route, it won’t set you back much. Corn tortillas are generally healthier for you than their wheat counterparts. If you can track down some tortillas made from non-GMO corn, you won’t be looking at a major cost increase.

APPLES

We were all raised with the adage: an apple a day keeps the doctor away. According to the Environmental Working Group’s dirty dozen list, however, apples are near the top of the list when it comes to pesticide

residue. Thankfully, organic apples may be the easiest of all organic produce to find, and relatively close in price to their dirtier non-organic counterparts.

MEAT




Generally, bang for your buck in terms of meat depends on the cut you choose. When we’re talking organic meat, it’s mostly the same situation. The bonus to organic meat is that you forgo the antibiotics found in much of the livestock in North America. For it to be certified organic, meat and dairy must be free of all antibiotics.

GREENS

Spinach, kale and lettuce are known for the heavy pesticide use it takes to keep mass crops of them alive, however, when grown organically, they carry a price that isn’t significantly higher. Making this change can be the easiest, if attempting to increase the number of organics in your life.

In most cases, you aren’t paying through the nose to go organic, but the costs can add up, so make sure you are getting the best health value for your dollar.

by Lorne Marr
INSPIRED Senior Living magazine
www.seniorlivingmag.com

<div><h1>MENU ~ AUGUST 2018</h1><p>Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm</p><p>The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards</p><p>Non-Members add 15% • Menu subject to change without notice</p><p>★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★</p></div> <div><p>JOIN US for Whoop-Up Days Pulled Pork Lunch Friday, August 24</p></div>				
<div></div>		Wednesday, August 1	Thursday, August 2	Friday, August 3
		Entree: Roasted BBQ Chicken Potato: Mashed with Gravy Soup: Chicken Rice	Entree: Meatloaf Potato: Roasted Baby Potatoes Soup: Beef Vegetable	Entree: Baked Ham Dinner Potato: Scalloped Soup: Clam Chowder
Monday, August 6	Tuesday, August 7	Wednesday, August 8	Thursday, August 9	Friday, August 10
LSCO CLOSED for Heritage Day	Entree: Pesto Chicken Alfredo Potato: Linguini Soup: Ham & Lentil	Entree: Salisbury Steak & Onions Potato: Roasted Yams Soup: Cream of Mushroom	Entree: Veal Cutlets Potato: Mashed with Gravy Soup: Chicken Noodle	Entree: Cabbage Rolls Potato: Perogies & Onions Soup: Cream of Broccoli
Monday, August 13	Tuesday, August 14	Wednesday, August 15	Thursday, August 16	Friday, August 17
Entree: Cream of Mushroom Pork Chops Potato: Rice Soup: Hamburger Cabbage	Entree: Beer Battered Cod Potato: Roasted Soup: Tomato Vegetable	Entree: Shepherd’s Pie Potato: Soup: Cream of Celery	Entree: BBQ Pork Back Ribs Potato: Mashed with Gravy Soup: Tomato Beef Tortellini	Entree: Chicken à la King Potato: Rice Soup: Corn Chowder
Monday, August 20	Tuesday, August 21	Wednesday, August 22	Thursday, August 23	Friday, August 24
Entree: Chicken Stir Fry Potato: Rice Soup: Loaded Potato Bacon	Entree: Liver & Onions Potato: Roasted with Gravy Soup: Minestrone	Entree: Roasted Pork Chops Potato: Rice Pilaf Soup: Curry Chicken Rice	Entree: Spaghetti & Meat Sauce Potato: Garlic Bun Soup: Cream of Chicken	Entree: Roasted Beef Dinner Potato: Mashed with Gravy Soup: Split Pea & Ham
Monday, August 27	Tuesday, August 28	Wednesday, August 29	Thursday, August 30	Friday, August 31
Entree: Glazed Salmon Filets Potato: Roasted Soup: Beef Barley	Entree: Pork Tenderloin with Apple Sauce Potato: Mashed Soup: Cream of Cauliflower & Cheese	Entree: Chicken Parmesan Potato: Rotini Pasta Soup: Vegetable	Entree: Ginger Beef & Peppers Potato: Fried Rice Soup: Won Ton	Entree: Turkey Dinner & Stuffing Potato: Mashed with Gravy Soup: Carrot Ginger

WATERCOLOUR COLLAGE WORKSHOP

Here’s a fun workshop that will start your fall off. Even wonder what to do with those watercolor paintings that didn’t turn out so well – recycle them into something new. Let’s cut, ripe or tear them up and make a collage. Play and explore different way of collaging and re-work those unwanted paintings to give them new life. This workshop will be more of a mixed media class but certainly a class for those with open minds and adventurous hearts.

When: Thursday, September 27

Time: 10:00 am – 3:00 pm (1 hour lunch)

Fee: \$25 LSCO M; \$50 NM

Instructor: Donna Gallant

Register by: Friday, September 21

CIRCUIT TRAINING

CARDIO TRAINING

FLEXIBILITY

WEIGHTS

STRENGTH 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. Jamie Hillier instructs these classes.

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

When: **Session 1:** Tuesdays & Thursdays, September 18 – October 11

Time: 1:30 – 2:30 pm

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

Register by: Friday, September 14

When: **Session 2:** Tuesdays & Thursdays, October 16 – November 8

Time: 1:30 – 2:30 pm

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

Register by: Friday, October 12

monday exercise class

Start the week out right with this gentle exercise program. The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles. Chairs and a variety of exercise equipment will be used. You will also be led through some stretches. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays, September 24 – November 26 (no class Oct. 8 & Nov. 12)

Time: 10:00 – 10:45 am

Fee: \$30 LSCO M; \$40 NM

Register by: Friday, September 21

CONVERSATIONAL SPANISH

This is an introductory course for students with little or no knowledge of Spanish. Participants will learn basic grammar and common sentences in a comfortable environment. Remember, learning another language is not easy for some. Please come into this class with an open mind and a good sense of humour.

Evening

When: Tuesdays, September 18 – November 20

Time: 6:00 – 8:00 pm

Fee: \$45 LSCO M; \$65 NM

Instructor: Martha Montgomery

Register by: Thursday, September 13

(after this date add \$5)

ACTIVE YOGA & STRETCH

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

When: **Session 1:** Fridays, September 21 - October 26

Time: 9:00 - 10:00 am

Fee: \$30 LSCO M; \$40 NM

Register by: Thursday, September 20

When: **Session 2:** Fridays, November 2 - December 7

Time: 9:00 - 10:00 am

Fee: \$30 LSCO M; \$40 NM

Register by: Thursday, November 1

World Humanitarian Day (WHD) is held every year on **19 August** to pay tribute to aid workers who risk their lives in humanitarian service, and to rally support for people affected by crises around the world.

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Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **September 12 – October 17**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



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, September 17 – December 3
Time: 12:00 – 12:55 pm
Fee: \$55 LSCO M; \$69 NM
Instructor: June Dow
Register by: Thursday, September 13

Strength & Stretch

This class is designed to increase physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment will be used. Wear comfortable exercise clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: Wednesdays
September 26 – October 31
Time: 12:05 – 12:55 pm

Fee: \$33 LSCO M; \$50 NM
Register by: Friday, September 21



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Edmonton, AB	Sept 25-27, 2018 Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30-Oct 6, 2018 2 Buses	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26-29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2-5, 2018 Xmas Tour w/Boat Cruise	\$400 pp/dbl
	March 24-28, 2019 Spring Fling Break	\$575 pp/dbl
Edmonton, AB	Jan. 13-15, 2019 River Cree	\$280 pp/dbl
Bonniers Ferry, ID	Feb. 3-6	\$410 pp/dbl
Moose Jaw, SK	April 23-26, 2019 Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5-7, 2019	\$240 pp/dbl
Polson-Kalispell, MT	May 27-30, 2019 Sights, Shopping & More	\$475 pp/dbl
Winnipeg	August, 2019	\$TBA
Stoney Nakoda Kananaskis Overnight Trips: Nov. 4-5, 2018		\$80 pp/dbl (based on Calgary departure)

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Volunteer & Fund Development

I subscribe to a few different newsletters about working with volunteers, and one of them last month challenged Volunteer Coordinators to think about how they describe their jobs. Here are a couple of my favourite alternatives to saying “I coordinate volunteers”:

- I build a bridge between the resources of the community and the needs of my organization.
- I allow people to rise to the level of their abilities, not the restrictions of their resumes.
- I give people a way to improve their mental and physical health while helping others.

Regarding the last bullet point, I feel especially lucky and proud that our volunteer team supports each other so well and is so welcoming of everyone who comes to LSCO to give service. I’ve been witnessing that volunteering here is a social lifeline for many volunteers. I hope that you all understand that what you give here transcends your actual job duties; you give comfort, confidence, humour, new perspectives and friendship to others on your team and that is what makes the volunteer team here so unique and vital. Thank you.

