



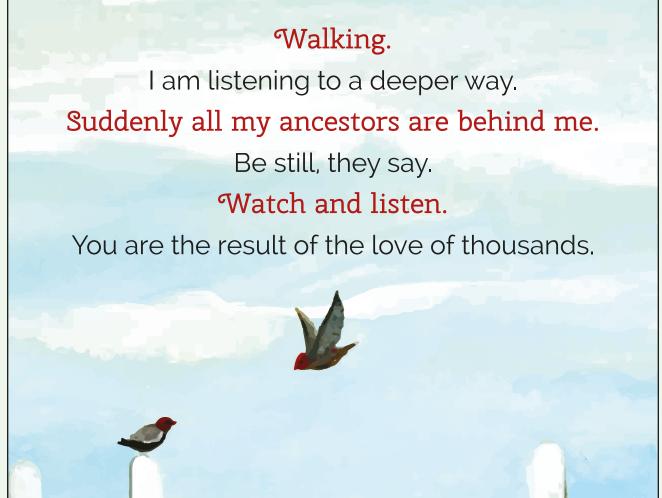
Senior Citizens organization

500 – 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com

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Mother's Day Brunch

Sunday, May 12th

3 Seatings: 10:00 am ~ 11:30 am ~ 1:00 pm Call to reserve your seat today!

LSCO ~ 500 - 11th Street South • 403-320-2222 Adults \$20 ~ 12 & under \$12 ~ 4 & under Free

OPEN TO THE PUBLIC

Ham, Cabbage Rolls,
Roasted Potatoes,
Broccoli Cheddar Soup,
Bacon & Chive Scrambled
Eggs with Hollandaise,
Scrambled Eggs, Bacon,
Pork Sausages, Waffles,
Strawberry Spinach &
Pecan Salad, Tossed Salad,
Cottage Cheese, Muffins,
Danish, Strudel, Fruit Tray,
Jello



~ Linda Hogan

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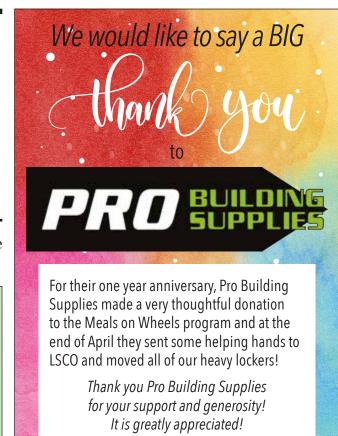
Executive Director **Rob Miyashiro** rmiyashiro@lethseniors.com

Rob was on vacation at press time. His article will return next month. ★

#GetLoud

about what mental health really is.

Mental Health Week May 6 – 12, 2019





FIT BALL AND MORE

Participants will be lead through a variety of exercises to help improve balance, strength and flexibility. Wear comfortable clothes, indoor shoes, bring a yoga mat and water bottle.

When: Tuesdays, May 7 - June 25 9:00 - 9:50 am Time:

Fee:





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www.lifeline.ca

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In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre









If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has power to move you if the simple things of nature have a message that you understand, rejoice, for your soul is alive.

~ Eleanora Duse

LSCO TIMES Page 3 • May 2019



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

2019 - 2020 Executive:

President Elect: Liz Iwaskiw

President: Keith Sumner Past President: Bob Maslen Secretary: Craig Rumer Treasurer: Stan Coxson

Board of Directors:

Vaughan Hembroff, Don McInnes, Merri-Ann Ford, Clifford Brown, Karen Johnson and Bob Morrow.

LSC0 403-320-2222

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Food Service Cashier – Georgette Mortimer ext. 27
Adult Day Program Supervisor – Sharon Appelt sappelt@lethseniors.com
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For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK (5465) It's free!

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

Vector graphics designed by Freepick

LSCO Vision Statement

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

Welcome New Members!

Vibeke Lindhardt Anne Lefebvre Marilyn Fleming Kate Lindsay Karen Lait Phil Edmundson J Moe Lefebvre Karen Kay **Gertie Cassidy** Connie Mercer Henry Vanderpyl Paul Henderson **Arline Bennett Evelyn Yackulic** Julie Weaver

A Smile is the Universal Welcome.

Celebrate Seniors' Week in Alberta June 2 - 8, 2019

ADULTS 554 GOLF TOURNAM

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

Open to the community.

When: Tuesday, June 4

Time: Check in at 9:00 am golf to follow

\$30/person (includes golf, light lunch, prizes) Fee:

Register by: Monday, June 3, 2019

Things to know:

- ★ All skill levels welcome.
- Golfers play their own ball. Individual scoring.
- Golfers can form their own team.
- ★ If event is cancelled due to poor weather it will be postponed to June 11.
- ★ If player cancels after June 3 fee is non refundable.
- ★ If player is a "no show" entry fee is non refundable.
- ★ Bucket of balls available to purchase for Driving Range.
- ★ All participants must have a set of clubs to use.
- **★** Clubs, Pull Carts & Limited Power Carts available to rent.

Register at LSCO or Evergreen Golf Centre

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

LSCO Hours of Operation

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

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Deadline Issue June 2019 Friday, May 17 July 2019 June 17

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

LSCO TIMES Page 4 • May 2019

reetings! We have another annual general Imeeting under our belt and now your Board of Directors can move on to strategic planning sessions. They'll be all day sessions scheduled for May 16th and June 13th.

At our AGM one of our members self described as 91 yrs. old, still driving and not requiring handicap parking.

The following day I was chatting with another member who shared she was 55 yrs. old, recently retired, did not subscribe to our local newspaper, didn't watch the local news and was not active on any social media platform. I share this information with you to illustrate She also shared she was interested in physical activities, mindfulness and meditation.

There's another group of very athletic members who don't much care to be called seniors and amongst themselves refer to LSCO simply as "The Club". (I jokingly refer to them as Geezer Jocks).



President's Message

the diversity of our membership. There's almost 4 decades difference in age. One person enjoys a relatively sedentary lifestyle while the other is into active living and exploring new areas of learning and the third group train for triathlons and competitive dragon boat racing.

See where I'm going with this? Your Board would very much appreciate your ideas on where LSCO needs to position itself in order to be relevant to the membership in the future. We realize we're physically short of space for activities and of course parking. Any ideas on how to resolve our dimension problem? What physical activities will be popular in the coming decade? What educational opportunities would interest you? Would you be interested in training opportunities for master athletes? These are just a few of the things that come to my mind. There must be other areas I'm missing.

Please don't be shy about sharing your thoughts with me or the other Board members. If you prefer you can email me at keith. sumner@shaw.ca . Thank you for helping the Board make these planning sessions effective.

Namaste. ★

Tai Chi for Life

Most people have heard of tai chi or seen people on video or in parks moving slowly and gracefully, and have wondered what it is or how it works.

Tai chi (or taijiquan) is known as one of the best methods for unifying body, mind and spirit. Originally developed as a martial art for self-defence, tai chi is now practised by hundreds of millions of people worldwide, mostly for health and wellness. Many people also still practise for self-defence.

The health benefits of tai chi have been widely publicized, especially when it comes to improving posture, balance and preventing falls for seniors. Indeed, a quick Google search on the topic comes up with over 10 million results.

Dr. Peter Wayne of Harvard Medical School calls it the "perfect exercise" or the "perfect medication." Additionally, the American Heart Association, the Arthritis Foundation, the Mayo Clinic and the National Institute of Health all recommend tai chi for its many health benefits.

But what academic journal articles don't often talk about is what it's like to start or practise tai chi, how much fun it is or how good it feels!

If You Can Walk, You Can Do Tai Chi:

One of the unique features of tai chi is that physical entry level to practice it is so accessible. Tai chi is for all ages. Many people, especially older adults, don't believe they can become stronger at later stages of life, especially if there are some health issues. However, if a person practises tai chi for 20-30 minutes, 3-4 times a week, for even a few months, it has amazing benefits.

Tai Chi Feels Good:

Unlike many physical activities, tai chi emphasizes moderation and relaxation. As you become familiar with the moves, doing tai chi feels akin to moving slowly in a swimming pool, floating through the movements. Also, the slow shifting of the weight increases your awareness of your body and the space around you.

Tai Chi is an Art:

Tai chi is a lot more interesting than other forms of exercise or calisthenics. It is a complex art, with a beauty of movement and subtlety of purpose that makes it interesting to study and practise over a long period of time.

Learning Tai Chi Provides a Sense of Accomplishment: Learning a tai chi form (choreography) is a substantial

accomplishment! It's a great memory exercise, and the increased integration and coordination of movement that develops from learning to move smoothly from one posture to another makes you feel that you've learned something significant.

Practising Tai Chi is a Great Form of Stress Reduction: Tai chi, like all meditation, can be a mental "safe space" or

mindfulness practice, where you live in the moment and leave everyday cares aside. When keeping attention on the movements, it's impossible to think about other things.

Tai Chi is a Great Way to Meet People and Make Friends:

It's fun to practise in a group in class. Most people that practise tai chi are interesting, open, friendly and supportive.

If you're looking for a new way to reduce stress, improve your health, and enjoy life, give tai chi a try. You'll be glad you did!

