

INSIDE THIS ISSUE

| | |
|-----------------------------------|------|
| Executive Director | p.2 |
| LSCO Contacts. | p.3 |
| From the Kitchen | p.4 |
| Message from the President. . . . | p.4 |
| Volunteer & Fund Development . . | p.7 |
| LSCO Case Worker | p.8 |
| Message from the Board | p.10 |
| LSCO Programs | p.11 |
| Adult Day Program Calendar. . . | p.16 |
| LSCO Support Services | p.17 |
| Community Support Groups . . . | p.18 |
| LEARN Case Manager | p.22 |

Join Us for

3 C's
COOKING, CONVERSATION
& COMPANIONSHIP

Starts January 15

FREE NECK & SHOULDER
MASSAGES

January 22

CELEBRATE
ROBBIE BURNS DAY

January 25

PRACTICING HAPPINESS

Starts February 6

STAGE WEST
DRINKING HABITS 2

Wednesday, February 27



May your coming year be **filled with magic** and dreams and **good madness**. I hope you read some fine books and kiss someone who thinks **you're wonderful**, and don't forget to **make some art** – write or draw or build or sing or **live as only you can**. And I hope, somewhere in the next year, **you surprise yourself**.

~ Neil Gaiman

JOIN US FOR EVENING AND WEEKEND CLASSES

TABATA (Early Evening)

Wednesdays 5:15 - 6:15 pm
(See page 12)

COUPLES DANCE

Mondays 6:45 - 7:45 pm
(See page 13)

ZUMBA TONING

Saturdays 11:00 - 11:45 am
(See page 14)

BUTTs & GUTTs

Thursdays 5:15 - 6:15 pm
(See page 13)

Evening Line Dance

Mondays 8:00 - 9:00 pm
(See page 13)

Register in person,
by phone or online at
www.lethseniors.com



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Once again, LSCO exemplified community spirit by serving over 600 free turkey meals on Christmas Day. We provided table service, home delivery service, transportation to/from LSCO and delivery of meals to the Police Station, Fire/EMS and PSCC. We also had over 150 community-minded volunteers who gave up part of their Christmas to help with our event. My heartfelt thanks to everyone (volunteers, staff and patrons) who attended our great event! This convergence of caring people in our Centre reminded me that LSCO is not just an old school club for seniors, but has truly evolved into a community hub for supports and services. Over the past 8+ years LSCO has provided (and continues to provide and/or host) the following:

- Support Services: Lawn Care and Snow Removal coordination for Lethbridge seniors, financial assistance (ASB, OAS, CPP, GIS) plus referrals from AISH for their soon-to-be-65 clients, ASB Special Needs Assistance, 9 different self-help support groups (see complete listing in the Support Services section of this issue), assistance with the challenges faced by

seniors (including a facilitated support group), assistance and support for the newly widowed (including widowers), housing information, referral to community resources, Parenting Adult Children Support Group, 3C's (Cooking, Companionship, Conversation) program in partnership with McKillop Church;

- Lethbridge Elder Abuse Response Network (LEARN) – Case management services for those requiring support and/or guidance, Elder Abuse awareness resources, LEARN Steering Committee involvement;
- Wellness: Massage Therapy, Reflexology, Hearing screening, Nursing foot care, Podiatrist services;
- LSCO Meals on Wheels: Meal delivery, In-home supports assessment, referral to community resources, referral to other LSCO services;

- Read-On Program (Lethbridge Public Library) for Bhutanese newcomers (of which many have become LSCO members), around a half-dozen hard-to-house individuals have become LSCO members.

The preventative services we provide in conjunction with our massive volunteer involvement, our success at community inclusion and our effort to reduce isolation in our seniors' population are all factors in LSCO receiving funding from the City of Lethbridge Family and Community Support Services. We are thankful to the City's Community and Social Development Committee for recognizing the value of our services and supports to Lethbridge's aging population. And we are doing this, and have done all of this with resources stretched very thin. I am very proud of the work our staff has accomplished in these areas with the funding available to us...often relying on dedication, tenacity and caring to get the job done. ★



ONLINE REGISTRATION
WWW.LETHSENIORS.COM

Write it on your heart that every day is the best day in the year.
~ Ralph Waldo Emerson

With Philips Lifeline help is within reach.



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

Exclusively from Lifeline

Lifeline with AutoAlert* provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button.

SAVE ON LIFELINE

Receive **FREE installation** (a \$90 savings) when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at **1-800-LIFELINE (1-800-543-3546)**
Quote code 574
www.lifeline.ca

Available at local participating programs.
Not to be combined with any other offer.
Offer valid on new activations only.
*AutoAlert does not detect 100% of falls.
If able, you should always press your button.



OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE

Cornerstone Funeral Home & Crematorium

Hosack DENTURE CLINIC LTD.

LOWE'S NEVER STOP IMPROVING

AgeCare

FOX DENTURE CLINIC

In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre

urban grocer

CrazyCakes

SELECT PEOPLE SOLUTIONS

CUPPER'S COFFEE & TEA CUPPER'S TASTE THE WORLD IN YOUR CUP



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Check out the website! 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. Acting Board Members: Reg Dawson, Bob Morrow, Liz Iwaskiw and Karen Johnson.

LSCO **403-320-2222**

Staff Members:
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rmiyashiro@lethseniors.com ext. 24

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mow@lethseniors.com ext. 34

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finance@lethseniors.com ext. 59

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catering@lethseniors.com ext. 59

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kmartin@lethseniors.com ext. 21

Food Services Coordinator
Francisco (Frank) Bruno ext. 27

Cook I – Stacey Gleeson ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

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

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

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

The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.

If anyone has any issues or concerns with any of the advertisers in LSCO Times, please let us know so we can address the issue.

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

LSCO Vision Statement

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

Welcome New Members!

| | | | |
|---------------|---------------|-----------------|------------------|
| Dale Baumbach | Steve Chapman | Rick Sawatzky | Bev Smith |
| Gail Green | Erica Chapman | Dora Sawatzky | Jim Rennie |
| Tam Tucker | Betty Carney | Debbi Fell | Alan Dietrich |
| Janet Bithell | Griff Thomas | Michelle Zeller | Lorraine Johnson |
| Gail Ell | Les Robinson | Maureen Lukas | Terry Johnson |
| Brent Johnson | Irena Sarasin | Troy Fleming | |

A Smile is the Universal Welcome.

LSCO is launching a Pilot Project to determine whether the Ultimate Fitness Membership is feasible for individuals and the organization. The project will be reviewed mid 2019. If LSCO chooses to adjust or terminate the program all Ultimate Fitness Memberships will be honoured until their expiry date (6 months from date of purchase).

Individuals purchasing the membership will be required to sign an agreement form.

SENIOR Ultimate Fitness Memberships Individuals 55 years +
Membership Benefits

- Individuals will have unlimited access to the Fitness Centre during hours of operation.
- Individuals will have an opportunity to attend a variety of exercise and movement classes without having to pay an additional class fee.

Note: 1. Certain class restrictions do apply.
2. You must pre-register for classes you want to attend.

See the complete flyer for class listings/details.

In addition to the regular LSCO 12 month \$50 Membership, there will be a fee of \$60/month.

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments

Option #1: Pay full 6 month fee of \$324 (10% discount)
Option #2: \$60/month for 6 months = \$360

ADULT Ultimate Fitness Memberships Individuals 35 – 54 years
Membership Benefits

- Individuals will have unlimited access to the Fitness Centre during hours of operation.
- Individuals will have an opportunity to attend a variety of exercise and movement classes without having to pay an additional fee.

Note: 1. Certain class restrictions do apply.
2. You must pre-register for classes you want to attend.

See the complete flyer for class listings/details.

In addition to the regular LSCO 12 month \$90 Membership, there will be a fee of \$65/month.

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments

Option #1: Pay full 6 month fee of \$351 (10% discount)
Option #2: \$65/month for 6 months = \$390

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 |
| February 2019 | January 18 |
| March 2019 | February 15 |

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

Wishing you a serene and prosperous New Year! Hope you enjoyed the Holidays and are looking forward to the months to come.

I was rereading the December issue of *LSCO Times* and was struck by the number and variety of winter classes available to us. Indoor Cycling is now on the schedule, some of you may know it by its other name Spin Classes. Spinning has been around in the cycling world since the mid 1990s and is very popular amongst cyclists wanting to maintain their aerobic capacity in the off season. Give it a try, I think you will like it. Thank you, Shawn and Jamie!



President’s Message

Keith Sumner

The Policy Committee of your Board is meeting weekly to update Board policies. Once those are in place and we’ve had our annual general meeting the Board will start on strategic planning.

Strategic planning for our organization is going to be a high priority for the Board over the next few years. We’ve all heard of Baby Boomers in fact a lot of us are Boomers. The next wave of people was referred to as “Generation X”. They grew up and worked in the shadow of Boomers but have different needs and wants. By my calculation the first of the GEN Xers will reach age 55 this year. We need to position our organization to serve this next age group as they will carry LSCO into the immediate future. Any ideas you have for the future of our organization please share them with me or one of the other Board members.

On behalf of your Board of Directors I’d like to wish you a Happy New Year! ★

The Sweet Health Benefits of (Raw) Honey

Honey is often described as nature’s candy. In recent years, as we seem to move towards raw and less processed diets, raw honey has found its time in the spotlight and with good reason; the benefits of raw honey are astounding.

What is raw honey?
Raw honey is the original sweet liquid produced by honey bees that is collected straight from the bees and never heated, pasteurized or processed. Straight from the hive to your kitchen.

Raw honey sets itself apart from more common forms of honey, which have been pasteurized and filtered. The pasteurization process involves heating the honey to extremely high temperatures in order to kill any of the yeast that may be present in the honey and, left unchecked, could lead to fermentation. This pasteurization process also leaves the honey smooth and not granulated, which for many is what honey should taste and feel like, and why some people struggle with the texture of raw honey.

So, really, raw honey is simply honey that has not been altered in any way. But what benefits does honey in its natural form have for you?

Antioxidants
Over and over, we hear about the benefits of antioxidants

and that’s because different antioxidants help your body in different ways. In the case of raw honey, the antioxidants are called phenolic compounds and they can help protect your body from cell damage caused by free radicals, which contribute to the aging process and can also lead to the development of chronic diseases. Some forms of raw honey can even have as many antioxidants as can be found in fruits and vegetables.

Healing properties
Yes, that is accurate. There are some real germ fighting powers that can be found in raw honey and some people have used Manuka honey, in particular, to reduce healing time and reduce infections in wounds. It should be noted that this is often medical grade honey.

Phytonutrients
Yup, another sweet and scientific benefit. Phytonutrients are compounds that protect plants from harm and in humans they have anti-inflammatory and antioxidant benefits, which are a huge help to your overall health. Phytonutrients are quite fragile, and the process of pasteurization will destroy them, so they are only present in the raw version.

Antibacterial and Antifungal
Raw honey has the power to kill bacteria and fungus in your body because it naturally contains hydrogen

peroxide, which is an antiseptic. Some hospitals have even used Manuka honey to fight infections that have become resistant to antibiotics.

