

## INSIDE THIS ISSUE

Executive Director . . . . .	p.2
LSCO Contacts. . . . .	p.3
From the Kitchen . . . . .	p.4
Message from the President. . . .	p.4
LSCO Case Worker . . . . .	p.5
Volunteer & Fund Development . .	p.7
Message from the Board . . . . .	p.10
LSCO Support Services . . . . .	p.12
Adult Day Program Calendar. . .	p.13
LSCO Programs . . . . .	p.16
LSCO Support Groups . . . . .	p.21
LEARN Case Manager . . . . .	p.24

## Join Us for

### PRACTICING HAPPINESS

Starts September 12

### HEALTHY RELATIONSHIPS WITH OUR ADULT CHILDREN

Starts September 18

### AMA MATURE DRIVING INFO SESSION & COURSE

Info Session: September 13

Course: September 26 & 27

### FREE NECK & SHOULDER MASSAGES

October 4

### TITANIC: THE MUSICAL

October 18 – 21

STRIVING FOR  
SUCCESS  
WITHOUT  
HARD WORK  
IS LIKE TRYING TO  
HARVEST  
WHERE YOU HAVEN'T  
PLANTED.

~ DAVID BLY



**Technology**

**Movement  
& Dance**

**Pilates**

**Pickleball**



**Yoga**

**Watercolour**

**BADMINTON**

**Nia**

**Exercise & Fitness**

**Art**

**Zumba Gold**



**CORE &  
STRETCH**



**Rob Miyashiro**  
rmiyashiro@lethseniors.com

I haven't written about parking for a while so here's an update: During the Spring, new bollards were installed and new crosswalks were painted to make the parking lot safer for pedestrians. The new installations allow for a continuous safe walkway from the most northerly row of public parking to the front door. The bollards prevent cars from parking in the crosswalk curb cuts and leave the crosswalks open for pedestrians. The middle drive lane is separated into entrance/exit lanes (with directional arrows) at the street entrance to assist drivers to leave appropriate space for entrance/exit traffic. Exit only directional arrows have also been painted on the street exit of the drive lane closest to the building. We're hoping these changes make the parking lot safer for pedestrians and easier to navigate for drivers. ★



Reg Dawson	Charlie West
Judy Warwick	Leah Lancaster
Virginia Murdoch	Hart Born
Michelle Enns	Jim Hosegood
Elizabeth Johnstone	Scott Jensen
Stuart Johnstone	Judith Burton
David Baldwin	Ian MacLachlan
Sally Pittman	Sherry Ferland
Heidi Oishi	Susan Mak
Jackie Wheatland	

*A Smile is the Universal  
Welcome.*



This power walking class is much more than an easy walk. You will truly get an overall body workout, using weights appropriate to your ability. Join Jerry for a fun, energetic noon workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.

When: Thursdays, October 4 – December 13  
Time: 12:05 – 12:55 pm  
Fee: \$28 LSCO M; \$55 NM  
Instructor: Jerry Brown  
Register by: Monday, October 1

**Don't stop  
until you  
are proud.**

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within  
reach.**



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**www.lifeline.ca**

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Not to be combined with any other offer.  
Offer valid on new activations only.

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

**PHILIPS**  
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## OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

# Lethbridge

## HEARING CENTRE

A stylized graphic of a bridge with multiple arches, rendered in a light brown color, positioned horizontally across the middle of the page.

**FOX DENTURE  
CLINIC**

*In recognition for the ongoing support  
of LSCO Meals on Wheels*

**teamworks**  
career centre

**urban grocer**





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Check out the website! [www.lethseniors.com](http://www.lethseniors.com) and register online.

Layout, Advertising  
& Circulation. . . . . Lisette Cook (ext. 33)  
Printed by . . . . . Lethbridge Herald

# The Officers of LSCO

## Executive:

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

## Board of Directors:

Clifford Brown, Merri-Ann Ford, Don McInnes  
and Vaughan Hembroff.

**LSCO . . . . . 403-320-2222**

## Staff Members:

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[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) . . . . . ext. 21  
Food Services Coordinator  
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Cook I – Nathan Morden. . . . . ext. 27  
Food Service Cashier – Georgette Mortimer . . . . . ext. 27  
Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32  
Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

For all your health inquiries, call the Chinook  
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let us know so we can address the issue.*



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# LSCO Vision Statement

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

## Memberships & Program Information

### REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online at [www.lethseniors.com](http://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](http://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 e-mail [shamilton@lethseniors.com](mailto: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.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun, participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

### MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit [www.lethseniors.com](http://www.lethseniors.com) or call 403-320-2222.

#### SENIOR 12 Month Memberships Individuals 55 years +

- Renewal . . . . . \$50
- New Member . . . . . \$53

#### ADULT 12 Month Memberships Individuals 35 – 54 years

- Renewal/New Member . . . . . \$90

### FITNESS CENTRE

#### LSCO Member Fees

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

#### Non-Member Fee

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

### NON-MEMBER PARTICIPATION

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

### PARKING PASSES

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

- Renewal . . . . . \$10 (when returning previous years pass)
- NEW . . . . . \$13
- Day Parking Pass . . . . . \$3

### 10X CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the **Fitness Centre**. Pass holders have access to dropping into the following classes: **Active Aging, Active Yoga, Gentle Yoga, Wednesday AM Yoga, Zumba Gold as well as using the Fitness Centre**. Review the class information including the description to determine whether it is right for you. Please ask for additional information. Passes expire 6 months from the date of purchase. Fee: \$55 LSCO Members; \$65 Non Members

## LSCO Hours of Operation

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

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



## Publishing Schedule

Issue	Deadline
October 2018 . . . . .	September 14
November 2018. . . . .	October 19

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

Hello again.

Its been a quiet summer break for your Board of Directors. The one item I’d like to bring to your attention occurred on August 10th. Chris Lowings and I attended the 2018 Minister’s Senior Service Awards in Calgary on your behalf. Trevor Potter of McKillop United Church nominated LSCO for a service award. The nominees were recognized at this function and the award winner will be announced in Edmonton in the early part of October. Stay tuned.

Our Police Chief recently wrote an article for the *Lethbridge Herald* about social media that reminded me of a quote.

“Facts are stubborn things; and whatever may be our wishes, our inclinations or the dictates of our passions, they cannot alter the state of facts and evidence.” ~ John Adams.

I use social media to communicate with friends, with groups and to stay up to date of



national and international news. I’ve come to realize writers/journalists often pass off opinion as facts. In my opinion there is less, and less investigative journalism published. I’ve been developing my critical thinking to differentiate between fact, evidence, fiction and opinion. Social media can be used by some individuals to rally others around some issue. When enough people express their opinions about a subject it can begin to appear to be



Irfan Sabir, Minister of Community and Social Services (on behalf of Lori Sigurdson, Minister of Seniors and Housing) presenting Certificate of nomination for the 2018 Minister’s Senior Services Award to LSCO Board President, Keith Sumner.

fact. Join me in being a discerning reader, lets ask what facts support a writer’s opinion and what evidence supports the facts. Namaste. ★

### Kale: A True Superfood

“Superfood” is a term that has been tossed around a lot in recent years, but some items in this category have more superfood cred than others.

One food that is not only a superfood but may be the king of ALL superfoods is kale.

What makes kale so amazing? Let’s start with the obvious – it’s high fibre, low calorie and has zero fat. This makes kale a great addition to any meal, as it aids in digestion while not leading to weight gain.

Additionally, kale is high in iron and, in fact, has more iron than beef, which is widely believed to be the best source of iron. Iron aids your overall health by helping hemoglobin and enzymes form, as well as transporting oxygen throughout the body, assisting in cell growth and proper liver function.

Iron is a great benefit and so is vitamin K, which kale has in bunches. Vitamin K is vital for a lot of different bodily functions, including blood clotting and bone health. On top of this, vitamin K is believed to help protect against certain forms of cancer and help with Alzheimer’s disease.

Kale is also an anti-inflammatory, containing 10 per cent of the RDA of Omega-3 Fatty Acids, and can help fight against arthritis, asthma and autoimmune disorders, while also adding cardiovascular support by helping to lower cholesterol.

Kale is high in vitamins A and C, which help improve vision, skin, and add support to your metabolism, immune system and hydration.

