

INSIDE THIS ISSUE

Executive Director	p.2
LSCO Contacts.	p.3
Message from the President	p.4
From the Kitchen	p.4
Volunteer & Fund Development . .	p.5
LSCO Social Worker	p.8
Community Support Groups . . .	p.10
LSCO Programs	p.11
LSCO Support Services	p.17
Adult Day Program Calendar . . .	p.18
Weekly Program Schedule	p.20
LEARN	p.24

Join Us for

DOING YOUR TAXES CRA PRESENTATION

Thursday, September 5

PRACTICING HAPPINESS

starts Wednesday, September 11

ALBERTA SENIORS FINANCIAL ASSISTANCE PRESENTATION

Tuesday, September 17

FREE NECK & SHOULDER MASSAGES

Wednesday, September 25

EXPLORING THE NEW PLAN WELL GUIDE

Monday, September 30



*A goal should scare you a little
and excite you a lot.*

ALL IS CALM

THE CHRISTMAS TRUCE OF 1914

Coming
November 22, 23 & 24, 2019

Tickets on Sale September 23





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

If LSCO seemed to you to be much busier this winter/spring compared to last year, you are correct. In that time period compared to last year, we had an increase in building attendance of around 40%. Not only has this created physical space stressors at LSCO, but it has exacerbated our never ending parking issues. We don't have an absolute solution to parking congestion, but this September we will take some steps to, hopefully, free up some stalls.

Some of our staff and members have noticed people pull into the lot, get out, and walk away from LSCO...clearly not intending to enter the building. On closer inspection those persons' vehicles had a LSCO parking placard on display. These people were/are exploiting a huge loophole in our parking system: purchase an LSCO membership, purchase a parking placard, park longer than two hours. This

has evolved over time because we expected LSCO members to attend LSCO classes, activities, services, etc. when they park in the lot... but we did not set out explicit guidelines to limit abuse of the parking system.

In September we will be implementing the revised LSCO Parking Policy:

- 1) Volunteers will randomly document membership numbers displayed on a parking placard;
- 2) They will then check our database to see if the member corresponding to the number has signed into our system;
- 3) They will also spot check to see if the person is actually attending where they are signed into.
- 4) If a person with a valid parking placard is not signed into an event on our system, they will receive one warning. If there is another breach of this policy, the person's parking placard will be revoked.

We believe this revised system will free up some parking spaces and, at the very least, close up the parking loophole.

We would like all of our parking pass holders to bring their placards to the office ASAP so the staff can write your membership number

on the placard. After a week or so, our volunteers will leave notices on the windshields of those who do not have their membership numbers on their placards. In the 3rd or 4th week of September, those who have not placed their membership numbers on their placards may be ticketed as though they did not have a placard. ★

Autumn is a second spring when every leaf is a flower.
~ Albert Camus

THE

WORD

ON THE

STREET

LETHBRIDGE BOOK & MAGAZINE FESTIVAL


Saturday, September 21 • 11 am to 5 pm

Lethbridge Public Library - Main Branch • No Fee

Author Readings • Workshops • Marketplace

Kids Activities • Live Music • Food

Celebrate reading. Advocating literacy. • www.thewordonthestreet.ca



100th ANNIVERSARY

Canada



Healthy Relationships with our Adult Children

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

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

Tuesdays, October 1 – November 5
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

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE













In recognition for the ongoing support of LSCO Meals on Wheels











#WSPD2019

#JMPS



CASP ACPS

Canadian Association for Suicide Prevention

Association canadienne pour la prévention du suicide

World Suicide Prevention Day September 10th

10 septembre Journée mondiale de la prévention du suicide

Working together to prevent suicide

Travailler ensemble pour prévenir le suicide



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

2019 – 2020 Executive:

President Elect:

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.

LSCO 403-320-2222

Staff Members:

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24

Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23

Support Services Coordinator – Erin Vogt
evogt@lethseniors.com ext. 25

LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306

LSCO Social Worker – Lavonn Mutch
lmutch@lethseniors.com ext. 57

Volunteer Coordinator – Chelsea Sherbut
csherbut@lethseniors.com ext. 31

Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30

Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com ext. 33

Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26

MoW Client & Volunteer Support Worker – Natasha Elder
mow@lethseniors.com ext. 34

Fitness Instructor/Trainer – Jamie Hillier
fitness@lethseniors.com 403-320-2222

Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59

Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21

Food Services Coordinator
Stacey Gleeson. ext. 27

Cook I – Brenda Fettig 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](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!

Sheryl Holthe	Tim-Lun Chan
Frank Pigat	James Danku
Brenda Pigat	Marion Bodi
Shirley Dahl	Ann Marie Fraser
Lorna Moore	Dragolov Jurisich
Ed Zentner	Fred Greene
Paulette Zentner	Lisa Doolittle
Helen McGale	

A Smile is the Universal Welcome.

LSCO will be closed Monday, September 2nd for Labour Day

LETHBRIDGE ARTS DAYS

September 21 – 29, 2019

Art Walk is scheduled for Friday, September 27 and Saturday, September 28 from 9:00 am – 5:00 pm. LSCO will be a venue.

Interested LSCO Artists are welcome to display their art. Please note: You will be required to supervise your table and it is requested that you stay for the duration of the event.

If you are interested please complete an Event Form available at the LSCO Administration Desk. For additional information about other activities taking place during Arts Days visit ARTSDAYSLETHBRIDGE.CA the Allied Arts Council at 403-320-0555.

Volunteers Make It Happen!

Our Storage room before and after volunteers. Thank you to Carol Sekiya, Rosemary Howard, Mary Lancaster, Laraine Stuart, Gemma Gagne, Maya McBain and Cheryl Peel. Thanks also to Les and the Woodshop for the loan of sanders and screw drivers!

LSCO PICKLEBALL Players Medal Winners

A number of LSCO Pickleball players recently participated in the Southern Alberta Summer Games held in Pincher Creek.

They played extremely well bringing home medals.

Men's Doubles 65 + Bronze Medal
Rick Furukawa and Fran Briggs

Women's Doubles 51-64 Bronze Medal
May Ruth Guenter and Valerie Boras

Women's Doubles 65 + Gold Medal
Rhonda McInnes and June Watson

Mixed Doubles 65+ Bronze Medal
Rick Furukawa and Rhonda McInnes

Men's Doubles 51 - 64 Bronze Medal
Scott Paul and Kent Toone

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!

LSCO Times Publishing Schedule

Issue	Deadline
October	September 13
November	October 18

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

How much more grievous are the consequences of anger than the causes of it.

~ Marcus Aurelius

I’m writing this on August 17th, and so far, the Board has not been overly busy other than doing some fine tuning of the strategic plan. So, I’m going to take the opportunity to share some of my observations of current affairs locally, nationally and internationally.

The common thread I see in the political situations surrounding us is anger.

Wikipedia defines anger as, “an intense emotional state. It involves a strong uncomfortable and hostile response to a perceived provocation, hurt or threat.”

It’s my observation anger is the reverse side of the coin of fear or inconvenience.

As a cyclist I often heard drivers of motor vehicles tell me I should ride on the sidewalk for my own safety. Or I shouldn’t be allowed to ride on roads that have a speed limit in excess of 60 KPH for my own safety. The advice sounds caring. But when I analyze the advice it becomes apparent the advice isn’t given for concern for my safety but rather as a cyclist,



President’s Message

Keith Sumner

I’m inconveniencing the motorist and the result is often anger. This observation holds true for other situations if you think about it. How often have we become angry at having to wait in line at a grocery store or a border crossing?

Fear is a basic emotion present in all of us and required for survival of the species. However, most of us no longer live in a world where our lives are threatened.

Now we fear what we don’t understand, or that we might not get the job we want or the home we think we deserve, or the spouse we

desire or religious beliefs that are different to ours. And so, when our comfort zone is threatened, we become angry and strike out either physically and/or emotionally. The physical strikes are evidence by violence often delivered by shooting rampages or bombings that have been occurring. The emotional strikes are more subtle. We gossip; or write to the editor of the local newspaper or use social media.

We are each entitled to our opinions and to express them. The caveat is that we stick to the issues. Of late often folks are confusing principles with personalities. As fear intensifies folks start character assassination. This does not resolve issues and is divisive. We only have to look to our neighbours to the south to see evidence of what division can do to a nation.

When dealing with issues facts are key to supporting our point of view. So, I’ll leave you with a thought from John Adams who said “Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passions they cannot alter the state of facts and evidence.”

Namaste. ★

Cannabinoid Supplement: What Is The Difference Between CBD & THC

As we get older and wiser, we are more and more likely to be taking a lot of medications for a lot of different issues. You might have heard that there is a supplement that you could take that would help you to cut back on some of the short-acting medications that you’re taking and help you to be your best self, no matter how old you are.

That supplement is a cannabinoid – either CBD, THC or a combination of the two can be a huge help for people with all sorts of issues. However, they are not the same thing and will affect you differently.

What is CBD?

CBD is also known as cannabitol. It is derived from Industrial Hemp, which is related to marijuana, but does not create the psychotropic effect that you would expect from weed.

What is THC?

THC is another cannabinoid, but it is usually derived from marijuana. Like weed, this gives you the high effect that you would expect. This cannabinoid is illegal in many states and countries because of this effect.

How do Cannabinoids Affect You?

CBD acts as a mild sedative, helping your body’s systems to calm down and come back to a state of homeostasis. This can help with sleeplessness, anxiety and even muscle spasms.

THC, on the other hand, acts almost like a cup of coffee. THC can increase your heart rate and blood pressure as well as create an effect of wakefulness. It can also dehydrate you.

When combined, these cannabinoids work together to balance out the other’s effects and limit the negative

side effects that can come with each of them on their own.

Should You Use Cannabinoids?

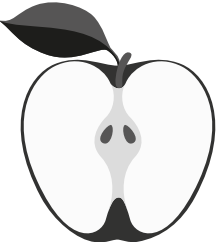

To figure out if CBD or THC are right for you, you should talk to your doctor first. While these are natural chemicals, they can interact badly with other medications and health issues. They are also technically not approved by the FDA due to a lack of research on their long term effects. Despite that, they can be helpful for a lot of people and you could be one of them.

By Amelia Noble

July, 2019

www.seniorlifestylemag.com

This article is intended for informational purposes only. If you have any questions or are considering any recommendations, please consult your health practitioner.