Better than Sugar
Being naturally sweet and containing all the above listed benefits, honey is a great substitution for sugar, whether in baking, coffee or tea. Which begs the question, when is the best time to eat raw honey?

- Eat some honey when you need a jolt of energy as the natural sugars and carbohydrates will give you a great boost, and it’s one reason why breakfast is an amazing choice.
- Right before bed. A couple of teaspoons right before going to bed help to raise your insulin and melatonin levels and helps restore your body while you sleep.
- When you feel ill. Honey has long been a remedy for coughs, colds and allergies and some believe it is just as effective as over-the-counter cough medicine.

So, for all the benefits of raw honey, you should consider finding yourself a jar and digging in.

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

| | | | | |
|--|---|---|--|---|
| <div><div></div><div><h1>MENU ~ JANUARY 2019</h1><p>Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm</p><p>The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards</p><p>Non-Members add 15% • Menu subject to change without notice</p><p>★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★</p></div><div></div></div> | | | | |
| <div>Happy New Year</div> | Tuesday, January 1 | | Wednesday, January 2 | Thursday, January 3 |
| | LSCO CLOSED for New Year's Day | | Entree: Spaghetti & Meat Sauce Potato: Soup: Cream of Chicken | Entree: Turkey Pot Pie Potato: Mashed Soup: Beef Barley |
| Monday, January 7 | Tuesday, January 8 | Wednesday, January 9 | Thursday, January 10 | Friday, January 11 |
| Entree: Teriyaki Beef Bowl Potato: Rice Soup: Minestrone | Entree: Baked Ham Dinner Potato: Scalloped Soup: Cream of Cauliflower | Entree: Ginger Beef & Peppers Potato: Rice Soup: Ham & Split Pea | Entree: Lemon Dill Salmon Potato: Mashed with Gravy Soup: Tomato Vegetable | Entree: Pesto Chicken Alfredo Potato: Linguini Soup: Cream of Mushroom |
| Monday, January 14 | Tuesday, January 15 | Wednesday, January 16 | Thursday, January 17 | Friday, January 18 |
| Entree: Beef Stroganoff Potato: Bowtie Pasta Soup: Chicken Vegetable | Entree: Liver & Onions Potato: Mashed with Gravy Soup: Loaded Potato Bacon | Entree: Chicken à la King Potato: Rice Soup: PEI Mixed Vegetable | Entree: Roasted Pork Loin Potato: Mashed with Gravy Soup: Curry Chicken Rice | Entree: Roast Beef Dinner Potato: Roasted with Gravy Soup: Corn Chowder |
| Monday, January 21 | Tuesday, January 22 | Wednesday, January 23 | Thursday, January 24 | Friday, January 25 |
| Entree: Cabbage Rolls Potato: Perogies & Onions Soup: Beef Vegetable | Entree: Swedish Meatballs Potato: Mashed with Gravy Soup: Hamburger Cabbage | Entree: Chicken Cordon Swiss Potato: Roasted Baby Potatoes Soup: Cauliflower & Cheese | Entree: Beef Wellington Potato: Mashed with Gravy Soup: Chicken Noodle | Entree: Cream-o-Mushroom Pork Chops Potato: Rice Soup: Cream of Tomato |
| Monday, January 28 | Tuesday, January 29 | Wednesday, January 30 | Thursday, January 31 | <div>2019</div> |
| Entree: Beef Stir Fry Potato: Rice Soup: Chicken Rice | Entree: Grilled Chicken Souvlaki Potato: Mashed with Gravy Soup: Broccoli Cheddar | Entree: Shepherd's Pie Potato: Soup: Cream of Asparagus | Entree: Fried Chicken Pieces Potato: Roasted with Gravy Soup: New England Clam Chowder | |

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 **February 6 – March 13**, 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 Administration desk.

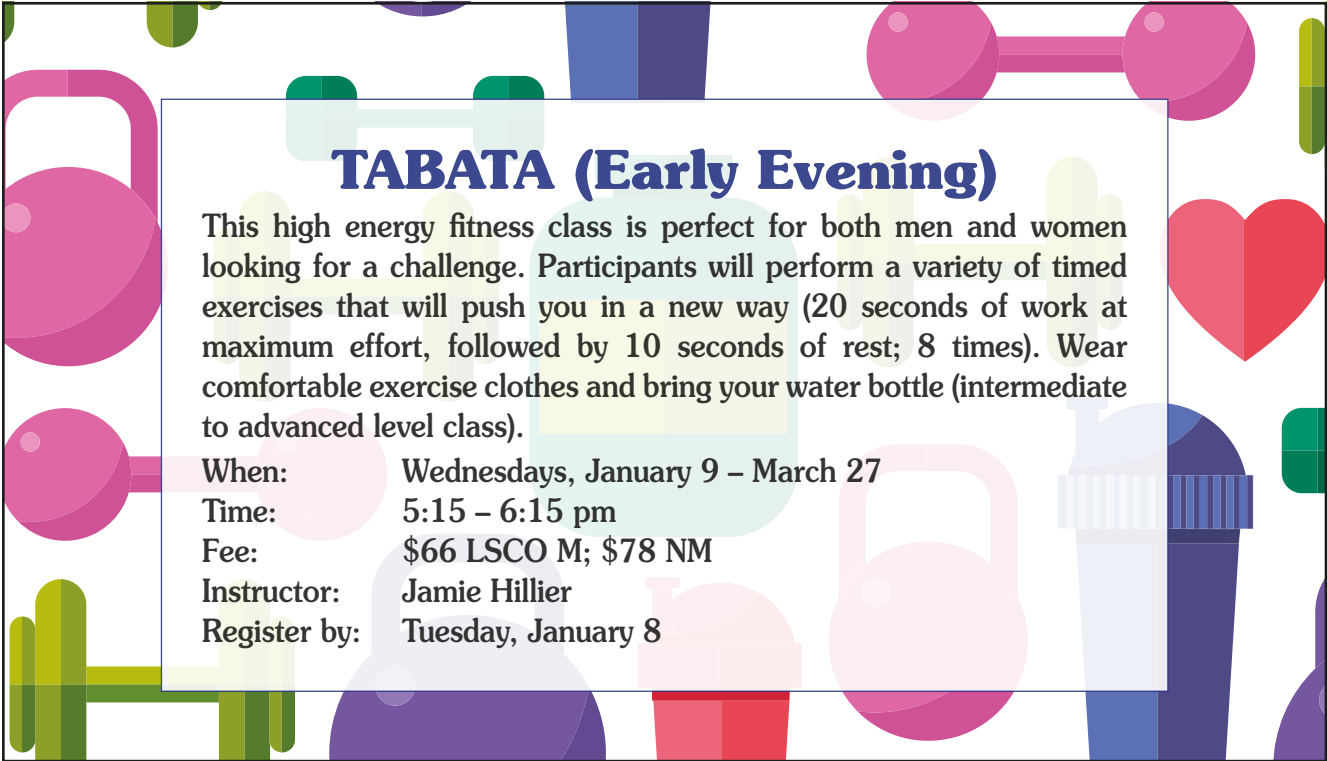
Lethbridge Senior Citizens Organization
500 - 11th Street South



TABATA (Early Evening)

This high energy fitness class is perfect for both men and women looking for a challenge. Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).


When: Wednesdays, January 9 – March 27
Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$78 NM
Instructor: Jamie Hillier
Register by: Tuesday, January 8



COUPLE DANCE

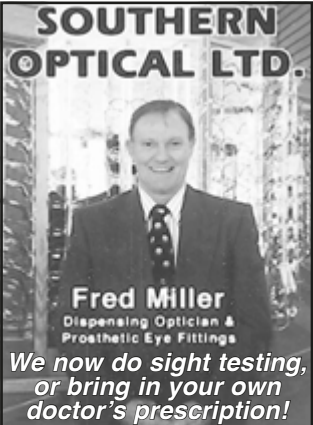
Join in on the fun with your partner to learn the Clarksville Shuffle, 2 Step and Jive through easy progressions. Every lesson promotes fun in an inviting atmosphere no matter what your dance experience is. Wear comfortable clothes and non-marking soled shoes that you like to dance in. You do not have to be a member of LSCO to participate. *Note: Fees are per person.

When: Mondays, Jan. 21 – March 18 (no class Feb. 18)
Time: 6:45 – 7:45 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, Jan. 17
Location: LSCO Gym 2



One resolution I have made, and try always to keep, is this: ‘To rise above little things’.

~ John Burroughs



SOUTHERN OPTICAL LTD.

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

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

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403-327-4145

Call Russell Raslask for all your real estate needs.



 **403-330-1540**

A new year brings new opportunities. For many people this means reconsidering their housing needs to accommodate:

- changes to family size
- retirement
- travel
- fewer yard and household chores.

I can help you with:

- understanding the current market
- home valuation
- moving services
- finding the “right sized” home.



sutton group – lethbridge
suttleth@telus.net

I like to work on New Year's Eve. It has a nice spirit; a nice feel about it. If you are all about the 'year-end' thing at all, then laughing with fellow human beings is a great way to start the new year.

~ Paula Poundstone



FIT FRIDAY

Each week participants will be lead through a variety of challenging yet fun workouts. Ex: Tabata, Weights & Bars, High Intensity Training & more. Be prepared to work hard. Wear comfortable exercise gear, bring a water bottle, yoga/exercise mat for abdominal/core work and your enthusiasm. (Intermediate to advanced level class). Both men and women encouraged to attend.

When: Fridays, January 11 – March 29
Time: 12:10 – 12:55 pm
Fee: \$66 LSCO M; \$78 NM
Instructor: Tracy Simons
Register by: Thursday, January 10

J & L SHUTTLE SERVICE

Check out our website
jandlshuttle.com

NEW SERVICE
Lethbridge to Calgary DAILY



CALL 403-317-2077

We pickup/drop off at your door in Lethbridge.

Thank You!

Thank you for supporting
the LSCO Christmas Handmade
Craft Market & Bake Sale!

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

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





Life Time Highs
cathymunro@lifetimelhighs.club

www.lifetimelhighs.club
587-223-0203
~ Travelling Together ~

| | | |
|---|---|--------------|
| Edmonton, AB | Jan. 13-15, 2019 River Cree + GST | \$280 pp/dbl |
| Coeur D'Alene, ID | March 24-28, 2019 Spring Fling Break | \$575 pp/dbl |
| | <i>Trip offers: Sightseeing, wine tasting, cultural tours</i> | |
| Bonnars Ferry, ID | Feb. 3-6, June 23 – 26, 2019 | \$380 pp/dbl |
| Moose Jaw, SK | April 23-26, 2019 Temple Gardens GST included | \$425 pp/dbl |
| Camrose, AB | May 5-7, 2019 + GST | \$229 pp/dbl |
| Polson-Kalispell, MT | May 27-30, 2019 Sights, Shopping & More | \$475 pp/dbl |
| Winnipeg, MB | August 11-17, 2019 GST included. Call for details. | \$820 pp/dbl |
| Deadwood, SD | Sept. 29-Oct. 5, 2019 | \$665 pp/dbl |
| Stoney Nakoda Kananaskis Overnight Trips: | Jan. 21-22, 2019 | \$80 pp/dbl |
| | (based on Calgary departure) | |

SERVING SOUTHERN ALBERTA
Calgary, Lethbridge – Pincher Creek and MORE
Let us arrange your group tour. Call with destination ideas.
Tours depart from Lethbridge or Calgary. Other pick ups available.