That’s got to be it, right? No food can possibly do more than that! Well, kale can, as it has more calcium than milk, which aids in preventing bone loss and osteoporosis. Kale also helps maintain a healthy metabolism and helps detoxify your liver.

So, with more iron than beef, more calcium than milk and vitamins that seem to help every internal organ in your body, kale’s standing as a true superfood can’t be denied.

But, for the kale uninitiated, it can be difficult to figure out how to use the super vegetable in ways that are both delicious and won’t rob the kale of its virtues.

One of the easiest ways to prepare kale is to throw a raw handful into your fruit smoothie. Along with spinach, kale can boost the nutritional bottom line of your favourite smoothie without significantly altering the flavour.

Another simple way to incorporate kale into your diet is to sauté it. The cooking process allows you to add some easy flavour to the leafy greens, while also softening it up and making it easier to eat. It also doesn’t rob the kale of any of its amazing nutritional attributes. For a quick and easy recipe, check out this one from Bobby Flay: <https://www.foodnetwork.com/recipes/bobby-flay/sauteed-kale-recipe-1960155>

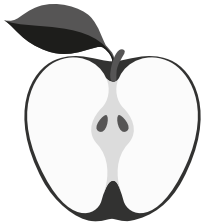
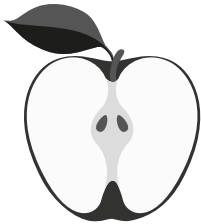
Another simple and delicious ways to prepare kale is by roasting it in the oven. When roasted, the kale becomes crisp and crackly in some parts, while tender in others. For an awesome recipe that puts a subtle Asian twist on roasted kale, check out this one from Jamie Oliver: <https://www.jamieoliver.com/recipes/vegetables-recipes/sesame-roasted-kale/#QKSuLoCH5s7l6Vpq.97>

A great twist on classic kale recipes with a bit of a southern twist is braised Kale, like this recipe from Food and Wine: <https://www.foodandwine.com/recipes/braised-kale>

Kale has the uncanny ability to take on other flavours and can be added to a lot of classic dishes to help increase their nutritional value. From a standard omelette to different pasta dishes like lasagna or spaghetti and meat balls. Check out this recipe for Kale Lasagna Diavolo: <https://www.vegetariantimes.com/recipes/kale-lasagna-diavolo>

Next time you hit the produce department or your local farmers’ market, grab some kale and give any of these recipes a try to let the power of a true superfood into your life and your meal planning. You won’t regret it!

by Lorne Marr  
INSPIRED Senior Living magazine  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)

<div><div></div><div><div>MENU ~ SEPTEMBER 2018</div><div>Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm</div><div>The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards</div><div>Non-Members add 15% • Menu subject to change without notice</div><div>★ Sandwich &amp; Salad Special Changes Daily ~ See Menu Board in Dining Room ★</div></div><div></div></div>				
Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
LSCO CLOSED for Labour Day	Entree: Beef Stroganoff Potato: Pappardelle Noodles Soup: Broccoli & Cheddar	Entree: Ham & Cheddar Quiche Potato: Hash Browns Soup: Italian Wedding	Entree: Lasagne Potato: Garlic Bun Soup: Split Pea & Ham	Entree: Teriyaki Beef Bowl Potato: Rice Soup: Cream of Asparagus
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
Entree: Baked Tuna Casserole Potato: White or Whole Wheat Bun Soup: Tomato Beef & Basil	Entree: Fried Chicken Potato: Mashed with Gravy Soup: Cream of Carrot	Entree: Honey Garlic Pork Potato: Rice Soup: Manhattan Clam Chowder	Entree: Hot Beef Sandwich Potato: Roasted with Gravy Soup: Cream of Cauliflower	Entree: Roasted BBQ Chicken Potato: Mashed with Gravy Soup: Chicken Rice
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
Entree: Meatloaf Potato: Roasted Baby Potato Soup: Beef Vegetable	Entree: Baked Ham Dinner Potato: Scalloped Soup: Clam Chowder	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
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
Entree: Cabbage Rolls Potato: Perogies & Onions Soup: Cream of Broccoli	Entree: Cream of Mushroom Potato: Rice Pilaf Soup: Loaded Potato Bacon	Entree: Beer Battered Cod Potato: Roasted Soup: Tomato Vegetable	Entree: Shepherd's Pie Potato: Cream of Celery	Entree: BBQ Pork Back Ribs Potato: Mashed with Gravy Soup: Tomato Beef Tortellini

# Aging Successfully

The summer has gone by quickly for me at LSCO and I will remember the heat that came with the month of August when those first snowflakes hit my car window. I want to appreciate that I was able to experience the heat.

I was reading an article on successful aging and came across an interesting read from the *American Journal of Geriatric Psychiatry*, 2010 July 18 (7). The article covers the key findings of what seems to assist older adults in aging successfully. The key concepts are covered in a multitude of books and brochures and I thought it was worth providing these for September’s newspaper. To provide a reference 100 Albertans will turn 65 every day and our older adult population is growing and the research and need to understand what constitutes healthy and successful aging is important. Research has gone beyond an older definition that focused on successful aging as just the absence of physical disease/disability. Successful aging includes quality of life that is more than just physical functioning. Seniors that participated in interviews in this article included; attitude/adaptation, security/stability health/wellness and engagement / stimulation.

*They included self-acceptance and self-contentment. Not dwelling on what you could have been or could not do, just being satisfied with where you are. Comfort with self and self-confidence.*



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

*Realistic Self-Appraisal.*  
*Making the best of what you have, taking it as it comes, you may have to modify.*  
*A review of one’s life, a life review often results in a personal sense of inner strength and accomplishment, grateful for what I have at this point.*  
*Focusing on the present, living as best as you can in the current moment one day at a time a sense that the option of control over those future events is unpredictable.*  
*Engagement with Life and self-growth, the importance of remaining as engaged as one can taking on new pursuits, giving to others, social interactions and a positive attitude.*

These themes are important and hold true. Every time you try something new it is a new adventure and you learn new skills. Continuously challenging oneself with crossword puzzles, technology, all of these activities help to keep our minds sharp.

*Giving to others, the importance of volunteering and helping others plays such an important role. The positive impact of providing enjoyment, fulfillment, stimulation, social interaction and remaining engaged and can provide life meaning.*  
*Social interactions, feeling connected getting over yourself and your shyness to develop social relationships and seek community and social support.*  
*Positive attitude, having a balance between accepting oneself and having a personal desire to grow and remain engaged in life. A recognition of understanding what you can and cannot control and take care of that which you can. Developing coping strategies used to accept or adapt to life’s challenges. Incorporating lessons learned into the current outlook.*

Successful aging includes providing older adults with tailored information needed to make informed decisions and enhance coping strategies in relation to understanding and preparing for health challenges and life obstacles.

The article referred to successful aging with a well-used serenity prayer that asks for serenity to accept the things one cannot change, courage to change the things one can, and wisdom to know the difference between the two.

Lethbridge has many opportunities for older adults to find engagement, I hope you will stop in at LSCO and take a tour to find something of interest to you. ★

## Fall Prevention Guide

Philips Lifeline is Canada’s #1 Medical Alert System & Medical Alarm Service, helping seniors and people with disabilities. Their Fall Prevention Guide will show you how to avoid serious and fatal injuries. It will take you through the risk factors that can significantly increase falls, the complications that can result from a fall, and how to reduce the fall risk for those who have frequent falls. You can take a look at the guide at: <https://www.lifeline.ca/en/resources/fall-prevention-guide/>

# THANK YOU!

A huge thank you to many of the Watercolor Ladies for painting windows to celebrate Whoop-Up Days. Thank you to Program Committee members and other members for volunteering their time.

Amy Allred provided the entertainment for the breakfast and we are grateful to her for taking the time out of her busy schedule.

What a great treat to have Crazy Cakes join us. Thank you!

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## EASY ON THE BALL

This class is designed for individuals NEW to the oversized inflatable Fitball. Participants will work on improving balance and strength. We will not be doing any exercises on the mat. Wear comfortable exercise clothes and indoor running shoes. Bring a water bottle if you like.