> Posted by Toby Kasavan **INSPIRED Senior Living magazine** www.seniorlivingmag.com



MENU~MAY 2019

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Non-Members add 15% • Menu subject to change without notice

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



	-8		W	ednesday, May 1	1	hursday, May 2		Friday, May 3
	May		Entree: Potato: Soup:	Liver & Onions Mashed Potatoes Chef's Choice	Entree: Potato: Soup:	Sweet n' Sour Meatballs Rice Pilaf Chef's Choice	Entree: Potato: Soup:	Spaghetti & Meat Sauce Chef's Choice
Monday, Ma	ay 6	Tuesday, May 7	W	ednesday, May 8	1	hursday, May 9		Friday, May 10
Entree: BBQ Chicken D Potato: Potato Wedges Soup: Chef's Choice		with Apple Sauce	Entree: Potato: Soup:	Corned Beef Hash Braised Cabbage Chef's Choice	Entree: Potato: Soup:	Chicken Breast topped with Tomato & Bacon Roasted Potato Trio Chef's Choice	Entree: Potato: Soup:	Beef Pot Pie Mashed Potatoes Chef's Choice
Monday, Ma	ny 13	Tuesday, May 14	We	ednesday, May 15	T	hursday, May 16		Friday, May 17
Entree: Shrimp Skewer Potato: Rice Soup: Chef's Choice	rs Entree: Potato: Soup:		Entree: Potato: Soup:	Wild Salmon Fried Rice Chef's Choice	Entree: Potato: Soup:	Lasagna Garlic Bread Chef's Choice	Entree: Potato: Soup:	Roast Beef Mashed Potatoes Chef's Choice
Monday, Ma	ny 20	Tuesday, May 21	We	ednesday, May 22	T	hursday, May 23		Friday, May 24
LSCO CLOS for Victoria	Potato	,	Entree: Potato: Soup:		Entree: Potato: Soup:	Mushroom Pork Chops Egg Noodles Chef's Choice	Entree: Potato: Soup:	Shepherd's Pie Chef's Choice
Monday, Ma	ny 27	Tuesday, May 28	We	dnesday, May 29	T	hursday, May 30		Friday, May 31
Entree: Ginger Beef Potato: Rice with Vegg Soup: Chef's Choice	ies Entree: Potato: Soup:	9	Entree: Potato: Soup:	Roasted Chicken Rice Pilaf Chef's Choice	Entree: Potato: Soup:	Cod with Dill Sauce Roasted Potatoes Chef's Choice	Entree: Potato: Soup:	Roast Turkey Mashed Potatoes Chef's Choice

LSCO TIMES Page 5 • May 2019



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. Instructor: Tracy Simons.

When: Mondays, April 1 – June 24

(no class May 20) 10:30 – 11:15 am \$6 LSCO M; \$7 NM Drop In Fee:

When: Thursdays, April 4 – May 30

Time: 5:15 - 6:15 pmFee: \$6 LSCO M; \$7 NM

Time:

5 tips for eating like a local

Whether we're away for a few days, weeks or months, many of us want to truly immerse ourselves in a culture when we travel. One great way to do this is through food.

- 1. **Do your research.** Before you leave, take some time to dig through travel books, blogs and websites to see what experts and fellow visitors recommend. Some popular spots might require a reservation, so it pays to plan ahead.
- 2. Time your visits. One way to get a good feel for the people and food of your destination is by checking out a food market or festival. Mingle with the locals and get a wide sampling of culinary treats. These kinds of events are planned months in advance, so it's easy to schedule your trip around that timing.
- 3. Hit the shops. Sure, the locals will eat some meals at restaurants, but for the most part they are doing their cooking at home. So visit grocery stores and farmers'

markets to get the most authentic taste of local food. If you're not staying at a home share or don't have access to cooking equipment, grab some fruit, veggies and fresh bread and enjoy a picnic at a park.

- 4. **Try a package.** An easy, stress-free way to sample your destination's best cuisine is with a tour or package. If you're heading to Europe, check out Air Canada Vacations' food-centric vacation packages that include flights, hotels and dining activities. For example, you can try a family cooking class in Rome or their Flavours of Portugal package curated with your taste buds in mind.
- 5. Ask your server. Servers and bartenders are excellent resources for finding delicious and affordable places to eat. They work in the industry so often have a professional interest, and you'll want to eat where the experts eat.

Find more information at aircanadavacations.com.

www.newscanada.com



Gentle Exercise Mondays

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**

April 1 – July 29

(no class May 20, July 1)

Time: 10:00 - 10:45 am Drop In Fee: \$4 LSCO M: \$5 NM



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, April 5 – June 7

(no class May 3)

Time: 10:15 – 11:00 am Drop In Fee: \$4 LSCO M; \$5 NM **Tracy Simons**

Instructor:

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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.

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



sutton group - lethbridge suttleth@telus.net

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). The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class. Come give it a try!

When: Saturdays

April 6 - May 25

(no class May 18)





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COMMON PLUMBING ISSUES WORKSHOP

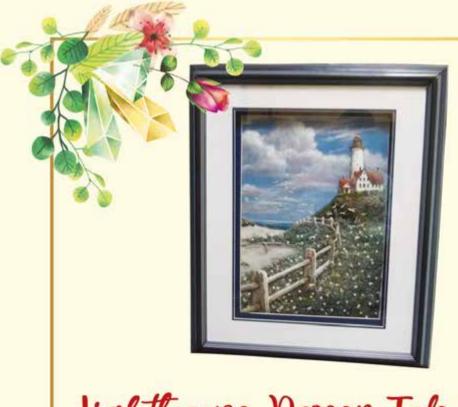
Kye Bowman, local plumbing professional, will share his tips for success to save you frustration, time and money.

- Do you come across home plumbing issues you are not sure how to handle?
- When is the best time to call in a professional?
- What can you expect from plumbers when they come in to your home?

Tuesday, May 28th 10:00 am ~11:00 am LSCO Room A & B

Please RSVP to Erin Vogt evogt@lethseniors.com or sign up at the front desk

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



Lighthouse Paper Tole Framed Picture Raffle

1 for \$5 or 3 for \$10 Draw Date: June 7, 2019

Donated by 1800 Paper Tole to raise money for 1800







International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.



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LSCO TIMES Page 7 • May 2019

Volunteer & Fund Development

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted, and behold, service was joy." - Ranibdranath Tagore

Thatever service means to you, I hope **V** that it brings you joy. One of my seasonal summer joys is helping tend the 4th floor garden at the hospital, which we plant with pollinator-friendly flowers.

MOTHER'S DAY

We have just a few volunteer spots left if you would like to be part of this fun event. In particular I am looking for table setters/re-setters and table bussers. Both are quite physical jobs, but they come with a meal to replenish your energy!

COFFEEHOUSE FUNDRAISING NIGHT

I am really excited that LSCO is hosting a folk roots trio called "Three of a Kind" on Wednesday, May 15th for an intimate concert fundraiser for LSCO. Tickets (available at the desk) are \$10 and include a hot drink and light • Dishwashing



Coordinator

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

refreshments. I'm bringing my husband and some friends, hope to see you there.

A FEW AREAS OF VOLUNTEER NEED

There are a few vacancies in some of our regular volunteer roles, please come speak to me for more information about:

- Meals on Wheels Couriers and Drivers
- Member Services (front door greeters)

TRACKING VOLUNTEER HOURS

Continuing the "Ask Chelsea" series comes this question about tracking volunteer hours:

"I don't really need any credit for volunteering. Do I still have to track my hours?"

Please! Yes! This is the only way I have of describing the scale and scope of the volunteering that happens here. Every year I am responsible for reporting about the Volunteer Department to our board and our membership in our Annual Report. We also have to submit reporting to our funders, and I also use this information when we apply for grants. Finally, the formal parts of our volunteer recognition program have to be based on real information, not on the "gut feelings" or the memory of staff.

Different positions here have different requirements and definitions for volunteering. If you aren't sure, check with me and I'll be happy to clarify. ★

Lethbridge Festival of Quilts 2019 Friday, June 14 - 10 am to 7 pm

Saturday, June 15 - 10 am to 5 pm

Lethbridge College Gymnasium 3000 College Drive South, Lethbridge, Alberta

Daily Admission \$8.00

Quilt Display, Merchant Mall, Featured Quilter, Bed Turning, Quilt Raffle & Free Parking

www.lethbridgequilters.ca

Sponsor:

Lethbridge Centennial Quilters Guild



Chair Yoga

Participants will move slowly through a variety of seated yoga poses to help increase flexibility, strengthen muscles, loosen joints as well as relaxing breath work.

When: Wednesdays, April 3 – June 26

Time: 9:35 – 10:25 am Drop In Fee: \$3 LSCO M; \$5 NM

When spring came, even the false spring, there were no problems except where to be happiest. ~ Ernest Hemingway



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LSCO TIMES Page 8 • May 2019

The Importance of Lifelong Learning

Instead of ending education at a specific Lage, people are encouraged to continue learning throughout their lifetime, whether on their own through self-directed learning or in centers that invite adult learning. Gerontological research has shown that enriched learning environments can help reduce cognitive decline due to aging as well as helping older adults deal with depression and self-image.