I can win an argument on any topic, against any opponent. People know this, and steer clear of me at parties. Often, as a sign of their great respect, they don't even invite me. ~ Dave Barry

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:

Time:

Fee:

Register by:

Session 1: Tuesdays & Thursdays, January 8 – 31
1:30 – 2:30 pm
\$40 LSCO M; \$60 NM
Friday, January 4

When:

Time:

Fee:

Register by:

Session 2: Tuesdays & Thursdays, February 5 – 28
1:30 – 2:30 pm
\$40 LSCO M; \$60 NM
Friday, February 1

When:

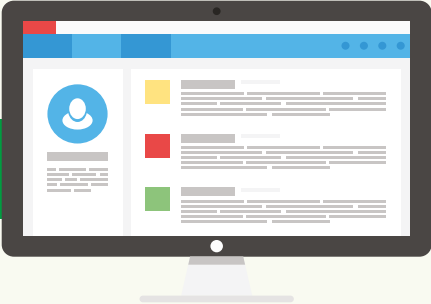
Time:

Fee:

Register by:

Session 3: Tuesdays & Thursdays, March 5– 28
1:30 – 2:30 pm
\$40 LSCO M; \$60 NM
Friday, March 1

IF SOMEBODY IS DIFFERENT FROM YOU, THAT'S NOT SOMETHING YOU CRITICIZE, THAT'S SOMETHING THAT YOU APPRECIATE. ~ BARACK OBAMA



Working with Windows 10

If you are familiar with the previous versions of Windows and need a hand with the new one, or if it's 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, 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.

When:

Time:

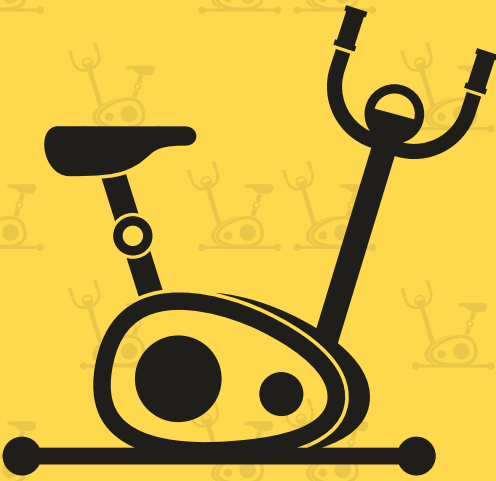
Fee:

Instructor:

Register by:

Mondays & Wednesdays, February 4 - 13
10 am – 12:00 pm
\$30 LSCO M; \$50 NM
Peter Harris
Friday, February 1

INDOOR CYCLING



Indoor cycling is a low impact aerobic activity that gets your heart pumping and can improve your endurance, heart health, stress level, strengthen hip and leg muscles and muscle. While cycling classes are safe for most people you should get clearance from your doctor if you have a heart problem, injury or any other serious medical conditions.

A workout typically involves cycling in a group while your instructor calls out instructions to simulate a real ride with climbing, sprinting, and coasting. The cycling varies between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level. During Tuesday and Thursday a.m. (Cycle Combo classes) you will be getting on and off your bike performing a number of exercises. You will want to wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle and sweat towel. Instructor: Jamie Hillier.

When:

Time:

Fee:

Register by:

Mondays, Jan. 7 – March 25
(no class Feb. 18)
12:10 – 12:50 pm
\$58 LSCO M; \$69 NM
Friday, Jan. 4

When:

Time:

Fee:

Register by:

Tuesdays, Jan. 8 – March 26
9:00 – 9:50 am
\$63 LSCO M; \$75 NM
Monday, Jan. 7

When:

Time:

Fee:

Register by:

Tuesdays, Jan. 8 – March 26
12:10 – 12:50 pm
\$63 LSCO M; \$75 NM
Monday, Jan. 7

When:

Time:

Fee:

Register by:

Thursday, Jan. 10 – March 28
9:00 – 9:50 am
\$63 LSCO M; \$75 NM
Wednesday, Jan. 9

Volunteer & Fund Development

Happy 2019 everyone! A tremendous thank you to everyone who helped make December such a success – including our fall raffle (which raised \$1720), our Craft Market & Bake Sale, our 34th LSCO Community Turkey Dinner, plus all of the million other little things that kept this place on track.

To start off the year, I thought I'd introduce an "Ask Chelsea" feature about questions I get asked regularly about LSCO volunteering.

VOLUNTEER SURVEYS

"My volunteering is going fine, why do I need to do a survey about it every year?"

This is a really important question, and I absolutely would not waste your time with admin-istrivia if it was all for nothing, I promise.

The two most important outcomes that I have to report on, about my job, to the funding body that provides my salary are:

- Are we providing meaningful opportunities for people to find purpose in their life?
- Are we providing an opportunity for connection to reduce isolation and loneliness?



Coordinator

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

How amazing that these are the objectives for my job! How lucky am I to be able to work with my community like this? However, unlike several of my previous jobs where I was responsible for generating revenue, it is not as obvious to know whether I'm being successful. I can't look at a volunteer and observe that their life is improved by volunteering.

So...we survey (and track hours)! I'd be grateful for your participation – you don't have to have only nice things to say, it's ok for us to have areas we need to work on. Surveys are available in paper form from my office, or for

the environmentally-conscious, online (just let me know and I'll send you the link)!


LSCO MEMBERSHIP

"Do I need a membership? I don't want to pay to volunteer!"

You 100% do NOT need to be an LSCO member in order to volunteer at LSCO. In fact, we have many volunteers who are too young to even be eligible for membership.

We try our very best to make sure volunteering isn't a financial expense; there are volunteer day parking passes available so you don't get a ticket, and we are very happy to make sure you get to have a coffee while you're on shift!

Additionally, for every 50 hours volunteered (and tracked in our system), volunteers are welcome to claim a \$10 discount on next year's membership, if they are so inclined. You have to ask for this discount at the front desk when you renew – it does not pop-up automatically for Diane and Kari. You can check with me anytime if you'd like to know how many hours you are at. ★



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Life is like a camera. Focus on what's important. Capture the good times. And if things don't work out, just take another shot.

~ Ziad K. Abdelnour



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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 in on the fun for an energetic workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.


When: Wednesdays
January 9 – March 27


Time: 9:10 – 9:50 am

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

Instructor: Jamie Hillier

Register by: Tuesdays, January 8





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 us 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, Jan. 10 – March 28

Time: 12:05 – 12:55 pm

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

Instructor: Jamie Hillier/Jerry Brown

Register by: Wednesday, January 9

If women were in charge of all the world's nations, there would be sincerely believe this - no military conflicts, and when there WAS a military conflict, everybody involved would feel just awful and there would soon be a high-level exchange of notes written on greeting cards with flowers on the front, followed by a Peace Luncheon.

~ Dave Barry



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Healthy Habits in 2019

Resolutions can be either too ambitious or too restrictive to maintain in the long term. It is suggested that the “dawn of a new year” can be one of the best times to “reset” your goals. If you have been thinking of what you would like 2019 to mean to you take some time to establish your goals and pace yourself. Don’t underestimate the power of writing down your intentions and keeping that in mind as you progress throughout the year. Change does not happen overnight, you have to train your brain to see progress and feel good about moving forward. A little something every day or a little something regularly keeps you moving forward.



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

Don’t forget to strengthen connections. We all need to be connected in meaningful ways. Welcome growth, it is important to embrace this and look for those ways to support this.

1. Eat the right amount of calories for you. Everyone requires a different amount of calories depending on age, gender, height, weight and physical activity level.
2. Build a healthy plate by following these guidelines
Make half your plate fruits and vegetables
Switch to fat-free or low fat dairy foods
Make at least half your grains whole grains
Vary your protein choices
3. Cut back on foods high in solid fats, added sugars and salt
4. Be physically active your way ★

BEGINNERS ANIMAL PORTRAITS in Coloured Pencil

After covering watercolour, drawing and acrylic animal portraits, this class we’ll be using colored pencil as our medium. This class will be great for either a beginner or a more experienced student. We will be working with specific lesson plans and because this medium takes a while to complete, we may only end up with only a few finished pictures. With this medium, you can achieve a more realistic result and image which I think students may appreciate.

When: Wednesday
January 30 – March 13
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Friday, Jan. 25



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, buttocks 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: Mondays, January 14 – March 25
(no class Feb. 18)
Time: 10:30 – 11:15 am
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, January 11

When: Thursdays, January 17 – March 28
Time: 5:15 – 6:00 pm
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, January 11



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.

Thursdays, January 10 – February 14
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

Sometimes you climb out of bed in the morning and you think, I’m not going to make it, but you laugh inside — remembering all the times you’ve felt that way. ~ Charles Bukowski



THANK YOU
to the Lethbridge Centennial Quilters Guild
who donated 15 hand-made quilts to
LSCO Meals on Wheels and Lethbridge
Elder Abuse Response Network (LEARN).

Are You On Your Own?



Come Join Us for the

3C's

Cooking, Conversation & Companionship

A six week cooking class for individuals who live alone.

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

When: Tuesdays
January 15 – February 19
(Six weeks)

Time: 2:30 pm

Where: McKillop United Church
2329 15th Avenue South

Register by: Friday, January 11, 2019

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

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

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

LSCO FREE COMMUNITY MUSIC PROGRAM

January 2019

January 4
CARL SIGURDSON
DJ OLDIES ROCK
Veal Cutlet

January 11
FLOYD SILLITO
PRESERVING OUR MUSICAL HERITAGE
Pesto Chicken Alfredo

January 18
LETHBRIDGE BROADWAY COLLECTIVE
SING-ALONG SHOWTUNES
Roast Beef Dinner

January 25
ROBBIE BURNS DAY
CELTIC ROUTES
& SCOTTISH COUNTRY DANCERS
Cream-o-Mushroom Pork Chops

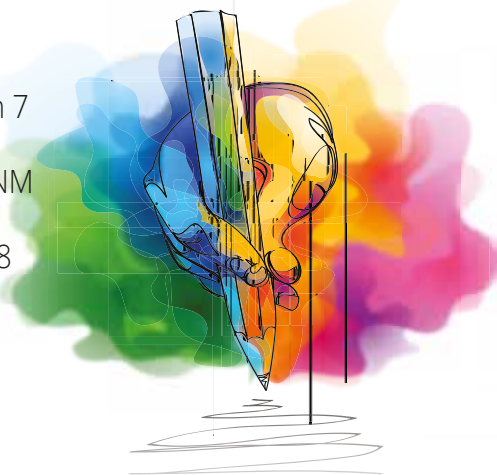


Lunch served 11:00 am ~ 1:00 pm
Music Program 11:45 ~ 1:45 pm
LSCO Stage Area

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

DRAWING FROM LIFE

Drawing from life means drawing from actual objects or subjects that you can see, touch and smell. We will cover the basics of all drawing like line, shape, value, texture and perspective. We will cover everything from quick sketches to detailed drawings. This is a great class for the beginner as well as a refresher for the more experienced drawer.