When: Session I: Tuesdays  
September 25 – November 6  
(no class Oct. 16)

Time: 1:30 – 2:15 pm

Fee: \$25 LSCO M; \$38 NM

Instructor: Tracy Simons

Register by: Thursday, September 20

# J & L

## SHUTTLE SERVICE

Check out our website [jandlshuttle.com](http://jandlshuttle.com)

**NEW SERVICE**  
Lethbridge to Calgary DAILY

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**We pickup/drop off at your door in Lethbridge.**



# 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



## monday 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

## Lethbridge HEARING CENTRE

Make an appointment at the front desk for your **FREE** Hearing Consultation at LSCO on the 2nd Thursday of every month.

- Locally owned & family operated
- University educated
- Full hearing evaluations
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- Digital hearing devices
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[www.lethbridgehearing.ca](http://www.lethbridgehearing.ca)



**403.320.6000**  
120, 2037 Mayor Magrath Dr. S.  
Lethbridge, AB

Candice Elliott-Boldt  
BC-HIS  
Registered Hearing  
Aid Practitioner

Jake Boldt  
BC-HIS  
Registered Hearing  
Aid Practitioner

# UPcoming EVENTS

<b>September 3</b>	LSCO CLOSED FOR LABOUR DAY
<b>September 5</b>	LSCO TOUR
<b>October 8</b>	LSCO CLOSED FOR THANKSGIVING
<b>October 16</b>	KARAOKE CONCERT
<b>October 18, 19, 20 and 21</b>	TITANIC: THE MUSICAL
<b>November 7</b>	LSCO TOUR
<b>November 12</b>	LSCO CLOSED IN LIEU OF REMEMBRANCE DAY
<b>DECEMBER 5</b>	LSCO TOUR
<b>DECEMBER 14</b>	LSCO BAKE SALE

Watch for additional info online and in LSCO Times.



## BUTTS AND GUTTS

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, glute muscles and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: **Session 1:** Mondays, September 24 – November 5 (no class Oct. 8)  
Time: 10:30 – 11:15 am  
Fee: \$30 LSCO M; \$40 NM  
Instructor: Tracy Simons  
Register by: Thursday, September 20

When: **Session 2:** Mondays, November 19 – December 17  
Time: 10:30 – 11:15 am  
Fee: \$30 LSCO M; \$40 NM  
Instructor: Tracy Simons  
Register by: Thursday, November 15

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# Volunteer & Fund Development

## TITANIC

Tickets are on sale and selling fast – as of the day I’m submitting this article, the Saturday show is 25% sold out, and tickets have only been on sale for 3 days. The cast, crew and artistic team have already contributed hundreds of volunteer hours towards the production, and I think you will be delighted if you attend. Tickets are \$54/each and there are no additional fees if you buy them in person from the Enmax Centre ticket office. There are additional processing fees for telephone and online orders.

If you want a chance to win a pair of tickets, check out the Lethbridge Presents program at the Lethbridge Public Library.

## UVOLUNTEER FAIR

September 12th is the annual volunteer fair at the University of Lethbridge, and LSCO will have a presence there again this year. We met one of our superstar dishwashing volunteers because of this event last year, and it’s good for LSCO to be known as a vital community agency by the university community. If anyone would like to join me to help, the event goes from 10:00 am – 3:00 pm. If you’re in the



## Coordinator

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

market for a new volunteer gig, the fair itself isn’t just for students – anyone is welcome to visit the tables and learn about what opportunities exist.

## YQL1912

What is your 1912 story? As part of our *Titanic* promotion, we are pulling together pictures, stories and experiences related to the year 1912. If you have a family story, or you know about the history of a hobby, trend, news story, industry, art, culture or technology from 1912, please come and talk to me! We are collecting these stories on a website called [www.YQL1912.com](http://www.YQL1912.com) and on Facebook with the hashtag #YQL1912

## SOUTHERN ALBERTA COUNCIL ON PUBLIC AFFAIRS

Come out on September 6th to SACPA at the Royal Canadian Legion Hall to hear our own Lavonn Mutch discuss the topic of “How Widespread is Elder Abuse in Lethbridge?” I’m honoured to be moderating the session, and we’d both love to see some familiar faces there to learn about this important issue.

## FALL RAFFLE & WINTER SILENT AUCTION

Later this month we will get going on our fall raffle. Our most popular items in the past two raffles have been tickets (sport events and lotto tickets), gift cards and consumables (chocolate, wine, etc.). If you have those types of items that you wish to donate to our upcoming raffle, please check with Chelsea. If the items are appropriate, we can write you a donation receipt and would be very grateful for your help!

Raffle ticket sales volunteers are also sought. If you’re interested in helping out with a shift or two, drop me a note. You bring the smile, I’ll provide the chair and a coffee. ★



Trouble with your vision?  
Tough time reading?  
Lost your driver’s license  
due to vision loss?

## Vision Loss Presentation & CNIB Shop Visit

*CNIB is a nation-wide charity that provides community-based rehabilitation and support services for individuals with vision loss.*

Come and learn more about vision loss in Canada, CNIB services that are available and specialty products designed for individuals with low vision.

There will be some products available for sale.

All are welcome.

**Date: October 4, 2018**  
**Time: 10:00 – 11:00 a.m.**  
**Where: LSCO, 500 - 11 Street S.**

For more information, please contact:  
Christopher Warner – Program Lead, Community Education  
403-261-7227 // [Christopher.warner@cnib.ca](mailto:Christopher.warner@cnib.ca)  
Donations are always welcome



**Shannon Phillips,**  
**MLA Lethbridge West**

402 8th St S  
Lethbridge, AB T1J 2J7  
[lethbridge.west@assembly.ab.ca](mailto:lethbridge.west@assembly.ab.ca)  
403-329-4644

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

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~ Travelling Together ~		
Edmonton, AB	Sept 25-27, 2018 Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30-Oct 6, 2018 2 Buses	FULL
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
Bonnors 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	STBA
Stoney Nakoda Kananaskis Overnight Trips: Nov. 4-5, 2018		\$80 pp/dbl (based on Calgary departure)
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# MATURE DRIVER COURSE: INFORMATION SESSION

Sometimes a refresher course is all it takes to keep experienced drivers like you safely on the road.

**COURSE INCLUDES:**

- Group discussion with peers
- Review of current road rules and regulations
- Tips and strategies for different driving environments
- Strategies and resources to maintain your mobility
- Aging and its impact on driving
- The changing nature of driving

**INFO SESSION:** September 13, 2018      **TIME:** 10:00 am – 11:30 pm  
**LOCATION:** LSCO – Room A & B      500 - 11th Street South

**TO REGISTER OR FOR MORE INFORMATION:**  
1-833-374-8733 or in person at AMA



# Gentle Exercise

This program is designed for individuals who would like to have the option of sitting and/or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. This class may even be enjoyed by those suffering from Parkinson’s Disease, Multiple Sclerosis, Fibromyalgia, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

**When:**      **Session 1:** Fridays, September 21 – October 26  
**Time:**      9:15 – 10:00 am  
**Fee:**      \$20 LSCO M; \$35 NM  
**Instructor:**   Tracy Simons  
**Register by:** Monday, September 17

**When:**      **Session 2:** Fridays, November 2 – December 7  
**Time:**      9:15 – 10:00 am  
**Fee:**      \$20 LSCO M; \$35 NM  
**Instructor:**   Tracy Simons  
**Register by:** Monday, October 29



# MATURE DRIVER COURSE: THE ROAD AHEAD.

Sometimes a refresher course is all it takes to keep experienced drivers like you safely on the road.