Learning new things become especially important in senior years. Think of your brain as a muscle that needs to be exercised regularly to keep it strong and working. Exercising your brain contributes to keeping you healtheir, more active, can give you an emotional boost and increase your self-esteem. Participatiang in a center to learn something new can also open up new friendships.



LSCO Case Worker/ **LEARN** Coordinator Lavonn Mutch Imutch@lethseniors.com

Nancy Merz Nordstrom, M.Ed., is the author of Learning Later, Living Greater. She suggests that lifelong learning is really about the ways to keep the mind, body and spirit stimulated, challenged and fully engaged. The brain's physical anatomy actually responds to enrich- I encourage you to step outside your coming mental activities. Scientists discovered fort zone and participate in new learning at that even an aging brain can grown new con- LSCO. 🖈

nections and pathways when challenged and stimulated. Paul Nussbaum, Ph.D., suggests that while exercise is critical as we age (learning something new) is as important for our brains as the physical exercise is to our body. He suggests that lifelong learning is like a "health club" for aging brains.

> Romeo Vitelli, Ph.D. Psychologist Toronto, Ontario

LSCO offers a wide range of programs that promote healthy aging. When we adopt a lifelong learning attitude, it fosters a sense of personal empowerment and can increase our self-esteem. Being as physically active as we can and challenging our learning can lead to benefits each and every day.

Bone Broth for Healthy Skin?

The interest in bone broth has been long and ongoing because of its collagen content. Collagen is a protein that forms the structure of our bodies. Bone broth is especially known for its role in youthful-looking skin and bone and joint health.

Your body, however, doesn't take the collagen from a food and force your bones or skin cells to helplessly suck it up. When you eat protein like collagen, the body's job is to break it apart. That's what the digestive process does; it breaks apart your food into the tools you, as a unique individual, needs to function.

The protein collagen is split into the various amino acids that originally united to create collagen. These amino acids are then reassembled into whatever type of protein your body needs at that time.

If you are considering drinking bone broth, go for it. It's not a magic potion, but it is adequate as a recovery and hydration source after a good workout; it rehydrates and provides electrolytes, although mostly as sodium. It's also a comforting, warm drink on a cold day, or when you are ill and have no appetite. But avoid attributing any "too good to be true" merits to bone broth – or any food, for that matter. The key to good health (including skin health) is the combination of a wide variety of foods.

Many foods play a role in skin health. Here is just a partial list:

Fish: omega-3 fatty acids boost cell protection and assist in collagen's support of skin structure.

Red vegetables: lycopene protects skin from damage, so it can absorb more collagen.

Oysters offer zinc, essential to the collagen-building process, and also provide many other vitamins and minerals to boost skin health.

Dark green vegetables are rich in antioxidants like vitamin C to boost collagen production.

Citrus fruits are also rich in antioxidants like vitamin C to help amino acids convert to collagen. They also help neutralize free radicals (normal daily waste products) that may attack and break down collagen and elastin in the skin.

Orange vegetables are rich in vitamin A to restore and regenerate damaged collagen.

Berries protect skin from damage thereby increasing collagen levels.

Soy offers a plant hormone (genistein) that acts as an antioxidant to promote collagen production.

Protein found in seafood, meats, eggs, dairy, nuts, seeds and legumes offers the amino acids lysine and proline (and others) to support your body's natural collagen production, ensuring skin health.

Garlic and any kind of onion, the allium family: onion, garlic, scallion, shallot, leek and chives offer sulphur, as well as lipoic acid and taurine to help rebuild damaged collagen fibres.

Avoid limiting your food choices to only the above foods. These are just the foods so far identified as having properties to assist in skin health. There are hundreds more yet to discover. It's safe to say ALL whole foods will boost skin health. Therefore, choose from a wide variety of foods to be sure you are getting everything we know of (and have yet to discover) to keep your skin and YOU healthy.

Too many of us have major or minor health issues. That's a pretty good indication we're probably not eating properly. Focusing on any one food, like bone broth, isn't going to fix that – or tighten up loose skin.

> Posted by Eve Lees **INSPIRED Senior Living magazine** www.seniorlivingmag.com



CLE COMBO

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. The cycling varies between sitting and standing as well as, the speed, resistance, and intensity levels, which can be adapted to your skill level. During these 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. Limited space. Instructor is Jeannie Ng.

Mondays, March 4 - May 27 (no class May 20) When:

Time: 5:15 - 6:15 pm Drop In Fee: \$6 LSCO M; \$7 NM

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Visit us at the Lethbridge Senior Live Well Showcase May 2 & 3, 2019

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concierge/personal assistant services Kimberly Simon

403 894 3264 www.gotogirlsolutions.ea gotogirlsolutions@gmail.com

Senior care/check ins To do lists...we help

During this 4-week session participants will work on improving strength, their cardiovascular system, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Instructor is Jamie Hillier. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

Tuesdays & Thursdays When:

May 7 - 30

1:30 - 2:30 pm Time: \$40 LSCO M; \$60 NM Fee:

Register by: Friday, May 3

When: Tuesdays & Thursdays

June 4 – 27 1:30 - 2:30 pm Time: \$40 LSCO M; \$60 NM Fee:

Register by: Friday, May 31

BUNGALOW CONDOS Starting at \$234,900 Incl. GST MAINTENANCE FREE ADULT LIVING Call Trisha Today! 403.331.1132 livingstoneestates.ca

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

Open to the Community

Tuesday, June 4 When:

Time: Check in at 9:00 am golf to follow

\$30/person (includes golf, light lunch, prizes) Fee:

Register by: Monday, June 3, 2019

Things to know:

- ★ All skill levels welcome.
- ★ Golfers play their own ball. Individual scoring.
- ★ Golfers can form their own team.
- ★ If event is cancelled due to poor weather it will be postponed to June 11.
- ★ If player cancels after June 3 fee is non refundable.
- ★ If player is a "no show" entry fee is non refundable.
- ★ Bucket of balls available to purchase for Driving Range.
- * All participants must have a set of clubs to use.
- ★ Clubs, Pull Carts & Limited Power Carts available to rent.



Register at LSCO or Evergreen Golf Centre

APPLE COMPUTERS



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

When: Tuesdays & Thursdays

May 14 - 301:30 - 3:30 pm Time: \$50 LSCO M; \$70 NM Fee: Rod Henriquez Instructor:

Register by: Friday, May 10



LAWYERS | ARBITRATORS | MEDIATORS

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Devin C. Wallace, J.D. **Partner** 403.329.4311 devin@lelaw.ca





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Community Support Groups

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

Parkinson's Alberta Society Support Group

The next meeting is **Thursday**, **May 16th** at 2:00 pm in Room A.

Alcoholics Anonymous Saturday Morning Eye Opener

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

Association (LSRA)

Wednesday, May 8th at 7:00 pm in Rooms A

Celiac Support Group

They meet 3 times a year. The next meeting is Monday, May 27th at 7:00 pm in Room A.

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**, **May 14th** at 7:00 pm in Rooms C & D.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is Satur**day, May 11th** at 2:00 pm in Room C & D.

Sunset Alcoholics Anonymous

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

Everything is blooming most recklessly; if it were voices instead of colours, there would be an unbelievable shrieking into the heart of the night.

~ Rainer Maria Rilke



CLASSIFIED ADS

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

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

1653.

Serving Lethbridge and area for 9+ years. Naked Feet Mobile Foot Care: Certified Podologist. Nail trim and callus removal, filing corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. These could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara 403-308-7654. Seniors may qualify for benefits. Bless

CERTIFIED ELECTRICIAN. Member of LSCO. Small Jobs for Reasonable Rates. Lights, Fans, Switches, Receptacles or general cleanup of unsafe wiring. Ph/Text Bill at 403.394.1958.

STAIR CHAIR-LIFT in pristine, new condition. Rail length is 94 inches. Battery power, adjustable height, generous padded seat & back with flip-up arms, seat and foot-rest. Serious inquiries only: 403-327-9495. Bruno Electra-ride, originally purchased from Ultimate Freedom.

SENIOR ACCOMMODATION ONLY

Northside, 2 BR basement suite \$950. 3 BR Upstairs suite \$1050. Includes utilities. Available May 1st. No smoking & no pets. Call 403-345-3020 or 403-393-3120.



HALF PRICE REGULAR CARDS

Friday Nights FREE S500 GAME

Sunday Afternoons FREE \$200 GAME

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

POWER WALKING

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. (Intermediate to advanced level class.) Instructor: Jamie Hillier

When: Wednesdays April 3 - June 26 Time: 9:10 - 9:50 am Drop In Fee: \$6 LSCO M: \$7 NM



DROP IN PROGRAMS

If you are unable to commit to a program or activity you may want to drop in every now and then. Fees are listed below. Feel free to call ahead to find out if space is available particularly for the exercise/fitness classes. Call 403-320-2222.