<div><div></div><div><h1>MENU ~ SEPTEMBER 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>									
Monday, September 2		Tuesday, September 3		Wednesday, September 4		Thursday, September 5		Friday, September 6	
LSCO CLOSED for Labour Day		Entree:	Breaded Pork Cutlet	Entree:	Roast Beef Dinner	Entree:	Mushroom Pork Chop	Entree:	Southern Fried Chicken
		Potato:	Roasted	Potato:	Mashed with Gravy	Potato:	Pan Fried	Potato:	Mashed with Gravy
		Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, September 9		Tuesday, September 10		Wednesday, September 11		Thursday, September 12		Friday, September 13	
Entree:	Beef Stew	Entree:	Beef Battered Cod	Entree:	Cabbage Rolls	Entree:	Veal Cutlet	Entree:	Roast Turkey
Potato:	Fresh Bun & Butter	Potato:	Pan Fried	Potato:	Perogies	Potato:	Rice	Potato:	Mashed
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, September 16		Tuesday, September 17		Wednesday, September 18		Thursday, September 19		Friday, September 20	
Entree:	Beef Stroganoff	Entree:	Chicken Pot Pie	Entree:	Pulled BBQ Pork	Entree:	Salisbury Steak	Entree:	Roast Pork & Apple Sauce
Potato:	Egg Noodles	Potato:	Parslied Potato	Potato:	Baked Beans	Potato:	Mashed with Gravy	Potato:	Steamed with Gravy
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, September 23		Tuesday, September 24		Wednesday, September 25		Thursday, September 26		Friday, September 27	
Entree:	Chicken Parmesan	Entree:	Liver & Onions	Entree:	Shepherd’s Pie	Entree:	Baked Ham	Entree:	BBQ Chicken Breast
Potato:	Rice	Potato:	Mashed with Gravy	Potato:	Fresh Bun with Butter	Potato:	Scalloped	Potato:	Roasted
Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice	Soup:	Chef’s Choice
Monday, September 30		MENU ITEMS AVAILABLE IN DINING ROOM		Soup (Small)	MEM \$3.25	NM \$4.00	Chicken Fingers	MEM \$7.00	NM \$8.25
Entree:	Spaghetti	Breakfast Special	MEM \$6.50	NM \$7.50	Hamburger	MEM \$5.50	Chicken Fingers & Fries	MEM \$8.50	NM \$9.75
Potato:	Garlic Bread	Dinner Special	MEM \$9.00	NM \$10.35	Hamburger & Fries	MEM \$7.00	Homecut Fries	MEM \$3.25	NM \$4.00
Soup:	Chef’s Choice	Sandwich Special	MEM \$5.75	NM \$6.95	Cheeseburger	MEM \$6.25	Poutine	MEM \$5.40	NM \$6.25
		Soup (Large)	MEM \$4.25	NM \$5.50	Cheeseburger & Fries	MEM \$7.00			

Volunteer & Fund Development

This month I am VERY excited to be heading to Montreal on a vacation. My husband and I are going to volunteer for Apimondia: World Bee Conference. It's a 6 day conference that takes place every two years in a different country. We managed to get on the list to volunteer, so we'll get to take in some of the conference and also explore Montreal!

FALL RAFFLE

LSCO's Fall Raffle will start later this month, and I am starting to put together a volunteer schedule for Ticket Sellers! The shifts are 2 hours each and come with a coffee. 😊

If you've wanted to dip your toe into volunteering at LSCO, this is a great, low-commitment way to meet some of the team. As much as possible, I like to pair two people up on shifts so it's more fun.

And for anyone interested in tickets, the prizes are going to be fab again! We'll have quilts from the Quilting Group, as well as a "Taste



Coordinator

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

of Italy" basket, a "Life's a Beach" basket, and a "Meat Lover's" basket! Full details of basket contents will be in next month's *LSCO Times*.

ALL IS CALM: THE CHRISTMAS TRUCE OF 1914

LSCO is proud to partner with Fran Rude and Ken Rogers for another production this year! Have you saved the dates for the show? It will be at the Yates Theatre on November 22, 23 and 24th, a great start to the holiday season. Tickets go on sale on September 23 from the

Yates or ENMAX box offices, or you can order by phone or online.

"All is Calm: The Christmas Truce of 1914" blends iconic WWI patriotic tunes, trench songs, ballads, and Christmas carols from England, Wales, France, Belgium, and Germany with texts woven from letters, autobiographies, poetry, gravestone inscriptions, and an old radio broadcast.

On Christmas Day 1914 – five months into WWI – enlisted men on both sides emerged from their no-man's-land trenches to bury their dead and exchange small gifts. "All is Calm" brings this story to life, and will be an unforgettable show for all those who attend.

VOLUNTEER RECORDS UPDATE

This fall, we are going to try to do a full update on our volunteer records. It's a huge project! If you are a current volunteer, expect to hear from us to get your file, documentation and screening up-to-date. 😊 ★

Free Neck & Shoulder MASSAGES!

The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, September 25** from 10:00 am until 12:00 pm in the Card Area, LSCO Dining Room.

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



Lethbridge HEARING CENTRE

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking

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



403.320.6000
www.lethbridgehearing.ca

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

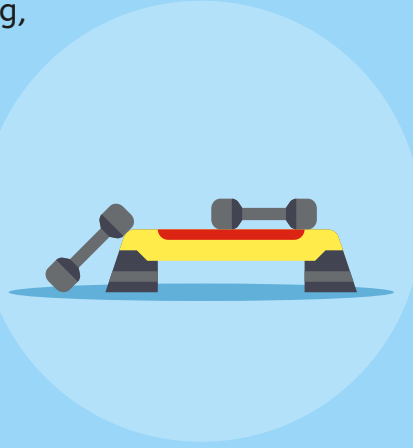
Candice Elliott-Boldt
BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt
Hearing Technician

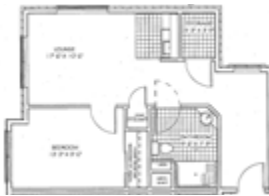
NEW STEP & SCULPT

Using the bench step and various strength equipment (bars & plates, dumb bells, tubing, body weight) this class provides cardiovascular and muscular workout to promote an overall body workout. All fitness levels welcome.

When: Tuesdays
Sept. 24 – Nov. 26
Time: 5:15 – 6:15 pm
Fee: \$55 LSCO M; \$88 NM
Instructor: Elizabeth Wong
Register by: Friday, Sept. 20



Your Retirement Home awaits you!
Black Rock Terrace
(Located off Scenic Drive by the Galt Museum)
Most affordable choice in retirement living in Lethbridge



- One-bedroom suite with kitchenette
- Ensuite with walk in shower
- In suite storage
- Personally controlled heat and air-conditioning
- Underground parking
- Emergency call system (pendants available)

- Home cooked meals and weekly housekeeping
- Activities such as bus trips & entertainment
- On site hairdresser
- Exercise Room
- Media Room



For more information: Phone: 403-328-1155 • www.greenacres.ab.ca
Voted Best of the Best in Seniors' Housing
Green Acres Foundation is the trusted and affordable choice for quality housing and services



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.

A flyer for 'Seniors Financial Assistance' is shown on a spiral notebook. The notebook is open to a page with a blue and white geometric pattern. A calculator and a pencil are also visible on the notebook. The flyer text is as follows:

Seniors Financial Assistance

presented by Danielle Davids, Ministry of Seniors and Housing, Government of Alberta

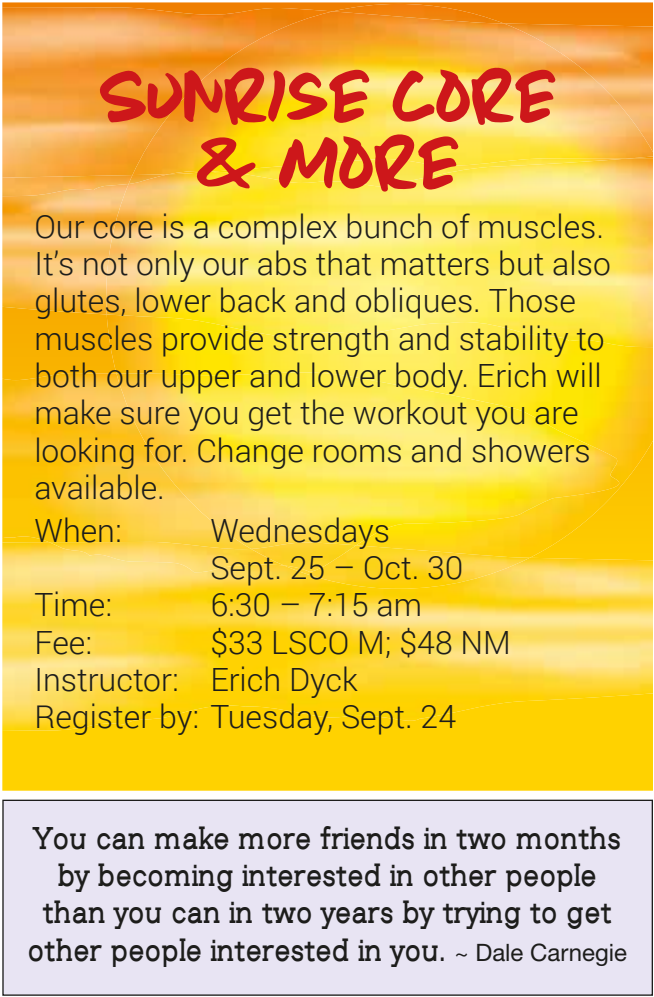
Topics to be covered:

- Alberta Seniors Benefit
- Supplementary Accommodation Benefit
- Special Needs Assistance
- Dental and Optical Assistance for Seniors
- Seniors Home Adaptation and Repair Program
- Seniors Property Tax Deferral Program

Tuesday, September 17, 2019
10:00 – 11:00 am ~ Room A/B

LSCO – 500 – 11th Street South • 403-320-2222

Alberta Government

A flyer for 'SUNRISE CORE & MORE' is shown on a yellow background with a sunburst pattern. The text is as follows:

SUNRISE CORE & MORE

Our core is a complex bunch of muscles. It's not only our abs that matters but also glutes, lower back and obliques. Those muscles provide strength and stability to both our upper and lower body. Erich will make sure you get the workout you are looking for. Change rooms and showers available.

When: Wednesdays
Sept. 25 – Oct. 30

Time: 6:30 – 7:15 am

Fee: \$33 LSCO M; \$48 NM

Instructor: Erich Dyck

Register by: Tuesday, Sept. 24

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you. ~ Dale Carnegie

A flyer for 'Creative ARTS' is shown on a green background with a torn paper effect. The text is as follows:

Creative ARTS

CREATIVE ARTS CLASSES THIS WINTER

Creative Zen-Art • The Textures & Colours of Fall

Scrap Art Gift Tags • Mono Printing

Drawing & Shading Trees

An advertisement for Livingstone Estates is shown. It features a photograph of a modern bungalow condo with a sign that reads 'LIVINGSTONE ESTATES' and 'THE BEST OF ADULT LIVING'. The text is as follows:

BUNGALOW CONDOS IN WEST LETHBRIDGE

Contact Trisha

for more information

☎ 403.331.1132

✉ trisha@newrock.ca

visit us at
livingstoneestates.ca

Showhome

location & hours

📍 330 Northlander Bend
WEST LETHBRIDGE

🕒 Tuesday to Thursday | 1 - 4
Saturday & Sunday | 1 - 4
OR BY APPOINTMENT

PROUDLY BUILT BY **NEWROCK**

An advertisement for 'Two Beautiful Showhomes Today!' is shown. It features four photographs of modern interior spaces: a kitchen with white cabinets and a bar, a living room with a fireplace, a kitchen with dark cabinets and a bar, and a living room with a fireplace. The text is as follows:

COME SEE OUR TWO BEAUTIFUL SHOWHOMES TODAY!



- Personal Care
- Shower Assist
- Respite
- Companionship
- Medical Reminder and Assistance
- Meal Assist
- Light Housekeeping

Bridge Home Care provides individualized services to clients from certified HCAs, LPNs and RN's. We believe everyone should have the opportunity to remain at home as long as possible.

403-393-2949 info@bridgehomecare.ca

POUND FITNESS MORNINGS

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drumsticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout.

When: Mondays, Sept. 9 – Nov. 4
Time: 11:00 – 11:45 am
Fee: \$44 LSCO M; \$64 NM
Instructor: Sheila Mulgrew
Register by: Friday, Sept. 6

When: Fridays, Sept. 13 – Nov. 1
Time: 10:30 – 11:15 am
Fee: \$44 LSCO M; \$64 NM
Instructor: Sheila Mulgrew
Register by: Tuesday, Sept. 10





Life Time Highs
cathymunro@lifetimelifehighs.club

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

Moose Jaw, SK	Sept. 16-19, 2019 Sights, Shopping & More	\$425 pp/dbl
Deadwood, SD	Sept. 29-Oct. 5, 2019 No rules, no regrets. SOLD OUT	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 25-28, 2019 with 2 days Spokane Shopping	\$415 pp/dbl
	Dec. 1-4, 2019 Spokane Shopping & Xmas Light Cruise	\$415 pp/dbl
Bonnars Ferry, ID	Feb. 2-5, 2020 Super Bowl Action	\$385 pp/dbl
Camrose, AB	May 24-25, 2020 with 2 side trips & entertainment	\$229 pp/dbl
Yellowstone	June 21-27, 2020 Old Faithful, Sightseeing	\$1400 pp/dbl

China April 6-23, 2020 Amazing Deal for 18 days \$5300 pp/dbl

All Inclusive – Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship with Cabins & Balconies, Bullet Train, Panda Research Centre, Silk Road & Jade Factory Shopping, Ghost City, Bird's Nest Olympic Centre & More


FREE INFO SESSION: 1347 Coulee Creek Crt S., Lethbridge
Saturday, September 7th, 10:00 am – Noon


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.