TITANIC

There has been an enormous amount of activity humming along in the background, and this month it is about to explode to the foreground! Fran Rude, along with Ken Rogers and Joy



Coordinator

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

Ackerman are putting together a production of TITANIC: The Musical, and LSCO is thrilled to once again be presenting a show with these talented folks. It’s a very human story, based on true stories of real people from the Titanic, features a cast of 40, choir, and a full standard pit orchestra. The original production won 5 Tony Awards in New York and we expect it to have an excellent reception with audiences here in Lethbridge. It will be the first big show following the Yates renovation, and we are excited to show off the new space.

There will be many ways to get involved as we go along, though I will bring three to your attention this month:

Sewing Volunteers: the show has an amazing costume designer and head costumer who could really use support with the hand sewing and machine sewing of the costumes. You’ll get to work with some gorgeous patterns in an Edwardian style, with real costume pros.

Machine and hand-sewing volunteers welcome.

Sponsors and Advertisers: if you know of a business who might be interested in some unique advertising opportunities, I would love to show them what we have available with the show. We’ve got extensive marketing planned with lots of chances to highlight supporting businesses.

Tickets! Tickets go on sale this month (August 17th), and attending the show is a fantastic way to support it. You’re in for a real treat.

BOOK DONATIONS TABLE

Later this month we will have the table set up in the lobby to clear out some of the amassed books our library has accumulated. If you have been thinking about bringing some books in, this month would be a great time to do that while we are undertaking a library-refreshing (and take some new reads home too!)

VOLUNTEER PARKING

If you are volunteering here at LSCO and you expect to be here longer than 2 hours, there is a parking pass available for you to borrow from the front desk for the duration of your volunteer shift. Unfortunately, we do need these passes back at the end of your shift as we are only allowed to have so many of them and we need them in circulation for other volunteers. Please don’t hesitate to borrow one, though, because the Parking Enforcement Officers are pretty diligent in this area. ★



Creative Zen-Art

Join Gladys Larson as she takes you through this amazing class. It really is “Yoga for the Brain.” Zen Art creates a sense of calm, lowers stress, increases focus and concentration. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil. Beginners are welcome. If you have taken classes in the past, don’t worry Gladys will keep you busy!


When: Mondays
October 1 – December 3
(no class Oct. 8)

Time: 1:00 – 4:00 pm

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

Register by: Thursday, September 27

Beginner Line Dancing



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

When: Thursdays
September 13 – November 29
(no class Nov. 22)

Time: 1:15 pm – 2:15 pm

Fee: \$36 LSCO M; \$60 NM

Instructor: Diane Holstine

Register by: Monday, September 10

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www.foxdentureclinic.ca



Happy August Everyone! In Support Services, I receive many calls requesting assistance with financial applications, navigating the often confusing forms that our provincial and federal governments expect seniors to know how to complete. If you would like more information on any of the funding programs, please let me know. Whether you or a friend is approaching 65 or you think you are eligible for more benefit funding, I'd be happy to meet with you one-on-one or do a home visit to explain the income requirements and process of applying for the following:

- *Alberta Senior's Benefits*, including claimable Special Needs Assistance to assist with appliances and specific health and personal supports.
- *Guaranteed Income Supplement* to top up Old Age Security payments (federal).
- *Canada Pension Plan* questions.

PHONE ERIN: 403-320-2222 x25. See below for further information on Alberta Support programs.

Here's what happening in August with our regular programs:

Tuesday, August 7: *Serenity Foot Care, 9:00 am – 3:45 pm, waitlist only.

Wednesday, August 8: *Doug Alger, Alger Zadeiks Shapiro, free 15-minute legal consultation, 10:00 am – 12:00 pm.



Support Services Coordinator

Erin Vogt
evogt@lethseniors.com
403-320-2222 ext. 25

Thursday, August 9: *Lethbridge Hearing Services (Hearing Screening): 10:00 am – 12:00 pm.

Friday, August 10: The Classic Legends are back sharing their musical talents, 12:30 – 2:00 pm.

Monday, August 13: *Direct Dental Hygiene (Mobile dental services): 9:00 am – 3:00 pm.

Friday, August 24: *Reflexology, 9:00 am – 3:00 pm (Clinic Room).

Friday, August 24: Rebecca & Anna (sisters) are here with some country tunes. Bring your cowboy boots and join us for some Whoop Up Days fun!

**Requires sign-up for appointment. Call Kari or Diane, 320-2222 to book yours today.*

**Note: There is no Friday music scheduled for August 17.*

Friendly Faces Everywhere
The past couple of months have been a whirlwind for me and oh so enjoyable meeting you all at LSCO. I'm reminded of the friendly atmosphere similar to growing up in a small town. It's heartwarming to see daily group coffee dates, sharing a fitness class, Adult Day Program and caring for one another, staff included. The volunteer presence is remarkable. Whether greeting at the front check-in, running the boutique or the many kitchen duties. This place could not run without you! The Meals on Wheels drivers who make home visits to seniors relying on that external support, it is so important in our community. Some members are using their expertise fixing equipment and putting their technical skills to work daily. This is all priceless social health value where we all benefit. Many of you are caregiving for loved ones. I cannot imagine the stress, time and energy that takes. An afternoon of Crib, Pickleball or Chair Yoga helps relieve that pressure and you get to experience "you time" which is critically important. Every one of you here have inspiring life stories and immeasurable experience that my generation desperately needs to understand. For one, you all look UP when you talk to someone rather than focus on the latest text. It's a pleasure to work here and I look forward to getting to know you all better. Enjoy that sunshine and keep hydrated!

PROGRAMS AND SERVICES FOR SENIORS: QUICK FACTS
July 2018 – June 2019

Financial Assistance Programs

Albertans are mailed a Seniors Financial Assistance application three months before their 65th birthday; one application will enroll eligible seniors for the Alberta Seniors Benefit, Special Needs Assistance and Dental/Optical Assistance for Seniors programs (administered by Alberta Health).

Alberta Seniors Benefit Program

A monthly benefit paid to eligible seniors with low income including accommodation assistance for eligible seniors living in designated supportive living and long-term care.

Special Needs Assistance for Seniors Program

This program provides financial assistance to seniors with low income to assist with the cost of appliances and specific health and personal supports. Up to \$5,000 is available in a benefit year.

Generally, seniors with an annual income under \$27,690 or senior couples with a combined annual income under \$44,965 may be eligible for the Alberta Seniors Benefit and Special Needs Assistance programs.

Seniors Property Tax Deferral Program

Senior homeowners can defer all or part of their property taxes through a low-interest home equity loan with the Government of Alberta.

Seniors Home Adaptation and Repair Program

A low-interest home equity loan program to help seniors finance repairs or adaptations to their homes. A maximum loan of \$40,000 is available to seniors with an annual income of \$75,000 or less, and who have a minimum of 5 per cent home equity.

For more information on financial assistance programs contact:
Alberta Supports Contact Centre

Toll-free: 1-877-644-9992
Edmonton: 780-644-9992
www.seniors-housing.alberta.ca

Health Programs and Services

Dental Assistance for Seniors Program

Provides up to \$5,000 of basic dental coverage every five years.

Optical Assistance for Seniors Program

Provides up to \$230 for prescription eyeglasses every three years.

Single seniors with an annual income under \$31,675, or senior couples with a combined annual income under \$63,350 are eligible to receive dental and optical benefits.

For more information contact:
Alberta Supports Contact Centre
Toll-free: 1-877-644-9992
Edmonton: 780-644-9992
www.seniors-housing.alberta.ca



Creative Arts

Creative Arts Classes this Fall
Watercolour Collage • Expressive Panel Landscapes
Painting Animals in Watercolour • Creative Zen-Art
Introduction to Paper Tole



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Lethbridge and area
cherylkitt69@gmail.com

Support Services
Driving Services
403-929-5113



Shannon Phillips, MLA Lethbridge West

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

"Please contact me if I can be of any assistance."

Age has its **benefits.** . . .

- There are benefits, credits, and tax deductions you can get if you do your taxes every year, even if you have no income.
- The Canada Revenue Agency (CRA) uses the information from your income tax and benefit return to calculate your benefit and credit payments, and any related provincial or territorial payments.

GST/HST credit	You can get a tax-free payment every three months if you have a modest income. This credit is automatically calculated when you do your taxes.
Medical expenses	You can claim on your return eligible medical expenses you or your spouse or common-law partner paid in the year.
Home accessibility tax credit	A non-refundable tax credit you can claim on your return to help with the cost of making your home accessible.
Pension Income Splitting	You can split eligible pension income with your spouse or common-law partner to reduce the amount of income tax you may have to pay.
Disability tax credit	If you have a disability, you or your supporting family members could claim a non-refundable tax credit on your return.
Guaranteed income supplement	You could get a monthly tax-free payment if you are an old age security pension recipient who is 65 years of age or older and you have low income.

Need more information?

Online information for seniors: canada.ca/taxes-seniors.
To ask about benefits, phone 1-800-387-1193.