Program	Member	Non-Member
Active Strength		
& Conditioning	\$6.00	\$7.00
Badminton	\$2.50	\$3.50
Basketball	\$5.00	\$7.00
Billiards	\$6.00	\$7.00
Bridge/Other Cards		
(Free with Membershi	p)	\$2.00
Butts & Gutts	\$6.00	\$7.00
Crib	\$2.00	\$2.00
Cycling	\$8.00	\$10.00
Fit Fridays	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00
Fitball	\$6.00	\$7.00
Gentle Exercise	\$4.00	\$5.00
Golden Mile Singers	\$2.00	\$2.00
Karaoke	\$2.00	\$2.00
Keep Fit	\$2.00	\$3.00
Movement Medicine		
(Nia)	\$8.50	\$12.00
Pickleball	\$3.00	\$5.00
Pilates Plus	\$6.00	\$7.00
Power Walking	\$4.00	\$6.00
Power Walking (evening)	\$2.00	\$2.00
Scottish Country Dance	\$2.00	\$3.00
Scrabble	\$2.00	\$2.00
Strength & Stretch	\$6.00	\$7.00
Tabata	\$6.00	\$7.00
Table Tennis	\$2.00	\$2.00
Yoga Classes		
Active Yoga	\$6.00	\$7.00
Chair Yoga	\$3.00	\$5.00
Wednesday Morning	\$6.00	\$7.00
Gentle Yoga		
(Tue. or Thur.)	\$6.00	\$7.00
Tues Noon Yoga	\$8.50	\$12.00
Thurs Noon Yoga	\$8.50	\$12.00
Men's Yoga	\$6.00	\$7.00
Zumba (All Styles)	\$6.00	\$7.00

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LSCO Programs & Registration Information

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.

FITNESS CENTRE

LSCO Member Fees

•	1 month \$18
•	6 months\$99
•	12 months\$180
No	n-Member Fee
•	1 month \$27

ULTIMATE FITNESS MEMBERSHIP

Note: LSCO has launched 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 honored until their expiry date (6 months from date of purchase). Visit www.lethseniors.com under Memberships & Programs for detailed 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 (some classes may be full with pre-registered participants) ask at the Administration Desk. Pass expire 6 months from the date of purchase.

Fee: \$55 LSCO Members; \$65 Non Members

Present your pass to the instructor as you have access to the following classes:

Cycling

Power Walking

- Active Aging Gentle Exercise
- Butts & Gutts
 - Pilates
 - Yoga (all classes except Noon)
- Zumba (all styles)

Tabata

NEW Facility Day Pass

This pass is perfect for individuals that want to spend all day at LSCO! You may want to go to a class in the morning, have a snack and coffee (at the discounted member price of 15 % off) then attend another class, play some cards or workout in the Fitness Centre. Fee: \$15/day

Present your pass to the instructor as you have access to the following classes (if space is available) and the Fitness Centre as well as to play badminton, billiards, basketball and pickleball:

 Active Aging Butts & Gutts Cycling Gentle Exercise Power Walking Pilates • Tabata Yoga (all classes) Zumba (all styles)

Under 35 Non-Member Participation

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

Special Interest/Events

ZUMBA FUNDRAISING PARTY

LSCO would like to thank Sheila Mulgrew and Nicole Stratychuk for all their efforts in planning and hosting the Zumba event Friday, April 12. More than 80 people joined in on the fun and \$1263 was raised supporting LSCO and the fitness programs. We are so grateful for all the instructors that volunteered their time, vendors and to you the participants. THANK YOU!

KARAOKE SPRING SOCIAL

Thank you to the Karaoke Singers for planning a very successful social for LSCO members and the community to enjoy. All those that attended thoroughly enjoyed the afternoon entertainment and refreshments. Thanks again for all your efforts.

GOLF TOURNAMENT

Celebrate Seniors Week by participating in the Annual Golf Tournament at Evergreen Golf Centre. All skill levels welcome. Golfers play their own ball. Entry fee includes golf, light lunch, prizes and a real good time! You can make your own foursome. Register at LSCO or Evergreen Golf Centre.

When: Tuesday, June 4

Time: Check in at 9:00 am Golf to follow

Fee: \$30/person Entry Deadline: Monday, June 3 great way to start the day! Wear indoor footwear and bring a water bottle. Eight registrants are needed for the class to run. As an added bonus we will buy you coffee afterwards!

When: Tuesdays, April 2 – May 28

8:00 - 8:45 am Time: Drop in Fee: \$6 LSCO M; \$7 NM Instructor: Tracy Simons

ACTIVE STRENGTH & CONDITIONING

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. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! All fitness levels welcome.

When: Mondays & Wednesdays

April 29 – June 26 (no class May 20)

Time: 8:00 – 8:50 am \$89 LSCO M; \$110 NM Fee: Drop in Fee: \$6 LSCO M; \$7 NM Debbie Palmer Instructor:

CYCLE COMBO EVENING CLASS

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. The cycling varies between sitting and standing as well as, the speed, resistance, and intensity levels, which can be adapted to your skill level. During these 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. Limited space.

When: Mondays, March 4 – May 27

(no class May 20)

Time: 5:15 – 6:15 pm Drop In Fee: \$6 LSCO M; \$7 NM Instructor: Jeannie Ng

CYCLING COMBO

When: Tuesdays, April 2 – June 25

Time: 9:00 – 9:50 am Drop In Fee: \$8 LSCO M: \$10 NM

And/or

When: Thursdays, April 4 – June 27

Time: 9:00 – 9:50 am Drop In Fee: \$8 LSCO M: \$10 NM Jamie Hillier Instructor:

NOON CYCLING Spring Session

When: Mondays, April 1 – June 24 (no class May 20)

12:10 - 12:50 pm Drop In Fee: \$8 LSCO M: \$10 NM

FITBALL & MORE

Participants will be lead through a variety of exercises to help improve balance, strength and flexibility. Wear comfortable clothes, indoor shoes, bring a voga mat and water bottle.

When: Tuesdays, May 7 – June 25

Time: 9:00 – 9:50 am Fee: \$26 LSCO M; \$48 NM Register by: Monday, May 6

EVENING POUND

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Be ready to have fun during this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilatesinspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Fitness Classes

EARLY RISER STRENGTH CLASS

After warming up, participants will use weighted bars and plates, for an overall body workout. A

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When: Wednesdays, March 6 - May 29

Time: 5:15 – 6:15 pm Drop In Fee: \$6 LSCO M; \$7 NM

Jeannie Na Instructor:

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. Instructor: Tracy Simons.

Mondays, April 1 – June 24 When:

(no class May 20) Time: 10:30 – 11:15 am Drop In Fee: \$6 LSCO M: \$7 NM

When: Thursdays, April 4 – May 30

Time: 5:15 - 6:15 pm Drop In Fee: \$6 LSCO M: \$7 NM

CIRCUIT TRAINING

During this 4-week session participants will work on improving strength, their cardiovascular system, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Instructor is Jamie Hillier. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

Tuesdays & Thursdays, May 7 – 30 When:

Time: 1:30 – 2:30 pm Fee: \$40 LSCO M; \$60 NM

Register by: Friday, May 3

When: Tuesdays & Thursdays, June 4 – 27

Time: 1:30 - 2:30 pm Fee: \$40 LSCO M; \$60 NM

Register by: Friday, May 31

CIRCUIT TRAINING 3X

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

When: Mondays, Wednesdays, Thursdays

May 6 – 30 (no class May 20)

Time: 1:30 - 2:30 pm

(Thursday class is 2:40 – 3:40 pm)

Fee: \$55 LSCO M; \$90 NM

Register by: Friday, May 3

When: Mondays, Wednesdays, Thursdays

June 3 - 27

Time: 1:30 – 2:30 pm

(Thursday class is 2:40 – 3:40 pm)

Fee: \$55 LSCO M; \$90 NM

Register by: Friday, May 31

** NOTE: If you have previously taken Circuit Training from Jamie, and the present sessions are not full, you may want to pay the drop in fee of \$6 (member) \$7 (non member) and join in the class. Ask at the Admin Desk if space is available.

FIT FRIDAYS

A great way to finish the week off strong. You will be lead through a variety of challenging, fun workouts. Eg: Tabata, weights, and more. Instructor: Tracy Simons.

Fridays, April 5 – June 7 When: Time: 12:10 – 12:55 pm Drop In Fee: \$6 LSCO M: \$7 NM Instructor: Tracy Simons

GENTLE EXERCISE CLASS (Monday)

The class will include low impact moves to increase your heart rate, use of resistance equipment to

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, April 1 – July 29

> (no class May 20, July 1) 10:00 – 10:45 am

Time: Drop In Fee: \$4 LSCO M: \$5 NM

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, April 5 – June 7

(no class May 3)

10:15 - 11:00 am Time: Drop In Fee: \$4 LSCO M; \$5 NM Instructor: Tracy Simons

KEEP FIT

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, May 1 – June 26

Time: 10:00 - 10:45 am Fee: \$18 LSCO M; \$27 NM Register by: Tuesday, April 30

PILATES

Time:

Mondays, April 1- June 24 When:

(no class May 20) 12:05 – 12:55 pm

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

POWER WALKING

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. (intermediate to advanced level class). Instructor: Jamie Hillier

Wednesdays, April 3 - June 26 When:

Time: 9:10 - 9:50 am Drop In Fee: \$6 LSCO M: \$7 NM

NOON POWER WALKING

Join us for a fun, energetic noon workout. Remember to bring an exercise mat and water bottle (intermediate to advanced level class).