**COURSE INCLUDES:**

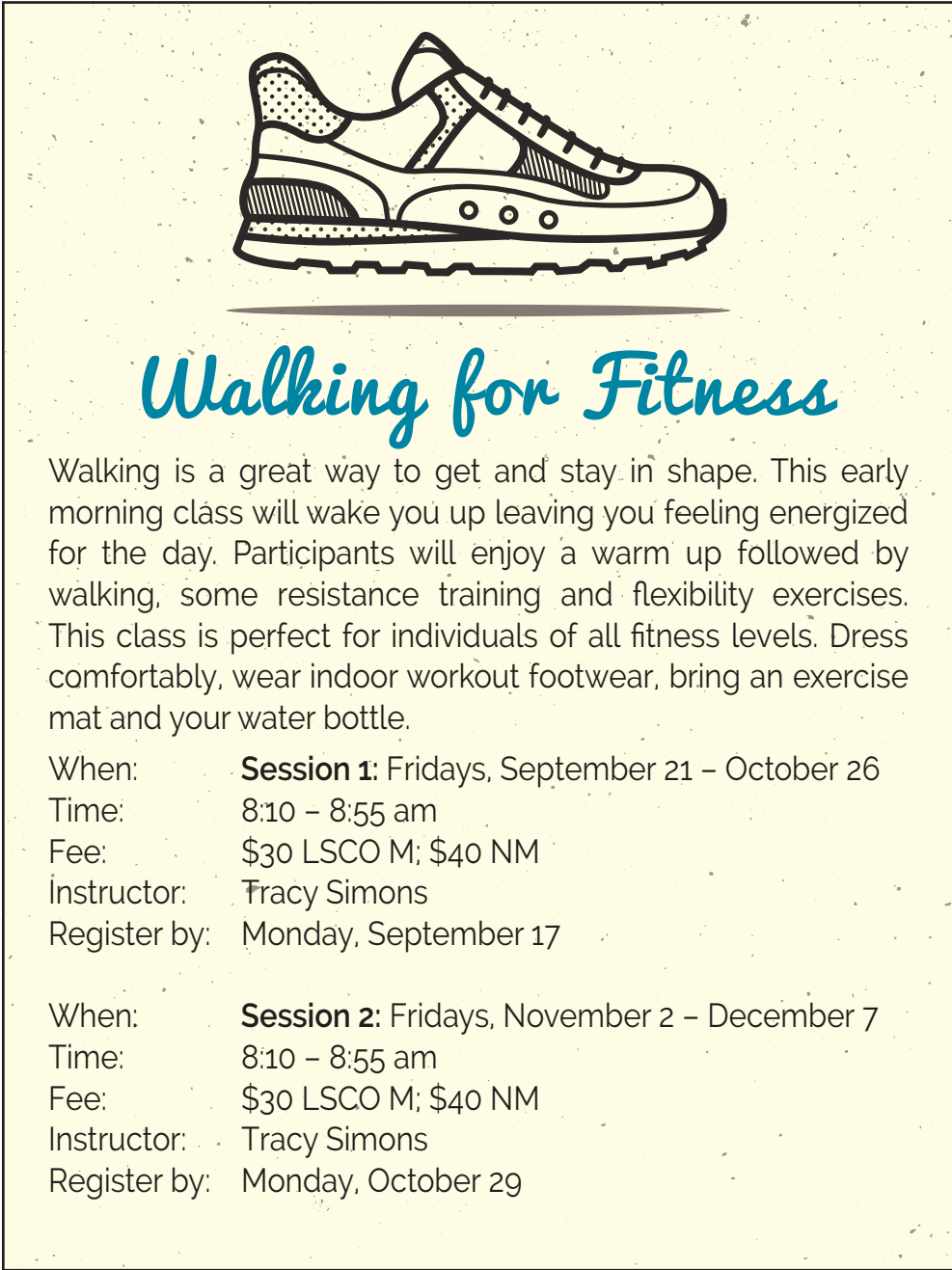
- Group discussion with peers
- Review of current road rules and regulations
- Tips and strategies for different driving environments
- Strategies and resources to maintain your mobility
- Aging and its impact on driving
- The changing nature of driving

**\$50**  
plus GST

**DATE:** September 26/27, 2018      **LOCATION:** LSCO

**TIME:** 9:00 am - 12:00 pm

**TO REGISTER OR FOR MORE INFORMATION:**  
1-833-374-8733 or in person at AMA



# Walking for Fitness

Walking is a great way to get and stay in shape. This early morning class will wake you up leaving you feeling energized for the day. Participants will enjoy a warm up followed by walking, some resistance training and flexibility exercises. This class is perfect for individuals of all fitness levels. Dress comfortably, wear indoor workout footwear, bring an exercise mat and your water bottle.

**When:**      **Session 1:** Fridays, September 21 – October 26  
**Time:**      8:10 – 8:55 am  
**Fee:**      \$30 LSCO M; \$40 NM  
**Instructor:**   Tracy Simons  
**Register by:** Monday, September 17

**When:**      **Session 2:** Fridays, November 2 – December 7  
**Time:**      8:10 – 8:55 am  
**Fee:**      \$30 LSCO M; \$40 NM  
**Instructor:**   Tracy Simons  
**Register by:** Monday, October 29

Slow Fashion

With global warming, plastic-filled oceans and overpopulation central among the issues environmentalists are facing, it's no wonder more people are asking that their clothing not just be fashionable, but sustainable as well. While many designers are now opting for organic materials to make their clothing, another movement has arisen from the desire for eco-friendly clothing, aimed at reducing waste while remaining chic: "slow fashion."

Created as the antithesis of "fast fashion" (clothing/accessories that are often imitations of high-end retailers using cheap/non-organic materials to get them quickly to market), "slow fashion" was a term coined in 2007 by Ecological Design Consultant Kate Fletcher. The movement emphasizes many things, but among them are reusability and re-designing already existing clothing, rather than allowing it to end up in a landfill. Using these ideas, it is entirely possible to remain stylish and fashionable, while still contributing to a cleaner future for the next generation.

Let's tackle some simple, easy-to-do clothing DIYs: in addition to being able to make throw pillows out of your old button-down shirts and t-shirts, a lot can be done to "upcycle" old, outdated pieces into new, fashionable garments.

For beginners, this can be as simple as cutting an old, tired pair of sweatpants (or jeans) at the thigh to create a new pair of shorts (watch you don't cut off the pockets though!). Old sweaters are versatile items, as many a Pinterest-er has posted tutorials on how cutting out the mid-section of a sweater can often result in a cute infinity scarf. Have a hole in an old sweater and want to sew it, but not have it look "sewn"? Some crafty women have noted that a simple crocheted flower (available at many craft stores or made by hand) can be sewn onto the hole, instead, thus creating an exclusively-you fashion piece.

Of course, not everyone is a seamstress, and for those people "slow fashion" emphasizes thrift-store shopping. With the '80s beginning to replace the '90s trend in modern fashion, now is the perfect time to hit up your local thrift or consignment shop for some hidden treasures. The biggest problem many people have with buying thrifted clothing is the fit, for which the simplest option is to visit your local tailor to make sure your upcycled piece is flattering.

Though there are always hidden treasures (and definitely some unusual ones) stocked in these stores, try to pick items you know you could use on a daily basis. A blouse or pair of straight-leg trousers – with the right tailoring – can look like you bought them fresh off the retail rack. In addition, many of these stores offer discounts to those in their golden years, so don't be afraid to ask if you qualify to save a few extra coins!

For women who don't sew and aren't interested in thrift-store hunting, a quick internet search will present another option to follow the "slow fashion" trend: local seamstresses. Often found on sites such as Etsy, many independent designers are already adding the "eco-friendly" tag to their online stores. Designers here have mastered the art of either creating their own clothing – or upcycling from used clothes – to create a truly one-of-a-kind piece you can't buy anywhere else. In addition to recycling material or clothing, a purchase from a local designer supports small businesses, and truly allows you to vote with your dollar for a more sustainable future in fashion.

"Fast fashion" may be instantly gratifying, but "slow fashion" is in style for an eco-friendlier world, which still allows you to have flair and be chic, while giving back to the planet.

by Callie Martin  
INSPIRED Senior Living magazine  
www.seniorlivingmag.com



LETHBRIDGE  
*Senior Citizens*  
ORGANIZATION

presents

TITANIC

THE MUSICAL

Story and Book by:  
Peter Stone  
Music & Lyrics by:  
Maury Yeston

October 18, 19,  
20 & 21, 2018

Director: Fran Rude  
Music Director: Ken Rogers  
Choreographer: Joy Ackerman


Yates Memorial Centre  
October 18, 19 & 20 – 7:30 pm  
Sunday Matinee  
October 21 – 1:00 pm

Tickets available at the Ticket Centre  
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Active Aging Strength  
& Low Impact Classes

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

When:

Session 1: Mondays & Wednesdays, 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)

# I wonder why I volunteer???

I’ve never really thought about the answer to that question but I do know I’ve volunteered most of my life.

I loved my Brownie leader so when I moved on to Girl Guides I asked if I could come back and help out. She agreed and after my first interview I became a Packie. I was never sure if my first mentor created the name Packie or if it was real, but I do know she introduced me to leadership, volunteering and a passion for the Girl Guide organization.