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, September 11 – December 4
Time: 12:05 – 12:55 pm
Fee: \$78 LSCO M; \$98 NM
Instructor: Melanie Hillaby
Register by: Friday, September 7

Expressive Pastel Landscapes

Let’s get some of that brilliant fall color into our landscapes. Bright red, golds, and oranges against bright blue skies will spur this class to new heights. Come and explore more intense color exploration by using the color wheel in dealing expressive landscapes. If you understand the principles of drawing, this is a great class to experience. You may work with both pencil or chalk pastels and come with a creative imagination. Let the sky be your limit.

When: Wednesdays, October 3 – November 21
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, September 28

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August Drop In Fees

LSCO offers an opportunity to drop in to some of the many programs. Fees must be paid prior to attending the program. Contact us for additional information at 403-320-2222.

	Member	Non-Member
Active Aging	\$6	\$7.50
Billiards	\$6	\$7
Chair Yoga	\$3	\$5
Crib	\$2	\$2
Fitness Centre	\$6	\$7
Gentle Yoga	\$6	\$7
Scrabble	\$2	\$2
Table Tennis	\$2	\$2

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.

Lethbridge Stroke Recovery Association (LSRA) and Stroke Care Partner Support

These groups will be taking a summer break, reconvening in September. Dates TBA.

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, September 24th** at 7:15 pm in Room A.

Parkinson’s Alberta Society Support Group

No summer meetings are scheduled. The next one will be in September. Date TBA.

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 **August 11** at 2:00 pm in Room C & D.

**Alcoholics Anonymous
Saturday Morning Eye Opener Group**

This group meets every Saturday morning at 9:00 am in Rooms C & D.

Sunset Alcoholics Anonymous

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

3 common air pollutants lurking in your home

While our homes are supposed to be safe spaces, there are a few everyday pollutants that we need to watch out for. Check out common culprits as well as tips for purifying your space:

Dust danger. The dust we wipe off our countertops, crevices, furniture and floors is made up of mostly dead skin. If that’s not gross enough, microscopic living organisms known as dust mites live off these skin cells. Many people are allergic to dust mites, and they can even trigger an asthma attack in some. The remainder of dust is comprised of things like pet dander, rodent waste, paint particles, pollen, bacteria, viruses, plant and insect parts, heavy metals or even cigarette smoke and flame retardants.

Household products. Chemical-laden products can have a big impact on your home’s air quality. Things like household cleaners, detergents, shampoos and fabric softeners emit volatile organic compounds (VOCs) into the air. While many of us try to mask bad smells by spraying an air freshener or lighting a candle, that only adds more toxins to the air you breathe.

Pet dander. Even the most ardent animal lover would admit their pet smells. Aside from the odour and the other “fun” stuff they track into the house, pets also carry dander, a common allergy trigger for most people. Fortunately, you can improve the air quality in your home, while keeping your pet.

Consider getting a connected air purifier, which can let you monitor your indoor and outdoor air quality via a smartphone app. Your best bet is the Philips Air Purifier Series 2000i, which captures 99.97 per cent of particles that pass through the filter. It’s proven to reduce allergens, odours, VOCs and even certain bacteria.

Experts also recommend cleaning your home regularly, turning the hood fan on while cooking, opening your windows a couple times of day, and limiting your use of candles and air fresheners.

www.newscanada.com



**August
At a Glance**

museum admission fee applies | free to annual pass holders

Wed **AUG 01** Walking To Save-On: A Tour of Lethbridge
Wednesdays at the Galt | **2–3 pm** | Adults & Seniors

Wed **AUG 01** St. Patrick’s Cemetery Tour
Tour | **7–8:30 pm** | Adults

Tue **AUG 07** Prairie Flowers
Summer Family Fun | **1–3 pm** | Families

Sat **AUG 11** Hutterites & History Bus Tour
Tour | **9–2 pm** | Adults

AUG 13–17 Coulees & Culture
Day Camp | Ages 6–10

Tue **AUG 14** Carnival Games
Summer Family Fun | **1–3 pm** | Families

Tue **AUG 14** St. Patrick’s Cemetery Tour
Tour | **7–8:30 pm** | Adults

Wed **AUG 15** The Guns of Fort Whoop-Up
Wednesdays at the Galt | **2–3 pm** | Adults & Seniors

Wed **AUG 15** Mountain View Cemetery Tour
Tour | **7–8:30 pm** | Adults

Sun **AUG 19** The Canadian Corps, 1914–1918
Café Galt | **2–4 pm** | Adults & Seniors

Tue **AUG 21** Scenic Plaza Whoop-Up Days Block Party
Special Event | **11:30 am** | Families

Tue **AUG 21** What are Important Sites to the Blackfoot People?
Summer Family Fun | **1–3 pm** | Families

Thu **AUG 23** Downtown Lethbridge Walking Tour
Café Galt | **7–8:30 pm** | Adults & Seniors


Thu **AUG 23** Lethbridge’s Jewish Community
Archives Programs | **7–9 pm** | Adults & Seniors

Tue **AUG 28** Ice Cream Social
Summer Family Fun | **1–3 pm** | Families





Fri **SEP 07** Galt Beer Tasting Soirée
Special Event | **5–10 pm** | Adults




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Wake Up & Be Awesome in August

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!
- LSCO Member (LSCO M); Non-Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contract you prior to your class.

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.**
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.

- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

MEMBERSHIPS

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

SENIOR 12 Month Memberships Individuals 55 years +

- Renewal\$50
- New Member\$53

ADULT 12 Month Memberships Individuals 35 – 54 years

- Renewal/New Member \$90

FITNESS CENTRE

LSCO Member Fees

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

Non-Member Fee

- 1 month..... \$27
- 6 months.....\$150

Exercise, Dance & Movement

NEW ACTIVE AGING STRENGTH, CORE & STRETCH

We know you want to keep active in August so here is your chance! After the warm-up the instructor will lead you through safe exercises that will work on your core, increase your overall body strength, followed by a stretch. A variety of exercise equipment will be used. The class will be may be held downstairs in the All Purpose Room or other LSCO rooms. Wear comfortable workout clothes and indoor running shoes. Bring a water bottle, yoga/exercise mat.

When: Mondays & Wednesdays
August 8 – 29
Time: 8:15 – 9:00 am
Fee: \$35 LSCO M; \$44 NM
Instructor: Debbie Palmer
Register by: Friday, August 3

Yoga

CHAIR YOGA

This 12 week class 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, June 6 – August 29
(no class July 18)
Time: 9:35 – 10:35 am
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
until August 30
Time: 9:30 – 10:30 am
Drop In Fee: \$6 LSCO M; \$7 NM

Sports

GOLF MIX & MINGLE

Individuals that have taken LSCO golf lessons at Evergreen Golf Centre this spring and summer are encouraged to sign up for the Mix & Mingle. Participants will be given a small bucket of balls for golf tips (not a formal lesson) and a round of golf. This is a great opportunity to meet others who like to play golf for fun! Foursomes will be organized that day. Register early as space is limited.

When: Thursday, August 9
Time: 9:30 Start
Fee: \$15 per person
Register by: Tuesday, August 7
And/or
When: TBA
Time: TBA
Fee: \$15 per person
Register by: TBA

PICKLEBALL

Schedule

When: Wednesday, August 1
Time: 7:30 – 9:30 am
1:00 – 3:30 pm
When: Thursday, August 2
Time: 1:00 – 4:50 pm
When: Friday, August 3
Time: 7:30 – 9:30 am
1:00 – 4:50 pm

The gymnasiums are scheduled to re-open Monday, August 27. Please check our website or call to confirm.

Drop In Fees must be paid prior to playing: \$2.50 M; \$3.50 NM

Technology

INTERNET SECURITY & THE CLOUD

Learn about how to stay safe when using the internet. How to identify malicious websites and

emails. Learn how to make a secure password that is still easy to remember. What to do if your computer freezes on a webpage and alerts are on the screen. Then we will go into how the cloud works. Which cloud service is best for you and how it can make your computer life easier. Learn to protect yourself and become better at the internet use at the same time!

When: Tuesdays & Thursdays
August 7 – 23
Time: 1:30 – 3:30 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez
Register by: Friday, August 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
August 13 – 29
Time: 10 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Peter Harris
Register by: Thursday, August 9

COMPUTER CLUB MEMBERS

The Computer Lab is available Monday and Wednesday afternoons from 1:00 – 4:00 pm. Watch for upcoming Computer Club workshops in the fall.

2018 Fall Classes

Registration is **NOW OPEN**. This is **NOT** a full listing of the fall classes.

Keep checking our website www.lethseniors.com and the September *LSCO Times* on stands **Wednesday, August 29**.

Special Interest

CONVERSATIONAL SPANISH

This is an introductory course for students with little or no knowledge of Spanish. Participants will learn basic grammar and common sentences in a comfortable environment. Remember, learning another language is not easy for some. Please come into this class with an open mind and a good sense of humour.