When: Thursdays, April 4 – June 27

(no class May 2) 12:05 – 12:55 pm

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

TABATA

This high energy fitness class is perfect for both men and women looking for a challenge. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Instructor: Jamie Hillier

When: Mondays, April 1 – June 24

(no class May 20) 9:15 - 10:10 am Time: Drop In Fee: \$6 LSCO M: \$7 NM

TABATA (evening)

Wear comfortable exercise clothes and bring your strengthen your muscles. Chairs and a variety of water bottle (intermediate to advanced level class).

When: Wednesdays, April 3 – June 26

Time: 5:15 – 6:15 pm Drop In Fee: \$6 LSCO M: \$7 NM

WALKING with or without POLES

This program is intended for avid walkers and for those who have experience walking with poles. You do not have to own poles to participate. We will meet at LSCO, for a vigorous walk outside and finish with a stretch. If the weather does not cooperate the class will take place in the gym. Weights and other exercise equipment may be used.

When: Thursdays, May 9 – 30 9:00 - 9:55 am Time: Fee: Free LSCO M; \$15 NM Register by: Tuesday, May 7

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. Instructor: Sheila Mulgrew

When: Tuesdays, April 2 – June 25

11:00 – 11:45 am Time: Drop In Fee: \$6 LSCO M: \$7 NM

When: Thursdays, April 4 – June 27

11:00 - 11:45 am Time: Drop In Fee: \$6 LSCO M: \$7 NM

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). The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class. Come give it a try!

When: Saturdays, April 6 - May 25

(no class May 18)

Time: 11:00 – 11:45 am Drop In Fee: \$6 LSCO M: \$7 NM

Yoga

ACTIVE YOGA

Participants will flow through a series of poses during this vinyasa style class. We will be moving up and down off the mat. Everyone is encouraged to work at their own level.

When: Fridays, April 12 – June 21 Time: 9:00 - 10:00 am

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

CHAIR YOGA

Participants will move slowly through a variety of seated yoga poses to help increase flexibility, strengthen muscles, loosen joints as well as relaxing breath work.

When: Wednesdays, April 3 – June 26

Time: 9:35 - 10:25 am Drop In Fee: \$3 LSCO M; \$5 NM

GENTLE YOGA

This 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: Tuesdays & Thursdays

May 7 – June 27 9:30 - 10:30 am Time: \$72 LSCO M; \$96 NM Fee:

Register by: Monday, May 6

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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: Wednesdays, April 10 – June 5

Time: 10:00 - 11:00 am
Drop In Fee: \$6 LSCO Members; \$7 NM

Instructor: Leigh Monette

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, April 2 – June 11 Time: 12:05 – 12:55 pm Drop In Fee: \$8.50 LSCO M: \$12 NM

And/Or

When: Thursdays, April 4 – June 13 Time: 12:05 – 12:55 pm Drop In Fee: \$8.50 LSCO M: \$12 NM

Instructor: Melanie Hillaby

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. Drop ins welcome.

When: Wednesdays, May 8 – 29

Time: 8:30 - 9:30 am

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

Dance

LINE DANCING Intermediate to Experienced

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, May 9 – June 27
Time: 10:30 am – 12:00 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

BEGINNER LINE DANCING

This is the perfect class for the beginner. If you have always wanted to learn how to line dance this is the class for you. Wear indoor, non marking soled shoes, comfortable clothes and bring a water bottle.

When: Thursdays, May 9 – June 27

Time: 1:15 – 2:15 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

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, April 2 – June 18

Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M: \$12 NM
When: Thursdays, April 4 – June 20

Time: 5:15 – 6:15 pm Drop In Fee: \$8.50 LSCO M: \$12 NM

Sports

GOLF LESSONS

Register for golf lessons at LSCO. Lessons will take place at Evergreen Golf Centre 5225 24th Ave. S on Highway 4. Space is limited.

*Clubs are provided if needed

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

INTEMEDIATE PLAYERS - PLAYING FOCUSED

Designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week with the option to play 9 holes after the lesson. 9 Hole play valid on lesson day only.

When: Session 3: Monday, May 27th,

June 3rd, 10th, 17th

Time: 2:00 – 3:00 pm (per session)
Fee: \$50 LSCO M; \$65 NM (per session)

Register by: Friday, May 24

When: **Session 4:** Wednesday, May 22nd,

29th, June 5th, 12th

Register by: Friday, May 17

LADIES ONLY - BEGINNER LEVEL

Designed for the lady who has never played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play.

When: Session 2: Tuesday, May 21st, 28th,

June 4th, 11th

Time: 1:00 – 2:00 pm (per session)
Fee: \$40 LSCO M; \$55 NM (per session)

Register by: Friday, May 17

LADIES ONLY LEVEL 2 - INTERMEDIATE PLAYERS PLAYING FOCUSED

Designed for the lady that plays frequently and wants to score lower on the course. Covers putting, green reading skills, chipping, sand play, driving, course management and provides drills for you to practice with. Lessons will be on range and on course. 1 hour lesson every week with the option to play 9 holes after the lesson. 9 hole play valid on lesson day only.

When: **Session 2:** Thursday, May 23rd,

30th, June 6th, 13th
Time: 1:00 – 2:00 pm (per session)
Fee: \$50 LSCO M; \$65 NM (per session)

Register by: Tuesday, May 21

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, May 7 – 28
Time: 12:00 – 1:00 pm
Fee: \$15/person
Drop In Fee: \$5 LSCO M; \$7 NM

BADMINTON

Individuals of all skill levels are welcome to play badminton weekdays. Please note: 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: 10:10 am – 12:00 pm Fee: \$66 & LSCO membership

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 - 12:00 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

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 M; \$5 NM

Fees are not pro-rated.

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

Creative Arts

IN AND OUT ON LOCATION LANDSCAPES

Much like the Garden Party classes of the last few years, we will be working outside but taking a little more time to finish our work. We will work outdoors one week and come back into the studio the following week, where you can work from your photos and drawings from the previous week. This is a good chance to be more progressive with your work and end up with more finished piece. The student may choose whatever medium they like to work in. Whether you want to draw on location and paint in the studio or even if you want to just do quick on location paintings and continue them in the studio. This is a great opportunity to work from life and render your own interruption of the landscape. Having some experience in your medium will be a big advance.

When: Thursdays, May 23 – June 27

Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, May 17

PAINTED BLOSSOMS

Come and enjoy the beauty of flowers in this floral painting class. The student may work in whatever media they wish as long as they know how to use their chosen medium. We will study and learn about the structure of flowers. In this four week class, we will paint a different flower each week. Students are encouraged to bring their own flowers but if not, a selection of flowers will be provided to work from. Working from life provides a better understanding of your subject.

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When: Thursdays, July 4 – August 8

Time: 1:00 – 3:00 pm \$40 LSCO M; \$60 NM Fee:

Instructor: Donna Gallant Register by Tuesday, July 2

Technology

APPLE COMPUTERS

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

When: Tuesdays & Thursdays

May 14 - 301:30 - 3:30 pm Time: Fee: \$50 LSCO M; \$70 NM Instructor: Rod Henriquez Register by: Friday, May 10

EDIT PHOTOS on your MAC

Learn how to load pictures on your MacBook or iMac using the Photos app. Learn how to resize, crop and edit your pictures however you like! Learn how to send photos in email, text and through the cloud. You will also learn how to transfer photos so you can take them to be printed at a store. Students are required to have an Apple Mac computer or laptop.

When: Tuesdays & Thursdays, June 4 – 13

Time: 1:30 - 3:30 pm Fee: \$40 LSCO M; \$60 NM Rod Henriquez Instructor: Register by: Friday, May 31

INTERNET SECURITY & the CLOUD

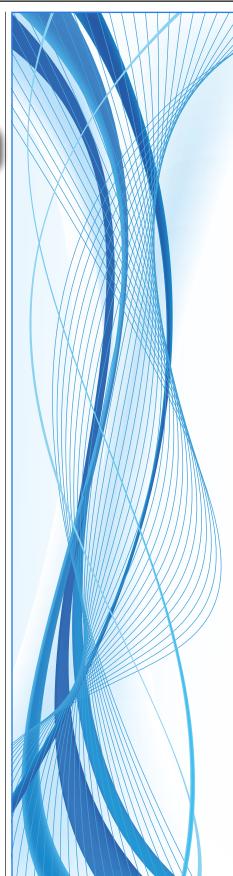
Learn about how to stay safe when using the internet. How to identify malicious websites and emails. Learn how to make a secure password that is still easy to remember. What to do if your computer freezes on a webpage and alerts are on the screen. Than we will go into how the cloud works. Which cloud 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: Tuesdays & Thursdays

June 18 - July 4 Time: 1:30 – 3:30 pm \$50 LSCO M; \$70 NM

Instructor: Rod Henriquez Register by: Friday, June 28

Fee:



LSCO PERSONAL TRAINING Opportunities



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!



(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!