Many years of volunteering followed – coaching, mentoring, participating on various committees, and boards. Each and every time the experience was rewarding, never financially, but in what I learned, what I helped to create and the people I met.

## Message from the Board of Directors

by Merri-Ann Ford

I’m starting my second term on the LSCO board of directors and I’m glad I decided to run for office. We are presently short of directors and very short of women...I’m the only one.

Yes, the application process is intimidating but unless you are willing to jump those hurdles, you will never be able to share your passion and skills. Serving on the LSCO board teaches you how the organization operates, you learn

about how LSCO is governed and the finances that make it a successful and viable operation. Most importantly you have a say.

I am passionate about LSCO and its continued viability. The importance of this organization to seniors (+55) is well documented. Have you ever considered what you would do or where you would go if it didn’t exist? Where else can you network with so many other people, in so many areas (sports, fitness, arts, cards, wood-working, etc.) and at such a reasonable rate?

Please consider running for the board. You will keep your mind sharp. You bring your own personal connection to the organization. Your commitment, life experiences and your reasoning will help frame the future of LSCO. ★



# September At a Glance

museum admission fee applies | free to annual pass holders

Wed **SEP 05** Country Tyme  
Wednesdays at the Galt | 2–3 pm | Adults & Seniors

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

Thu **SEP 13** String Art  
Evening Galt Workshops | 7–9 pm | Adults & Seniors

Sun **SEP 16** The Canadian Corps, 1917–1918  
Café Galt | 2–4 pm | Adults & Seniors

Wed **SEP 19** Growing Up Black in Civil Rights Era  
Nova Scotia  
Wednesdays at the Galt | 2–3 pm | Adults & Seniors

Thu **SEP 20** Blackfoot Language Classes Week 1  
7–8 pm | Adults & Seniors

Thu **SEP 27** Blackfoot Language Classes Week 2  
7–8 pm | Adults & Seniors

Thu **SEP 27** Debating Women Combatants in the Ancient and Medieval Worlds  
Café Galt | 7–8 pm | Adults & Seniors



galtmuseum.com



403.320-3954

Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian.

~ Dennis Wholey




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Hope to see you soon!

Be a pineapple. Stand tall. Wear a crown and be sweet inside.



You are never too old to set another goal or to dream a new dream.

— C. S. Lewis —

## CLASSIFIED ADS

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

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

Serving Lethbridge and area for 7+ years. **Naked Feet Mobile Foot Care:** 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.**

**Rock & Roll Era 1956-1973 (23) double length CD's** equivalent to 2 LP's by Time Life. Still in cellophane – never used. \$99.00. 403-394-5353.



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## Habitat for Humanity

Linda Dickey, a four-time volunteer builder with Habitat for Humanity Canada, says she has always believed that “housing is the game changer” when it comes to improving a family’s life.

She’s put her time into working on changing the game in Thailand, India, Iqaluit and Chile. And she’s off to Malawi this fall.

The former Vancouver Coastal Health Administrator, now living in White Rock, says “life is about learning,” and admits never thinking she’d be making mud, doing brick-laying and building bamboo scaffolding in her retirement. But she’s done all of that and more on her Habitat journeys. “You get a lot more out of it than you give,” she says. “Families are so thankful.”

Linda also travels the world with her Fort Langley Dragon Boat team (FLCC Titanium), which practices year-round in the Bedford Channel on the Fraser River, and has competed in Italy, Austria and Hungary.

“Being part of a team, both with Habitat and the Dragon Boaters, is a valuable experience,” says Linda. “I’m grateful for retirement. There is always something interesting to do, including making contributions to others’ lives, one family at a time.”

by Verena Foxx  
INSPIRED Senior Living magazine  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)

## 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 M; \$82 NM

Register by:

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

Register online at [www.lethseniors.com](http://www.lethseniors.com)

## Yoga Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use.

When:

Tuesdays, September 11 – December 4

Time:

12:05 – 12:55 pm

Fee:

\$78 LSCO M; \$98 NM

Instructor:

Melanie Hillaby

Register by:

Friday, September 7

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**“I trust in Nature for the stable laws of beauty and utility. Spring shall plant and Autumn garner to the ends of time.”**  
~ Robert Browning

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921 - 3rd Ave S  
Lethbridge

Turning 65? You’re not alone.

Regardless our city, province or country, this universal challenge deserves attention. We are an aging world. Our local statistics show: “On average, 125 Albertans turn 65 years old every day. There will be approximately one million seniors in Alberta by 2037”. To me, this was a staggering number. What does this mean for you and I, and our families regarding Canada’s aging population?

Likely society will look vastly different twenty years from now, yet we know the same themes will apply. Older adults and seniors will continue to face multiple health conditions, live in financial strain and lack social supports. Each factor involves stress, which can negatively affect health and quality of life. As a society, we’ve had decades to prepare for this shift; but what have we really done, and who is at the table nationally? On July 18, promising news was announced with the creation of a Ministry of Seniors, dedicated solely to seniors, caregivers and families. This will be managed under Hon. MP Filomena Tassi. The Ministry of Seniors is unique, given that previous ministers looked after other portfolios besides Seniors’ Care and was not an independent Cabinet position, until now\*\*.



### Support Services Coordinator

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

In 2017, The Canadian Medical Association (CMA) ran a Senior’s campaign called *Demand a Plan*. The CMA and other advocates shone enough light on the issue, that a private members motion (M-106 Seniors) was voted on and passed in May 2018, to develop a National Seniors Strategy. This Strategy is quoted: “...To improve quality of life for seniors and provide better support for caregivers”\*\*\*. To this point, there has not been significant attention placed on caregiver support by a Ministry. Perhaps this is one step we can look forward to. Our future stands to benefit somehow.

\*2017-18 Alberta Seniors and Housing Annual Report  
\*\*CBC.ca news July 19, 2018  
\*\*\*www.Demandaplan.ca/posts

- Here’s what happening in September with our regular programs:**
- Tuesday, September 4**  
Serenity Foot Care, 9:00 am – 3:45 pm
- Thursday, September 6**  
Lethbridge Hearing Services (Hearing Screening), 10:00 am – 12:00 pm
- Friday, September 7**  
Rebecca & Ann, Music Program  
12:30 pm – 2:00 pm
- Monday, September 10**  
Direct Dental Hygiene (Mobile dental services)  
9:00 am – 3:00 pm
- Wednesday, September 12**  
Doug Alger, Alger Zadeiks Shapiro. Free 15-minute legal consultation. 10:00 am – 12:00 pm
- Friday, September 14**  
The Classic Legends Music Program,  
12:30 pm – 2:00 pm
- Friday, September 21**  
Reflexology, 9:00 am – 3:00 pm (Clinic Room)  
Tom Wolsey Music Program, 12:30 – 2:00 pm
- Friday, September 28**  
Los Gringos Music Program, 12:30 – 2:00 pm

# Free Neck & Shoulder MASSAGES!

The Lethbridge College Massage Therapy students will be here at LSCO on **Thursday, October 4** from 10:00 am until 12:00 pm in the Card Area, LSCO Dining Room.

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



## 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

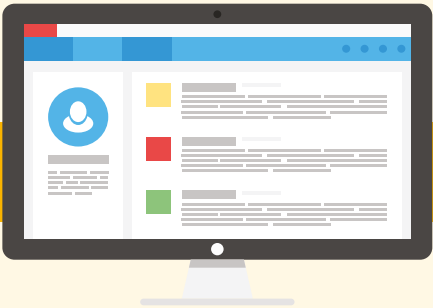
Time: 9:15 – 10:45 am

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

Register by: Wednesday, October 3

play  
**PICKLEBALL**

## Working with Windows 10

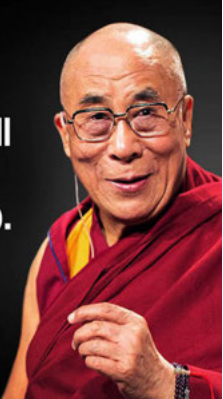


Have you recently purchased a new computer running Windows 10? Has your older computer updated itself to the newer Windows 10? Is Windows 10 standing between you and using your computer? If you are familiar with the previous versions of Windows and need a hand with the new one, or if its been a while 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.**





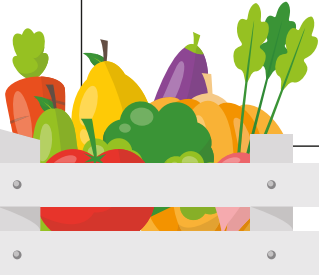

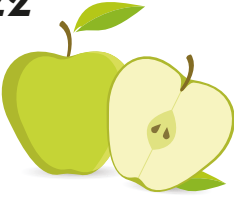

When: Mondays & Wednesdays, October 15 – 31  
Time: 10 am – 12:00 pm  
Fee: \$30 LSCO M; \$50 NM  
Register by: Thursday, October 11  
Instructor: Peter Harris

If you think you are **too small** to make a difference, try sleeping with a **mosquito**.