When: Tuesdays
September 18 – November 20
Time: 6:00 – 8:00 pm
Fee: \$45 LSCO M; \$65 NM
Instructor: Martha Montgomery
Register by: Thursday, September 13

Creative Arts

WATERCOLOUR COLLAGE WORKSHOP

Here’s a fun workshop that will start your fall off. Even wonder what to do with those watercolor paintings that didn’t turn out so well – recycle them into something new. Let’s cut, ripe or tear them up and make a collage. Play and explore different ways of collaging and re-work those unwanted paintings to give them new life. This workshop will be more of a mixed media class but certainly a class for those with open minds and adventurous hearts.

When: Thursday, September 27
Time: 10:00 am – 3:00 pm (1 hour lunch)
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, September 21

EXPRESSIVE PASTEL LANDSCAPES

Let’s get some of that brilliant fall color into our landscapes. Bright red, golds, and oranges against bright blue skies will spur this class to new heights. Come and explore more intense color by using the color wheel in dealing expressive landscapes. If you understand the principles of drawing, this is a great class to experience. You may work with both pencil or chalk pastels and come with a creative imagination. Let the sky be your limit.

When: Wednesdays
October 3 – November 21
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, September 28

PAINTING ANIMALS IN WATERCOLOUR

I know some of you have been waiting for this class. Love watercolor, love animals, let’s put them together. Sometimes you can use just a couple of brush strokes to depict an animal and its movement or sometimes you can spend hours doing details. We will try and make it simple and a little less intimidating. Some experience in working with watercolor and drawing are necessary to make this easier for the student to understand and render a good likeness of the animal.

When: Thursdays
October 4 – November 22
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M, \$60 NM
Instructor: Donna Gallant
Register by: Friday, September 28

REVERSE COLLAGE PAINTING – A BRIGHT SPOT ON A WINTER’S DAY

Winter is the perfect time to cozy up in your studio with a cup of something hot and unleash your creativity. When the weather outside is frightful, I find that is the best time to grab my bucket full of cheerful papers and get to work. Come along with me to create a winter-themed piece that celebrates the season while adding a bright spot to your day. For this project we will use a combination of brightly colored papers with dark paint to create a dramatic and unique look that will brighten even the darkest winter days.

When: Thursday, December 6
Time: 10:00 am – 3:00 pm (1 hour lunch)
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, November 30

CREATIVE ZEN-ART CLASS

Join Gladys Larson as she takes you through this amazing class. It really is “Yoga for the Brain”. Zen Art creates a sense of calm, lowers stress, increases focus and concentration. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil. Beginners are welcome. If you have taken classes in the past, don’t worry Gladys will keep you busy!

When: Mondays, October 1 – December 3
(no class Oct. 8)
Time: 1:00 – 4:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, September 27

INTRODUCTION TO PAPER TOLE

What is paper tole? Paper tole or 3D decoupage is a traditional paper craft. It involves cutting out sections taken from identical printed designs and layering these cutouts creating a three dimensional picture. Participants will be guided through the technique to create a beautiful greeting card that can be given as a gift for Christmas, birthday or any occasion. Some equipment will be supplied, others will be available to purchase from the instructor. If additional days are needed to finish card they will be made available. Beginners very welcome.

When: Fridays, October 5 – 26
Time: 9:00 am – 12:00 pm
Fee: \$25 LSCO M; \$40 NM
Register by: Thursday, September 27

Exercise & Movement

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes to music 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. Debbie Palmer instructs these classes.

When: **Session 1:** Mondays & Wednesdays
September 10 – October 24
(no class Oct. 8)
Time: 8:00 – 8:50 am
Fee: \$65 LSCO M; \$81 NM
Register by: Friday, September 7

When: **Session 2:** Mondays & Wednesdays
October 29 – December 12
(no class Nov. 12)
Time: 8:00 – 8:50 am
Fee: \$65 LSCO M; \$81 NM
Register by: Friday, October 26

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. Instructor is Jamie Hillier.

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

When: **Session 1:** Tuesdays & Thursdays
September 18 – October 11
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, September 14

When: **Session 2:** Tuesdays & Thursdays
October 16 – November 8
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, October 12

FIT BALL & MORE

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! You must be comfortable getting up and down off the floor. A variety of exercise equipment (ex. weights, tubing) is also used. Wear comfortable workout clothing and exercise footwear. Don’t forget to bring a yoga mat and water bottle. Note: There may be a cancellation of some classes due to instructor availability. Participants will be notified in advance.

When: **Session 1:** Tuesdays & Thursdays
September 18 – November 1
Time: 9:00 – 9:50 am
Fee: \$46 LSCO M; \$84 NM
Register by: Friday, September 14

When: **Session 2:** Tuesdays & Thursdays
November 6 – December 13
Time: 9:00 – 9:50 am
Fee: \$46 LSCO M; \$84 NM
Register by: Friday, November 2

STRENGTH & STRETCH

This class is designed to increase physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: Wednesdays
September 26 – October 31
Time: 12:05 – 12:55 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Friday, September 21

MORNING EXERCISE CLASS

Start the week out right with this gentle exercise program. The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles. Chairs and a variety of exercise equipment will be used. You will also be led through some stretches. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays
September 24 – November 26
(no class Oct. 8 & Nov. 12)
Time: 10:00 – 10:45 am
Fee: \$30 LSCO M; \$40 NM
Register by: Friday, September 21

LINE DANCING

This class is for experienced line dancers. Please wear clean, non marking footwear.

When: Mondays
September 10 – December 10
Time: 10:30 am – 12:00 pm
Fee: \$36 LSCO M; \$60 NM
Instructor: Diane Holstine
Register by: Friday, September 7

Intermediate to Experienced LINE DANCING

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

When: Thursdays
September 13 – November 29
(no class Nov. 22)
Time: 10:30 am – 12:00 pm
Fee: \$36 LSCO M; \$60 NM
Instructor: Diane Holstine
Register by: Monday, September 10

BEGINNER LINE DANCING

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

When: Thursdays
September 13 – November 29
(no class Nov. 22)
Time: 1:15 pm – 2:15 pm
Fee: \$36 LSCO M; \$60 NM
Instructor: Diane Holstine
Register by: Monday, September 10

MORNING NIA

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

When: Thursdays
September 13 – October 18
Time: 10:45 – 11:45 am
Fee: \$39 LSCO M; \$58 NM
Instructor: Jane Franz
Register by: Monday, September 10

MOVEMENT MEDICINE

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Movement Medicine increases flexibility, breathe, agility, strength, and mobility.

Note: There may not be a class November 20, participants will be notified. Andrea Hertz instructs these classes.

When: Session 1: Tuesdays
September 25 – October 30
(no class Oct. 9)
Time: 5:15 – 6:15 pm
Fee: \$35 LSCO M; \$50 NM
Register by: Friday, September 21

When: Session 2: Tuesdays
November 6 – December 11
(no class Nov. 13)
Time: 5:15 – 6:15 pm
Fee: \$35 LSCO M; \$50 NM
Register by: Friday, November 2

When: Thursdays
September 20 – December 6
Time: 5:15 – 6:15 pm
Fee: \$78 LSCO M; \$120 NM
Register by: Tuesday, September 18

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
September 18 – November 20
Time: 11:00 – 11:45 am
Fee: \$45 LSCO M; \$60 NM
Instructor: Nicole Stratychuk
Register by: Friday, September 14

Tai Chi & QiGong

QIGONG

Qi means “life energy” and gong means “work”; together Qi Gong means working with life energy. The exercises are designed to improve flow and quality of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various QiGong exercises such as Tai Chi/ QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. Please Note: We are not able to accommodate drop in participants or guests for this program. You must pre-register in order to participate.

When: Tuesdays & Thursdays
September 11 – November 29
Time: 10:00 – 10:45 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, September 7

TAI CHI YANG 16 FORM

Developed in the early 2000’s the 16 form uses techniques from the 24 form while omitting some of the more physically challenging movements. This form takes approximately 3:00 minutes to perform once. Beginners are very welcome.