POWER WALKING with Jamie

We pack in a lot of walking fun in this 50-minute workout. These classes include a warm-up followed by high intensity interval training, all while walking! Finish with a cool down and stretch. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle. Intermediate to advanced fitness level.

When: Wednesdays
Sept. 11 – Dec. 11
Time: 9:10 – 10:00 am
Fee: \$77 LSCO M; \$112 NM
Instructor: Jamie Hillier
Register by: Monday, Sept. 9





Exploring the *New* Plan Well Guide

Special Presentation

by Dr. Daren Heyland

Critical Care Physician and Professor of Medicine
Queen's University

Monday, September 30, 2019

1:30 pm

Location: LSCO

Lethbridge Senior Citizens Organization
500 - 11th Street South • 403-320-2222
Stage Area of Dining Room

Discover the importance of why planning your medical care in advance is so important. Dr. Daren Heyland will explain how you can use the recently released **Plan Well Guide** to offer you peace of mind, to get what's right for you or your loved one.

With this tool you can learn about medical treatments and prepare your decision-making during a serious illness, by helping you communicate your important values and preferences.

For more information, we encourage you to visit:
www.planwellguide.com

Please Note: Limited Seating



Want to know more about iPhone or your Android Smart Phone? We have the class for you. Are you learning to use your iPad? Our iPad class can help you navigate your iPad more efficiently. Do you have an Apple Computer? Learn safe web browsing with Safari and how to set up Skype. Go to our website at www.lethseniors.com to register online.

6 September

E&L Entertainment

Southern Fried Chicken

13 September

Classic Legends

Roast Turkey

20 September

Floyd Sillito

Roast Pork

27 September

TBA

BBQ Chicken Breast

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

LSCO FREE COMMUNITY MUSIC PROGRAM

September 2019

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

Honouring World Suicide Prevention Day

I would like to acknowledge an important date and topic for the month of September. **Tuesday, September 10, 2019** is set aside as *Honouring World Suicide Prevention Day*.

Information provided in a fact sheet from the Centre for Suicide Prevention talks about older adults and suicide. People 65 years and older, especially men, have a high risk of suicide. As Canada’s largest population group, the baby boomers, approach the plus 65 age range, we may see an increase in suicide in years to come (*Canadian Coalition for Seniors’ Mental Health (CCSMH), 2009; Van Orden & Deming, 2017*).

Why are older adults at risk?

There are a few factors that put older adults at risk of suicide, factors that can put strain on one’s mental health and potentially lead to thoughts of suicide:

- Experiences of loss such as loss of health, loved ones, physical mobility and independence
- Major life changes such as retirement, change in financial status, a transition into care facilities
- Fewer relationships and connections as



LSCO
Social
Worker

Lavonn Mutch
lmutch@lethseniors.com
403-320-2222 ext. 57

loved ones have passed away, also, older adults are more likely to live alone

- Feelings of being a burden to loved ones
- Chronic illness and pain

(Joiner,2005; Jahn & Cukrowicz,2011; Heisel & Links, 2005)

What can older adults do to stay mentally healthy:

- Maintain physical and mental health; This could be as simple as eating right and exercising a little bit every day.
- Have fun and do what you love to do; Make time for enjoyable activities or hobbies

- Prioritize relationships; Call, text, or visit friends and family, be sure to stay in touch! Take part in a class or another kind of group activity, at a club or senior’s centre.
- Include activities with purpose and meaning into daily life; Volunteer to support friends or peers in your community.
- Ask for help when it is needed; When struggling to cope with life, tell a loved one or call the local crisis line, which you can find at suicideprevention.ca/need-help/

The Lethbridge Public Library Downtown Branch Theatre Room will have an array of information and speakers on this topic on **Tuesday, September 10, 2019** from 10:00 am – 4:00 pm. Suicide prevention and seniors is an important topic to know about and have available information on resources and what you can do to help.


The following information has been taken from the Centre for Suicide prevention and mental health commission of Canada. ★

\$6⁵⁰

BREAKFAST

8:00 am ~ 1:00 pm Weekdays





Chinook LifeCare
Association

CHINOOK LIFECARE
Helping you live independently at home


Chinook LifeCare Association is southern Alberta’s personal emergency response system.

- local non profit, helping keep costs down to help seniors
- money stays locally in southern Alberta
- local office open 5 days a week
- providing in home service and installation, for you and your family’s peace of mind

- local personal service technicians with over 10 years experience
- 24-hour monitoring, 365 days a year

Chinook LifeCare Association
403-320-1170 Toll Free 1-855-320-1170
Located within Nord-Bridge Senior Centre
#8, 1904 - 13th Avenue North
Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members



CIRCUIT TRAINING

During this 4-week program, (twice per week) you will be lead through structured strength, cardiovascular, and flexibility training sessions. Classes are designed for those who are new to exercising with weights and for those who have experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register; however if you would like to workout other days of the week you will want to purchase a pass. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When:

Time:

Fee:

Instructor:

Register by:

Session 1: Tuesdays & Thursdays
September 17 – October 10

1:30 – 2:30 pm

\$40 LSCO M; \$60 NM

Jamie Hillier

Friday, September 13

When:

Time:

Fee:

Register by:

Session 2: Tuesdays & Thursdays
October 15 – November 7

1:30 – 2:30 pm

\$40 LSCO M; \$60 NM

Friday, October 11

When:

Time:

Fee:

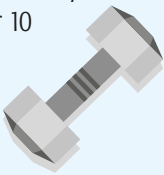
Register by:

Session 3: Tuesdays & Thursdays
November 12 – December 5

1:30 – 2:30 pm

\$40 LSCO M; \$60 NM

Friday, November 8



TABATA (After Work)

When:

Time:

Fee:

Instructor:

Register by:

Wednesdays
Sept. 11 – Dec. 4

5:15 – 6:15 pm

\$72 LSCO M; \$96 NM

Jamie Hillier

Tuesday, Sept. 10



ORGANIZING

MOVES & DOWNSIZING

PERSONAL CONCIERGE

SENIOR CONCIERGE

PET CONCIERGE



ROBIN PLATZ

403.991.0240

www.seamlesslifestyles.com



LSCO
ULTIMATE
Fitness
Membership

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 yoga classes without having to pay an additional class fee.

Note:

1. Certain class restrictions do apply.
2. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.
See the LSCO Times or www.lethseniors.com for class listings/details.

- 15% off Meals in the Dining Room.

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

Note:

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments.
Option #1: Pay full 6 month fee of \$324 (which is a 10% discount).
Option #2: \$60/month for 6 months = \$360.
- 12 month commitment – not available at this time.

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. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.
See the LSCO Times or www.lethseniors.com for class listings/details.

- 15% off Meals in the Dining Room.

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 (which is a 10% discount).
Option #2: \$65/month for 6 months = \$390.
- 12 month commitment – not available at this time.

Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **September 11 – October 16**, 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



Community Support Groups

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

Alcoholics Anonymous 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, September 14th** at 2:00 pm in Room C & D.

Lethbridge Stroke Recovery Association (LSRA) & Stroke Care Partner Support Group

These two groups are are jointly hosting the Henderson Lake Potluck Picnic on **September 7th** at the Kiwani picnic shelter from 11:30 am – 2:30 pm. For more information contact Kelly Munro at 403-892-6910.

Parkinson’s Alberta Society Support Group

The next meeting is Thursday, September 19 at 2:00 pm in the Stage Area. Their Step N’ Stride Walk at Henderson Lake Park is **September 8th** at 2:00 pm. For more information contact Brienne Leclaire at 403-317-7710.

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

Celiac Support Group
The next meeting will be **Monday, September 30th** at 7:15 pm in Room A.



**AVOID
LATE
FEES**

Check for registration deadline dates as a late fee will be charged for some classes.

CLASSIFIED ADS

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.

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, filling corns, corn removal when possible \$30.00. Medical or surgical conditions may prevent you from caring for your feet. These could include arthritis, joint replacements, diabetes and/or other disabilities. It is very important to care for your feet. When your Feet feel good you feel good! For more information call Barbara **403-308-7654**. Seniors may qualify for benefits. **Bless Your Feet.**



**Sterling
International
Precious Metals**

**Gold & Silver
BUYING EVENT**
403-915-3678
jamesimredanku@gmail.com

BUYING GOLD JEWELLERY – gold pocket and wrist watches, gold and silver coins, old broken jewellery, dental gold; also sterling flatware, tea and coffee sets, etc. – we also buy old Deutsch Marks coins and bills and English pound notes, which are unredeemable in Canada, also unwanted diamond engagement rings.

GOLD PRICES PAYING:

• \$10 per gram for 9 ct (British)	• \$24 per gram for 18 ct
• \$14 per gram for 10 ct	• \$27 per gram for gold nuggets
• \$18 per gram for 14 ct	• \$30 per gram for 22 ct

SILVER PRICES PAYING:

- 30¢ per gram for European .800 grade
- 40¢ per gram for 925 sterling
- 30¢ per gram for Canadian silver coins pre-1967
- 65¢ each for Birks Sterling Ring Boxes or similar

✪ Will pay higher prices for volume ✪
Sellers must be at least 18 years of age and have photo ID.



**SOUTHERN
OPTICAL LTD.**


Fred Miller
Dispensing Optician &
Prosthetic Eye Fittings

*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!

Come down to
SOUTHERN OPTICAL
for all the details.
1011 - 3rd Avenue South
(2 blocks north of LSCO)
403-327-4145

**COFFEE
IS ALWAYS
ON AT
LSCO**





SHUTTLE ON THE GO
403-393-2899
www.shuttleonthego.ca
shuttlebiz2018@gmail.com
Let Us Drive You!
Lethbridge to Calgary
Locally Owned: Tony Tietz



WINNERS

Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY
IS SENIORS DAY!**

**Half Price On All Regular,
Gold and Combo Cards**

*Come support LSCO
and have fun at the same time
~ play Bingo on Thursdays!*



Every Wednesday
**HALF PRICE
REGULAR CARDS**

Friday Nights
FREE \$500 GAME

Sunday Afternoons
FREE \$200 GAME

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



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934
www.evergreenfh.ca
A division of the Caring Group Corp.
*We Lessen the Expense
~ Not the Care*

Step in to September with our Fall Classes

SAVE BIG \$\$\$ when registering for classes! HOW?

- By becoming a member at LSCO. Memberships for 35-54 years of age are \$90 every 12 months. Memberships for 55+ years of age are \$50 every 12 months.
- By registering for the entire session.
- By purchasing a 10x Pass. \$55 LSCO Member; \$85 Non-Member. They don't expire for 6 months and will give you the option of trying a variety of classes. Available for members and non-members. Certain class restrictions apply.
- By purchasing the Ultimate 6 month Fitness Membership. This pass is perfect for those that like to attend a number of classes and/or workout in the Fitness Centre. See page 9 for details, online or ask at the Administration Desk.

NON Member Participation

- Not in the market to purchase a membership at this time; no worries, we have options for non-members too. Please ask us.

ONLINE REGISTRATIONS

- Members and non-members are able to register online for many of the classes.

- If a program says Out of Stock feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are registering for someone else online, please remember to include their name in the notes or give us a call.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

DID YOU KNOW?

- Workout enthusiasts 18 - 35 years of age can attend classes and programs after 4:30 pm.
- LSCO has Change Rooms with Showers. Day Lockers available.