When: Thursday
January 31 – March 7

Time: 1:00 – 3:30 pm

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

Instructor: Donna Gallant

Register by: Monday, January 28



Internet Security & the Cloud

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

When: Mondays & Fridays, Jan. 14 – Feb. 1

Time: 1:45 – 3:45 pm

Fee: \$50 LSCO M; \$76 NM

Instructor: Ron Henriquez

Register by: Friday, January 11

If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely. ~ Roald Dahl



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Community Support Groups

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

Lethbridge Stroke Recovery Association (LSRA)
Wednesday, January 9 at 7:00 pm in Rooms A & B.

Stroke Care Partner Support Group
Stroke Care Partner Support 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, January 8** at 7:00 pm in Rooms C & D.

Saturday Morning Eye Opener
This group meets every Saturday morning at 9:00 am in Room 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, January 12** at 2:00 pm in Room C & D.


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



Android Smart Phones & Tablets

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

When: Monday & Wednesday, January 28 & 30
Time: 10:00 am - 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, January 25



iPHONES

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

When: Monday & Wednesday, Jan. 21 & 23
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, January 18



\$1.50 LOAF OF BREAD
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\$6 DAILY LUNCH SPECIALS

Hope to see you soon!

405 Stafford Drive North,
Lethbridge, AB


I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive. ~ Joseph Campbell



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January At a Glance

See website for additional details

Wed **JAN 02** New Year's Manner Tea
Top 5 of 2018, **1–3 pm**, Families

Thu **JAN 03** Painted Rocks
Top 5 of 2018, **1–3 pm**, Families

Fri **JAN 04** Rag Dolls
Top 5 of 2018, **1–3 pm**, Families

Sat **JAN 05** Flip Book Animation
Top 5 of 2018, **1–3 pm**, Families

Sun **JAN 06** Herb Gardens
Top 5 of 2018, **1–3 pm**, Families

Sat **JAN 12** Paint Stick Buddies
Saturdays at 1:00, **1–2 pm**, Families

Wed **JAN 16** City of Lethbridge Municipal Housing Strategy
Wednesdays at the Galt, **2–3 pm**, Adults

Sat **JAN 19** Newspaper Art
Saturdays at 1:00, **1–2 pm**, Families

Sun **JAN 20** Grandma's Garden
Café Galt, **2–3 pm**, Adults

Wed **JAN 23** Cartooning in the Community
Wednesdays at the Galt, **2–3 pm**, Adults

Thu **JAN 24** Beaded Jewelry
Evening Galt Workshops, **7–9 pm**, Adults

Sat **JAN 26** Winter Art
Saturdays at 1:00, **1–2 pm**, Families

Sun **JAN 27** Canada and the Cold War
Café Galt, **2–4 pm**, Adults

Thu **JAN 31** Exhibit Grand Opening
Special Events, **7 pm**, Adults



galtmuseum.com    

403.320.3954

Jump in to the New Year in January

REGISTRATION INFORMATION

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

IMPORTANT

- Please sign up before the register by date to receive the sale price listed. **Classes are subject to a \$5 increase after this date.**
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!
- LSCO Member (LSCO M); Non-Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contract you prior to your class.

CREDITS & REFUNDS

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

MEMBERSHIPS

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

- SENIOR 12 Month Memberships:** Individuals 55 years +
- Renewal\$50
 - New Member\$50

- ADULT 12 Month Memberships** Individuals 35 – 54 years
- Renewal/New Member\$90

ULTIMATE FITNESS MEMBERSHIP

- SENIOR Membership:** Individuals 55 years +
ADULT Membership: Individuals 35 – 54 years
See page 3 for details.

FITNESS CENTRE

LSCO Member Fees

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

Non-Member Fee

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

Under 35 Non-Member Participation

Individuals 18 - 35 years are able to participate in some evening classes offered. Ex: Yoga, Tabata, Movement Medicine. Please ask at the Administration Desk for more information.

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. Certain restrictions apply. Please ask for additional information. Passes expire 6 months from the date of purchase.
Fee:\$55 LSCO Members; \$65 Non Members

CLASSES & PROGRAMS

If you are interested in participating in a class don't wait to register, many of them fill up before the register by date however, if you did miss the deadline check with us to see if space is available. Review the class information including the description to determine whether it is right for you. Once the class has started you will not be refunded. **At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.**

QiGong & Tai Chi

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
January 8 – March 28
Time: 10:00 – 10:45 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, January 4

TAI CHI YANG 16 FORM (a Continuation)

This class is for individuals who attended the fall session of Dave's class. If you have not taken Tai Chi for some time or are interested in starting, register in Tai Chi for the Beginner as shown below.

- When: Tuesdays & Thursdays
January 8 – March 28
Time: 11:00 – 11:45 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, January 4

TAI CHI for the BEGINNER

Beginners Tai Chi focuses on the Sun style Tai Chi 11 form. The Sun style Tai Chi has a mixture of Qi Gong and Tai Chi and is recognized by the Arthritis

Society as a form of therapy. Additional energy building exercises will also be introduced.

- When: Wednesdays, January 9 – March 27
Time: 10:30 – 11:15 am
Fee: \$42 LSCO M; \$72 NM
Instructor: Dave Scotland
Register by: Monday, January 7

TAI CHI 108 Form

If you have taken Steve's Intermediate or Advanced Tai Chi class you are encouraged to register for this 16 week session. Note: this is not a lesson. The group will be following Steve's DVD.

- When: Wednesdays, January 9 – April 24
Time: 9:15 – 10:15 am
Fee: \$32 LSCO Members
Register by: Tuesday, January 8

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: \$20 & LSCO membership

Yoga & Pilates

CHAIR YOGA

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

- When: Wednesdays, January 9 – March 27
Time: 9:35 – 10:25 am

- Fee: \$30 LSCO M; \$55 NM
Register by: Monday, January 7

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
January 8 – February 28
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$96 NM
Register by: Friday, January 4

- When: **Session 2:** Tuesdays & Thursdays
March 5 – April 25
Time: 9:30 – 10:30 am
Fee: \$70 LSCO M; \$88 NM
Register by: Friday, March 1

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: Mondays, January 14 – April 15
(no class Feb. 18)
Time: 9:00 – 10:30 am

Fee: \$104 LSCO M; \$156 NM
Instructor: Karen Toohey
Register by: Friday, January 11

MORNING YOGA

During this beginner/intermediate yoga class you will be lead through basic yoga poses to help you improve your strength, posture and flexibility. We will use chairs and other props followed by rest and relaxation. Wear comfortable clothing; bring a mat, blanket and water bottle.

When: Mondays, January 14 – March 25 (no class Feb. 18)
Time: 9:30 – 10:30 am
Fee: \$53 LSCO Members; \$67 NM
Register by: Friday, January 11

When: Wednesdays, January 9 – March 27
Time: 10:00 – 11:00 am
Fee: \$60 LSCO Members; \$84 NM
Register by: Monday, January 7

YOGA for MEN

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 is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, January 9 – March 27
Time: 8:30 – 9:30 am
Fee: \$54 LSCO Members; \$75 NM
Register by: Tuesday, January 8

YOGA Noon Hour

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

When: Tuesdays, January 8 – March 26
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Friday, January 11

YOGA BLEND

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

When: Thursdays, January 10 – March 28
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Tuesday, January 8

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: Fridays, January 11 – March 29
Time: 9:00 – 10:00 am
Fee: \$66 LSCO M; \$78 NM
Register by: Thursday, January 10

PILATES PLUS

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to

alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, January 7 – March 25 (no class Feb. 18)
Time: 12:05 – 12:55 pm
Fee: \$64 LSCO M; \$77 NM
Instructor: June Dow
Register by: Friday, January 4

When: Wednesdays, January 9 – March 27 (no class Feb. 20)
Time: 1:15 – 2:15 pm
Fee: \$64 LSCO M; \$77 NM
Instructor: June Dow
Register by: Monday, January 7

Exercise & Fitness

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!

When: Session 1: Mondays & Wednesdays January 7 – February 27 (no class Feb. 18)
Time: 8:00 – 8:50 am
Fee: \$79 LSCO M; 98 NM
Register by: Friday, January 4

When: Session 2: Mondays & Wednesdays March 4 – April 24 (no class Apr. 22)
Time: 8:00 – 8:50 am
Fee: \$79 LSCO M; \$98 NM
Register by: Friday, March 1

TABATA

This high energy fitness class will bring out the best in guys and gals while performing a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Mondays, January 7 – March 25 (no class Feb. 18)
Time: 9:15 – 10:10 am
Fee: \$58 LSCO M; \$70 NM
Instructor: Jamie Hillier
Register by: Friday, January 4

GENTLE EXERCISE (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, January 7 – March 25 (no class Feb. 18)
Time: 10:00 – 10:45 am
Fee: \$33 LSCO M: \$55 NM
Register by: Friday, January 4

GENTLE EXERCISE (Friday)

This program is designed for individuals who would like to have the option of sitting and/or standing when exercising. You will work on strength and

flexibility, within your limitations. Participants with limited mobility, arthritis, injuries, etc. may enjoy this class. Chairs and a variety of exercise equipment will be used. All levels of ability encouraged to attend. Wear loose clothing and bring a water bottle.

When: Fridays, January 11 – March 29
Time: 10:15 – 11:00 am
Fee: \$33 LSCO M; \$55 NM
Instructor: Tracy Simons
Register by: Thursday, January 10

KEEP FIT

Staying active is important at any age. Everyone is welcome and encouraged to exercise at your own level. Modifications will be given. Chairs and a variety of resistance equipment will be used. Ex. weights, tubing. Wear comfortable clothes and clean, non-marking indoor footwear. Members can pay drop in of \$2/class.

When: Wednesdays, January 9 – April 24
Time: 10:00 – 10:45 am
Fee: \$28 LSCO M; \$48 NM
Instructor: Jamie Hillier
Register by: Tuesday, January 8

TABATA (Early Evening)

This high energy fitness class is perfect for both men and women looking for a challenge. Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Wednesdays, January 9 – March 27
Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$78 NM
Instructor: Jamie Hillier
Register by: Tuesday, January 8

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 in on the fun for an energetic workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.

When: Wednesdays, January 9 – March 27
Time: 9:10 – 9:50 am
Fee: \$30 LSCO M; \$50 NM
Instructor: Jamie Hillier
Register by: Tuesdays, January 8

NOON 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, January 10 – March 28
Time: 12:05 – 12:55 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Jamie Hillier/Jerry Brown
Register by: Wednesday, January 9

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
January 8 –31
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, January 4

When: **Session 2:** Tuesdays & Thursdays
February 5 – 28
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, February 1

When: **Session 3:** Tuesdays & Thursdays
March 5 – 28
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, March 1

CIRCUIT TRAINING 3X

This 3 times a week training program will sure to please you. See description above.