When: Tuesdays & Thursdays
September 11 – November 29
Time: 11:00 – 11:45 am

Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, September 7

Yoga

CHAIR YOGA

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

When: Session 1: Wednesdays
September 19 – October 31
Time: 9:35 – 10:30 am
Fee: \$18 LSCO M; \$30 NM
Register by: Monday, September 17

When: Session 2: Wednesdays
November 7 – December 19
Time: 9:35 – 10:30 am
Fee: \$18 LSCO M; \$30 NM
Register by: Monday, November 5

GENTLE YOGA

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. This is class may be perfect for the beginner or individual that hasn’t practiced yoga for a while. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Session 1: Tuesdays & Thursdays
September 18 – November 1
Time: 9:30 - 10:30 am
Fee: \$70 LSCO M; \$88 NM
Register by: Friday, September 14

When: Session 2: Tuesdays & Thursdays
November 6 – December 20
Time: 9:30 – 10:30 am
Fee: \$70 LSCO M; \$88 NM
Register by: Friday, November 2

YIN YOGA

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

When: Session 1: Mondays
September 10 – October 22
(no class Oct. 8)
Time: 9:00 – 10:30 am
Fee: \$48 LSCO M; \$72 NM
Instructor: Karen Toohey
Register by: Friday, September 7

When: Session 2: Mondays
October 29 – December 10
(no class Nov. 12)
Time: 9:00 – 10:30 am
Fee: \$48 LSCO M; \$72 NM
Instructor: Karen Toohey
Register by: Friday, October 26

YOGA MONDAYS HIDDEN LANGUAGE

Hidden Language Hatha Yoga is a gentle and meditative style of Hatha Yoga that respects the body as a spiritual tool. By working with metaphor, symbolism, imagery and visualization, the ‘hidden’ messages of each asana are revealed. Hidden Language offers a chance to go deep into the body and the mystical potential of each asana. You are given responsibility for your own body and your own insights. The atmosphere of a class is quiet and self-directed. Please bring a mat and wear comfortable clothing. A journal is optional although is helpful to record your experience.

When: Mondays
September 24 – November 26
(no class Oct. 8 & Nov. 12)
Time: 9:30 – 10:30 am
Fee: \$40 LSCO M; \$54 NM
Instructor: Leigh Monette
Register by: Thursday, September 20

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: Wednesday
September 26 – November 28
Time: 10:00 – 11:00 am
Fee: \$53 LSCO M; \$67 NM
Instructor: Leigh Monette
Register by: Monday, September 24

YOGA for MEN

Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today; you will be glad you did! Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays
September 19 – December 12
Time: 8:30 – 9:30 am
Fee: \$59 LSCO M; \$82 NM
Register by: Tuesday, September 18

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
September 11 – December 4
Time: 12:05 – 12:55 pm
Fee: \$78 LSCO M; \$98 NM
Instructor: Melanie Hillaby
Register by: Friday, September 7

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
September 13 – December 6
Time: 12:05 – 12:55 pm
Fee: \$78 LSCO M; \$98 NM

Instructor: Melanie Hillaby
Register by: Monday, September 10

ACTIVE YOGA & STRETCH

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

When: **Session 1:** Fridays
September 21 – October 26
Time: 9:00 – 10:00 am
Fee: \$30 LSCO M; \$40 NM
Register by: Thursday, September 20

When: **Session 2:** Fridays
November 2 – December 7
Time: 9:00 – 10:00 am
Fee: \$30 LSCO M; \$40 NM
Register by: Thursday, November 1

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
September 17 – December 3
Time: 12:00 – 12:55 pm
Fee: \$55 LSCO M; \$69 NM
Instructor: June Dow
Register by: Thursday, September 13

Sports

BEGINNER BADMINTON

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

When: Thursdays
October 4 – November 22
Time: 10:00 am – 12:00 pm
Fee: \$15 LSCO M; \$30 NM
Register by: Tuesday, October 2

PICKLEBALL LESSONS

If you are interested in learning the game of Pickleball register for this 4 week course. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration. Rhonda McInnes instructs these classes.

For additional play time please see the Pickleball Brochure or ask at the Administration Desk.

When: **Session 1:** Fridays
September 7 – 28
Time: 9:15 – 10:45 am
Fee: \$15 LSCO M; \$30 NM
Register by: Wednesday, September 5

When: **Session 2:** Fridays, October 5 – 26
Time: 9:15 – 10:45 am
Fee: \$15 LSCO M; \$30 NM
Register by: Wednesday, October 3

LSCO Programs

Note: Many of these programs are not taking place in August. Please check in at the Administration Desk. Additional programs will be listed in the September paper.

PHYSICAL ACTIVITES

BADMINTON (No program in August)

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 (No program in August)

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

SCOTTISH COUNTRY DANCE

When: Fridays (No program in August)
Time: 10:15 am – 11:45 am
Fee: \$2 donation per day
& LSCO membership
Non Mem: \$3

TABLE TENNIS

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

TAI CHI

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

GENERAL INTEREST

ADVANCED PHOTOGRAPHY

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

AMATEUR HAM RADIO

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

BILLIARDS

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

COMPUTER CLUB

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

DIGITAL PHOTOGRAPHY

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

GENEALOGY

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

GOLDEN MILE SINGERS

When: Tuesdays
Time: 10:00 – 11:30 am
Fee: LSCO membership
Non Mem: \$2/day

KARAOKE

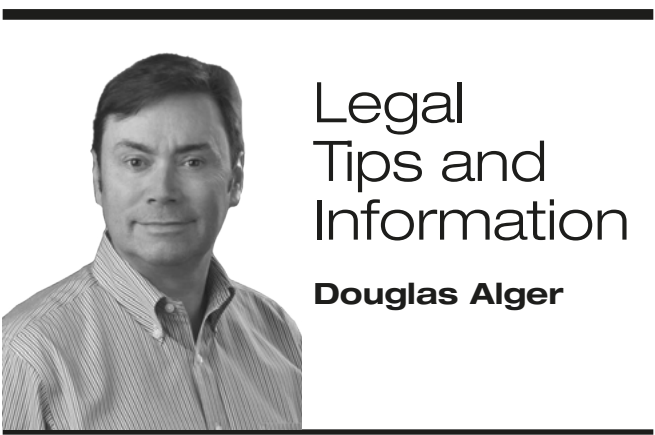
When: Tuesdays
Time: 1:00 – 3:00 pm
Fee: \$17 & LSCO membership
Non Mem: \$2/day

Estate Planning for Parents with Children who have Issues

I have recently had quite a few clients who have children that have issues. The first type of issue is that their children are addicted to drugs and the second are those children who suffer from some sort of handicap. They are different from one another, for the first is usually self-imposed and the second is not.

Let us deal first with the parent who has an adult child who is addicted to drugs or some other destructive behaviour. In the case the parents want to know if they can leave that child out of their will. The short answer is yes, you are free to leave your estate to whomever you please, as long as you make adequate provision for your dependents. It is a hard reality when a parent has a child that has a drug addiction and it makes no sense to leave them anything directly from your estate as the funds would likely go to waste. Sometimes a solution is to leave them their share or some cash in trust, that a trustee can administer on their behalf. This would be a burden to your trustee and if you do want to make this arrangement, you should ask them if they want to take on looking after estate funds for their sibling or some stranger for a long time to come.

The second scenario deals with a parent who has a child over 18 and that child is receiving benefits under the Alberta Income for the Severely Handicapped program or AISH. Some



Legal
Tips and
Information
Douglas Alger

of you might know someone receiving AISH. AISH is a very good Alberta Government program that helps certain people receive a monthly benefit cheque from the government. The eligibility to receive this cheque is subject to some restrictions. You cannot have cash or near cash assets of more than \$100,000.00, but you can own a home, a vehicle, and have some reasonable household items.

The question is whether you as a parent leave an inheritance to a child who is on AISH? The reasoning goes why should I leave a part of my estate to a child, when doing so will only affect the AISH they receive. This may make good sense, but it potentially goes against the Wills and Succession Act of Alberta, which states, in essence, that a parent must make adequate provision in their will for dependent children

over the age of 18. The one factor to consider is that any provision made in a will for a child on AISH, must be reported to the AISH. You may ask how are they going to know and I suppose that risk can be taken, but it is against the law.

So, what's a person to do if they have a child on AISH? My best advice is to consult with a lawyer and see if there are any strategies you can employ, which will not cut off completely a child's AISH benefits, but still give them something that can help them have a better life? Each situation is unique and requires some creative thinking.

One thing is for certain, that unless you have a decent up-to-date will, you will have no control over how your estate is distributed and some of your estate might end up to going to a child with a drug addiction problem and merely feeding that addiction. Alternatively you might not protect your vulnerable adult dependent child, if you don't have a will at the time of your passing.

In short time to rethink your estate planning if you have adult children, that are still children in some way.

Enjoy the rest of your summer! ★
Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

WELCOME POLICY
Starting February 1, 2018 the Welcome Policy subsidy threshold has been increased.
The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost.
Please ask for more information at the Administration Desk.

CLASSIFIED ADS

KIMBERLEY CONDO, 2 bdrms, 2 bathrms on the Ski Hill and Trickle Creek Golf. Rent \$1225/wk or trade time at your Vacation Home. Text/ phone 403.308.3980.

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

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

Update your Will, Enduring Power of Attorney and Personal Directive. Call Brian Murray at North & Company Law Office for an appointment. 403.328.7781.

Serving Lethbridge and area for 7+ years. **Naked Feet Mobile Foot Care:** Certified Podologist. Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. These could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet**

LETHBRIDGE WESTSIDE Main floor, 3 bdrms, 1.5 Bathrms, Fireplace and shared laundry. Rent \$1250/mnth including utilities. Text/Phone 403.308.3980.