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

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

HIGH INTENSITY FITNESS TRAINING

Are you training for an upcoming race or competition and need/ want to improve your flexibility, speed and agility. Book your Personal Training sessions with Jamie. She is available for individual or group trainings. Perfect for runners, cyclists, tri-athletes, golfters, pickleball players, swimmers as well as other sports/activities. Contact Jamie at fitness@lethseniors.com

EARLY RISER-STRENGTH

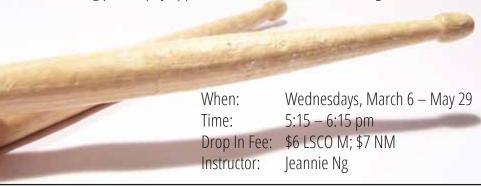
After warming up, participants will use weighted bars and plates, for an overall body workout. A great way to start the day! Wear indoor footwear and bring a water bottle. Eight registrants are needed for the class to run. As an added bonus we will buy you coffee afterwards!

Tuesdays, April 2 - May 28 When: 8:00 - 8:45 am Time:

Drop In Fee: \$6 LSCO M; \$7 NM **Tracy Simons** Instructor:

EVENING POUND

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Be ready to have fun during this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilatesinspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.



LSCO TIMES Page 15 • May 2019

nother successful Community Income Tax AProgram was held through mid-March to the end of April. Thank you to the 6 wonderful volunteers who completed 513 tax returns (228 appointments and 285 drop-offs). Thank you to Diane for managing this process and the hundreds of calls she and Kari answered, it's a huge job and extremely beneficial to seniors in our local community.

On April 2nd we hosted Alberta Blue Cross who shared their unique online wellness platform, called Balance. This is a free option for anyone 65 years and older. Tracking your LSCO Free Community Music Program one-stop shop. Visit https://ab.bluecross.ca/ to watch the information video or contact Erin on the 3rd) for further details.

On Tuesday, May 28, Plumbing professional Kye Bowman will be sharing tips for prevention, that can save us time and money when it Wellness Programs comes to plumbing issues. This is a free pre-Room A/B. Sign-up is at the front desk.



Support Services Coordinator

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

actions, habits and goals is easy with this Friday Music runs 11:45 am - 1:30 pm in the stage area of the dining room. Thursday, May plan-members/ip-balance.php. Scroll down 2 and 3: Live Well Showcase (no Friday music

> May 10, Classic Legends; May 17, Emma Dering; May 24, Los Gringos; May 31, Rainey Day Entertainment (Bryan Rainey).

Are you curious about Reflexology? Last wide array of its benefits. Reflexology can beginnings.

potentially offer stimulated nerve function, increased energy and a boost in circulation. It may induce a deep state of relaxation, eliminate toxins and stimulate the central nervous system. Book your appointment at the front desk with Linda or Brenda, Friday May 10th from 9:00 am -3:00 pm.

Tuesday, May 7: **Serenity Foot Care** with Mercy Lar, 9:00 am – 3:45 pm

Wednesday, May 8: Alger Zadeiks Shapiro (Free 15-minute legal consultation), 10:00 am – 12:00 pm

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

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

Wednesday, May 22: Dr. Bolokoski Foot Care

Friday, May 24: **Andrea's Massage**, 9:00 am – 2:30 pm

sentation designed for seniors who are home month I was fortunate to have a session May your month be filled with engaging conowners. Everyone is welcome to join us in with Linda where she introduced me to a nections, quality time spent outside and fresh



May **At a Glance**

See website for additional details

Wed MAY 01 | 2-3 pm Building New Communities

Wednesdays at the Galt, Adults & Seniors Fri MAY 03 | 1:30-3 pm Pastel Butterflies

First Friday Fun, Families Sat MAY 04 | 1-2 pm Door Hangers

Saturdays at 1:00, Families MAY 07 and MAY 08 | 5-8 pm Taste of

Special Event, Adults & Seniors

Thu MAY 09 | 7-8 pm Treasuring Trees Café Galt, Adults & Seniors

Sat MAY 11 | 11-4 pm Cannon Day

Fort Whoop-Up, All Ages Sat MAY 11 | 1-2 pm Paper Flowers

Saturdays at 1:00, Families Wed MAY 15 | 2-3 pm Country Time

Wednesdays at the Galt, Adults & Seniors Thu MAY 16 7–9 pm Beautiful Bookmarks Evening Galt Workshops, Adults & Seniors

Thu MAY 16 | 7-9 pm Trader Tales

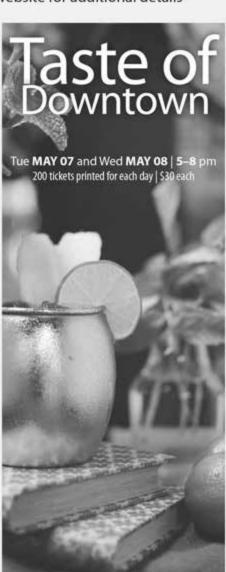
Fort Whoop-Up, All Ages Sat MAY 18 | 1-2 pm Bookmarks

Saturdays at 1:00, Families Thu MAY 23 | 7–9 pm Trader Tales

Fort Whoop-Up, All Ages Thu MAY 23 | 7-9 pm = 1111

Special Event, Adults & Seniors Sat MAY 25 | 1-2 pm Suncatchers Saturdays at 1:00, Families

Thu MAY 30 | 7-9 pm Trader Tales Fort Whoop-Up, All Ages



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Lethbridge to Calgary Locally Owned: Tony Tietz



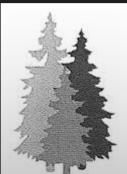
Internet Security & the Cloud

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

Tuesdays & Thursdays When:

June 18 - July 4 1:30 - 3:30 pm Time: \$50 LSCO M; \$70 NM Fee: Instructor: Rod Henriquez

Register by: Friday, June 28



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Fitness Yoga Schedule

May - June (start & end dates vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Active Strength & Conditioning 8:00 – 8:50 am Deb: Gym 2	Strength 8:00 – 8:45 am Tracy: Gym 2 (ends May 28)	Active Strength & Conditioning 8:00 – 8:50 am Deb: Gym 2 Yoga for Men 8:30 – 9:30 am Skip: APR (ends May 29)			
Tabata 9:15 – 10:10 am Jamie: Gym 2	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 am APR	Power Walk 9:10 – 9:50 am Jamie: Gym 1 Chair Yoga 9:35 – 10:25 am Stage Area	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Gentle Yoga 9:30 – 10:30 APR	Active Yoga & Stretch 9:00 – 10:00 am Shawn: APR	
Gentle Exercise 10:00 – 10:45 am June: Gym 1		Keep Fit 10:00 – 10:45 am Jamie: Gym 1 Yoga 10:00 – 11:00 am Leigh: APR		Gentle Exercise 10:15 – 11:00 am Tracy: Gym 2 (ends June 7)	
Butts & Gutts 10:30 – 11:15 am Tracy: APR	Zumba Gold 11:00 – 11:45 am Sheila: APR		Zumba Gold 11:00 – 11:45 am Sheila: APR		Zumba Toning 11:00 – 11:45 am Sheila: Gym 2 (ends May 25)
Pound Class 11:45 – 12:30 pm Melanie Pilates Plus 12:05 – 12:55 pm June: APR Indoor Cycling 12:10 – 12:50 Jamie: Gym 2	Yoga 12:05 – 12:55 pm Melanie: APR Indoor Cycling 12:10 – 12:50 pm Jamie: Gym 2	Strength Stretch 12:05 – 12:55 pm Tracy: Gym 2	Yoga 12:05 – 12:55 pm Melanie: APR Power Walk 12:05 – 12:55 pm Jamie: Gym 1	Fit Fridays 12:10 – 12:50 pm Tracy: Gym 2 (ends June 7)	
Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm & 2:40 – 3:40 pm Jamie: Fit Centre		
	Cardio/Strength 5:15 – 6:15 pm Elizabeth: Gym 2	Tabata 5:15 – 6:15 pm Jamie: Gym 2	Butts & Gutts 5:15 – 6:00 pm Tracy: APR (ends May 30)		
Cycling Combo 5:15 – 6:15 pm Jeannie: Gym 2 (ends May 27)	Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: APR	Pound 5:15 – 6:15 pm Jeannie: APR (ends May 29) Power Walking 6:30 – 7:30 pm Jerry: Gym 2	Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: Gym 2		

Note: * Pre-registration is required for some programs.

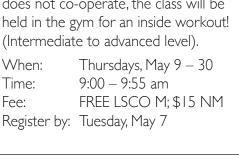
If space is available drop-ins are welcome. Classes may be canceled if insufficient registrations or low interest.

LSCO TIMES Page 17 • May 2019

WALKING with or without POLES

This program is intended for avid walkers and for those who have experience walking with poles. You do not have to use poles to participate. We will meet at LSCO, go for a vigorous walk outside and finish with a stretch. When the weather does not co-operate, the class will be held in the gym for an inside workout! (Intermediate to advanced level).

Time: 9:00 - 9:55 am Fee:





ZVMBAGOLD

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, April 2 – June 25

11:00 – 11:45 am Time: \$6 LSCO M: \$7 NM Drop In Fee:

When: Thursdays, April 4 – June 27

Time: 11:00 – 11:45 am \$6 LSCO M: \$7 NM Drop In Fee: Instructor: Sheila Mulgrew

LSCO Free Community Music Program

May 2019

3 May No Music Live Well Showcase

10 May Classic Legends Beef Pot Pie

17 May **Emma Dering** Roast Beef

24 May Los Gringos Shepherd's Pie

31 May **Brian Rainey** Rainey Day Entertainment Roast Turkey

Lunch served 11:00 am ~ 1:00 pm Music Program 11:45 am ~ 1:30 pm LSCO Stage Area

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



SPRING SESSION

Join us for a fun, energetic noon workout. Remember to bring an exercise mat and water bottle. (Intermediate to advanced level class.)