When: **Session 1:** Mondays, Wednesdays
Thursdays, January 7 – 31
Time: 1:30 – 2:30 pm
(Thursday class is 2:40–3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, January 4

NOTE: SESSION 1 is the only one listed in December paper.

When: **Session 2:** Mondays, Wednesdays,
Thursdays, February 4 – 28
(no class Feb. 18)
Time: 1:30 – 2:30 pm
(Thursday class is 2:40–3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, February 1

When: **Session 3:** Mondays, Wednesdays,
Thursdays, March 4 – 28
Time: 1:30 – 2:30 pm
(Thursday class is 2:40–3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, March 1

BUTTs & GUTTs

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, buttocks 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: Mondays, January 14 – March 25
(no class Feb. 18)
Time: 10:30 – 11:15 am
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, January 11

When: Thursdays, January 17 – March 28
Time: 5:15 – 6:15 pm
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, January 11

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 resistance equipment is also used. Wear comfortable clothing and footwear. Don’t forget to bring a yoga mat and water bottle.

Tuesdays & Thursdays

When: **Session 1:** January 8 – February 28
Time: 9:00 – 9:50 am
Fee: \$50 LSCO M; \$96 NM
Register by: Friday, January 4

When: **Session 2:** March 5 – April 25
Time: 9:00 – 9:50 am
Fee: \$50 LSCO M; \$96 NM
Register by: Friday, March 1

INDOOR CYCLING

Indoor cycling is a low impact aerobic activity that gets your heart pumping and can improve your endurance, heart health, stress level, strengthen hip and leg muscles and muscle. While cycling classes are safe for most people you should get clearance from your doctor if you have a heart problem, injury or any other serious medical conditions.

A workout typically involves cycling in a group while your instructor calls out instructions to simulate a real ride with climbing, sprinting, and coasting. The cycling varies between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level. During Tuesday and Thursday a.m. (Cycle Combo classes) you will be getting on and off your bike performing a number of exercises. You will want to wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle and sweat towel. Instructor: Jamie Hillier.

When: Mondays, January 7 – March 25
(no class Feb. 18)
Time: 12:10 – 12:50 pm
Fee: \$58 LSCO M; \$69 NM
Register by: Friday, January 4

When: Tuesdays, January 8 – March 26
Time: 9:00 – 9:50 am
Fee: \$63 LSCO M; \$75 NM
Register by: Monday, January 7

When: Tuesdays, January 8 – March 26
Time: 12:10 – 12:50 pm
Fee: \$63 LSCO M; \$75 NM
Register by: Monday, January 7

When: Thursday, January 10 – March 28
Time: 9:00 – 9:50 am
Fee: \$63 LSCO M; \$75 NM
Register by: Wednesday, January 9

STRENGTH & STRETCH

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

When: **Session 2:** Wednesdays
February 20 – March 27
Time: 12:05 – 12:55 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Friday, February 15

FIT FRIDAY

Each week participants will be lead through a variety of challenging yet fun workouts. Ex: Tabata, Weights & Bars, High Intensity Training & more. Be prepared to work hard. Wear comfortable exercise gear, bring a water bottle, yoga/exercise mat for abdominal/core work and your enthusiasm. (Intermediate to advanced level class). Both men and women encouraged to attend.

When: Fridays, January 11 – March 29
Time: 12:10 – 12:55 pm
Fee: \$66 LSCO M; \$78 NM

Instructor: Tracy Simons
Register by: Thursday, January 10

POUND CLASS

This energizing seated and/or standing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair. A variety of drumsticks will be used; some may be weighted This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout.

When: Mondays, January 14 – March 4
Time: 12:10 – 12:55 pm
Fee: \$42 LSCO M; \$60 NM
Register by: Friday, January 11

Dance & Movement

COUPLES DANCE

Join in on the fun with your partner to learn the Clarksville Shuffle, 2 Step and Jive through easy progressions. Every lesson promotes fun in an inviting atmosphere no matter what your dance experience is. Wear comfortable clothes and non-marking soled shoes that you like to dance in. You do not have to be a member of LSCO to participate.

Note: Fees are per person.

When: Mondays, January 21 – March 18
(no class Feb. 18)
Time: 6:45 – 7:45 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, January 17
Location: LSCO Gym 2

EVENING LINE DANCE

Designed for the beginner, line dance routines will be taught containing short sequences of steps, with easy to follow instructions. No previous dance experience or partner required. Come join the fun! You will be glad you did. Wear non-marking soled shoes. You do not have to be a member of LSCO to participate.

When: Mondays, January 21 – March 18
(no class Feb. 18)
Time: 8:00 – 9:00 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, January 17
Location: LSCO Gym 2

LINE DANCING

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

When: Mondays, January 7 – April 15
Time: 10:30 am – 12:00 pm
Fee: \$45 LSCO M; \$75 NM
Instructor: Diane Holstine
Register by: Friday, January 4

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!

When: Thursdays, January 10 – April 18
Time: 10:30 am – 12:00 pm
Fee: \$45 LSCO M; \$75 NM
Instructor: Diane Holstine
Register by: Monday, January 7

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, January 10 – April 18
Time: 1:30 pm – 2:30 pm
Fee: \$45 LSCO M; \$75 NM
Instructor: Diane Holstine
Register by: Monday, January 7

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. Andrea Hertz instructs these classes.

When: Tuesdays, January 8 – March 26
(no class Feb. 19)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Friday, January 11

When: Thursdays, January 17 – March 28
(no class Feb. 21)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Tuesday, January 15

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. Class will probably be held in a different room. Non members \$3 but not shown in this description.

When: Fridays, January 4 – May 31
(no class April 19)
Time: 10:15 am – 11:45 am
Fee: \$40 LSCO M; \$60 NM

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, January 8 – March 26
Time: 11:00 – 11:45 am
Fee: \$55 LSCO M; \$78 NM
Instructor: Sheila Mulgrew
Register by: Friday, January 4

When: Thursdays, January 10 – March 28
Time: 11:00 – 11:45 am
Fee: \$55 LSCO M; \$78 NM
Instructor: Sheila Mulgrew
Register by: Tuesday, January 8

ZUMBA

Are you ready for a fun “feel happy” workout that is both for the body and mind? If so, then Zumba is for you! A fusion of Latin and International music and dance combinations will have you moving to a blend of fast and slow rhythms that tone and sculpt the body. Add a little Latin flavor to your workout! Bring your water bottle and dress appropriately to glow (sweat).

When: Tuesdays, January 8 – March 26
Time: 6:30 – 7:30 pm
Fee: \$72 LSCO M; \$84 NM
Instructor: Sheila Mulgrew
Register by: Friday, January 4

ZUMBA TONING

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds).

Move to the rhythm of the Latin-inspired dance and international music beats. The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class, however may not be as easy to use. Come give it a try!

When: Saturdays, January 12 – March 30
Time: 11:00 – 11:45 am
Fee: \$72 LSCO M; \$84 NM
Instructor: Sheila Mulgrew
Register by: Friday, January 11

Sports

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

BASKETBALL

Enjoy playing basketball! Join this noon hour group for friendly yet competitive games. Showers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, January 8 – April 30
Time: 12:00 – 1:00 pm
Fee: \$68
Register by: Monday, January 7

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, January 4 – 25
Time: 9:15 – 10:45 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, January 2

When: Session 2: Fridays, February 1 – 22
Time: 9:15 – 10:45 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, January 30

When: Session 3: Fridays, March 8 – 29
Time: 9:15 – 10:45 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, February 27

PICKLEBALL

If you have taken lessons or have played Pickleball and know the rules you can purchase a pass to play during the week. Due to the high volume of players, we have designated times for play. This may give players an opportunity to have more playing time and encourage players to play with others who are at similar skill levels. 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.

Intermediate/Advanced

Mondays, Wednesdays, Fridays: 7:00 – 9:00 am
Mondays: 1:00 – 3:00 pm
Tuesdays: 10:00 am – 11:55 pm & 1:15 – 3:00 pm
Thursdays: 1:15 – 3:00 pm
Fridays: 1:00 – 3:00 pm

Novice/Recreational

Mondays, Tuesdays, Thursdays, Fridays
3:00 – 4:50 pm
All Skill Levels
Wednesdays Open Play: 1:00 – 3:30 pm
Tuesday, January 15: 10:00 am – 12:00 pm
NO PICKLEBALL

Monthly Fee: \$20 LSCO M; \$45 NM
12 month Fee: \$180 (\$15/month) LSCO M
Drop In Fees must be paid prior to playing:
\$3.00 M; \$5.00 NM*Fees are not pro-rated.*
Note: A few times a year that the gym is not available due to special events, tradeshow, holidays and floor re-surfacing.

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: Mondays, Wednesdays, Fridays
Time: 3:00 – 4:30 pm
Fee: \$44 & LSCO membership

Special Interest

PEACE EDUCATION PROGRAM

This programs consists of 10 weekly DVD sessions, each focusing on a particular theme (inner resource): Peace, Appreciation, Inner Strength, Self Awareness, Clarity, Understanding, Dignity, Choice, Hope and Contentment. These customized, interactive workshops are non religious and non sectarian and focus on accessing Inner Peace with each individual. A small fee for program handouts is payable to the facilitators. Bring a journal for reflection. Facilitators are Karen Howe & Mary Leah Holtman.

When: Mondays, January 14 – March 25
Time: 2:00 – 3:00 pm
Fee: \$30 per person

ADVANCED PHOTOGRAPHY

If you are an experienced photographer & enjoy going on outings to take photos you will enjoy participating in this group. The group may take a break from the program during the summer.

When: Tuesdays
Time: 9:30 – 12:00 pm
Fee: \$22/12 months & 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: \$28/12 months & LSCO membership

BILLIARDS

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

When: Monday – Friday
Time: 8:15 am – 4:00 pm
Fee: \$53/12 months & LSCO membership

DIGITAL PHOTOGRAPHY

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

When: Fridays
Time: 9:00 am
Fee: \$10/12 months & 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: \$20/12 months & 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: \$10/12 months & LSCO membership
NM Fee: \$2/day

KARAOKE

The Karaoke singers meet weekly at LSCO and twice a year produce wonderful concerts for the community to enjoy. This group may take a break over the summer.

When Tuesdays
Time: 1:00 – 3:00 pm
Fee: \$20/12 month & LSCO membership
NM Fee: \$2/day

Creative Arts

INTRODUCTION TO WOODWORKING

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

When: Tuesdays & Thursdays
January 22 – February 7
Time: 1:00 – 3:00 pm
Fee: \$20 LSCO M; \$40 NM
Register by: Thursday, January 17

HOW TO MATCH COLOUR WORKSHOP

Do you ever get stuck trying to figure out how to match a color you need without buying another tube of paint that you may only use once? In this 2.5 hr class you will learn how to analyze color and mix up your own color. You will only need 8 basic colors to achieve a multitude of colors and ultimately learn how to use your color wheel to make your painting experience easier.