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. We apologize; 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

HARMONY TAEKWON-DO

TaeKwon-Do is one of the world's most popular martial arts and now older adults and seniors have the opportunity to learn ITF TaeKwon-Do too. TaeKwon-Do literally translates to the art of kicking and punching. While traditional Taekwon-do focuses on kicking and punching, Harmony Taekwon-Do focusses on the "art". Harmony TaeKwon-Do offers countless physical and mental benefits to the practitioner by adapting the traditional TaeKwon-Do program to be more suitable and harmonising for the older adult. Ms. Nicole Stratychuk, 4th Degree Black Belt Instructor is certified by the International TaeKwon-Do Federation to teach the Harmony TaeKwon-Do program. She has been practicing TaeKwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle.

When: **Session 1:** Mondays & Wednesdays
Sept. 23 – Oct. 30
(no class Oct. 14)

Time: 1:15 – 2:15 pm
Fee: \$66 LSCO M; \$99 NM
Instructor: Nicole Stratychuk
Register by: Wednesday, Sept. 18

When: **Session 2:** Mondays & Wednesdays
Nov. 4 – Dec. 11 (no class Nov. 11)

Time: 1:15 – 2:15 pm
Fee: \$66 LSCO M; \$99 NM
Instructor: Nicole Stratychuk
Register by: Wednesday, Oct. 30

QIGONG

Qi means "life energy" and gong means "work"; together Qigong 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, eight brocades 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,
Sept. 10 – Nov. 28

Time: 10:05 – 11:05 am

Fee: \$96 LSCO M; \$192 NM
Instructor: Dave Scotland
Register by: Wednesday, Sept. 4

YANG 24 Tai Chi

Yang 24 Tai Chi form was developed in 1956 by the Chinese Sport Committee and Tai Chi masters as a health exercise. The form introduces the essential elements of Tai Chi yet retains the traditional flavour of longer forms. The Yang 24 Tai Chi is considered the most widely practiced form in the world and takes about 5 minutes to perform once learned. Some Qigong (health exercises) will also be included. The Yang 24 form is an intermediate form so some Tai Chi experience is necessary. Wear comfortable loose clothing and low heel footwear. 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
Sept. 10 – Nov. 28

Time: 11:15 am – 12:00 pm
Fee: \$96 LSCO M; \$192 NM
Instructor: Dave Scotland
Register by: Wednesday, Sept. 4

TAI CHI 108 Form Practice

Note: this is not a lesson. If you have taken Steve's Intermediate or Advanced Tai Chi class you are encouraged to register and practice with the group. They follow Steve's DVD.

When: Wednesdays, Sept. 11 – Dec. 4

Time: 9:15 – 10:15 am
Fee: \$30 LSCO Members; \$52 NM
Register by: Tuesday, Sept. 10

Yoga & Pilates

BEGINNER YOGA CLASS

This class is suitable for Beginner and Intermediate students. Occasionally using props, the class will focus on body awareness and proper alignment in the basic yoga poses. The class will end with a 15 minute Yoga Nidra relaxation/meditation, so please bring a blanket to stay warm. A dedicated Yoga Nidra practice will drop the body and mind into a deeply relaxed and healing state. It also reduces symptoms of stress, anxiety, depression and insomnia. Dress comfortably and bring a yoga mat. Instructor is Val Kunimoto, a Certified Yoga Teacher with the Yoga Association of Alberta and has been teaching yoga in the Lethbridge area for 40 years.

When: Tuesdays, Sept. 17 – Nov. 19
(no class Oct. 15)

Time: 3:00 – 4:00 pm
Fee: \$50 LSCO M; \$90 NM
Instructor: Val Kunimoto
Register by: Friday, Sept. 13

HATHA YOGA

Experience the benefits of Hatha Yoga to help you relax, build strength, improve balance and enhance your quality of life. Our safe, gentle approach offers spiritual nourishment as well as health benefits. You'll come away refreshed, renewed and invigorated.

When: Mondays, Sept. 16 – Nov. 25
(no class Oct. 14 & Nov. 11)

Time: 10:00 – 11:00 am
Fee: \$50 LSCO M; \$75 NM
Instructor: Leigh Monette
Register by: Thursday, Sept. 12

When: Wednesdays, Sept. 11 – Nov. 27

Time: 10:00 – 11:00 am
Fee: \$66 LSCO M; \$90 NM
Instructor: Leigh Monette
Register by: Monday, Sept. 9

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays, Sept. 11 – Nov. 27

Time: 9:35 – 10:25 am
Fee: \$33 LSCO M; \$54 NM
Register by: Monday, Sept. 9

GENTLE YOGA

Gentle yoga classes are a great place to take it slower, and still experience all the benefits of yoga. 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
Sept. 10 – Oct. 24

Time: 9:30 – 10:30 am
Fee: \$70 LSCO M; \$105 NM
Register by: Friday, Sept. 6

When: **Session 2:** Tuesdays & Thursdays
Oct. 29 – Dec. 12

Time: 9:30 – 10:30 am
Fee: \$70 LSCO M; \$105 NM
Register by: Friday, Oct. 25

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: **Session 1:** Wednesdays
Sept. 11 – Oct. 30
Time: 8:30 – 9:30 am
Fee: \$40 LSCO Members; \$56 NM
Register by: Tuesday, Sept. 10

When: **Session 2:** Wednesdays
Nov. 6 – Dec. 11
Time: 8:30 – 9:30 am
Fee: \$30 LSCO Members; \$42 NM
Register by: Tuesday, Nov. 5

YOGA Noon Hour

This moderately paced class teaches safe alignment in foundational yoga poses assisting students to build strength, increase flexibility and breath awareness. Wear comfortable workout clothes, bring a yoga mat, water bottle All skill levels welcome.

When: Tuesdays, Sept. 24 – Dec. 10
Time: 12:05 – 12:55 pm
Fee: \$78 LSCO M; \$96 NM
Instructor: Melanie Hillaby
Register by: Friday, Sept. 20

When: Thursdays, Sept. 26 – Dec. 12
Time: 12:05 – 12:55 pm
Fee: \$78 LSCO M; \$96 NM
Instructor: Melanie Hillaby
Register by: Tuesday, Sept. 24

YIN/DAOIST YANG YOGA

“Athletes don’t retire because of muscle problems, they retire because of joint problems. Yin Yoga postures gently stretch and rehabilitate the connective tissues (facia) that form our joints.” (Paul Grilley) Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation. In this new session, there will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays, Sept. 23 – Dec. 9
(no class Oct 14. & Nov. 11)
Time: 9:00 – 10:30 am
Fee: \$80 LSCO M; \$120 NM
Instructor: Karen Toohey
Register by: Friday, Sept. 20

ACTIVE YOGA

Individuals participating in this Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. We flow through a number of sun salutations (getting up and down off the mat) throughout the class. A variety of props will be used. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle.

When: Fridays, Sept. 27 – Nov. 29
Time: 9:00 – 10:00 am

Fee: \$66 LSCO M; \$78 NM
Register by: Thursday, Sept. 26

PILATES

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, Sept. 23 – Dec. 9
(no class Oct. 14 & Nov. 11)
Time: 12:05 – 12:55 pm
Fee: \$55 LSCO M; \$80 NM
Instructor: June Dow
Register by: Friday, Sept. 20

Exercise & Fitness

NEW SUNRISE CORE & MORE

Our core is a complex bunch of muscles. It’s not only our abs that matters but also glutes, lower back and obliques. Those muscles provide strength and stability to both our upper and lower body. Erich will make sure you get the workout you are looking for. Change rooms and showers available.

When: Wednesdays, Sept. 25 – Oct. 30
Time: 6:30 – 7:15 am
Fee: \$33 LSCO M; \$48 NM
Instructor: Erich Dyck
Register by: Tuesday, Sept. 24

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. 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, Sept. 23 – Dec. 9
(no class Oct. 14 & Nov. 11)
Time: 10:15 – 11:00 am
Fee: \$60 LSCO M: \$90 NM
Instructor: June Dow
Register by: Friday, Sept. 20

When: Fridays, Sept. 20 – Dec. 6
Time: 10:15 – 11:00 am
Fee: \$60 LSCO M; \$90 NM
Instructor: Tracy Simon
Register by: Wednesday, Sept. 18

KEEP FIT

The instructor will lead you through a warm up, low impact cardiovascular exercises, strength component and stretching. Everyone is welcome and encouraged to exercise at their 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. It can be chilly in the gym at times so dress in layers. Bring a water bottle.

When: Wednesdays, Sept. 18 – Dec. 11
Time: 10:15 – 11:00 am
Fee: \$26 LSCO M; \$45 NM
Register by: Tuesday, Sept. 17

LOW IMPACT CARDIO

This energizing class will set you up for a great day and help improve your cardiovascular fitness. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle. Intermediate to advanced fitness level. (Wednesday strength class listed farther down.)

When: Mondays, Sept. 9 – Dec. 9
(no class Oct. 14 & Nov. 11)
Time: 8:00 – 8:50 am
Fee: \$66 LSCO M; \$81 NM
Instructor: Debbie Palmer
Register by: Friday, Sept. 6

BARS, PLATES & WEIGHTS

This class is designed to increase participants 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. Limited space register early!

When: Tuesdays, Sept. 17 – Dec. 3
Time: 8:00 – 8:45 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Tracy Simons
Register by: Friday, Sept. 13

When: Wednesdays, Sept. 18 – Dec. 4
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Tracy Simons
Register by: Friday, Sept. 13

BUTTs & GUTs

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, Sept. 16 – Dec. 9
Time: 10:30 – 11:15 am
Fee: \$61 LSCO M; \$88 NM
Instructor: Tracy Simons
Register by: Friday, Sept. 13

When: Thursdays, Sept. 19 – Dec. 12
Time: 5:15 – 6:00 pm
Fee: \$72 LSCO M; \$104 NM
Instructor: Tracy Simons
Register by: Tuesday, Sept. 17

CIRCUIT TRAINING

During this 4-week program, (twice per week) you will be lead through structured strength, cardiovascular, and flexibility training sessions. Classes are designed for those who are new to exercising with weights and for those who have experience (beginner & intermediate). Classes will be held in the Fitness Centre. **Please note:** you do not have to be a member of the Fitness Centre to register; however if you would like to workout other days of the week you will want to purchase a pass. Wear comfortable exercise clothing, indoor shoes; bring a water bottle. Instructor: Jamie Hillier.

When: **Session 1:** Tuesdays & Thursdays
Sept. 17 – Oct. 10
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Sept. 13

When: **Session 2:** Tuesdays & Thursdays
Oct. 15 – Nov. 7
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Oct. 11

When: **Session 3:** Tuesdays & Thursdays
Nov. 12 – Dec. 5
Time: 1:30 – 2:30 pm

Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Nov. 8

CIRCUIT TRAINING 3X

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

When: Session 1:
Mondays, Wednesdays & Thursdays
Sept. 16 – Oct. 10
Time: 1:30 – 2:30 pm
(Thursday class is 2:40 – 3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, Sept. 13

When: Session 2:
Mondays, Wednesdays & Thursdays
Oct. 15 – Nov. 7
Time: 1:30 – 2:30 pm
(Thursday class lis 2:40 – 3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, Oct. 11

When: Session 3:
Mondays, Wednesdays & Thursdays
Nov. 13 – Dec. 5
Time: 1:30 – 2:30 pm
(Thursday class is 2:40 – 3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, Nov. 8

INDOOR CYCLING

Instructor: Jamie Hillier

CYCLE MONDAYS NOON

When: Mondays, Sept. 9 – Dec. 16
(no class Oct. 14 & Nov. 11)
Time: 12:10 – 12:50 pm
Fee: \$72 LSCO M; \$104 NM
Register by: Friday, Sept. 6

CYCLE COMBO

When: Tuesdays, Sept. 10 – Dec. 10
Time: 9:00 – 9:50 am
Fee: \$77 LSCO M; \$104 NM
Register by: Monday, Sept. 9

CYCLE THURSDAY NOON

When: Thursdays, Sept. 12 – Dec. 12
Time: 12:10 – 12:50 pm
Fee: \$77 LSCO M; \$104 NM
Register by: Wednesday, Sept. 11

NEW DISCOVER CYCLING

Enjoy the benefits of riding a stationary bike. Ideal for those that have not been on a bike for a while. Don’t worry, if you want to get off the bike for a few minutes you sure can.