When: Thursdays, April 4 – June 27

(no class May 2)

12:05 – 12:55 pm Time: Drop In Fee: \$6 LSCO M; \$7 NM

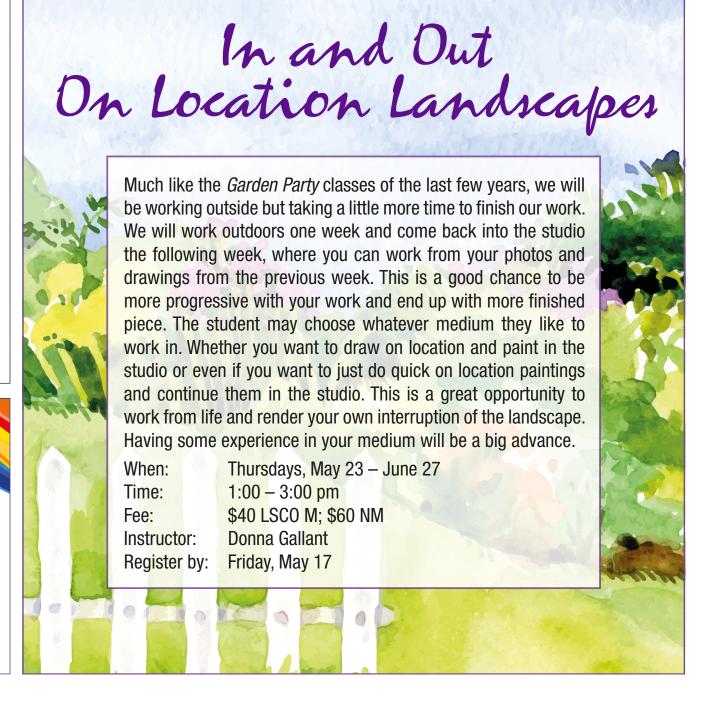
TABATA

This high energy fitness class is perfect for both men and women looking for a challenge. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Instructor: Jamie Hillier

When: Mondays, April 1 – June 24

(no class May 20)

Time: 9:15 - 10:10 am Drop In Fee: \$6 LSCO M: \$7 NM



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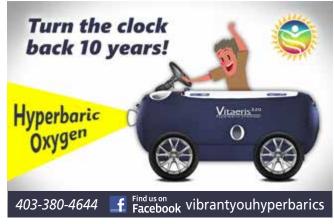


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Lethbridge Senior Citizens Organization 500 - 11th Street South

by the LSCO Administration desk.

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May 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HAPPY Mother's DAY —		Fun with Wii 1:00 pm Room C/D Pickleball/ Table Tennis	Music with Sandy 1:00 pm Room C/D Live Well Showcase	No Music Live Well Showcase	4
5	6	7 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	Music with Floyd 1:00 pm Room A/B	Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	11
Mother's Day Brunch		14 Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	Fun with Wii 1:00 pm Room C/D Pickleball/ Table Tennis	Music with Tom 1:00 pm Room C/D	Free Community Music in Stage Area Emma Dering 11:45 am ~ 1:30 pm Lunch Special	18
19	LSCO Closed for Victoria Day	21 Music with Gerry 1:00 pm Chair Exercises 2:45 pm Room C/D	Bowling Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	Los Gringos 1:00 pm Room A/B	Free Community Music in Stage Area Los Gringos 11:45 am ~ 1:30 pm Lunch Special	25
26	27	Fun with Wii 1:00 pm Room C/D Chair Exercises 2:45 pm	Horse Racing 1:00 pm Room A/B Pickleball/ Table Tennis	Movie Time 1:00 pm Room C/D	Free Community Music in Stage Area Brian Rainey 11:45 am ~ 1:30 pm Lunch Special	

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$3 LSCO M & \$5 NM per visit.

What to do when you receive an emergency alert

Thanks to previous tests and a few real emergencies, most of us are familiar with Canada's public alerting system – known as Alert Ready. But you may not know what these alerts mean or what to do when you receive one.

Alert Ready delivers critical and potentially life-saving alerts through television, radio and LTE-connected and compatible wireless devices. Only authorized government agencies can issue alerts.

Together, government officials developed a specific list of the types of situations that pose a threat to life and property, for which alerts should be distributed immediately. These emergency alerts have the highest level of severity, urgency and certainty such as tornado warnings, wildfires or Amber Alerts.

Public tests of the Alert Ready System are anticipated to happen twice a year. The first would take place during Emergency Preparedness Week in May and the second in November.

It's important to know that not all Canadians will receive the alert on their phone for a variety of reasons:

- The phone is turned off, in silent or airplane mode;
- The phone is not physically in the specific area targeted for the alert;
- The phone is not compatible or connected to an LTE network;
- There is no cell tower coverage; or
- Device software and settings are not optimally set-up to receive alerts.

If you receive an emergency alert, it's important to take action safely. Stop what you're doing when it is safe to do so and read the alert. The message will tell you the information you need and guidance for any action you are required to take. This could include limiting unnecessary travel, evacuating the area and seeking shelter.

You can check out the Alert Ready website for more information on test dates and times for your province or territory, your device's compatibility, and for steps you can take to make sure you receive the alert if your phone is compatible.

Find more information at alertready.ca.

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, May 7 – 28
Time: 12:00 – 1:00 pm
Fee: \$15/person

Drop In Fee: \$5.00 LSCO M; \$7.00 NM

Badminton

Individuals of all skill levels are welcome to play badminton weekdays. Please note: 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: 10:10 am - 12:00 pm Fee: \$66 & LSCO

membership

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LEARN Case Manager

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

The United Nations says;

Virtually all countries are expected to see substantial growth in the number of older persons between 2015 and 2030, and that growth will be faster in developing regions. Because the numbers of older persons are growing, the amount of elder abuse can be expected to grow with it. While the taboo topic of elder abuse has started to gain visibility across the world, it remains one of the least investigated types of violence in national surveys, and one of the least addressed in national action plans.

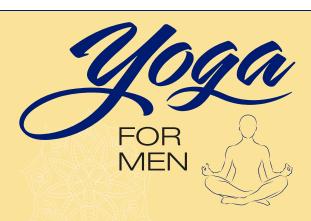
Elder abuse is a global social issue which affects the health and human rights of millions of older persons around the world, and an issue which deserves the attention of the international community.

The United Nations General Assembly, in its resolution designated **June 15 as World Elder Abuse Awareness Day**. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations

Save the date!

If you or any one you know is being abused call Joanne at 403-394-0306 or stop by the second floor. When it comes to Elder Abuse, silence is not an option.

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

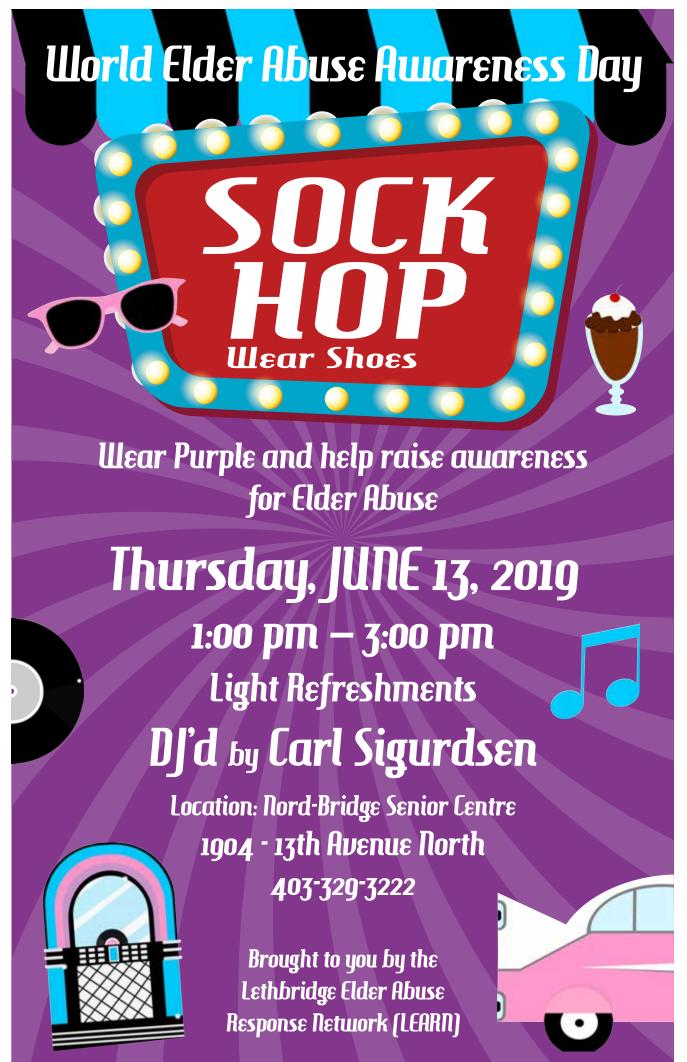


Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle. Drop ins welcome.