When: Thursday, January 24
Time: 1:00 – 3:30 pm
Fee: \$15 LSCO M; \$25 NM
Instructor: Donna Gallant
Register by: Monday, January 21

DRAWING FROM LIFE

Drawing from life means drawing from actual objects or subjects that you can see, touch and smell. We will cover the basics of all drawing like line, shape, value, texture and perspective. We will cover everything from quick stretches to detailed drawings. This is a great class for the beginner as well as a refresher for the more experienced drawer.

When: Thursday, January 31 – March 7
Time: 1:00 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, January 28

BEGINNERS ANIMAL PORTRAITS in Coloured Pencil

After covering watercolour, drawing and acrylic animal portraits, this class we’ll be using colored pencil as our medium. This class will be great for either a beginner or a more experienced student. We will be working with specific lesson plans and because this medium takes a while to complete, we may only end up with only a few finished pictures. With this medium, you can achieve a more realistic result and image which I think students may appreciate.

When: Wednesday, January 30 – March 13
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M;
Instructor: Donna Gallant
Register by: Friday, January 25

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: \$22/12 months & 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: \$10/12 months & 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: \$35/12 months & LSCO membership

PAPER TOLE WORKSHOP

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

When: Fridays
Time: 9:00 am – 3:00 pm
Fee: \$22/12 months & LSCO membership

QUILTING

Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Admin. 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 (\$15).

When: Thursdays
Time: 12:30 – 2:30 pm
Fee: \$20/12 months & 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 instruc-

tion. 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: \$44/12 months & LSCO membership

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, January 14 – March 25
(no class Feb. 18)
Time: 1:00 – 4:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, January 10

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: \$20/12 months & LSCO membership

iPHONES

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

When: Monday & Wednesday
January 21 & 23
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris.
Register by: Friday, January 18

ANDROID SMART PHONES & TABLETS

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

When: Monday & Wednesday
January 28 & 30
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, January 25

WORKING WITH WINDOWS 10

If you are familiar with the previous versions of Windows and need a hand with the new one, or if it’s 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, 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.* Instructor is Peter Harris.

When: Mondays & Wednesdays
February 4 – 13
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Register by: Friday, February 1

INTERNET SECURITY
& the CLOUD


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

When: Mondays & Fridays
January 14 – January 31
Time: 1:45 – 3:45 pm
Fee: \$50 LSCO M; \$76 NM
Instructor: Ron Henriquez
Register by: Friday, January 11

INTRODUCTION TO YOUR IPAD

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

When: Mondays & Fridays, March 4 – 22
Time: 1:45 – 3:45 pm
Fee: \$50 LSCO M; \$76 NM
Instructor: Ron Henriquez



FREE ZUMBA CLASS

Join Sheila Mulgrew as she leads you through the different styles of Zumba offered in the New Year. Wear comfortable, cool clothes and indoor footwear. Bring a water bottle.

When: Thursday, January 3
Time: 11:00 am

Meet you in the All Purpose Room!

FREE TABATA CLASS

If you have not tried a Tabata class yet here is your chance. You will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Meet you in the small gym.

When: Thursday, January 3
Time: 10:00 am start
Instructor: Jamie Hillier





FREE ATHLETIC CIRCUIT CLASS

The holidays are over and it’s time to get moving! Jamie will put you through a fun, challenging workout. Wear your workout gear and indoor exercise footwear. Bring a water bottle!!! See you in the small gym.

When: Friday, January 4
Time: 10:00 – 11:00 am
Instructor: Jamie Hillier



LSCO PERSONAL TRAINING Opportunities

**Package “A”**

1 Hour Personal Training Session \$50

Includes:

- Review of Pre-screening of PAR-Q (Physical Activity Readiness Questionnaire)
- Your own Personal Training Program. Developed just for you!
- One 1 hour hands on session with your Trainer to teach you the program developed for you.
- 1 Follow up from your Trainer. In person at LSCO, by phone, email or text. Your Choice!

**Package “B”**

(x3) 1 Hour Personal Training Sessions \$135

Includes:

- Review of Pre-screening of PAR-Q (Physical Activity Readiness Questionnaire)
- (x3) 1 Hour Personal Training Sessions
- Every 4 – 6 weeks, learn a new and progressed program. Or if you prefer use these session for review of techniques or extra motivation.
- 3 Follow ups from your Trainer. In person at LSCO, by phone, email or text. Your Choice!

**Package “A”**

(x5) 1 Hour Personal Training Sessions/Programs \$190

Includes:

- Review of Pre-screening of PAR-Q (Physical Activity Readiness Questionnaire)
- 5 Follow ups from your Trainer

LSCO FITNESS CENTRE


FITNESS CENTRE HOURS

Monday – Friday
8:00 am - 4:15 pm

Hours may change.

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

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



MEET OUR TRAINER: Jamie Hillier

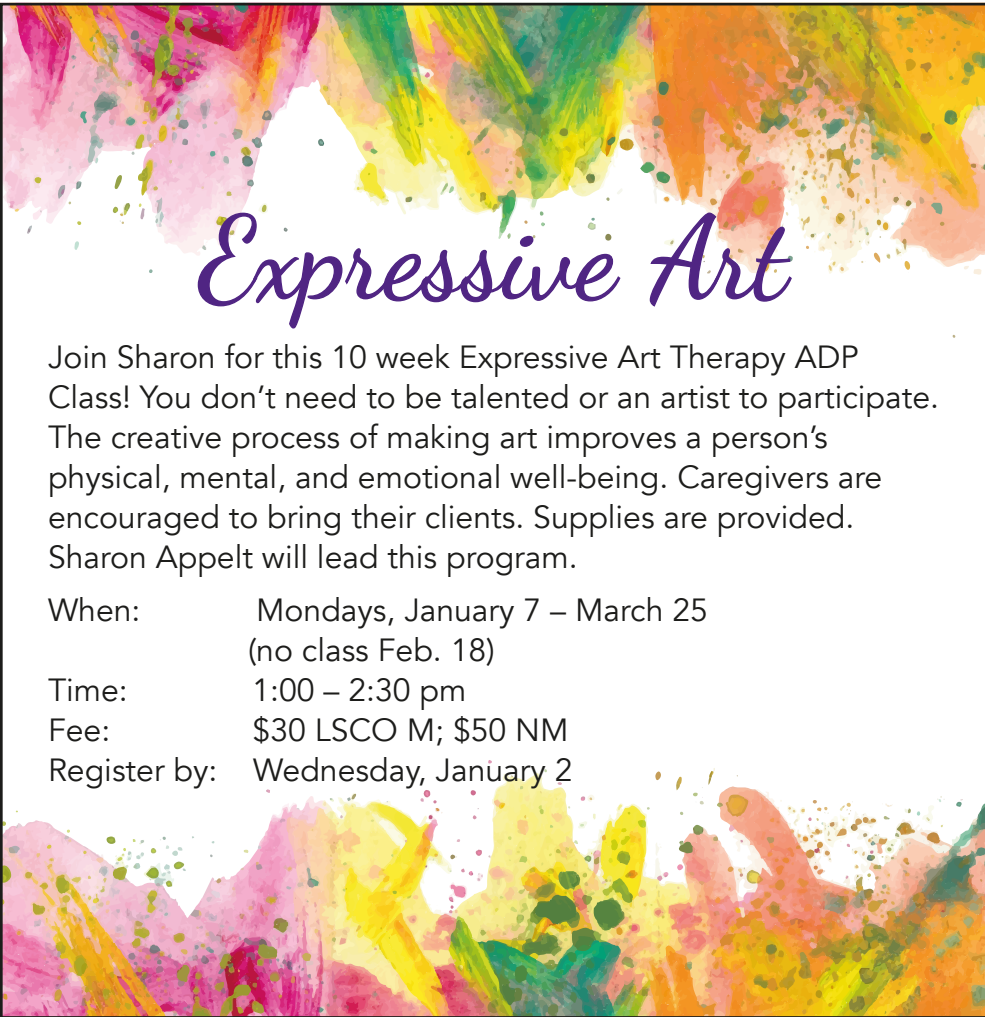
Jamie became a Certified Group Fitness Instructor and Certified Personal Trainer in B.C. in 2006. Since then she moved to Alberta about 3 years ago and became AFLCA Certified to be able to teach in Alberta. Jamie offers many different styles of classes from Power Walking, Cycling, Tabata, TRX and Strength Circuit classes just to name a few. Jamie has years of experience working in the Fitness field and enjoys meeting new participants and building relationships.

When Jamie is not working she spends time with her family in the mountains of the Elk Valley where they enjoy their winter and summer activities. Fitness and outdoor activities are a big part of Jamie's life. Swing by a class or the Fitness Centre and say hello to Jamie as she is excited to be at LSCO Community Centre and can't wait to meet you.

January 2019 - LSCO Adult Day Program

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|---|
|  | | 1 Happy New Year LSCO Closed | 2 Fun with Wii 1:00 pm Room C/D Pickleball | 3 Music with Sandy 1:00 pm Room A/B | 4 Free Community Music in Stage Area Carl Sigurdson 11:45 am ~ 1:45 pm Lunch Special | 5  |
| 6  | 7 | 8 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D | 9 Bowling Holiday Bowl 1:00 pm Pickleball | 10 Music with Floyd Sillito 1:00 pm Room A/B | 11 Free Community Music in Stage Area Floyd Sillito 11:45 am ~ 1:45 pm Lunch Special | 12 |
| 13 | 14  | 15 Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D | 16 Horse Racing 1:00 pm Room A/B Pickleball | 17 Music with Tom 1:00 pm Room C/D | 18 Free Community Music in Stage Area Broadway Collective 11:45 am ~ 1:45 pm Lunch Special | 19  |
| 20 | 21  | 22 Fun with Wii 1:00 pm Chair Exercises 2:45 pm Room C/D | 23 Bowling Holiday Bowl 1:00 pm Pickleball | 24 Los Gringos 1:00 pm Room A/B | 25 Free Community Music in Stage Area Celtic Routes 11:45 am ~ 1:45 pm Lunch Special | 26 |
| 27 | | 29 Movie Time 1:00 pm Chair Exercises 2:45 pm Room C/D | 30 Fun with Wii 1:00 pm Room C/D Pickleball | 31 Taiko Drumming Lethbridge Community Taiko 1:00 pm |  <p>Let it snow, Let it snow, Let it snow.</p> | |

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.



Expressive Art

Join Sharon for this 10 week Expressive Art Therapy ADP 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, January 7 – March 25
(no class Feb. 18)

Time: 1:00 – 2:30 pm

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

Register by: Wednesday, January 2

LSCO Adult Day Program

Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.

Program Schedule

Tuesday, Wednesday & Thursday
1:00 pm – 4:00 pm
Cost: \$3 per visit LSCO M; \$5 per visit NM
Attend 1, 2 or 3 days a week

Benefits

The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Transportation to and from the program are the responsibility of participant or caregiver.