– Dalai Lama



# September 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2 	3 <b>LSCO Closed for Labour Day</b>	4 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	5 Fun with Wii 1:00 pm Room C/D	6 Sandy Gervais 1:00 pm Room A/B	7 Free Community Music in Stage Area Rebecca & Ann 12:30 ~ 2:00 pm Lunch Special	8 
9 	10	11 Hank Wiebe 1:00 pm Chair Exercises 2:45 pm Room C/D	12 Bowling Holiday Bowl 1:00 pm	13 Floyd Sillito 1:00 pm Room A/B	14 Free Community Music in Stage Area Classic Legends 12:30 ~ 2:00 pm Lunch Special	15
16 		18 Movie Time 1:00 pm Room C/D	19 Horse Racing 1:00 pm Room C/D	20 Tom Wolsey 1:00 pm Room C/D	21 Free Community Music in Stage Area Tom Wolsey 12:30 ~ 2:00 pm Lunch Special	22 
23 	24	25 Pet Therapy 1:00 pm Chair Exercises 2:45 pm Room C/D	26 Bowling Holiday Bowl 1:00 pm	27 Los Gringos 1:00 pm Room A/B	28 Free Community Music in Stage Area Los Gringos 12:30 ~ 2:00 pm Lunch Special	29
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.						

## LSCO Adult Day Program

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

Megan K.

### Program Schedule

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

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

## WELCOME POLICY

Starting in 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.

The subsidy is dependent on the income of the individual(s). Please bring in your prior year income tax for verification.



## Expressive Art

Join our Expressive Art Therapy Class! You don’t need to be talented or an artist to participate. The creative process of making art improves a person’s physical, mental, and emotional well-being. Caregivers are encouraged to bring their clients. Supplies are provided. Sharon Appelt will lead this program.

When: Mondays, September 24 – November 26 (no class Oct. 8 or Nov. 12)  
Time: 1:00 – 2:30 pm  
Fee: \$30 LSCO M; \$50 NM  
Register by: Wednesday, September 20

# 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



*Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.* ~ Marie Curie



# 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)



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## Golden Mile Singers

Join us September 4th with tea and treats as we resume our Fall program.


You are invited to visit with us Tuesday mornings from 10:00 to 11:30 a.m.

Fee is LSCO membership or \$2 for non-members.

For more information pick up our brochure at most clinic or hospital waiting rooms and the Lethbridge Senior Citizens Organization.

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**September is World Alzheimer's Month**

World Alzheimer's Month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia. September 2018 will mark the 7th World Alzheimer's Month. The campaign was launched in 2012: World Alzheimer's Day is on 21 September each year.



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# The Nature of Democracy and Politics

I was talking with my son, Nick, the other day and he brought up the subject of political science professors. I was a major in political science at the University of Lethbridge, before I attended law school at the University of Alberta. Political science is the study of politics and government and it is under the branch of social science. It seems that a lot of budding lawyers, take a degree in political science or at least in my day they did.

The conversation revolved around what do political science professors add to the making the world a better place. If we have people who are good at figuring out the best forms of government and what good government is, why are they not used by our politicians to do a better job governing their constituents? Every university in Canada has a political science department and some of the people who work there are some of the brightest minds in our country. Yet it seems that no one who is in government follows any of their advice or at least we do not get a sense that they are contributing to making politicians govern better. Is political science being used for its best purpose? You can have a professor make a statement on some issue and not one politician will follow that piece of advice.

Western democracy seems to be built on the same foundation as the legal system, in that it is like a trial where one side, the plaintiff or the prosecution, argues their case against the



## Legal Tips and Information

Douglas Alger

other, the defense. In the legal system, there is a judge or jury who decides which side won the case. In government the voting citizens are the judge and jury. The difference in politics is that citizens will invariably have a predisposition to one side or the other, whereas in a trial a judge or jury is supposed to be impartial.

In Alberta most citizens are predisposed to liking one side or the other and have strong opinions about the other side. I often hear how people do not like the NDP, because they are “ruining the economy” or they are trying to impose big government on its citizens. The UCP are said by its proponents to be the savior of Alberta and its supporters can’t wait until the next election.

It is extremely hard in this day and age to judge the facts and decide who is best to lead our province and what sort of government will work for our citizens. The same can be said for

our federal government. All most people can do is vote for the side they have traditionally supported for most of their lives as they feel that that is their team. This is more plainly evident in the current political environment in the United States.

I am not always sure where I fall on the political spectrum and therefore fall in the independent category. What I do know that is that good government is one that takes care of things that only government can take of, like defence, the provision of social programs for those in need, the legal system, and infrastructure. Whether you have one party in power vs. another it is only a matter of how they view government’s role in the provision of essential services. Surely good government is one that provides us with a measure of security, but one that does not overtake our lives. The vast majority of Canadians want good government, but they don’t want their country to become only about politics. I am not sure that politicians recognize this, and I think that the adversarial nature of politics will never quite let this happen. It is a tricky issue on how to govern best. What I do know is that one side never has all the answers and Canadians must beware the side that claims they do. “Stand on Guard for Thee,” indeed. ★

*Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.*



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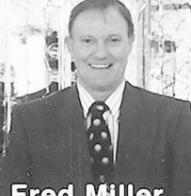
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~ Albert Einstein

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Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself. ~ Og Mandino



# Step in to September at LSCO

## CLASSES & PROGRAMS

Members may choose to sign up for these programs. Non members are welcome to participate in some of them as indicated below.

If you are unsure contact us at 403-320-2222. Certain restrictions do apply. Please see page 3 for registration information.

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

### Exercise & Fitness

#### ★ POWER WALKING

This power walking class is much more than an easy walk. You will truly get an overall body workout, using weights appropriate to your ability. Join Jerry for a fun, energetic noon workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.

When: Thursdays  
October 4 – December 13  
Time: 12:05 – 12:55 pm  
Fee: \$28 LSCO M; \$55 NM  
Instructor: Jerry Brown  
Register by: Monday, October 1

#### ★ EASY ON THE BALL

This class is designed for individuals NEW to the oversized inflatable Fitball. Participants will work on improving balance and strength. We will not be doing any exercises on the mat. Wear comfortable exercise clothes and indoor running shoes. Bring a water bottle if you like.

When: **Session 1:** Tuesdays  
September 25 – November 6  
(no class Oct. 16)  
Time: 1:30 – 2:15 pm  
Fee: \$25 LSCO M; \$38 NM  
Instructor: Tracy Simons  
Register by: Thursday, September 20

#### 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

#### ★ BUTTs & GUTTs

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, glute muscles and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: **Session 1:** Mondays  
September 24 – November 5  
(no class Oct. 8)  
Time: 10:30 – 11:15 am

Fee: \$30 LSCO M; \$40 NM  
Instructor: Tracy Simons  
Register by: Thursday, September 20

When: **Session 2:** Mondays  
November 19 – December 17  
Time: 10:30 – 11:15 am  
Fee: \$30 LSCO M; \$40 NM  
Instructor: Tracy Simons  
Register by: Thursday, November 15

#### ★ WALKING for FITNESS

Walking is a great way to get and stay in shape. This early morning class will wake you up leaving you feeling energized for the day. Participants will enjoy a warm up followed by walking, some resistance training and flexibility exercises. This class is perfect for individuals of all fitness levels. Dress comfortably, wear indoor workout footwear, bring an exercise mat and your water bottle.