When: Wednesdays

May 8 – 29

Time: 8:30 – 9:30 am
Drop In Fee: \$6 LSCO M: \$7 NM



Please note: Effective May 1st there will be a slight price increase to our menu items in Dining Room.



Active Strength & Conditioning

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. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! All fitness levels welcome.

When: Mondays & Wednesdays

April 29 – June 26 (no class May 20)

Time: 8:00 – 8:50 am

Fee: \$89 LSCO M; \$110 NM
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Debbie Palmer

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Planning Well for the Inevitable

There are many ways one can die. Most of $oldsymbol{1}$ us would hope that we do not have a prolonged period of suffering and that we pass away peacefully in the night while sleeping. This optimum situation is unfortunately rare and most of us will take a slow ride into that final good night. The purpose of this article is to discuss the intersection of your lawyer and your doctor in dealing with this matter.

As individuals we are presumed to be in charge of our own affairs, unless we have our liberties taken away from us due to a criminal offence or we lose our ability to make decision due to a mental incapacity. This freedom we have is due to the rule of law in our society and the fact we live in a free society. So before someone can take away your ability to make decisions for yourself, you have to have some sort of legal process that allows this to happen. Under the laws of Alberta, we have the Personal Directives Act. This act allows you to appoint someone you trust to make personal decisions for yourself in the event you cannot do so. In other words, it allows you to appoint a guardian for yourself. That guardian will help you make day to day decisions, such as where you are going to live and who you may associate with. The guardian will also be the front-line person who deals with the care facility where you live. The guardian may also be the person who makes the final decision as to your final stage of life.



Legal Tips and Information **Douglas Alger**

Under the medical profession, there is a different process which deals with the specific situation when you become seriously ill. While a personal directive can be useful for this process, your doctor will likely want to go in more in depth as to your current situation and what levels of care you may need. This usually assumes that you have the capacity to make these in-depth decisions. If you don't have capacity your personal directive maybe the only thing you have to inform your doctor as to your wishes and values. If you don't have a personal directive and you are unable to communicate with your doctor, then the doctor is forced to consult with your family who may or may not have a sense as to what you wanted. Clearly this is not an optimal situation for good decision making on your behalf.

What I have noticed is that the medical and what level of care you may need at the time of legal professions have done little to commu- Alger Zadeiks Shapiro LLP is a local Lethbridge nicate with each other and how their work in Law Firm.

this area merges together. It is my sense that doctors don't realize that personal directives exist and that all patients need is an advance care plan. The same goes with lawyers, who are not aware of the fact that an advance care health plan is a thing and that all their clients need is a personal directive. It would be nice if the medical and legal profession had a unifying message for their clients/patients.

So, what is a person to do:

- 1. Take the first step and get a personal directive done and then tell your doctor you have made one.
- 2. Consider with your doctor on whether there is a need to come up with and advanced care directive and how that can work with your existing personal directive.

Bottom line for most of the readers of this column, it is a good idea to have both a personal directive and advance care directive completed, well in advance of your final swan song. For those of us who are younger a personal directive is good enough for now, but hopefully you will know when it is time to have that talk with your doctor.

For more information on the advanced care directive, please refer to the excellent web site planwellguide.com. ★

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> • \$27 per gram for gold nuggets • \$30 per gram for 22 ct

> > ~ Henry Van Dyke

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• \$14 per gram for 10 ct

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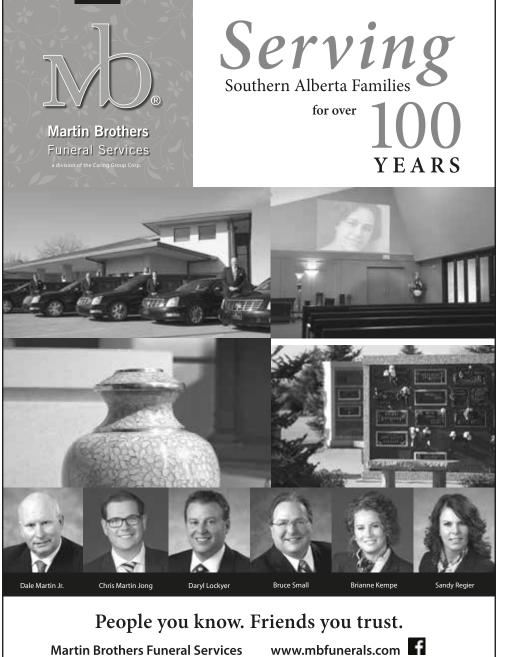
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LSCO TIMES Page 22 • May 2019

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 Boutique Shop.

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Mondays: 1:00 – 3:00 pm Tuesdays: 10:00 am - 12:00 pm & 1:15 - 3:00 PM

Thursdays; 1:15 - 3:00 pm Fridays: 1:00 – 3:00 pm **Novice/Recreational**

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1:00 - 3:30 pm

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 M; \$5 NM Fees are not pro-rated.

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

PICKLEBALL

Computer Corner

by Sjoerd Schaafsma

Tips and Tricks - iOS and Windows

My original iPad mini was showing severe signs of age and had reached the point it would no longer update, so it was time for a new one. With a new or updated OS (Operating System) come new ways of doing things.

I had to relearn how to access the control panel. Rather than swiping up from the bottom, it's now from a spot 'just to the left' of the power, wifi, and battery charge icon. Go too far left and you'll see the notification center, too far left and lower down and you'll get the search window. It took me some practice.

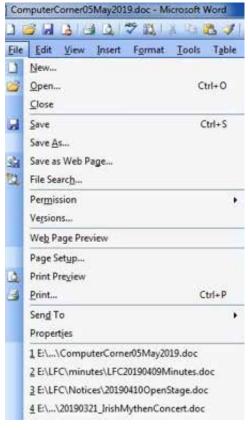
A big plus.... While typing on the onscreen keyboard, if you hold your finger on the space bar, a vertical cursor appears. Keep your finger on the screen to move the cursor where you want to edit.

Ease of Access – Windows

Windows used to have key letters in menus underlined by default. Somewhere in the update process this stopped being a universal feature. Some apps kept it, some didn't.

Here's an example from the MS word file menu. Once the file menu is pulled down, typing any of the underlined letters or numbers will invoke that command or open the file beside the number. For example typing N starts a New file, P Prints the document. Typing a number will open the file listed beside it.

To enable this feature:



Windows 7: Control panel – Ease of Access Center – Make the keyboard easier to use – check the box beside Underline keyboard shortcuts and access keys.

Windows 10: Settings – Ease of Access – Keyboard – Change how keyboard shortcuts work - slide the button beside -Underline access keys when available to the on position.

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.

If the lab is closed ask for the key at the reception desk.

Wireless internet access is available at: ComputerLab-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



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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. These are low key sharing events geared for seniors and beginners, we are here to help, not speak "High Geek" (but we will translate).

May

Monday 1 Sharing, help session & Updates Monday 6 Sharing & help session Making the most of Windows Wednesday 8 File Explorer: Terry Tips, tricks, hidden files, finding your important data & more Monday 13 Sharing & help session Wednesday 15 Sharing & help session LSCO Closed for Victoria Day Monday 20 Wednesday 22 A Computer on Wheels. Eric Marshall will demo a Tesla car. This session will take place in the LSCO parking lot Monday 27 Planning, Sharing & help session Wednesday 29 Tentatively – Working with Google Apps

The computer club will be taking a break from workshops from June to September. If a topic of current interest pops up, we may have a semiformal session. Unless otherwise noted, the lab will still be available at the usual times.

Suggestions for other workshops are welcomed. Check the bulletin boards in the 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 or https://tinyurl.com/ y9hrad5g

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

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Yoga Moon 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. Instructor is Melanie Hillaby.

When: Tuesdays, April 2 - June 11

Time: 12:05 - 12:55 pm

Drop In Fee: \$66 LSCO M; \$83 NM

And/Or

When: Thursdays, April 4 - June 13

Time: 12:05 - 12:55 pm
Drop In Fee: \$66 LSCO M; \$83 NM

Movement Medicine

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When: Tuesdays, April 2 - June 18

Time: 5:15 - 6:15 pm Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays, April 4 - June 20

Time: 5:15 - 6:15 pm Drop In Fee: \$8.50 LSCO M; \$12 NM



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This is the perfect class for the beginner. If you have always wanted to learn how to line dance this is the class for you. Wear indoor, non marking soled shoes, comfortable clothes and bring a water bottle.

When: Thursdays, May 9 – June 27
Time: 1:15 – 2:15 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine

Register by: Monday, May 6



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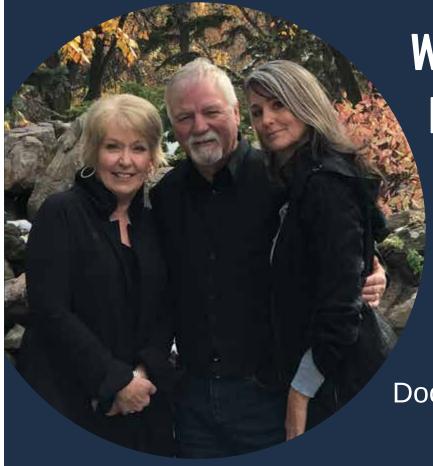
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