\$1.50 LOAF OF BREAD
(WHITE OR WHOLEWHEAT)
BUY ONE, GET ONE FREE!
*VALID UNTIL AUGUST 31, 2018
Hope to see you soon!

405 Stafford Drive North,
Lethbridge, AB

3 reasons to shop at your local health food store

Tired of grocery shopping in a crowded store where everyone is rushed; the produce is shipped in from halfway across the world; and natural, organic products are few and far between?
There are many benefits to shopping at your local health food store. Here are a few reasons to consider:
Find more organic and locally sourced products. The foods you buy often travel great distances before reaching your dinner table. By shopping locally, you'll know where your food comes from and how fresh it is, and are able to trace local products back to their origins. Be sure to look for the Canada Organic logo – the small but important symbol guarantees that at least 95 per cent of the product you're purchasing is made with organic products, and is up to the strict standards enforced in Canada.
Be the first to try new things. By being smaller and community-focused, your local health food store is more easily able to identify the types of products that its customers are looking for and bring them onto its shelves first. With all the innovative food options coming out of the natural health and organic industry, these independently owned stores are usually ahead of the big-box stores in getting the latest trends, meaning you'll be able to find these products before anyone else.
Support your community. Your local health food store is more than just a grocery store. At the heart of the natural health community in your own neighbourhood, health stores are often family-run businesses that proudly serve the local population. Buying from these shops is an investment back into your own community that helps it continue to grow.
Find a Canadian Health Food Association member health food store in your neighbourhood online at chfa.ca.
www.newscanada.com



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<div><div><div>Gym 1 & 2 CLOSED for maintenance.</div></div><div>August Weekly Activity Schedule</div></div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 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	
	Advanced Photography 10:00 am Lapidary 10:00 am			Digital Photography 10:00 am
	Quilting 12:00 pm			
				FREE Community Music Program 12:30 pm (see page 22)
Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities & Chair Exercises)	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	
Table Tennis 3:00 pm		Table Tennis 2:45 pm		Table Tennis 3:00 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 and register online.				

INTRODUCTION TO PAPER TOLE

What is paper tole? Paper tole or 3D decoupage is a traditional paper craft. It involves cutting out sections taken from identical printed designs and layering these cutouts creating a three dimensional picture. Participants will be guided through the technique to create a beautiful greeting card that can be given as a gift for Christmas, birthday or any occasion. Some equipment will be supplied, others will be available to purchase from the instructor. If additional days are needed to finish card they will be made available. Beginners very welcome.

When: Fridays, October 5 – 26
Time: 9:00 am – 12:00 pm
Fee: \$25 LSCO M; \$40 NM
Register by: Thursday, September 27

Yoga

FOR MEN

Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today! You will be glad you did! Props may be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, September 19 – December 12
Time: 8:30 – 9:30 am
Fee: \$59 LSCO Members; \$82 NM
Register by: Tuesday, September 18 (after this date add \$5)

Program Schedule	LSCO Adult Day Program	Benefits
Tuesday, Wednesday & Thursday 1:00 pm – 4:00 pm Cost: \$5 per visit Attend 1, 2 or 3 days a week Transportation to and from the program are the responsibility of participant or caregiver.	Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.	The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Verbal Abuse

This month I wanted to focus on what is verbal abuse. An article in *Psychology Today* by Berit Brogaard, D.M.Sci., Ph.D. She presents a definition of verbal abuse and how to stop it. *Verbal abuse is a way of attacking or negatively defining another person using words – or silence – as a weapon. It can take a variety of forms ranging from loud rants to passive-aggressive remarks.*

Common forms of verbal abuse include withholding information or purposely failing to share thoughts and feelings; countering the victim’s memories or thoughts and feelings; blaming the victim for things that are outside his or her control; calling the victim names or using hurtful and defining labels such as liar, child, and opportunist.

Verbal abuse is a subcategory of emotional or psychological abuse. Examples of *non-verbal emotional abuse* include non-verbal devaluations such as staring at a person; eye rolling and door slamming; gossiping about the victim; talking about the victim behind his or her back; and using power to one’s own benefit.

Verbal and emotional abuse is never justified. If a person feels slighted or unfairly treated, he or she should not resort to verbal abuse – or other forms of abuse – but calmly explain how



LEARN Case Manager

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

the other person’s behaviour made him or her feel, and then attempt to resolve the conflict and future reiterations using effective communication skills. *Non-verbal emotional abuse* can be harder to spot and harder to stop than verbal abuse, especially because the former tends to be more hidden and subtle, and is often not executed in the open or even in the presence of the victim. Stopping non-verbal emotional abuse requires skills different from those used to put an end to explicit verbal abuse.

The most instinctive way to respond to a verbal abuser is to attempt to reason with him or her. When a person negatively defines you as a liar or child, your natural reaction is to attempt to convince the abuser why their labels are mistaken. In doing so, you’re expecting the abuser

to be a normal adversary, someone who will listen to reasons and arguments. But the fact is that *you cannot reason with a verbal abuser.*

The only effective way to put an end to verbal abuse is to call out the abuser each time they strike. If someone blames you for something you have no control over, you need to ignore the actual content of what’s been said, identify the type of abuse employed, name it, and calmly ask the abuser to stop it (Evans, 2009).

I hope this article has provided some information for a person of any age or in any type of relationship.

In closing as always, if you, or someone you know is experiencing elder abuse, please give me, Joanne, a call at 403-394-0306 or drop by on the 2nd floor. <http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/> **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 or e-mail: learn@lethseniors.com.

LSCO Fitness Centre has a wide variety of exercise equipment.

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

- 3 Treadmills
- 1 Seated Bike
- 2 Recumbent Bikes
- 2 Vibration Trainers
- A variety of hydraulic equipment

There are free weights, fit balls and stretching area.

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

FEES

Members: \$18/mo., \$99/6 mo., \$180/12 mo.
Non Members: \$27/mo., \$270/ 12 mo.
Drop In: \$6 LSCO member;
\$7 non member per day

FITNESS CENTRE HOURS
Monday – Friday 8:00 am - 4:15 pm
Hours may change.

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

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

September 18 – November 20

Time:

11:00 – 11:45 am

Fee:

\$45 LSCO M; \$60 NM

Instructor:

Nicole Stratychuk

Register by:

Friday, September 14

Movement Medicine

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Movement Medicine increases flexibility, breathe, agility, strength, and mobility. Note: There may not be a class November 20, participants will be notified. Andrea Hertz instructs these classes.

When:

Session 1: Tuesdays, September 25 – October 30
(no class Oct. 9)

Time:

5:15 – 6:15 pm

Fee:

\$35 LSCO M; \$50 NM

Register by:

Friday, September 21 (after this date add \$5)

When:

Session 2: Tuesdays, November 6 – December 11
(no class Nov. 13)

Time:

5:15 – 6:15 pm

Fee:

\$35 LSCO M; \$50 NM

Register by:

Friday, November 2 (after this date add \$5)

When:

Thursdays, September 20 – December 6

Time:

5:15 – 6:15 pm

Fee:

\$78 LSCO M; \$120 NM

Register by:

Tuesday, September 18 (after this date add \$5)

Using Technology to Stay Engaged

Technology is an important and growing part of our lives, it is helping make day to day tasks easier and keeping us more connected than ever before. Some recent advances in technology include wireless sensor networks in smart homes that can monitor vital signs. For those seniors who would like to age in place, technology can assist in helping them stay safe in their home and engage and connect with others.

Digital technology has transformed the way people communicate, get news, shop and even find love. As more tasks migrate online, there are unique barriers and challenges that may hinder some older adults from going online and using technology. One challenge facing older adults with respect to technology is the fact that many are simply not confident in their own ability to learn about and properly



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

use electronic devices. I can certainly relate to this, as I frequently seek out my co-workers on “how to” with regard to certain computer programs. When an older adult gets a new electronic device they often require someone else to set it up or show them how to use it. An older adult may also face physical challenges

that might make it difficult to use or manipulate devices.

Once seniors are online, they engage at high levels with those digital devices and it becomes a standard part of their routine. Using technology is one way older adults can stay engaged with family, friends, and pursue new interests.

The LSCO offers a wide range of classes to assist people in gaining those needed skills to feel confident with multiple electronic devices. Technology can have a positive impact on the lives of older adults. The future is coming when socially assistive robots are going to make our daily lives easier. ★

May/2018 McMaster University
May/2017 Pew Research Center:
Monica Anderson & Andrew Perrin



Healthy Relationships with our Adult Children

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

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

Tuesdays, September 18 – October 23
10:00 – 11:15 am • LSCO Board Room

Topics include:
Communication • Boundaries
Roles & Relationships

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

REVERSE COLLAGE PAINTING A BRIGHT SPOT ON A WINTER'S DAY

Winter is the perfect time to cozy up in your studio with a cup of something hot and unleash your creativity. When the weather outside is frightful, I find that is the best time to grab my bucket full of cheerful papers and get to work. Come along with me to create a winter-themed piece that celebrates the season while adding a bright spot to your day. For this project we will use a combination of brightly coloured papers with dark paint to create a dramatic and unique look that will brighten even the darkest winter days.