Creative Arts

Creative Arts Classes in Winter

- Creative Zen-Art • Drawing from Life
- Beginners Animal Portraits in Coloured Pencils
- How to Match Colour Workshop

Wellness Services in January

Tuesday, January 8: Serenity Foot Care
9:00 am – 4:00 pm

Wednesday, January 9: Alger Zadeiks Shapiro
(Free 15-minute legal consultation)
10:00 am – 12:00 pm

Thursday, January 10: Lethbridge Hearing Services
(Hearing Screening) 10:00 am – 12:00 pm

Friday, January 18 Reflexology, 9:00 am – 3:00 pm
(Clinic Room)

Friday, January 25: Andrea’s Massage
9:00 am – 1:00 pm

Wednesday, January 30: Dr. Bolokoski, Podiatry
8:30 am – 12:30 pm



Support Services Coordinator

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

Friday Music at LSCO
Note: Time change for Friday music.
Now running 11:45 am – 1:45 pm.

January 4th: Carl Sigurdson – DJ Oldies Rock

January 11: Floyd Sillito – Preserving our Musical Heritage;

January 18: Lethbridge Broadway Collective – Sing-Along Showtunes

January 25: Celtic Routes and Scottish Country Dancers

Upcoming Sessions

January 15 – February 19: Conversation, Cooking & Companionship Program (3C’s). See poster on page 9 for details.

Practicing Happiness: February 6 – March 13. Register today at the front counter or call 403-320-2222




Happy New Year! *The 23 Days of Christmas* campaign is in full swing in support of the LSCO Meals on Wheels’ Program. This year marks the 10th Annual fundraiser that Ryan and Tanya Miller of Teamwork Training Ltd. have organized for us. We are extremely grateful for their dedicated leadership. Each day in December and into the second week of January 2019, 36 community businesses and individuals have donated \$1,000 each day to become the Head Chef or \$500 as Sous Chef. We sincerely thank Crazy Cakes and Cuppers Tea and Coffee for donating cupcakes and coffee to the daily sponsors on our behalf. Gift cards have been flying off the shelves at Cuppers, Crazy Cakes and Urban Grocer. For every \$20 gift card that is purchased at these stores, \$10 is donated back to Meals on Wheels. The power of community in supporting our seniors this holiday season is tremendous. Thank you to our above-mentioned partners and all 23 Days of Christmas sponsors listed below:

ServiceMaster; Kal Tire; Groenenboom Land & Cattle; AVE Farms Ltd.; Cargill; KB Heating & Air Conditioning Ltd; Peyton Mills & Bill Glaister; CARSTAR Collision & Glass Service; City of Lethbridge – The Old Courthouse; Shilpa Stocker - Westwinds Management Solutions; Zero Gravity Cranes & Rigging;

Whisper Heating & Cooling; Richardson; Nyrose, McKenzie, Alexander LLP; Shaw & Associates; Windsor Plywood; Melcor; Rogers Sugar; Headwater Equipment Sales Ltd.; Glenn & Janice Varzari; Lethbridge Hearing Centre; Bruce & Jim Groenenboom Feedlot; Teamworks Career Centre & Select Recruiting; DBS Environmental; PaperTrail Recycling; Suzan & Bob Boudreau; Street Wheelers; McCain Foods; Elements Physical Therapy & Acupuncture; PRO Building Supplies; LAFARGE; Lorraine & Tony Van Leuken; My Automotive; HyTech Production Ltd; Sun Life Financial; Evans HD.

Last year’s 23 Days of Christmas campaign total was \$26,006! This fundraised effort allowed us to keep our 2018 meals as low as possible for our clients, regardless of the rising cost of food. The cost range of a hand-delivered meal to your door is \$7.00 to \$10.50 per meal, depending on income level. Our Meals on Wheels program relies solely on the gracious support of all our volunteers. Whether prepping and packing meals, driving or couriering through all weather conditions, we thank every one of YOU for all you contribute. For more information on LSCO Meals on Wheels, call Michelle Strain at 327-7990 or email mow@lethseniors.com.



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 is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays
January 9 – March 27

Time: 8:30 – 9:30 am

Fee: \$54 LSCO Members; \$75 NM

Register by: Tuesday, January 8



500 - 11th Street South, Lethbridge
www.mealsonwheelslethbridge.ca
403-327-7990

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FRIDAY, JANUARY 25
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When: Tuesdays
January 8 – March 26
(no class Feb. 19)

Time: 5:15 – 6:15 pm

Fee: \$65 LSCO M; \$98 NM

Register by: Friday, Jan. 11

When: Thursdays
January 17 – March 28
(no class Feb. 21)

Time: 5:15 – 6:15 pm

Fee: \$65 LSCO M; \$98 NM

Register by: Tuesday, Jan. 15

LSCO PARKING PASSES

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

To renew your Parking Pass, we require your old pass.

Renewal: \$10 (when returning previous year’s pass)

New Pass: \$13 • Day Parking: \$3

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on Tuesday, January 22 from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

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

An RRSP isn’t the only option to save your money

As we approach March 1, you may be feeling the pressure to maximize your contribution to your Registered Retirement Savings Plan – but that isn’t your only option to save for the future. Sometimes, it may be worth investing in other options like a Tax-Free Savings Account.

Choosing the best tool for saving can be difficult, and while both a TFSA and an RRSP will help you reach your end goal, they differ in many ways. Here is some information that can help you decide where to put your money.

Saving for the future. Both the TFSA and RRSP are methods to help you save for the future — whether that’s for education, purchasing your first home or retirement. Income earned in both plans can accumulate tax-free. However, because of the more flexible withdrawal rules, TFSAs are more typically used for short-term goals.

Contribution limit. Unlike saving money under the mattress, there is a limit to how much money you can contribute to either type of account. For TFSAs, the limit changes every year; in 2019 it’s \$6,000, an increase from 2016-2018’s \$5,500. Remember that while you are constrained to this upper limit, your total contribution is cumulative, so if you don’t contribute the maximum amount, you can roll over the contribution room year to year. For RRSPs, your contribution limit is based on 18 per cent of your earned income, to a maximum of \$26,230 for 2018 plus any unused contribution room from previous years. To find out your limits, look at last year’s Notice of Assessment from the Canadian Revenue Agency.

Withdrawals. The best part about saving may be when you can withdraw the money you need. With a TFSA, you can withdraw funds any time you like without tax consequences. The amount you withdraw will also be added back to your contribution limit the following year. However, if you withdraw money from your RRSP, it will be included in your taxable income unless you are participating in the Home Buyer’s Plan or Lifelong Learning Plan. It will not be added back to your contribution limit.

Tax deductions. Unfortunately, contributions to TFSAs have no impact on your tax situation. However, contributions to RRSPs are tax deductible, reducing your income tax payable. If you contribute to your RRSP before the March 1 deadline of this year, you can claim a deduction on your upcoming tax return.

If you have questions about which savings vehicle makes sense for you, speak with one of H&R Block’s local tax experts.

www.newscanada.com

BASKETBALL

Enjoy playing basketball! Join this noon hour group for friendly yet competitive games. Showers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, January 8 – April 30


Time: 12:00 – 1:00 pm

Fee: \$68

Register by: Monday, January 7

Nicholas Sheran Senior Choir performed
Ringing in the Holiday Season
at LSCO on December 17th






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POUND CLASS

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When: Mondays, January 14 – March 4
Time: 12:10 – 12:55 pm
Fee: \$42 LSCO M; \$60 NM
Register by: Friday, January 11

**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 January 8 – March 26 | When: | Thursdays January 10 – March 28 |
| Time: | 11:00 – 11:45 am | Time: | 11:00 – 11:45 am |
| Fee: | \$55 LSCO M; \$78 NM | Fee: | \$55 LSCO M; \$78 NM |
| Instructor: | Sheila Mulgrew | Instructor: | Sheila Mulgrew |
| Register by: | Friday, January 4 | Register by: | Tuesday, January 8 |

*Beginner
Line
Dance*

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

| | |
|--------------|----------------------------------|
| When: | Thursdays, January 10 – April 18 |
| Time: | 1:30 pm – 2:30 pm |
| Fee: | \$45 LSCO M; \$75 NM |
| Instructor: | Diane Holstine |
| Register by: | Monday, January 7 |

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BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt
Hearing Technician

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2019 Here We Come

2018 was a tumultuous year, especially if you were Donald Trump. Every week the news cycle was devoted to his Presidency and its latest crisis. If all goes well, at least in my opinion, Trump will likely not make it through the year. Certainly, if the United States had a parliamentary democracy he would be have been finished a long time ago.

2019 will prove to be an interesting year for Albertans as we will have a Provincial election and a Federal Election. The Provincial election should prove to be a strongly fought contest. For those of us old enough to remember if only we had another Peter Lougheed to take the reins of our Province. Life was simpler back then and perhaps it is wishful thinking that those good old days can ever return and maybe there weren't such good old day in any event. Our memories of the past are often looked back with rose colored glasses on.

As far as the Federal election is concerned, Albertans need not worry as the election will be settled once again in Ontario and Quebec and the Western half of the country, will merely be a footnote to the outcome. There is much resentment towards the Liberals, at least in Alberta, as most of us remember our friend Pierre Elliot and it seems like Justin is a chip off the old' block, except in some people's minds even worse. It does seem that Alberta is once again getting a bad deal from the rest of the country and there is little we can do about it.

But enough about politics and more about the law. Lately I have come across quite a few files where the major issue revolves around whether



Legal Tips and Information

Douglas Alger

a cohabitation and/or pre-nuptial agreement was signed. By way of explanation, this is an agreement you make with your prospective new partner/spouse, whereby just in case the relationship goes south, you have a roadmap for what happens then. It doesn't seem very romantic or loving to enter into such an agreement and seems to run against the wedding vows, "for richer, for poorer, in sickness and in health, till death do we part". As most things in law, every situation is based on the particular facts, but most young couples starting out in life with nothing but an education and some job prospects, do not need an agreement. The classic case where an agreement is a good idea is if one of the parties has significant assets and the other does not. Then of course there are all the situations in between these two extremes.

If a relationship does fall apart, it is much simpler to dissolve that relationship if a good agreement is in place. I cannot stress enough how much of the legal profession relies on divorce law as their main way of making a living and

pre-nuptial/cohabitation agreements directly cut into a lawyer's ability to make hay out of a messy divorce. Divorces are expensive, I once heard a lawyer remark to me that take the cost of your wedding and that should pretty much equal the cost of your divorce. Particularly if you had a big wedding.

In other words, anyone thinking of getting married, should at least talk to a lawyer about whether a pre-nuptial or cohabitation agreement is a good idea for their situation.

Just to complicate matters and this is a big complication, there will be new legislation in our Province that will extend rights under the Matrimonial Property Act, to people who live together in an adult interdependent relationship. The new name of the legislation will be the Family Property Act and it will be in force commencing January 1, 2020, but you might as well structure your affairs accordingly for 2019. It used to be the case that living together meant a free pass on property rights or least a great deal of uncertainty, this is not the case anymore. Basically, living together is the same thing as getting married, with the exchange of vows and the celebration.

All the more reason to have a conversation with your lawyer about what this all means for you and your significant other to be.

I wish you and yours a happy and prosperous 2019 and I look forward to writing my final article on Donald Trump! ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

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.