When: Fridays, Sept. 20 – Dec. 6
Time: 11:15 – 12:00 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Tracy Simons
Register by: Wednesday, Sept. 18

NEW SUSPENSION TRAINING COMBO

Suspension training (TRX) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. The flexibility of suspension trainers allows participants to progress to different levels of intensity and choose options that are right for them. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It’s also a great option for anyone who wants to add cross-training into their workouts.

When: Thursdays, Sept. 12 – Dec. 12
Time: 9:00 – 9:50 am
Fee: \$77 LSCO M; \$112 NM
Instructor: Jamie Hillier
Register by: Wednesday, Sept. 11

NEW SUSPENSION TRAINING COMBO

This class incorporates the use of suspension training (TRX), cycling, weights and a variety of other exercise equipment to give you a high intensity workout. A great way to finish your day!

When: Mondays, Sept. 16 – Nov. 25
(no class Oct. 14 & Nov. 11)
Time: 5:15 – 6:15 PM
Fee: \$50 LSCO M; \$72 NM
Instructor: Jeannie Ng
Register by: Friday, Sept. 13

NEW SUSPENSION TRAINING (TRX)

When: Tuesdays, Sept. 10 – Dec. 10
Time: 12:10 – 12:50 pm
Fee: \$77 LSCO M; \$112 NM
Instructor: Jamie Hillier
Register by: Monday, Sept. 9

FIT BALL & MORE

Exercising with the fit ball will assist you to improve your balance, strength, posture, coordination, cardiovascular fitness and so much more. Weights, resistance tubing and other equipment will be used. Participants should be comfortable getting up and down off the floor as we perform core work and stretching exercises on the mat. Wear comfortable clothing and footwear. Don’t forget to bring a yoga mat and water bottle.

When: Tuesdays & Thursdays
Sept. 24 – Dec. 12
Time: 9:00 – 9:50 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Shawn Hamilton
Register by: Friday, Sept. 20

POUND FITNESS

Wednesday evenings we will use Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. This is an exhilarating full-body workout that combines cardio, conditioning, and strength training movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

When: Wednesdays, Sept. 18 – Nov. 27
Time: 5:15 – 6:15 pm
Fee: \$61 LSCO M; \$88 NM
Instructor: Jeannie Ng
Register by: Monday, Sept. 16

POUND FITNESS (Mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout.

When: Mondays, Sept. 9 – Nov. 4
Time: 11:00 – 11:45 am
Fee: \$44 LSCO M; \$64 NM
Instructor: Sheila Mulgrew
Register by: Friday, Sept. 6

When: Fridays, Sept. 13 – Nov. 1
Time: 10:30 – 11:15 am
Fee: \$44 LSCO M; \$64 NM
Instructor: Sheila Mulgrew
Register by: Tuesday, Sept. 10

POWER WALKING

Participants will get an overall body workout, using weights appropriate to ability. Join us for

an energetic workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle.

When: Mondays, Sept. 16 – Dec. 9
(no class Oct. 14 & Nov. 11)
Time: 9:10 – 10:00 am
Fee: \$61 LSCO M; \$88 NM
Instructor: Tracy Simons
Register by: Thursday, Sept. 12

&
When: Thursdays, Sept. 19 – Dec. 12
Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$104 NM
Instructor: Tracy Simons
Register by: Tuesday, Sept. 17

POWER WALK with Jamie

We pack in a lot of walking fun in this 50-minute workout. These classes include a warm-up followed by high intensity interval training, all while walking! Finish with a cool down and stretch. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle. Intermediate to advanced fitness level.

When: Wednesdays, Sept. 11 – Dec. 11
Time: 9:10 – 10:00 am
Fee: \$77 LSCO M; \$112 NM
Instructor: Jamie Hillier
Register by: Monday, Sept. 9

EVENING POWER WALKING

Join Jerry as he puts you through his power walking routine. Light hand weights will be used (optional) and all fitness levels are welcome. Wear comfortable clothes, indoor exercise shoes and bring a water bottle.

When: Wednesdays, Sept. 4 – Dec. 11
Time: 6:30 – 7:30 pm
Fee: \$2 Drop In (each Wednesday)
Instructor: Jerry Brown

NEW STEP IT UP

Using a bench step, you’ll move your way through fun, choreography combinations that will give your heart the cardio boost it needs to stay healthy and happy. Low impact options will be given. Wear comfortable clothes, indoor footwear and bring a water bottle. Limited space, register early.

When: Thursdays, Sept. 26 – Oct. 31
Time: 5:15 – 6:15 pm
Fee: \$33 LSCO M; \$48 NM
Instructor: Erich Dyck
Register by: Wednesday, Sept. 25

NEW STEP & SCULPT

Using the bench step and various strength equipment (bars & plates, dumb bells, tubing, body weight) this class provides cardiovascular and muscular workout to promote an overall body workout. All fitness levels welcome.

When: Tuesdays, Sept. 24 – Nov. 26
Time: 5:15 – 6:15 pm
Fee: \$55 LSCO M; \$88 NM
Instructor: Elizabeth Wong
Register by: Friday, Sept. 20

STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays, Sept. 11 – Dec. 11
Time: 8:00 – 8:50 am
Fee: \$77 LSCO M; \$112 NM
Instructor: Debbie Palmer
Register by: Monday, Sept. 9

When: Thursdays, Sept. 19 – Dec. 5
Time: 8:00 – 8:45 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Tracy Simons
Register by: Monday, Sept. 16

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! 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, indoor shoes and bring your water bottle (intermediate to advanced level class).

When: Mondays, Sept. 9 – Dec. 16
(no class Oct. 14 & Nov. 11)
Time: 9:10 – 10:10 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Jamie Hillier
Register by: Friday, Sept. 6

TABATA (After Work)

When: Wednesdays, Sept. 11 – Dec. 4
Time: 5:15 – 6:15 pm
Fee: \$72 LSCO M; \$96 NM
Instructor: Jamie Hillier
Register by: Tuesday, Sept. 10

TABATA & More

If you are looking for an end of the week workout to challenge yourself; join us Fridays at noon. The instructor will change the exercises weekly using a variety of fitness equipment. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Fridays, Sept. 20 – Dec. 13
Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$104 NM
Instructor: Tracy Simons
Register by: Tuesday, Sept. 17

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, Sept. 30 – Dec. 2
(no class Oct. 14 & Nov. 11)
Time: 6:45 – 7:45 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, Sept. 26
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, Sept. 30 – Dec. 2
(no class Oct. 14 & Nov. 11)
Time: 8:00 – 9:00 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, Sept. 26
Location: LSCO Gym 2

LINE DANCING

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

When: Mondays, Sept. 9 – Dec. 2
(no class Oct. 14 & Nov. 11)
Time: 10:30 – 11:55 am
Fee: \$33 LSCO M; \$66 NM
Instructor: Diane Holstine
Register by: Friday, Sept. 6

LINE DANCING

This class is for the intermediate to experienced line dancer.

When: Thursdays, Sept. 5 – Nov. 21
Time: 10:30 am – 12:00 pm
Fee: \$36 LSCO M; \$72 NM
Instructor: Diane Holstine
Register by: Wednesday, Sept. 4

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, Sept. 5 – Nov. 21
Time: 1:15 pm – 2:15 pm
Fee: \$36 LSCO M; \$72 NM
Instructor: Diane Holstine
Register by: Wednesday, Sept. 4

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.

When: Thursdays, Sept. 19 – Dec. 12
Time: 5:15 – 6:15 pm
Fee: \$84 LSCO M; \$126 NM
Instructor: Andrea Hertz
Register by: Tuesday, Sept. 17

SCOTTISH COUNTRY DANCE

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

When: Fridays, Sept. 13 – Dec. 13
Time: 10:15 am – 11:45 am
Fee: \$28 LSCO M; \$42 NM
Register by: Thursday, Sept. 12

ZUMBA GOLD

This easy to follow program lets you move to upbeat music at your own speed. It is an invigorating class that provides modified, low impact moves for active adults. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, Sept. 17 – Dec. 10
Time: 11:00 – 11:45 am
Fee: \$71 LSCO M; \$104 NM
Instructor: Nicole Stratychuk
Register by: Friday, Sept. 13

When: Thursdays, Sept. 12 – Oct. 31
Time: 10:45 – 11:30 am
Fee: \$44 LSCO M; \$64 NM
Instructor: Sheila Mulgrew
Register by: Tuesday, Sept. 10

When: Thursdays, Nov. 7 – Dec. 12
Time: 11:00 – 11:45 am
Fee: \$33 LSCO M; \$48 NM
Instructor: Nicole Stratychuk
Register by: Tuesday, Nov. 5

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: Mondays, Sept. 16 – Nov. 4
Time: 5:15 – 6:15 pm
Fee: \$38 LSCO M; \$56 NM
Instructor: Sheila Mulgrew
Register by: Friday, Sept. 13

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, Sept. 28 – Nov. 2
Time: 10:30 – 11:15 am
Fee: \$28 LSCO M; \$40 NM
Instructor: Sheila Mulgrew
Register by: Thursday, Sept. 26

Sports

PICKLEBALL LESSONS

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

When: **Session 1:** Fridays, Sept. 6 – 27
Time: 9:15 – 11:00 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, Sept. 4

When: **Session 2:** Fridays, Oct. 4 – 25
Time: 9:15 – 11:00 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, Oct. 2

When: **Session 3:** Fridays, Nov. 8 – 29
Time: 9:15 – 11:00 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, Nov. 6

NEW SATURDAY PICKLEBALL LESSONS

See above description. Register early as space is limited. Location Gym 2.

Time: 9:00 – 11:00 am
Fee: \$25 LSCO M; \$45 NM (per session)
When: **Session 1:** Saturdays
September 14 – October 5
Register by: Wednesday, September 11

When: **Session 2:** Saturdays
October 19 – November 9
Register by: Wednesday, September 11

COMPETITIVE PICKLEBALL

LSCO tournament players can practice/play Sundays beginning September 15th. Members who have paid the year or month Pickleball fee can play for free but please register. If there is not enough interest gym time will be canceled. Note: you may be required to set up the nets.

Time: 8:30 – 11:00 am
Location: Gym 2
Register by: Friday, Sept. 13

NEW SATURDAY/SUNDAY PICKLEBALL

LSCO members and non-members who have paid the year or month fee can play for free. We know you may not be able to commit every Saturday or Sunday, but registering is appreciated. If you would like to play and haven’t paid, contact us to make the arrangements to do so. If there is not enough interest, gym time will be canceled. Individuals who only want to play evenings and weekends you can register to do that.

When: Saturdays, Sept. 14 – Dec. 14
(no class Nov. 23)
Time: 11:15 am – 5:00 pm
When: Sundays, Sept. 15 – Dec. 15
Time: 11:15 am – 4:00 pm

EVENING PICKLEBALL

When: TBA

PICKLEBALL WEEK DAYS

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
Fridays; 9:00 – 11:00 am (when lessons are not scheduled)

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, tradeshow, holidays and floor re-surfacing.