When: Thursday, December 6
Time: 10:00 am – 3:00 pm
(1 hour lunch)
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, November 30

Time to Remember, Time to Act

International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

International Overdose Awareness Day spreads the message that the tragedy of overdose death is preventable.


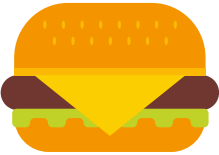

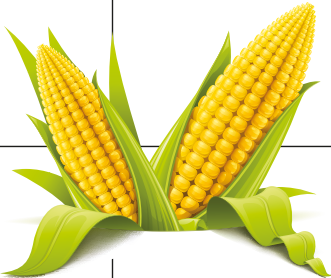
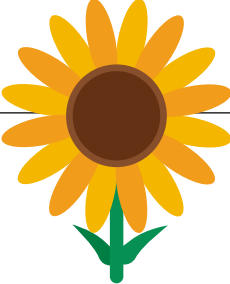
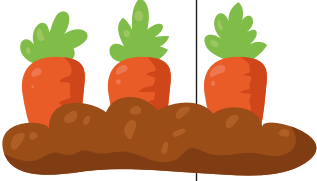
Tai Chi Yang 16 Form

Developed in the early 2000's the 16 form uses techniques from the 24 form while omitting some of the more physically challenging movements. This form takes approximately 3:00 minutes to perform once. Beginners are very welcome.

When: Tuesdays & Thursdays
September 11 – November 29
Time: 11:00 – 11:45 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, September 7



August 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Horse Racing 1:00 pm Room A/B	2 Sandy Gervais 1:00 pm Room A/B	3 Free Community Music in Stage Area Hank Wiebe 12:30 ~ 2:00 pm Lunch Special	4
5 	6 LSCO Closed for Heritage Day	7 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	8 Bowling Holiday Bowl 1:00 pm	9 Floyd Sillito 1:00 pm Room A/B	10 Free Community Music in Stage Area Classic Legends 12:30 ~ 2:00 pm Lunch Special	11 
12 	13	14 Hank Wiebe 1:00 pm Chair Exercises 2:45 pm Room C/D	15 Fun with Wii 1:00 pm Room C/D	16 Country Grass 1:00 pm Room C/D	17	18
19		21 Day Program Outing 1:00 – 4:00 pm	22 Pancake Breakfast 8:00 ~ 10:00 am Bowling Holiday Bowl 1:00 pm	23 Tom Wolsey 1:00 pm Room A/B	24 Free Community Music in Stage Area Rebecca & Anna 12:30 ~ 2:00 pm Lunch Special	25 
26 	27	28 Fun with Wii 1:00 pm Room C/D	29 Horse Racing 1:00 pm Room A/B	30 Movie Time 1:00 pm Room C/D	31 Free Community Music in Stage Area Tom Wolsey 12:30 ~ 2:00 pm Lunch Special	
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.						

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, September 19 – October 31
Time: 9:35 – 10:25 am
Fee: \$18 LSCO M; \$30 NM
Register by: Monday, September 17

Morning Nia

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


When: Thursdays
September 13 – October 18
Time: 10:45 – 11:45 am
Fee: \$39 LSCO M; \$58 NM
Instructor: Jane Franz
Register by: Monday, September 10


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 workout clothing and exercise footwear. Don't forget to bring a yoga mat and water bottle. Note: There may be a cancellation of some classes due to instructor availability. Participants will be notified in advance.

When: Session 1: Tuesdays & Thursdays
September 18 – November 1
Time: 9:00 – 9:50 am
Fee: \$46 LSCO M; \$84 NM
Register by: Friday, September 14

When: Session 2: Tuesdays & Thursdays
November 6 – December 13
Time: 9:00 – 9:50 am
Fee: \$46 LSCO M; \$84 NM
Register by: Friday, November 2





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Maury Yeston


October 18, 19,
20 & 21, 2018

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Music Director: Ken Rogers
Choreographer: Joy Ackerman

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Sunday Matinee
October 21 – 1:00 pm

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329-SEAT (7328)

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and The John F. Kennedy Centre for the Performing Arts



Beginner Badminton

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

When: Thursdays
October 4 - November 22

Time: 10:00 am - 12:00 pm


Fee: \$10 LSCO M; \$20 NM

Register by: Tuesday, October 2



PICKLEBALL LESSONS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration. Rhonda McInnes instructs these classes. For additional play time please see the Pickleball Brochure or ask at the Administration Desk.



When: **Session 1:** Fridays
September 7 – 28

Time: 9:15 – 10:45 am

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

Register by: Wednesday, September 5

When: **Session 2:** Fridays
October 5 – 26

Time: 9:15 – 10:45 am

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

Register by: Wednesday, October 3

play
PICKLEBALL

Yin Yoga

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

When: **Session 1:** Mondays, September 10 – October 22
(no class Oct. 8)

Time: 9:00 – 10:30 am

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



Register by: Friday, September 7

When: **Session 2:** Mondays, October 29 – December 10
(no class Nov. 12)

Time: 9:00 – 10:30 am

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

Register by: Friday, October 26





yoga

wednesday morning

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: Wednesday, September 26 – November 28

Time: 10:00 – 11:00 am

Fee: \$53 LSCO Members; \$67 NM

Instructor: Leigh Monette

Register by: Monday, September 24

A Way to Give

Kindness is like a garden of blessings.

In these days of chaos, we often think “what can I do to help?” How do we translate our generous spirit into action? The answer: volunteering.

Whatever your skills and talents, use them to help others, on your own or through a group. Volunteering is one of the best and fastest ways to combat feelings of loneliness and isolation. Choose an organization or a cause where you will feel comfortable and can contribute your best.

Maybe the thought of an organization doesn’t appeal to you. What about simply getting in touch with neighbours and spending some time each week talking and sharing company? You can offer to drive someone who doesn’t drive to appointments.

Is there a cause you would like to support, but feel

that you would be stretched financially if you did? Find out how you can share the time or knowledge you have. Think about how much time can you give and what hours do you prefer to work.

Contemplate what you want to get out of the volunteer work you do. Is music your passion? There are many organizations that would love to have your help: symphony, jazz, musical theatre. They all need volunteers. Sometimes behind the scenes; sometimes in front of the action.

If sports and being outdoors is more to your taste, what about volunteering for marathons? My daughter gets a great kick out of getting up at 4:30 in the morning to mark the numbers on participants. If that hour does not appeal, there are lots of positions throughout the day and throughout the race itself.

Does politics appeal to you? Through the years, I have had great fun and met many interesting people by volunteering in political campaigns. Everything from waving to cars on the side of the road to acting as an assistant to a candidate. Ask me about sharing an elevator with a Prime Minister.

There are many ways to volunteer. Care for the earth as a volunteer gardener or as part of a clean-up team; or what about a pet project? If you can’t have a pet of your own, but you like to walk, how about walking a dog for a neighbour or for your local SPCA?

No matter where, no matter what, anything you can give will be received with love.

by Pat Nichol
INSPIRED Senior Living magazine
www.seniorlivingmag.com



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“IT’S YOGA PRACTICE, NOT YOGA PERFECT.”

Computer Corner


by Sjoerd Schaafsma

Free Software of the Month: FileBox eXtender

I bounce around a lot on my computer from one subject to the next, and don’t like to spend a lot of time mousing around to get to where I want to be. Windows has favorites, but I’ve never gotten into the habit of using them.

FileBox eXtender is a free alternative to the Windows favorites. It meets the criteria I like: free, lightweight, useful and no extra baggage.

FileBox adds two handy buttons to the standard *Open File* and *Save File* dialog boxes. These appear on the right side of the Windows dialog box title bars. These buttons appear next to the minimize, restore, and maximize buttons with which you’re probably already familiar.

The button with a little heart on it like this:  displays a “Favorites” menu. **The FileBox Extender Configuration** window allows you to add **your** favorite folders, files, document names, or other text items on it. You can use this to make Windows work as you want it to work (not how it wants to do things “out of the box”).

The FileBox website <http://www.hyperionics.com/files/> gives a more detailed explanation of how it works and how to set it up. When downloading the file choose the 32 bit build if you’re not sure. It works on a 64 bit Windows 10. I use the 32 bit regularly on Windows 7, and the 64 bit version on Windows 10,

The Monthly Tip: *Let Electronics Dry Before Using Them.* STEP 1: TURN OFF YOUR DEVICE!