When: **Session 1:** Fridays  
September 21 – October 26  
Time: 8:10 – 8:55 am  
Fee: \$30 LSCO M; \$40 NM  
Instructor: Tracy Simons  
Register by: Monday, September 17

When: **Session 2:** Fridays  
November 2 – December 7  
Time: 8:10 – 8:55 am  
Fee: \$30 LSCO M; \$40 NM  
Instructor: Tracy Simons  
Register by: Monday, October 29

#### FIT BALL & More

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

#### MORNING EXERCISE CLASS (Monday)

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

#### ★ GENTLE EXERCISE

This program is designed for individuals who would like to have the option of sitting and/or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. This class may even be enjoyed by those suffering from Parkinson's Disease, Multiple Sclerosis, Fibromyalgia, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

When: **Session 1:** Fridays  
September 21 – October 26  
Time: 9:15 – 10:00 am  
Fee: \$20 LSCO M; \$35 NM  
Instructor: Tracy Simons  
Register by: Monday, September 17

When: **Session 2:** Fridays  
November 2 – December 7  
Time: 9:15 – 10:00 am  
Fee: \$20 LSCO M; \$35 NM  
Instructor: Tracy Simons  
Register by: Monday, October 29

#### KEEP FIT

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

When: Wednesdays until December 12  
Time: 10:00 – 10:45 am  
Fee: \$22 & LSCO membership

#### 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 (maybe a bit of yoga too). 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

#### HOOP FITNESS

If you are looking for a new way to exercise this fall and have fun while doing it give this class a try. Hu-la-hoops will be provided and are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles, improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up! Wear comfortable clothes you can move in, indoor footwear and bring a water bottle. Bring your own hoop if you have one.

When: Tuesdays, October 2 – November 27  
(no class Oct. 23)  
Time: 5:30 – 6:30 pm  
Fee: \$50 LSCO M; \$65 NM  
Instructor: Erin Lix  
Register by: Friday, September 28

WALKING WITH POLES

If you have been walking with poles for sometime and need an update or would like to learn techniques that may improve your posture, stability and mobility join us. Wear comfortable walking shoes and clothes appropriate to the weather. We will be starting in the gym and heading outside. If you do not have poles they will be supplied.

When: Tuesday & Thursday  
September 11 & 12  
Time: 9:15 – 10:15 am  
Fee: \$5 LSCO M; \$10 NM  
Register by: Monday, September 10

ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

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

When: **Session 1:** Mondays & Wednesdays  
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)

Dance & Movement

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 Hostine  
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 Hostine  
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 Hostine  
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. 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

SCOTTISH COUNTRY DANCE

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

When: Fridays  
Time: 10:15 am – 11:45 am  
Fee: \$2/day & LSCO membership  
Non Mem: \$3

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

Register online at [www.lethseniors.com](http://www.lethseniors.com)

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

TAI CHI 108 Form

If you have taken Steve’s Intermediate or Advanced Tai Chi class you are encouraged to register for this 14 week session. Note: this is not a lesson. The group will be following Steve’s DVD.

When: Wednesdays  
September 12 – December 12  
Time: 9:15 – 10:15 am  
Fee: \$28 LSCO Members  
Register by: Wednesday, September 12

TAI CHI

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

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

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 – 10:25 am  
Fee: \$18 LSCO M; \$30 NM  
Register by: Monday, September 17

When: **Session 2:** Wednesdays  
November 7 – December 19  
Time: 9:35 – 10:25 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

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 or 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 yoga inspired 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

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.

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

PICKLEBALL

Pickleball players can purchase passes to play a number of times through the week. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied. Paddles and balls are available for purchase in our Gift/Boutique Shop.

**\*\*Note:** Levels of ability vary, as a result it seems that individuals that have been playing for some time attend earlier in the day; beginner and intermediate play usually begins at 3:00 pm. This however, does not mean that you can not attend at another time.

**\*\*Note:** Due to the high numbers of members playing during the busy months (typically October – April) **non members can not play until 3:00 pm.**

When: Mondays, Wednesdays, Fridays  
7:30 – 9:00 am  
Mondays & Fridays  
1:00 – 4:50 pm  
Tuesdays 10:00 – 11:55 am  
Tuesdays & Thursdays  
1:15 – 4:50 pm

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

Fee Yearly: \$120

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

Fees are not pro-rated.

**Note:** A few times a year that the gym is not available due to, special events, tradeshows, holidays and floor re-surfacing.

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

**BADMINTON**

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

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

**TABLE TENNIS**

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

When Monday & Friday  
Time: 3:00 – 4:30 pm  
When: Wednesday  
Time: 2:45 – 4:25 pm  
Fee: \$44 & LSCO membership

*Special Interest*

**ADVANCED PHOTOGRAPHY**

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

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

**AMATEUR HAM RADIO**

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

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

**BILLIARDS**

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

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

**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

**DIGITAL PHOTOGRAPHY**

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

When: Fridays

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

**GENEALOGY**

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

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

**GOLDEN MILE SINGERS**

If singing and entertaining are passions of yours, we welcome you. Throughout the year performances are given at a variety of locations. You must register at the Administration Desk. This group is presently looking for a pianist.

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

**KARAOKE**

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

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

**KARAOKE CONCERT**

The LSCO Karaoke members are planning for their fall concert. Join them for an afternoon of entertainment and refreshments. 50/50 Tickets will be available for purchase.

When: Tuesday, October 16  
Time: Doors open at 1:00 pm  
Concert begins at 1:30 pm  
Fee: Donation at the door

*Creative Arts*

**ARTS & CRAFTING WORKSHOP**

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found. Please watch for notices.

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

**KNIT, CROCHET, NEEDLEWORK**

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

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

**LAPIDARY (Stonecrafters)**

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

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

**PAPER TOLE WORKSHOP**

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas

are shared however, no formal instruction is given. If you are interested in learning this art please leave your name on the interest list at the Administration Desk.

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

**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

**QUILTING**

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

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

**WOOD CARVING**

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

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

**WOOD WORKING**

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

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

**WATERCOLOR 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 colour into our landscapes. Bright red, golds, and oranges against bright blue skies will spur this class to new heights. Come and explore more intense colour by using

the colour 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 watercolour, 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 (1 hour lunch)  
Time: 10:00 am – 3:00 pm  
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

Technology

COMPUTER CLUB

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

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


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  
October 15 – 31  
Time: 10:00 am – 12:00 pm  
Fee: \$30 LSCO M; \$50 NM  
Register by: Thursday, October 11  
Instructor: Peter Harris

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

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	\$6.00	\$7.50
Badminton	\$2.50	\$3.50
Billiards	\$6.00	\$7.00
Chair Yoga	\$3.00	\$5.00
Crib	\$2.00	\$2.00
Fitness Centre	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Yoga Wednesday AM	\$6.00	\$7.50
Keep Fit	\$2.00	\$2.00
Line Dance	\$4.00	\$6.00
Yoga Noon	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.50
Yin Yoga	\$10.00	\$15.00
Pickleball	\$2.50	\$3.50
Pilates	\$6.00	\$7.00
Scottish Dance	\$2.00	\$3.00
Scrabble	\$2.00	\$2.00
Table Tennis	\$2.00	\$2.00
Zumba Gold	\$6.00	\$7.00




### Hop on the Carefree Express to Calgary for a fun filled day of laughter, great food and friendship to see JERSEY BOYS! The Story of Frankie Valli & The Four Seasons



How did four working-class kids become one of the greatest successes in pop music history? Best Musical winner at both the Tony Awards and Olivier Awards, Jersey Boys takes you up the charts, across the USA and behind the music of Frankie Valli and The Four Seasons. Discover the secret of a 40-year friendship as four blue-collar kids work their way from the streets of New Jersey to the heights of stardom. Experience the electrifying performances of the golden greats that took them all the way to the Rock and Roll Hall of Fame including “Sherry”, “Big Girls Don’t Cry”, “Can’t Take My Eyes Off You”, “Dawn”, “My Eyes Adored You”, and more.

When: Wednesday, November 28  
Time: Bus begins to load at 8:15 am returning to Lethbridge approximately 5:00 pm.  
Fee: \$100 LSCO M; \$110 Non Members (includes travel meal, & show)  
Deadline to Book Seat is: Friday, October 26



Please let us know if you will be needing a Day Parking Pass. They can be purchased Tuesday, November 27 or before boarding the bus for \$3. Payment must accompany booking and will not be processed until October 26. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After October 26 refunds are not available.

