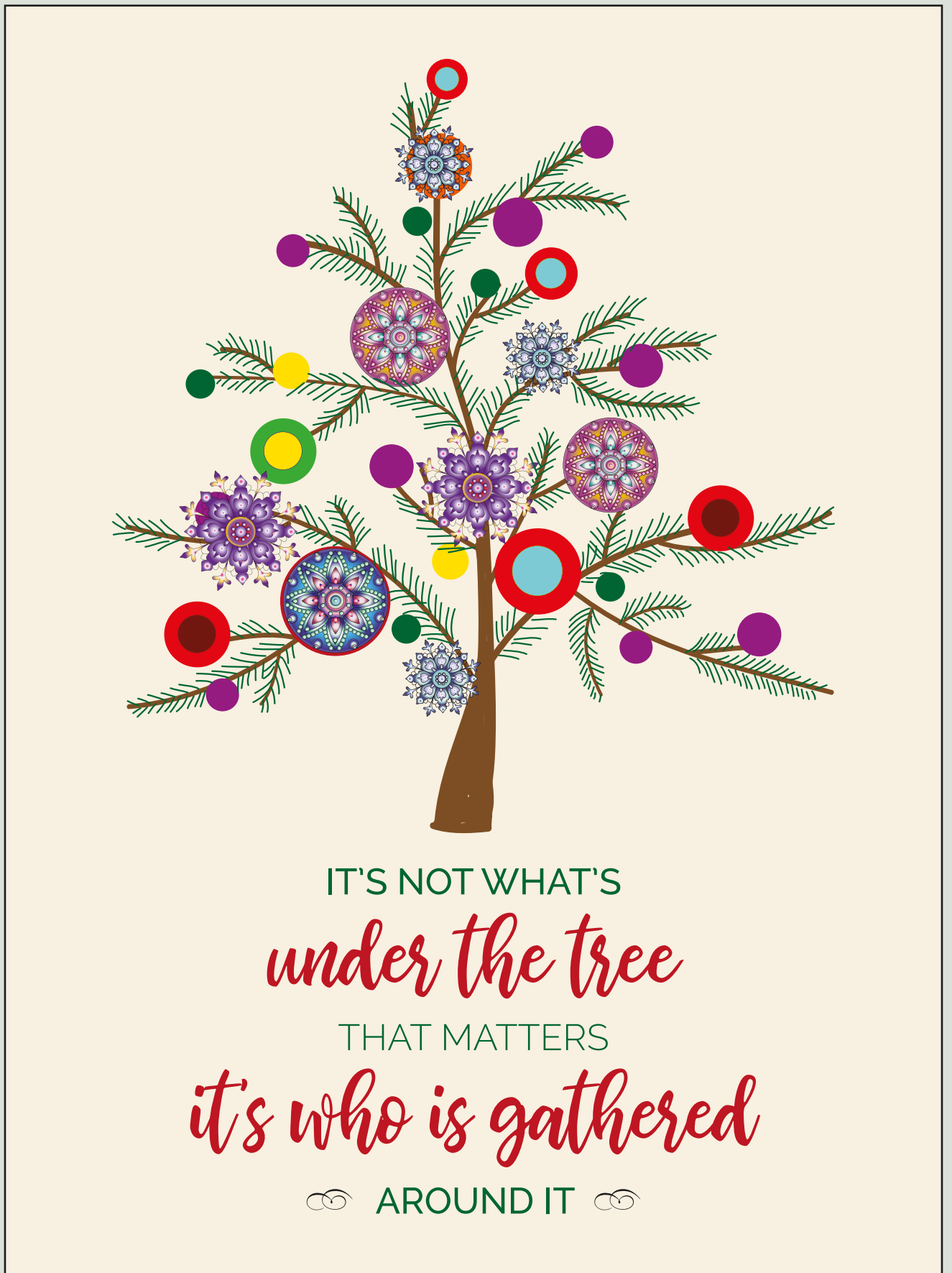


## INSIDE THIS ISSUE

*Executive Director* . . . . . p.2  
*LSCO Contacts*. . . . . p.3  
*Message from the President*. . . . p.4  
*From the Kitchen* . . . . . p.4  
*LSCO Social Worker* . . . . . p.7  
*LSCO December Programs*. . . . . p.8  
*Community Support Groups* . . . p.10  
*LSCO 2020 Programs* . . . . . p.11  
*Weekly Program Schedule* . . . . p.16  
*LSCO Support Services* . . . . . p.17  
*Fitness/Yoga Schedule*. . . . . p.19  
*Adult Day Program Calendar*. . . p.18  
*LEARN* . . . . . p.22



*Join Us for*

**PLAN WELL SEMINAR**  
 Monday, December 2

**CROSSIRON MILLS SHOPPING**  
 Tuesday, December 10

**CROSSIRON MILLS SHOPPING & LIGHT TOUR**  
 Wednesday, December 11

**NICOLAS SHERAN CHOIR**  
 Monday, December 16

**ST. PATRICK'S CHOIR**  
 Wednesday, December 18

**MAMA MIA**  
 Wednesday, January 22, 2020  
 Deadline to book is December 18, 2019

**LSCO 35TH ANNUAL CHRISTMAS TURKEY DINNER**

JOIN US FOR A FREE CHRISTMAS DINNER ON CHRISTMAS DAY  
**WEDNESDAY, DECEMBER 25TH • 11:00 AM ~ 1:00 PM**  
 DINNER IS OPEN TO EVERYONE IN THE COMMUNITY.