You may say why get them wet in the first place? But it’s summertime and you may have left a laptop, mouse, camera or tablet outside by accident, and kids, sprinklers, or the weather happened, I mean, none of us would have a spillable drink beside our keyboard would we? ☺. If you’re not sure how to dry your device, take it to a reputable tech. If you feel brave google “how to dry my (name of device)” and check out some of the online advice.

Club Notes

LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events. The LSCOCC will be taking a break from workshops for the summer months. The lab will be available at the usual times. If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: LSCO-computer_lab_guest

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 workshops are welcomed.

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

How is your hearing?

Do you need a Hearing Test?



Candice from
**Lethbridge
Hearing Centre**
will be here Thursday, August 9
Book your free initial test at the
admin desk or phone 403-320-2222

CARLANN PLAYERS

PART OF CONFEDERATION THEATRE SOCIETY

Please allow me to introduce Carlann Players, part of Confederation Theatre Society. We are a local group based in Lethbridge that is dedicated primarily to performing works by Canadian/Albertan playwrights. We perform for seniors in their facilities with short skits.

As an example of how we came about, Confederation Theatre Society of Calgary performed at many seniors' facilities in Calgary and surrounding towns. The Confederation Theatre Society was approached by Calgary's Family Services Elder Abuse group and asked if they could perform a skit/play about elder abuse to bring awareness to this often hidden problem. The Theatre Society agreed and wrote an appropriate skit which was performed for several seniors groups. As a result, we felt there was a need in Lethbridge for this entertainment and decided to pursue this aim. We are affiliated with Confederation Theatre Society in Calgary and will be using some of their scripts.

There are six varied short skits (most are comedy) about 50 minutes in total.



This is a call out for those who would like to volunteer their time entertaining seniors by acting in short skits!!!

Experience helpful but not necessary. We are in need of male actors and a few more females actors.

Please contact: carlannplayers@gmail.com

Come with your sense of humour and have a lot of fun while providing a community service.

ONCE YOU LEARN HOW TO BE HAPPY, YOU WON'T TOLERATE BEING AROUND PEOPLE WHO MAKE YOU FEEL ANYTHING ELSE.

~ GENIUSQUOTES.NET

LSCO FREE COMMUNITY MUSIC PROGRAM AUGUST 2018

- August 3: Hank Wiebe
Baked Ham Lunch Special
- August 10: Classic Legends
Cabbage Rolls & Perogies Lunch Special
- August 24: Rebecca & Anna
Roast Beef Lunch Special
- August 31: Tom Wolsey
Turkey Dinner Lunch Special

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

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

Backsliding

How quickly will you lose your exercise gains when you stop exercising?

Studies can vary widely on this given all the factors to monitor and consider. We all differ in our genetics, general health and our fitness levels. But several studies found fitness levels can decline quickly in the first 12 days, and then continue declining at a slower rate.

Other studies have shown losses of 50 per cent aerobic (heart/lung) fitness, and 50 per cent muscular strength in two to four weeks. Yet another study using very fit weight trainers showed a 14-day layoff from training didn't affect their performance levels.

Apparently, the fitter you are, the longer it takes to lose your exercise gains when you stop. Even after two months of inactivity, a highly fit person is still considerably fitter than a non-exerciser. Strength levels of a fit person will usually stabilize at 50 per cent higher than sedentary individuals. That's encouraging news to fit people who may be forced to stop activity due to injury or illness.

If a busy schedule or holiday plans are interrupting your regular exercise program, don't despair. Short but intense workouts (15 to 20 minutes), once or twice a week, can help maintain what you've achieved.

The catch, however, is the workouts must remain intense. High-intensity interval training (HIIT) is ideal. For example, during your 15 to 20-minute ride on an exercise bike, increase the tension to do several 30-second sprints throughout your ride. Or do several 30-second sprints during your brisk walk or easy jog.

However, if your goal is to keep increasing your fitness level, one or two workouts per week may not guarantee continued progress. Get back to your regular number of weekly workouts as soon as your disrupted schedule allows it.

This doesn't mean it'll take only one or two workouts per week to GET in shape. And if you stop exercising after you've only just begun being physically active, you'll be back to where you started after only a few weeks of inactivity.

The general minimum recommendation for physical activity is 30 minutes, three times per week. This is adequate to either improve or maintain your fitness level.

Only consistency brings results. Try not to miss those regular workouts.

by Eve Lees
INSPIRED Senior Living magazine
www.seniorlivingmag.com

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"Make the best use of what is in your power, and take the rest as it happens." ~Epictetus

Qigong



Qi means "life energy" and gong means "work"; together Qi Gong means working with life energy. The exercises are designed to improve flow and quality of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various QiGong exercises such as Tai Chi/ QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. Please Note: We are not able to accommodate drop in participants or guests for this program. You must pre-register in order to participate.

When: Tuesdays & Thursdays
September 11 – November 29

Time: 10:00 – 10:45 am

Fee: \$84 LSCO M; \$144 NM

Instructor: Dave Scotland

Register by: Friday, September 7

Painting Animals In Watercolour

I know some of you have been waiting for this class. Love watercolor, love animals, so let's put them together. Sometimes you can use just a couple of brush strokes to depict an animal and its movement or sometimes you can spend hours doing details. We will try and make it simple and a little less intimidating. Some experience in working with watercolor and drawing are necessary to make this easier for the student to understand and render a good likeness of the animal.



When: Thursdays
Oct. 4 – Nov. 22

Time: 1:00 – 3:00 pm

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

Instructor: Donna Gallant

Register by: Friday, Sept. 28

"August is a gentle reminder for not doing a single thing from your new year resolution for seven months and not doing it for next five."

~ Crestless Wave

Gaia’s Revenge

When I see cruelty to animals it just plain angers me. & ...all animals are sentient beings who deserve our protection and respect.
~ Dr. Scott Miller - *The Vet on the Hill*

I’m with you all the way Dr. Scott - I firmly believe that “all creatures great and small” deserve to be treated as importantly as every other living creature on this earth. In fact, I take it a step farther - all living entities, including the earth itself, or Gaia as some of us call her, are living beings that are closely woven together. We are them and they are us.

Dr. Miller is a young veterinarian who has a 3-location practice in a suburb of London. He has a lovely wife, 3 adorable little blond children and, at this current time, 3 dogs and several cats. He is absolutely one of the gentlest and most caring souls that I enjoy watching on television. Both Scott, other vets and some scientists advocate the idea that we are all sentient beings on this earth and we all deserve to be treated kindly and with compassion. I have such respect and warm feelings for veterinarians everywhere, including the ones I know personally.

The Gaia theory (mentioned above), developed by James Lovelock in the ‘70s, proposes that all living creatures, both flora and fauna, are part of the same living organism which is part of the living earth itself. To simplify: “all lifeforms are considered part of one single living planetary being called Gaia”(Wikipedia/ Gaia hypothesis). If it could be true then any damage we do to our planet could be seen as self-destructive. Our weather is certainly showing us what damage can be done and perhaps it is Gaia getting even with us in her own peculiar way. The more damage we cause



The Widow’s Walk

Kay Long, BSW, RSW

to our earth the more we will suffer on an increasing basis. Today we see floods, famines, droughts, tsunamis, hurricanes, tornados, and fires. We also know that glaciers throughout to world and the polar ice caps are melting at a rate much fast than originally predicted. The aboriginal people throughout the world are suffering due to these major climate changes because of the effect that these changes have on the environment that supplies what they need to carry on the business of living in their little corner of the world.

One of the most interesting scientists, (who probably knows more about living beings than anyone else on earth), is Sir David Attenborough, a biologist and anthropologist who specializes in natural history. His documentaries, television programs and books have taught me so very much about the world we live in and the damage we have done to our own natural habitat. With all that this man knows about the wonders of our world I was recently surprised to learn that he calls himself an agnostic. The reason he cites for only acknowledging the possibility of a singular deity is that some living creatures cause harm to each other. If a God created all living things they should be able to

live together in peace and harmony. He gives as an example a parasitic worm that lives in the eye of a boy in West Africa. This parasite will eventually lead to blindness for this boy. He also mentions other cruelties of the natural world and because of these cannot accept the idea of a merciful Creator (from *The Guardian*, Jan.29/2012 and an interview of Attenborough by Andrew Denton). I must say that I have to listen when such a knowledgeable man calls himself an agnostic. I feel much the same way. I cannot say yeah or nay but must continue to search for my own answers.

I once knew another agnostic who taught me to question and learn - my father. He did not quite accept an all-seeing, all-knowing being but his favorite poem was *The Rime of the Ancient Mariner* by Samuel Taylor Coleridge which states:

He prayeth best, who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all.

So it would seem that my Dad didn’t really accept a totally godless world. I’m still coping with these ideas and maybe I’ll someday find my answer before I leave this world. In the meantime I can follow the example of the people I admire the most who live their lives with the message that the best that we all can do is to be kind. Kind to other people, other living creatures, to our own Gaia and, most of all, to ourselves. ★

The Widow’s Walk: A Survivor’s Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.



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