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 and day use lockers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, Sept. 3 – Dec. 17
Time: 12:00 – 1:00 pm
Fee: \$64 LSCO M & Non-Members
Register by: Monday, Sept. 3

Language

CONVERSATIONAL SPANISH

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

When: Tuesdays, Sept. 24 – Nov. 12
Time: 6:15 – 8:15 pm
Fee: \$45 LSCO M; \$65 NM
Instructor: Martha Montgomery
Register by: Friday, Sept. 20

Creative Arts

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, Sept. 16 – Nov. 25
Time: 1:00 – 4:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, Sept. 12

LINE AND WASH INTO FALL

Somewhat similar to previous line and wash classes, but this one will have a theme – THE TEXTURES AND COLOUR OF FALL. We will cover landscape, still life and florals and maybe even attempt a few animals i.e. squirrels. This class will be for all skill levels so if you are new to line and wash I will have some simple projects but for the advanced, I will challenge you with more intricate and challenging projects. This is a great way to start off the season.

When: Thursdays, Oct. 3 – Nov. 21
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Friday, Sept. 27

SCRAP ART GIFT TAGS

If you are into artist trading cards or like to create unique gifts for people, this class is a winner. Use those old scraps of old art works or cut up pieces of gift wrapping paper or even old greeting cards, collage items, vintage copy free images, playing cards and the list goes on. This is a 4 hour class so come prepared to jump into it. Have fun with these unique arty, one of a kind gift tags, anything goes.

When: Thursday, Dec. 5
Time: 10:00 am – 3:00 pm
(lunch 12:00 – 1:00 pm)
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Thursday, Nov. 28

EASY & SIMPLE MONO PRINTING

This short but sweet class will be an adventure for the student that likes to try something new. It’s fast and easy, no fuss, no muss, no press. You will learn how to make monotype prints anytime, anywhere. All you need is a plate or surface and either watercolor or acrylic paints for you inks or if you

like you can use printmaking inks. It is considered to be the painters print because it is more like painting than printing. Keep in mind that you can do a lot of prints in a short time. So you may consider them as a jumping off point or a finished product. Some of you will love them and others you may not. But I haven’t been disappointed yet. Come try your hand with this fascinating medium where your imagination is the limit.

When: Wednesdays, Nov. 20 & 27
Time: 10:00 am – 12:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Thursday, Nov. 14

DRAWING AND SHADING TREES

In this 6 week class, we will study and render our lovely trees. Learn several different approaches to shading trees. We will cover different species of trees; learn how they are constructed and how the light plays with their foliage. This is a great class for the beginner as well as someone who wants to keep their drawings skills sharp.

When: Wednesdays, Oct. 2 – Nov. 6
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Thursday, Sept. 2

Technology

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
Sept. 30 & Oct. 2
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris.
Register by: Wednesday, Sept. 25

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, Oct. 7 & 9
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Wednesday, Oct. 2

iPAD

Learn how to use your iPad more efficiently. Rod will cover topics such as connecting to the Internet, finding and installing a variety of “Apps” this class and more. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Tuesdays & Thursdays
Sept. 24 – Oct. 10
Time: 1:30 – 3:30 pm
Fee: \$50 LSCO M; \$80 NM
Instructor: Rod Henriquez
Register by: Friday, Sept. 20

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
Oct. 15 – Nov. 7
Time: 1:30 – 3:30 pm
Fee: \$50 LSCO M; \$80 NM
Instructor: Rod Henriquez
Register by: Friday, Oct. 4

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, Nov. 12 – 28
Time: 1:30 – 3:30 pm
Fee: \$50 LSCO M; \$80 NM
Instructor: Rod Henriquez
Register by: Friday, Nov. 8

Special Interest

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.

When: Tuesdays
Time: 10:30 – 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 – 3:30 pm
Fee: \$20/12 month & LSCO membership
Non Mem: \$2/day

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. Supply costs extra.

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 Administration Desk.

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

TAI CHI

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

When: Mon/Wed/Fri
Time: 8:30 – 9:30 am
Fee: \$20 & LSCO membership

TABLE TENNIS

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

When: Mondays, Wednesdays, Fridays
Time: 3:00 – 4:30 pm
Fee: \$44 & 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 instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:00 am – 4:00 pm
Fee: \$44/12 months & LSCO membership

CARDS

Members and invited guests are welcome to play Crib and Scrabble in the card area throughout the day. From time to time the area may be needed for other LSCO activities and services. If so, play will be moved to another location or canceled for that time period.

CRIB

When: Thursdays, 1:00 – 3:00 pm
Fee: \$11 per 12 months & LSCO membership
NM: Drop in fee is \$2

SCRABBLE

When: Wednesdays & Thursdays
9:30 – 11:30 am
Fee: \$11 per 12 months & LSCO membership
NM Drop in fee is \$2

BINGO

Every Wednesday afternoon from 1:00 – 3:00 pm volunteers lead In-House Bingo. Interested individuals are welcome to join in. Please arrive approximately 12:30 pm to purchase your bingo cards. Bingo is held in the Stage Area of the Dining Room. Package of 8 for \$5.00. Intermission and Bonanza \$1 each.

Circuit Training Testimonial

I started Jamie’s circuit training class almost a year ago. I have since lost 30 lbs and 4” around my waist. I have gone from an exercise hater to looking forward to every class. I attribute much of this to the skill and enthusiasm of our instructor Jamie. She makes every class interesting by mixing things up. No two classes are exactly the same. She takes an interest in the needs of each client, ensuring safety while helping reach their full potential. The gym equipment is top notch and class times are convenient.

I would highly recommend people of all fitness levels to give the circuit training class a try.
- Gary Scott

Hello! It's hard to believe Fall is already upon us. To ring in the new season, we have many events coming up that you will want to mark in your calendar for September.

Presentations

Thursday, September 5: Canada Revenue Agency with Nicole Frandsen (Stage Area of dining room). See poster on page 9.

Tuesday, September 17: Seniors Financial Assistance with Danielle Davids (Room A/B) See poster on page 6.

Monday, September 30: Exploring the Plan Well Guide with Dr. Daren Heyland, covering value-based decision making for end of life care. Dr. Heyland works at Queen's University as Clinical Care Researcher. (Stage Area of dining room) See poster on page 7.

Announcements

Monica Zadnik, First Link Coordinator with The Alzheimer's Society will be here once a month with brochures and opportunity for outreach conversation. Watch for her table set up in the lobby near the Boutique. If you have questions in the meantime, contact Monica at 403-329-3766.

Thanks to suggestion by a few members we are starting something called *The Community Table*. It's going to be reserved in the dining room every Wednesday at 11:30 am, starting **September 4**. Anyone is welcome to join, grab their own coffee and/or lunch to meet fellow community members who are interested in



Support
Services
Coordinator

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

connecting with other seniors. Simply head to the LSCO dining room and grab a seat. Look for the sign "Community Table".

Massage Time!

Wednesday, September 25: The Lethbridge College Massage Therapy program is back with FREE 15 minute neck and back massages for you. 10:00 am – 12:00 pm in the card area. No need to book ahead.

Practicing Happiness is restarting **Wednesdays, September 11 – October 16** from 10:00am – 11:30am in Room C/D.

***3C's: Cooking, Conversation & Companionship** will not begin in September. Watch for updates in the October paper and posters around LSCO.

Upcoming Events

Save on Foods Flu Shot Clinic will be held **October 21 and October 22** in the LSCO Dining Room.

Wellness Programs

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

Wednesday, September 11: Alger Zadeiks Shapiro (Free 15-minute legal consultation), 10:00 am – 12:00 pm

Wednesday, September 11: Dr. Bolokoski Foot Care, 8:45 am – 12:00 pm

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

Monday, September 16: Direct Dental Hygiene (Mobile dental services), 9:00 am – 3:00 pm

Thursday, September 26: Lisa Situ, Escape Salon & Spa, Manicures, 9:00 am – 12:00 pm, 1:00 pm – 3:00 pm

Friday, September 27: Andrea's Massage, 9:00 am – 2:30pm

LSCO Free Community Music Program


11:45 am – 1:30 pm in LSCO Dining Room
September 6: E & L Entertainment
September 13: Classic Legends
September 20: Floyd Sillito
September 27: TBA

Here's to a lovely fall harvest month ahead, with the changing of our trees and hopefully zero trace of snow.

Daily Drop In Fitness/Yoga Fees
Effective September 3, 2019

Feel free to call ahead to find out if space is available for the exercise/fitness classes as some do fill quickly.
Call 403-320-2222.

Program	Member	Non-Member
Fitness Centre	\$6.00	\$7.00
Bars Plates Weights	\$6.00	\$9.00
Butts & Guts	\$6.00	\$9.00
Cardio/Strength	\$6.00	\$9.00
Circuit Training	\$6.00	\$9.00
Cycling (all classes)	\$6.00	\$9.00
Fitball	\$6.00	\$9.00
Gentle Exercise	\$6.00	\$9.00
Harmony Taekwon-Do	\$6.00	\$9.00
Keep Fit	\$2.00	\$4.00
Low Impact Cardio	\$6.00	\$9.00
Movement Medicine (Nia)	\$8.50	\$12.00
Pilates	\$6.00	\$9.00
Pound	\$6.00	\$9.00
Power Walking	\$6.00	\$9.00
Strength & Conditioning	\$6.00	\$9.00
Step & Sculpt	\$6.00	\$9.00
Sunrise Core	\$6.00	\$9.00
Suspension Training – TRX	\$6.00	\$9.00
Tabata	\$6.00	\$9.00
Zumba all styles	\$6.00	\$9.00
Yoga Classes		
Chair Yoga	\$3.00	\$5.00
Active Yoga	\$6.00	\$9.00
Hatha Monday Morning	\$6.00	\$9.00
Hatha Wed Morn	\$6.00	\$9.00
Gentle Yoga Tuesday & Thursday	\$6.00	\$9.00
Men's Yoga	\$6.00	\$9.00
Tuesday Noon Yoga	\$8.50	\$12.00
Thursday Noon Yoga	\$8.50	\$12.00
Yin Yoga	\$10.00	\$15.00



Are you tired
of being sick and tired?

403-942-1411

Call Now!

We are in Lethbridge

An SIMPLE, non-invasive Therapy to dramatically
strengthen your heart and improve circulation
to your organs, muscles and brain.


Results will last years!

E nhanced
E xternal
C ounter
P ulsation



It's time to **LIVE AGAIN!**

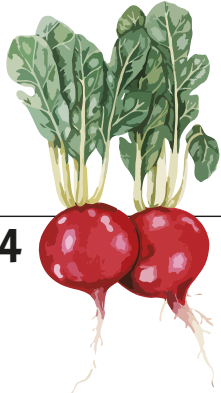


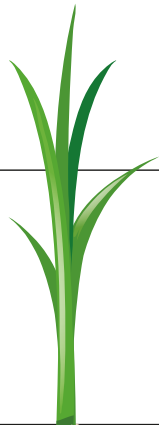
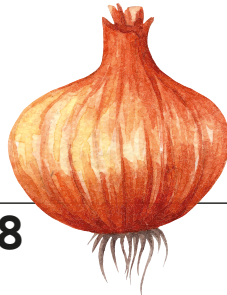

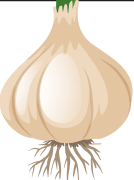
www.vitalityhealthimprovementclinic.com



LSCO GIFT CARD

Use the LSCO Gift Card to pay for class registrations, fitness centre passes, parking passes, memberships fees and to pay for your meal in the Dining Room.