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New Year's Resolution: *To tolerate fools more gladly, provided this does not encourage them to take up more of my time.* ~ James Agate



Discover more information about your iPhone or Android Smartphone and Tablets. Want to learn more about Internet Security and the Cloud? We also offer Working with Window 10. We have a class to help you use your technology. Need help with the "Apps" for your iPad, we have a class that is right for you.

Introduction to Your iPad

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



| | |
|-------------|---------------------------------|
| When: | Mondays & Fridays, March 4 – 22 |
| Time: | 1:45 – 3:45 pm |
| Fee: | \$50 LSCO M; \$76 NM |
| Instructor: | Ron Henriquez |



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

When: Thursdays, January 10 – March 28
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Tuesday, January 8

Active
Yoga



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: Fridays, January 11 – March 29
Time: 9:00 – 10:00 am
Fee: \$66 LSCO M; \$78 NM
Register by: Thursday, January 10

Computer Corner

by Sjoerd Schaafsma

Shortcuts – The Abbreviated Edition

Happy New Year Everyone!

The LSCO Computer Club is here to help seniors understand and make better use of new technologies, in a friendly relaxed atmosphere. Drop into the lab for a visit to see what we’re about.

There are many computer shortcuts out there, some specific to certain programs, while others work in almost all versions of Windows. If you are using a Mac, many shortcuts are the same if the Mac Command key is substituted for the Windows Control {Ctrl} key. There is usually more than one way to accomplish a task, but even if you aren’t a touch typist some tasks are easier to do with a keyboard than with the mouse or touch pad, or only work with the keyboard. If you have trouble with finger control, then mouse commands might be better way to go.

The following commands call for both keys to be pressed at the same time. The Control or Alt key can be kept down while the second key is tapped and released.

- Alt-Tab** – Switch between open applications. The Tab key might only be marked with a right and left arrow.
- Alt-F4** – *Close an application!!* This is what you use if the mouse stops responding, or a web site is telling you there’s an emergency or a Virus Alert or you’ve been taken to a website you can’t get out of. Pressing the Alt and F4 function key will close almost any program, even Windows itself if you are in the right spot. Remember use the F4 function key along the top of the keyboard, and NOT the F and 4 keys.
- Ctl-Tab** – Switches between tabs in your browser
- Ctl-C** – Copies selected text
- Ctl-V** – Pastes selected text
- Ctl-Z** – Undoes typing or sometimes previous command.

For a full list of Windows keyboard shortcuts go to:
<https://support.microsoft.com/en-ca/help/12445/windows-keyboard-shortcuts> OR: <https://bit.ly/2h9McFK>
Copying the long link above into the *shorten* window on <https://bitly.com/> results in the much shorter link.

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. * Jan. 14, 21, 28 * Club will use Tuesday PM, Jan. 14, 16, 29.
If the lab is closed ask for the key at the reception desk.
Wireless internet access is available at: LSCO-computer_lab_guest

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

The Computer Corner can be read online at the Computer Club tech site <https://goo.gl/pjZz3J> , which is the short form of <https://sites.google.com/site/oldfolkscomputers/home>
To subscribe to the computer club email list, or if you have questions about the Computer Club
Email: computerclub@lethseniors.com

Computer Club
WORKSHOPS
& Events

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. * Jan. 14, 21, 28 * Club will use following Tuesday PM. These are low key sharing events geared for seniors and beginners, we are here to help and not speak “High Geek”.

January

- | | |
|--------------|---|
| Monday 7 | Updates, computer maintenance & planning |
| Wednesday 9 | Storage – Making space on your limited space device phone, tablet to Computer |
| Tuesday 15 | Sharing & help session |
| Tuesday 22 | Sharing & help session |
| Wednesday 23 | Using remote Storage, Dropbox, iCloud, OneDrive, Google Drive |
| Tuesday 29 | Sharing & help session |
| Wednesday 30 | Planning Session |

Suggestions for other workshops are welcomed. Check the bulletin boards in main lobby and beside the computer lab for last minute changes
Updates to the schedule can be found at:
<https://sites.google.com/site/oldfolkscomputers/workshop-calendar>
Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.

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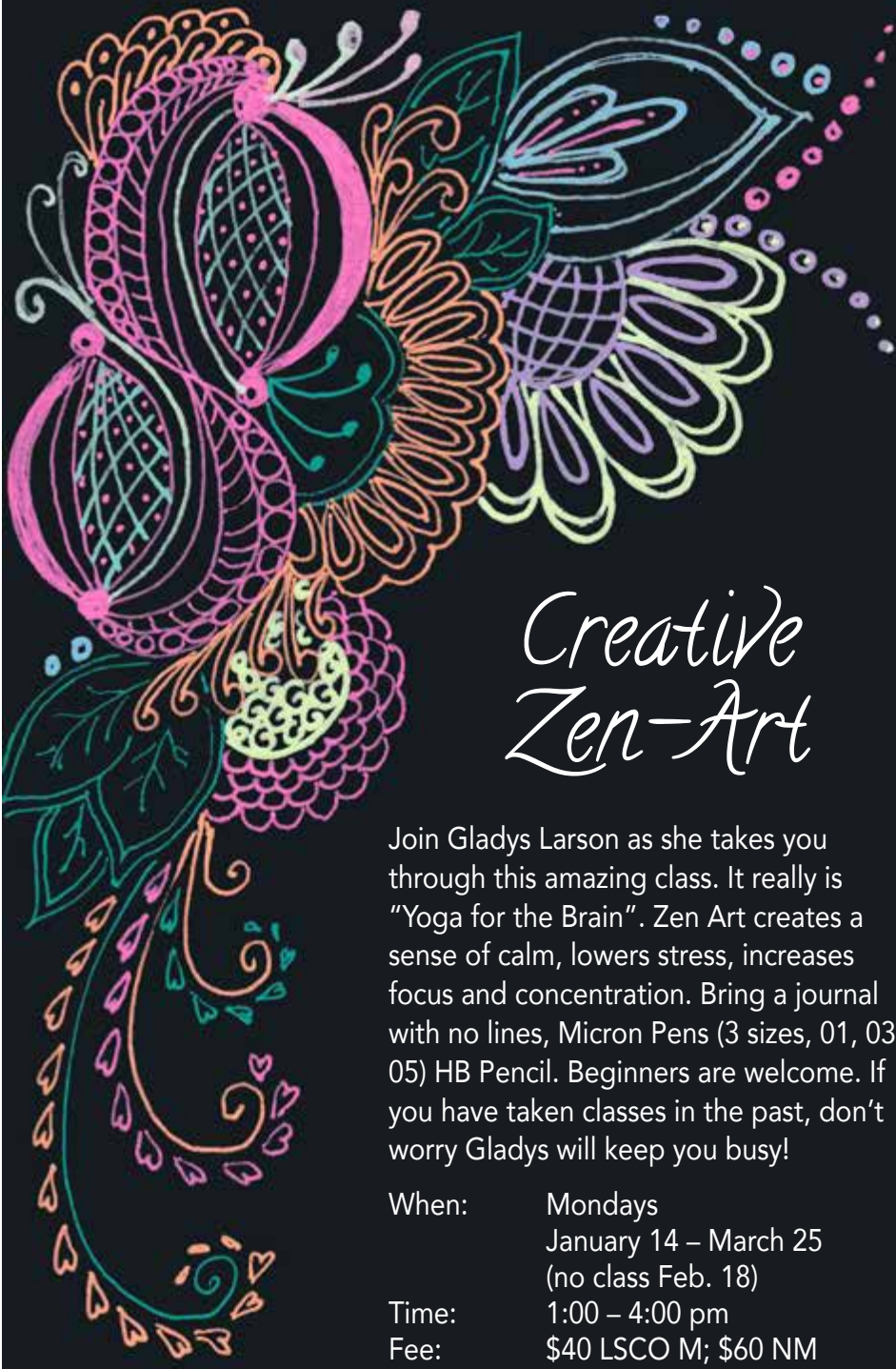
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Did you know?

the Dining Room at LSCO is open to the public and serves breakfast and lunch?



*Creative
Zen-Art*

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

When: Mondays
January 14 – March 25
(no class Feb. 18)

Time: 1:00 – 4:00 pm


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

Register by: Thursday, January 10

HOW TO MATCH COLOUR WORKSHOP

Do you ever get stuck trying to figure out how to match a colour you need without buying another tube of paint that you may only use once? In this 2.5 hour class you will learn how to analyze colour and mix up your own colour. You will only need 8 basic colours to achieve a multitude of colours and ultimately learn how to use your colour wheel to make your painting experience easier.

When: Thursday, January 24
Time: 1:00 – 3:30 pm
Fee: \$15 LSCO M; \$25 NM
Instructor: Donna Gallant
Register by: Monday, January 21



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Wilber: Where is the Lesson?

Wilber built a workshop on his ranch, and to be real modern, he installed what they called a pit. This was a hole dug in the floor of the workshop and cemented in. It was wide enough to work in, and narrow enough that one could drive a car to straddle it. It was also deep enough to stand in while working on the undersides of cars, trucks, and tractors.

In the forties and fifties, hydraulic jacks were limited. Only dealerships and large garages had them. These pits also had covers which could be put in place when not in use, allowing people to walk on them. This provides the background for our story.

Wilber had changed the oil in his big truck and had done some cleaning of the bottom of the engine.

He left cleaning supplies in the bottom of the pit, including about half a gallon of gas. Then he closed the lid.

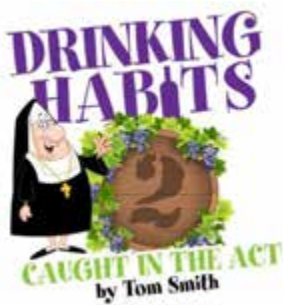
Wilber's neighbour and hired man showed up at his workshop on a friendly "visit"; that's the way it was done. They sat down in chairs which were located on the cover of the pit. They discussed farming: crops, and cows, and so on. The neighbour dragged out his pipe, tamped down the tobacco and got ready to smoke. He struck the match, lit his pipe and then dropped the match into a crack in the lid covering the pit that they sat on. You realize that farmers used gas to clean the parts they were using. It was cheap and it worked well. The fumes from the

gas in the pit exploded with a ball of fire and lifted the lid they sat on about three feet straight up in the air. Fire singed their eyelashes and the edges of their hair. The lid crashed down.

This really shook the three of them up. They were scared and smelled of gasoline and smoke. They all thought they were going to meet their maker. The three men just sat there, stunned, still on their chairs, on the lid of the pit.

Is there a lesson here? Oh yes! Firstly, always be sure you have your clean underwear because after this scare it was required. Secondly, don't smoke in the shop!

by Stan Coxson



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DEADLINE to book a seat is Friday, January 25, 2019
Call LSCO at 403-320-2222 to book your seat.
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When: Wednesday, February 27, 2019
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)

Payment must accompany booking and will not be processed until January 28, 2019. 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 Friday, January 25, 2019 refunds are not available.

Deadline to Book Seat is Friday, January 25, 2019
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My New Years Resolution is to find the calm in the chaos.
Practicing yoga is one of the greatest gifts you can give yourself.
It's where you connect mind, body and spirit. ~ Donna Karan

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