### 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

# 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.*

**Celiac Support Group**

Celiac Disease is an immune reaction to eating gluten; a protein found in wheat, barley and rye. The Celiac group meets 3 times a year. The next meeting is **Monday, September 24th** at 7:15 pm in Room A.

**Practicing Happiness Support Group**

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 are from AHS Seniors Mental Health Outreach. Pre-registration required through LSCO front desk (7 spots remain).

**Stroke Care Partner Support Group**

This group is for Care Partners of stroke survivors only. This is a safe place to share experiences with a counseling emphasis and new topics explored each month. Next meeting is **Tuesday, October 9th** at 7:00 pm in Rooms C & D.

**Trigeminal Neuralgia Support Group**

Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is **Saturday, September 8th** at 2:00 pm in Room C & D.

**Parkinson’s Alberta Society Support Group**

The next meeting is **Thursday, September 20th** at 2:00 pm in Room A.

**Lethbridge Stroke Recovery Association (LSRA):**

There is no meeting at LSCO for September. Next gathering is the Annual Potluck at Henderson Lake (Kiwanis picnic shelter) **September 8th** from 11:30 am to 2:30 pm. Regular meetings will resume October 10th at 7:00 pm in Rooms A & B.

**Alcoholics Anonymous Saturday Morning Eye Opener Group**

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

**Sunset Alcoholics Anonymous**

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

**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.*

## Computer Corner

by Sjoerd Schaafsma

### Recycling your old computer

An email recently arrived from Environment Lethbridge (info@environmentlethbridge.org) to let me know about the annual Recycling Rendezvous, September 7, 8 and 9. The details are available on their website: <http://environmentlethbridge.ca/reuse/>.

If you are disposing of old computer parts, consider where they are going, the dump, your garbage,ecycle, a local charity, a friend or family member. Regardless of where it’s going, BE SURE TO REMOVE YOUR OLD HARD DRIVE if it contains private information.

If your computer is relatively new, you may want to consider selling it online. Don’t expect anything near the original price, and include as many details as you can about its condition; manufacturer, model, operating system, age, amount and type of memory, hard drive size (IF YOU HAVEN’T ALREADY REMOVED IT, BE SURE IT’S TOTALLY BLANK), accessories, and its general condition.

**The Monthly Tip: Screen Shots** Sometimes it’s hard to download a picture from the internet or you want to record something on your screen. A screen shot may be your answer. Windows has the snipping tool included in Windows 7, 8 and 10. For more options and detailed how to, check out <https://www.howtogeek.com/349652/the-best-free-screenshot-apps-for-windows/>.

**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 starting workshops in September. Proposed workshops include: the new Gmail look, selling on Kijiji, how to install and use the WaytoPark parking app being used by the City of Lethbridge, and a demo of Google home by London Drugs.

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](mailto: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](mailto:computerclub@lethseniors.com)

## CHINESE CULTURAL SOCIETY LETHBRIDGE AND DISTRICT

### Senior Bus Trip to Calgary

Who: Seniors 60+

Where: Lethbridge to Calgary Chinatown

When: September 20, 2018  
08:30 – 17:00

Cost: \$20 (includes transportation and lunch)

For further details and tickets  
please contact Henry Yip 403-320-6451  
or Lam Tran 403-320-5508

## Computer Club WORKSHOPS

### September 2018

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events.

**Monday, September 10** – Updates and computer maintenance.

**Wednesday, September 19** – Kijiji: buying and selling.

**Monday, September 24** – Club planning meeting and sharing session.

**Wednesday, September 26** – The new Google Mail look. Windows and iOS.

Suggestions for other workshops are welcomed.

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

Email [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com) to be added to the email list or to ask for help from the computer club.



## LSCO FREE COMMUNITY MUSIC PROGRAM

### SEPTEMBER 2018


<b>September 7</b> <b>Rebecca &amp; Ann</b> Teriyaki Beef Bowl Lunch Special	<b>September 21</b> <b>Tom Wolsey</b> Veal Cutlets Lunch Special
<b>September 14</b> <b>Classic Legends</b> Roasted BBQ Chicken Lunch Special	<b>September 28</b> <b>Los Gringos</b> BBQ Pork Back Ribs 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

It is the supreme art of the teacher to awaken joy in creative expression and knowledge. ~ Albert Einstein

# 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

## 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



## 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

# FOX DENTURE CLINIC

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

**Brett J. Fox DD**  
Denture Specialist, 4th Generation

**Kevin McLaughlin DD**  
Denture Specialist



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- Relines / Repairs
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## Creative Arts

### Creative Arts Classes this Fall

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# CROSS IRON MILLS

## LSCO SHOPPING TRIP & LIGHT TOUR

### SHOPPING ONLY

Travelers will enjoy a comfortable bus ride to Cross Iron Mills where you can shop until you drop, have some lunch and maybe even meet up with friends that live in Calgary and area. We will not be doing a specific light tour this day however; you will see the big city lights on your way home! Sign up early to secure your seat!

When: Wednesday, December 5  
Time: Bus begins to load at 8:15 am  
returning to Lethbridge approximately 5:00 pm.  
Fee: \$45 LSCO M; \$55 NM

### SHOPPING AND LIGHT TOUR

Join us for a day trip to Cross Iron Mills Shopping Centre followed by a Christmas Light Tour to Spruce Meadows. Sign up early to secure your seat!

When: Tuesday, December 11  
Time: Bus begins to load at 8:15 am  
return time approximately 7:30 pm.  
Fee: \$50 LSCO M; \$60 NM

*Trips hosted by Donna Dobra.*

## 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





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Canada 



# September 9, 2018 is Grandparent’s Day

September 9, 2018 is grandparent’s day - In Canada, National Grandparents Day however, has not sparked significant national participation. (*Legacy Project Newsletter*)

McQuade (the founder of Grandparent’s Day has since passed away) and others had specific focuses in mind when campaigning for a day to honor grandparents. The day had three primary purposes:

1. To honour grandparents.
2. To give grandparents an opportunity to show love for their children’s children.
3. To increase children’s, grandchildren’s and all youth’s awareness of the strength, wisdom, information and guidance older people can offer.

Mrs. McQuade wanted Grandparents Day to be a family day. She envisioned families enjoying small, private gatherings, perhaps even a family reunion, or participating in community events.

On a societal level, National Grandparents Day gives us a chance to publicly affirm the identity and importance of grandparents, that they do play a vital role in families. It is also a day of giving – giving of self; sharing hopes, dreams, and values; and setting an example and advocating for future generations.

Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us. Whether they are our own or surrogate grandparents who fill some of the gaps in our mobile society, our senior generation also provides our society a link to our national heritage and traditions.



LEARN  
Case  
Manager

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

Grandparents Day was recognized in Canada in 1995 as falling on the second Sunday in September to acknowledge the importance of grandparents to “the structure of the family in the nurturing, upbringing, and education of children... Grandparents can play a critical role in strengthening the family.” Commented one member of Canadian parliament speaking on behalf of the motion:

*I do not hold grandparents to be glorified babysitters but rather as parents’ surrogates who bring love, a continuance of generational values, and a sense of the child’s worth to the integrity of the family... I was brought up by a grandparent. My parents both worked outside the home for most of my life. They needed to for economic reasons. It was my grandmother who nurtured me, gave me a sense of worth and molded in many ways the course my life was to take. My grandmother was my role model, my mentor, and my confidant.*

National Grandparents Day is an important official marker of intergenerational relationships. But increasingly, schools and community groups are organizing Grandparents Day (or Intergenerational Day) events at any time

during the year as a way to bring together families and build community. Children have an opportunity to show their appreciation and love toward their grandparents (and other special older adult friends), and grandparents feel valued as their role is validated.

## What are some things to do on Grandparents Day?

1. Get together!
2. Discuss why grandparents should be appreciated and what there is to appreciate about each generation. The best way to do this might be to have a meal together.
3. Plan an event with your grandparent(s) that is special to them. Indulge them!
4. Create a personal card thanking them for specific help they have been in the past and what they mean to you today.
5. Raise awareness for this day by vocally celebrating!

What does the day mean to you and/or what are your memories of your grandparents?

In closing sometimes, a grandparent is not cherished or cared for; so as always, if you, or someone you know is experiencing elder abuse, please give me, Joanne a call. **When it comes to Elder Abuse, silence is not an option.**

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

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