September 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	LSCO Closed for Labour Day	Music with Alice 1:00 pm Chair Exercises 2:45 pm Room C/D	Fun with Wii 1:00 pm Room C/D	Music with Sandy 1:00 pm Room A/B	Free Community Music in Stage Area E&L Entertainment 11:45 am ~ 1:30 pm Lunch Special	
8		10	11	12	13	14
		Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	Bowling Holiday Bowl 1:00 pm	Music with Floyd Sillito 1:00 pm Room A/B	Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	
15	16	17	18	19	20	21
		Pet Therapy with Kyra & Jax 1:00 pm Chair Exercises 2:45 pm Room C/D	Horse Racing 1:00 pm Room A/B	Music with Gerry 1:00 pm Room A/B	Free Community Music in Stage Area Floyd Sillito 11:45 am ~ 1:30 pm Lunch Special	
22	23	24	25	26	27	28
	Expressive Art 1:00 ~ 2:30 pm Room C/D Register by September 18	Fun with Wii 1:00 pm Room C/D Travel with Gemma	Bowling Holiday Bowl 1:00 pm	Music with Los Gringos 1:00 pm Room A/B	Free Community Music in Stage Area Tom Wolsey 11:45 am ~ 1:30 pm Lunch Special	
29	30					
	Expressive Art 1:00 ~ 2:30 pm Room C/D Register by September 18					

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 8 week Expressive Art 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. Class held in Room C/D.

When: Mondays
September 23 – November 25
(no class Oct. 14 & Nov. 11)

Time: 1:00 – 2:30 pm

Fee: \$24 LSCO M; \$40 NM

Register by: Wednesday, September 18

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.

FOCUS GROUP PARTICIPANTS
WANTED FOR THE DESIGN OF A
PROPOSED SENIOR APARTMENT

SEPTEMBER 4, 5, 6
9:00 AM - 12:00 PM



LSCO
500 11 Street South
Lethbridge, AB

Please RSVP:
780.707.3324

Lethbridge Focus Group

Terry Collier, MSc. and Associates are holding several focus groups in the Lethbridge area in early September. We believe in building community and strengthening relationships by including potential residents in our process of determining the design and amenities for a potential senior’s apartment building.

Prior to building in a community, we hold a minimum of three focus groups with 12-15 local seniors. Using a PowerPoint presentation and questionnaire, we solicit their opinions on what is needed for housing in their community.

Food and refreshments are provided. At this point, no personal information is gathered; ensuring the highest quality feedback.

Focus group participants are asked to rank in order of importance services such as an emergency call program, available daily food service, housekeeping, flat linen services, and transportation. Preferences in building and suite finishes are also requested. An introduction to a more affordable supportive living model is offered, that addresses the changing needs and attitudes of todays seniors.

Terry Collier facilitates these focus group sessions. Terry’s first exposure to seniors was implementing desktop computers for administrative duties, for a chain of senior’s properties in Southern California in 1985. Terry became interested in seniors research while doing his master’s degree, where he studied senior’s consumer behaviour, at Chapman University in Orange California. In the early 90’s he moved to Canada to work for a senior’s developer in the marketing division. His primary responsibilities was to support the developer’s marketing efforts with research on senior’s buying behaviors (consumer behaviour).

Terry was a faculty member and lecturer at Medicine Hat College, Grande Prairie College and Red Deer College, during which time he facilitated the development of a seniors supportive living property in each community – The Wellington in Medicine Hat, The Gardens at Emerald Park in Grande Prairie and Three Robins Active Living Community in Red Deer.

Terry is a partner at EFG Architects and supports his firm architectural efforts focusing on seniors housing including supportive living facilities. He continues to do focus groups and research to support new design in seniors housing to meet the changing lifestyle needs of seniors.

To participate in an upcoming focus group for a potential senior’s apartment building in the Lethbridge area, September 4-6, 2019, please phone Trudy McAuley at (780) 707-3324.

FREE WEIGHTS

JOINT FLEXIBILITY

IMPROVE STRENGTH

OVERALL HEALTH

STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays, Sept. 11 – Dec. 11
Time: 8:00 – 8:50 am
Fee: \$77 LSCO M; \$112 NM
Instructor: Debbie Palmer
Register by: Monday, Sept. 9

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

ACCOMPANY You

Provides Freedom and Transportation for Seniors

- Medical Appointments
- Recreational Outings
- Curb to Door Assistance
- Banking and Paying Bills
- Visiting Friends
- Shopping
- Grocery Shopping
- Genuine Companionship
- Lethbridge to Calgary Service
- Accompanied Appointments

**CALL NOW
to schedule your appointment.**

403-380-9072 or 403-380-3450
www.accompanyyou.ca

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, Oct. 15 – Nov. 7
Time: 1:30 – 3:30 pm
Fee: \$50 LSCO M; \$80 NM
Instructor: Rod Henriquez
Register by: Friday, Oct. 4

We offer complete quality denture care;
A result of intention, effort, and professional skill

Kimberley Ankermann DD & Trisha Perverseff DD

#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142
www.lethbridgetentureclinic.com

September LSCO Weekly Program Schedule				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball 7:00 – 9:00 am Gym 1		Pickleball 7:00 – 9:00 am Gym 1		Pickleball 7:00 – 9:00 am Gym 1
Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area
Amateur Radio Club 9:00 am – 12:00 pm Radio Room	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Advanced Photography 9:30 am – 12:00 pm Computer Lab	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Scrabble 9:30 am – 1:00 pm Card Area	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Crafting 9:00 am – 12:00 pm Art Room Scrabble 9:30 am – 1:00 pm Card Area	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Paper Tole 9:00 am – 3:00 pm Art Room Digital Photography 9:00 am – 12:00 pm Computer Lab
	Pickleball 10:00 – 11:55 am Gym 1 Lapidary 10:00 am – 12:00 pm Lapidary Room Golden Mile Singers 10:30 – 11:30 am, Room C/D	Genealogy 10:00 am – 3:00 pm Board Room	Badminton 10:00 – 11:55 am Gym 1	Scottish Country Dance 10:15 – 10:45 am Room A/B
Badminton 11:10 am – 12:30 pm, Gym 1		Badminton 11:10 am – 12:30 pm, Gym 1		
Pickleball 12:45 – 4:50 pm Gym 1	Basketball 12:00 – 1:00 pm Gym 1 Quilting 12:00 – 3:00 pm Stage Area	Pickleball 12:45 – 3:30 pm Gym 1	Wood Carving 12:30 – 2:30 pm Stage Area	
Computer Club 1:00 – 4:00 pm Computer Club	Adult Day Program 1:00 – 4:00 pm, Room C/D Karaoke 1:00 – 3:30 pm Board Room Pickleball 1:15 – 4:50 pm Gym 1	Adult Day Program 1:00 – 4:00 pm, Room C/D Bingo 1:00 – 3:00 pm Stage Area Computer Club 1:00 – 4:00 pm Computer Club Lapidary 1:00 – 3:00 pm Lapidary Room	Adult Day Program 1:00 – 4:00 pm, Room C/D Crib 1:00 – 3:00 pm Card Area Knitting/Needlework 1:00 – 4:00 pm Board Room Pickleball 1:15 – 4:50 pm Gym 1	
Table Tennis 3:00 – 4:30 pm All Purpose Room		Table Tennis 3:00 – 4:30 pm All Purpose Room		Table Tennis 3:00 – 4:30 pm All Purpose Room
For more information regarding programs contact the Administration Desk at 403-320-2222. Note: Some programs are for members only while others are open to the community. Schedule may change without notice.				
For information about LSCO programs go to www.lethseniors.com and register online.				



Drawing and Shading Trees

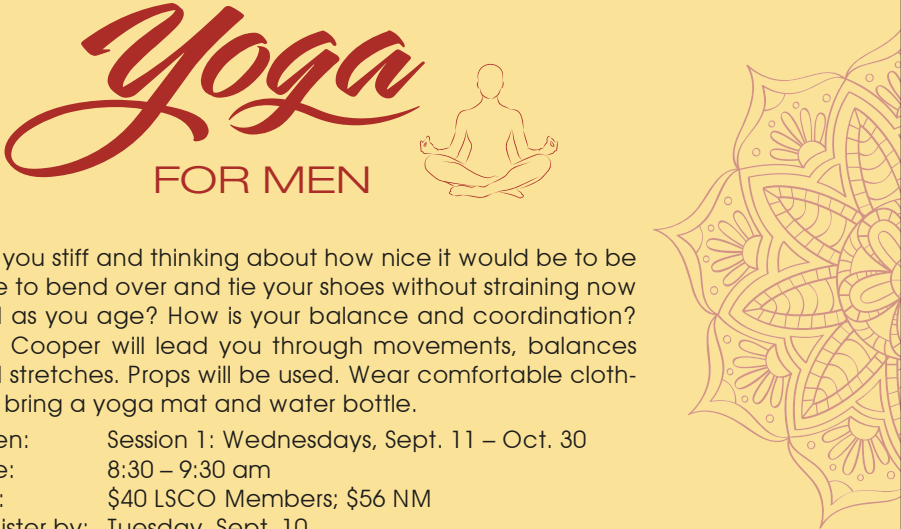
In this 6 week class, we will study and render our lovely trees. Learn several different approaches to shading trees. We will cover different species of trees; learn how they are constructed and how the light plays with their foliage. This is a great class for the beginner as well as someone who wants to keep their drawings skills sharp.

When: Wednesdays
October 2 – November 6

Time: 10:00 am – 12:00 pm

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

Register by: Thursday, September 26



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: Session 1: Wednesdays, Sept. 11 – Oct. 30

Time: 8:30 – 9:30 am

Fee: \$40 LSCO Members; \$56 NM

Register by: Tuesday, Sept. 10

When: Session 2: Wednesdays, Nov. 6 – Dec. 11

Time: 8:30 – 9:30 am

Fee: \$30 LSCO Members; \$42 NM


Register by: Tuesday, Nov. 5

Digital vs. Analog, the Battle Continues

Where did the summer go this year? It seems like just yesterday, that the golf season started and we were looking forward to an endless summer again. Fall in Southern Alberta is only about 8 weeks at most, before the long winter settles in and we are dreaming once again of warmer weather to come.

I recently received an email from a lawyer in Edmonton introducing a pilot project of the Law Society related to testing virtual meetings and identification technology for lawyers. This project, if implemented, would allow lawyers to meet with clients over the internet using video technology that is built into all smart phones and computers. Lawyers could sign documents such as mortgages, affidavits, and wills, without actually meeting with the clients in their office.

Sometimes we are willing to adopt new technologies without thinking of the long-term consequences. It all sounds wonderful that lawyers could meet with clients across the Province without actually having them attend at their office. A law office in Edmonton could easily handle the majority of solicitor work for clients in Lethbridge or vice versa. It would create a great deal of competition for legal services across the Province as well. The consumer of legal services would pick lawyers



Legal
Tips and
Information

Douglas Alger

as to cost and convenience versus face to face meetings with local lawyers.

So much of the joy of my work comes from meeting clients at my office or at their homes. I may be meeting with clients to get their real estate deal done or their estate planning, but what I am trying to do is get a sense of people as individuals and learn a little about them in the process. My work would be very dull, if I didn't have those daily meetings with clients. I also can learn a great deal about clients from face to face meetings. I can tell things about their body language that can inform me as to their frame of mind, especially when dealing with more contentious matters.

I have spoken about the rush in our society to make everything digital, without regard to where this can lead us as a society. The digital revolution is many things, but it has not made us closer as humans. In fact, it has isolated most of us in digital bubbles, where our opinions are often formed as a result of the bubble we visit. It is not a coincidence that the world has become more polarized lately, due to the manipulation of social media.

This proposed move by the Law Society could have many unintended consequences and once the tiger is unleashed it could radically change the way consumers obtain routine legal services. It would most certainly lead to a de-humanization of the practice of law. As one older client told me when I informed of this project, "That sounds so impersonal." We don't need more impersonal human contact in society, we need more interpersonal contact. While I enjoy the use of technology as much as the next person, I recognize that technology does not hold all the answers to our problems and some technology simply poses greater long-term problems, than the short-term benefits they provide. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

It is inhumane, in my opinion, to force people who have a genuine medical need for coffee to wait in line behind people who apparently view it as some kind of recreational activity.

~ Dave Barry



September
At a Glance

See website for additional details

Wed SEP 04 | 2–3 pm The Centre Place
Wednesdays at the Galt | Adults & Seniors

Thu SEP 05 | 7–8:30 pm Blackfoot
Language
Adults & Seniors

Thu SEP 05 | 7–9 pm McIntyre Ranch
History
Archives Program | Adults & Seniors

Fri SEP 06 | 1:30–3 pm Crafty Recycling
First Friday Fun | All Ages

Fri SEP 06 | 5–10 pm Galt Beer Tasting
Soirée: Worlds Imagined
Special Event | Adults & Seniors

Tue SEP 10 | 10:30–noon Indigenous
History
Adults & Seniors

Thu SEP 12 | 7–8:30 pm Blackfoot
Language
Adults & Seniors

Tue SEP 17 | 10:30–noon Indigenous
History
Adults & Seniors

Wed SEP 18 | 2–3 pm Picard's DNA Chart
and Indy's Staff of Ra
Wednesdays at the Galt | Adults & Seniors

Thu SEP 19 | 7–8:30 pm Blackfoot
Language
Adults & Seniors

Thu SEP 19 | 7–9 pm Needle Book
Evening Workshop | Adults & Seniors

Sun SEP 22 | 2–4 pm Globalization
Café Galt | Adults & Seniors

Tue SEP 24 | 10:30–noon Indigenous
History
Adults & Seniors

Thu SEP 26 | 7–8:30 pm Blackfoot
Language
Adults & Seniors

Thu SEP 26 | 7–9 pm Queer Histories
Archives Program | Adults & Seniors



Galt Beer Tasting Soirée

WORLDS
Imagined


BRIDGE CITY
CHRYSLER DODGE JEEP RAM SRT FIAT

Fri SEP 06, 19
5–10 pm | 18+
Tickets \$12/\$9

galtmuseum.com







403.320.3954









Martin Brothers
Funeral Services

a division of the Caring Group Corp.

Serving
Southern Alberta Families
for over
100
YEARS





Dale Martin Jr.

Chris Martin Jong

Daryl Lockyer

Bruce Small

Brienne Kempe

Sandy Regier

People you know. Friends you trust.


Martin Brothers Funeral Services

www.mbfunerals.com

Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB

Mix a little foolishness with your serious plans. It is lovely to be silly at the right moment.

~ Horace



Meals on Wheels

500 - 11th Street South, Lethbridge

403-327-7990



Affordable Retirement Living

Get \$500 in rent credits*

- Private suites with kitchenettes
- Weekly housekeeping & maintenance
- 3 meals daily plus coffee, tea & snacks
- Social & recreational activities
- Utilities (heat, electricity, water)
- And much more!

Live Your Best Life, call (403) 320-9363 or visit www.agecare.ca/RetireColumbia

*Put deposit down by September 30th. Based on subsidized rates.



One Bedroom
starting at \$1,989*

only 3 left!

Studio
starting at \$1,721*

only 2 left!



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.

When: Thursdays, Sept. 19 – Dec. 12
Time: 5:15 – 6:15 pm
Fee: \$84 LSCO M; \$126 NM
Instructor: Andrea Hertz
Register by: Tuesday, Sept. 17

TRAVEL INSURANCE
Peace of mind at a nominal price



Competitive Senior Rates

Get your FREE QUOTE today!

MaritimeTravel
We Know Travel Best.
www.maritimetravel.ca
921 - 3rd Ave S - Lethbridge
P: 403-329-3373
E: 122@maritimetravel.ca

Computer Corner

by Sjoerd Schaafsma

My Computer is Sooo Slow

Over time computers may slow down as they become loaded with extra software and updates. Think of your house.... How much less dusting would there be if you didn't have all those knick knacks you've collected over the years?

So, has your computer slowed down because it's been infected with malware? Do you need to buy a new computer because it's a few years old? Probably not. Sometimes patience and good time management are the answers to 'fixing' slow PC.

I have a laptop and a computer that don't get used much. The laptop is used mainly for travel and teaching, the computer for testing software and hardware compatibility. In both cases, if I know I'm going to need the device, I'll make a point of updating before I need it. Yes, your operating system may say "carry on with regular activities" while updating, but regular activities crawl along to the frustration point because so many of the PC's resources are being devoted to the update. With a snappy new computer updates may not be very noticeable; however, with an older PC, the system can become so slow as to be almost useless. The solution, be prepared to let your PC run all night, and reboot as needed. Do updates when you aren't using the computer. The May Windows 10 update took a few hours to complete on my test computer. Once the update was complete, it was business as usual.

Monthly Tip: The keyboard shortcut Ctrl-Z will undo something you've just done, be it deleting a string of text or moving a file to the wrong location. On a Mac, the Command-Z does the same thing.

Club Notes
LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1:00 – 4:00 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

NB: The Computer Club will be starting its monthly workshops and sharing sessions in September. Check the bulletin board or join the email list for dates.

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

roost2roost LIMITED

Downsizing Dilemma? Need to move on?



We can help....
Sorting • Organizing
Selling Unneeded Furniture
Packing • Arranging Movers • Unpacking
Estate Home Clearouts

Call Wendy Gillett for your complimentary in-home consultation and free estimate.
Cell: 403-315-1729

If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.

~ Fred Rogers

alger zadeiks shapiro LLP
CLIENT CENTRED

PROUDLY SERVING
THE CLIENTS OF
KRUSHEL FARRINGTON

The Paramount Building
#260, 719 4th Avenue South
Lethbridge, Alberta T1J 0P1
403.380.6005

If you are a present or former client of
Krushel Farrington Law Firm
please contact Alger Zadeiks Shapiro LLP

www.azlawyers.ca

PREARRANGING PROVIDES

Peace of Mind

It's simple, it's easy and spares the family members from making emotional decisions that may not be consistent with your own wishes.

And what many people don't know is that you need not prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone.

100% GUARANTEE
NO INCREASED COST services are applied in the future.

 **CORNERSTONE**
FUNERAL HOME Ltd.
Honoured to Serve

403-381-7777
www.cornerstonefuneralhome.com
2825 - 32 STREET SOUTH
LETHBRIDGE ALBERTA T1K 7B1

RE-ELECT

Rachael HARDER

 **CONSERVATIVE**



RachaelHarder.ca 403.380.2411

Authorized by the Conservative Party of Canada, 923,000,000

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, September 28 – November 2
Time: 10:30 – 11:15 am
Fee: \$28 LSCO M; \$40 NM
Instructor: Sheila Mulgrew
Register by: Thursday, September 26

If there's a buzzing-noise, somebody's making a buzzing-noise, and the only reason for making a buzzing-noise that I know of is because you're a bee.

~ A. A. Milne

FOX DENTURE CLINIC

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

Brett J. Fox DD
Denture Specialist, 4th Generation

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Mouth Guards / Night Guards

Free Consultation

403.327.6565

30 - 4012 4th Ave S Lethbridge, Alberta T1J 5M6

NEW LOCATION!



Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta

www.foxdentureclinic.ca

 Canada Revenue Agency Agence du revenu du Canada

DOING YOUR TAXES
SENIORS - WHAT'S IN IT FOR YOU?

Come to an information session to find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year. Also learn how to recognize a Scam and protect yourself.

Nicole Frandsen, from the Canada Revenue Agency, will answer questions and share information on:

- Disability Tax Credit
- Medical Expenses
- Home Accessibility Tax Credit
- Pension Income Splitting
- Canada Caregiver Credit
- OAS Recovery Tax & T1213(OAS)

WHEN: Thursday September 5th @1pm
WHERE: LSCO, 500-11th Street South
Stage Area of Dining Room



How to Celebrate Grandparents Day

Sunday, September 8, 2019
is Grandparents Day.

I think you'll agree when we say that most grandparents won't really mind what they do with their grandchildren as long as they spend some time together.

If you're a new or soon-to-be grandparent, why not spend this day thinking about whether you want to be called 'Grandma' or 'Nana' or even 'GaGa'? There are hundreds of **grandparent names** to choose from – you might just be surprised. (*Oma*-German, *Abuela*-Spanish, *Grootmoeder*-Dutch)

Grandparents Day is the perfect time to share hobbies and interests and bond with your grandchildren. Perhaps you could ask your grandchild to share their favourite activity with you, or show them the things you enjoy? Whatever you are able to do, whether it's baking up a storm in the kitchen or looking for the best days out for grandparents, today is about enjoying each other's company.



LEARN
Case
Manager

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

Being a long-distance grandparent is hard work and often quite a tough situation to be in. While you wish the world for your adult children and grandchildren, who might be as much as 5000 miles away, distance can be tricky. However, you make it work, national Grandparents Day is a good reason to do something out of the ordinary. Why not try Skype? Or FaceTime ? *"I have two grandsons living abroad and we Facetime at least once a week. I don't expect them to chat with me all the time, so I talk with my son and daughter-in-law whilst I*

watch the children play. Sometimes the 3-year-old will carry the ipad into the playroom and show me things there. I've sometimes been propped up on the sofa while they go about their lives and include me in conversations which is very funny."

Even if you don't do something different however, communicating with your grandchildren is a nice way to mark the day and feel closer to them. Make a memory.

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

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

Active
Yoga

Individuals participating in this Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. We flow through a number of sun salutations (getting up and down off the mat) throughout the class. A variety of props will be used. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle.

When: Fridays, Sept. 27 – Nov. 29
Time: 9:00 – 10:00 am
Fee: \$66 LSCO M; \$78 NM
Register by: Thursday, Sept. 26

Line and Wash Into Fall

Somewhat similar to previous line and wash classes, but this one will have a theme – *The Textures and Colour of Fall*. We will cover landscape, still life and florals and maybe even attempt a few animals i.e. squirrels. This class will be for all skill levels so if you are new to line and wash I will have some simple projects but for the advanced, I will challenge you with more intricate and challenging projects. This is a great way to start off the season.

When:	Thursdays October 3 – November 21
Time:	1:00 – 3:00 pm
Fee:	\$50 LSCO M; \$70 NM
Register by:	Friday, September 27

STUBBS

PHARMACY

Serving Southern Alberta for 60 Years

FREE CITYWIDE DELIVERY AND PICKUP

OPEN 'TIL 7 EVERY WEEK NIGHT
SATURDAYS 10 A.M. - 5 P.M., HOLIDAYS 12-5PM

FREE Compliance packaging
Let us help you manage your medications.

403-328-5512 Fax: 403-328-9128
1506 - 9TH AVE. S., LETHBRIDGE

"Your Everyday Neighbourhood Drugstore"

**PAULA'S PRISTINE
CLEANING SERVICE**
Residential & Commercial
I can do a little or a lot
~ whatever your needs.

Move in, move out, post construction
Windows inside & out too!

EXCELLENT SERVICE, REFERENCES AVAILABLE
CALL 403-331-8892
paulaspristine@gmail.com

Tai Chi 108 Form Practice

Note: this is not a lesson. If you have taken Steve's Intermediate or Advanced Tai Chi class you are encouraged to register and practice with the group. They follow Steve's DVD.

When:	Wednesdays, Sept. 11 – Dec. 4
Time:	9:15 – 10:15 am
Fee:	\$30 LSCO Members; \$52 NM
Register by:	Tuesday, Sept. 10

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!
55 YEARS of SERVICE to Southern Alberta

trinity
HEARING INSTRUMENT
SPECIALISTS INC.

unitron

TV-EARS
Dr. Recommended TV Listening Device

PHONAK

Michael B. Golia, BC-HIS,
RHAP-Alberta
Beth Golia - Office Manager

www.trinityhearinglethbridge.com

403-327-3877 | Toll FREE: 1-888-327-7868

#214-740-4 Ave. S. Professional Bldg.
(Downtown, next door to Post Office)

Kris' Computer Repairs and Sales

All Makes & Models
Desktops & Laptops
Computer & Software Upgrades
Virus Removal

Now Offering InHome Service

by appointment only
Lethbridge, AB

Tel: 403.329.6091
www.kriscomputer.ca