Call us at 403-320-2222 for more information.



## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

### Giving Thanks for the Holiday Season

First, I would, once again, like to thank Fran Rude, Ken Rogers and Nancy Graham for being the driving forces behind another successful musical production on behalf of LSCO - "All is Calm: The Christmas Truce of 1914". This incredible performance of an all-male cast filled the Yates Memorial Centre for three shows and raised thousands of dollars for LSCO (and raised our profile as well). Many

thanks also to the cast and crew and to our volunteers for stepping up again in support of our organization.

Speaking of volunteers, our Annual Community Christmas Day Turkey Dinner volunteer roster is almost full...weeks ahead of the event. I cannot fully express my admiration and gratitude for the 150 or so people who give up a part of their Christmas Day to help us serve well over 600 meals to hungry residents (including Fire/EMS, Emergency Communications and Lethbridge Police Service staff). Please share a meal with us on Christmas Day, especially if you're unable to be with family. We would love to be your family for that day.

I would like to thank LSCO Board President Keith Sumner and Board Member Karen Johnson who joined me as part of the Team Lethbridge contingent on our recent mission to Edmonton. They fully participated in the meetings in which they were involved and were

able to articulate LSCO's engagement with the respective Ministries. Team Lethbridge is composed of 55 people representing 24 organizations whose goal is to enhance relationships with the Provincial Government: there is no "ask", only a desire to work better with the government. Keith, Karen and I (separately) represented LSCO in meetings with Premier Kenney, Minister Pon (Seniors and Housing), Minister McIver (Transportation), Minister Luan (Associate Minister for Mental Health and Addictions), Assistant Deputy Minister from Community and Social Services and Deputy Minister from Solicitor General and Public Safety.

I ask all of you to join me in welcoming our new staff members: Heather Bursaw is our new Social Worker, Bonnie Jadeske is our new Chef and Shiloh Sabas is our new Volunteer Coordinator. And a big thanks to Chelsea and Lavonn whose service at LSCO was very much appreciated. ★

## 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

National Day of Remembrance and Action  
on Violence Against Women ~ December 6

#MYACTIONSMATTER



## OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

**Lethbridge**  
HEARING CENTRE

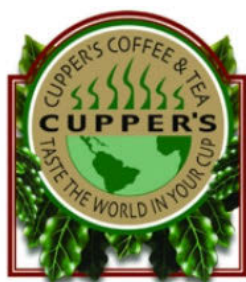


*In recognition for the ongoing support  
of LSCO Meals on Wheels*

**teamworks**  
career centre



**urban grocer**



## LSCO FREE COMMUNITY MUSIC PROGRAM

December 2019



December 6  
**Hank Wiebe**  
Bacon Wrapped  
Salmon

December 20  
**LSCO Karaoke Group**  
Christmas Jamboree  
BBQ Chicken  
Drumsticks

December 13  
**Classic Legends**  
Roast Turkey

December 27  
**LSCO Closed**

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

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

## POWER-FULL CIRCUIT

A new early morning option! Power-FULL is 50-minute circuit workout that starts out with 15-20 minutes of cardio, adding in strength and stability training for the remainder of the class. All fitness levels welcome. Instructor: Tracy Simons.

When: Thursdays, January 9 – February 27  
Time: 8:00 – 8:50 am  
Fee: \$44 LSCO M; 64 NM  
Register by: Wednesday, January 8







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](http://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, Bob Morrow and Marlys Reynar.

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

### Staff Members:

- Executive Director – Rob Miyashiro  
[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com) . . . . . ext. 24
- Operations Manager – Jodie McDonnell  
[jmcdonnell@lethseniors.com](mailto:jmcdonnell@lethseniors.com) . . . . . ext. 23
- Support Services Coordinator – Erin Vogt  
[evogt@lethseniors.com](mailto:evogt@lethseniors.com) . . . . . ext. 25
- LEARN Case Manager – Joanne Blinco  
[learn@lethseniors.com](mailto:learn@lethseniors.com) . . . . . 403-394-0306
- LSCO Social Worker / Case Manager – Heather Bursaw  
[hbursaw@lethseniors.com](mailto:hbursaw@lethseniors.com) . . . . . ext. 57
- Volunteer Coordinator – Shiloh Sabas  
[volunteer@lethseniors.com](mailto:volunteer@lethseniors.com) . . . . . ext. 31
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[dlegault@lethseniors.com](mailto:dlegault@lethseniors.com) . . . . . ext. 30
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[lcook@lethseniors.com](mailto:lcook@lethseniors.com) . . . . . ext. 33
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[shamilton@lethseniors.com](mailto:shamilton@lethseniors.com) . . . . . ext. 26
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[mow@lethseniors.com](mailto:mow@lethseniors.com) . . . . . ext. 34
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[fitness@lethseniors.com](mailto:fitness@lethseniors.com) . . . . . 403-320-2222
- Accounting Technician – Christine Toker  
[finance@lethseniors.com](mailto:finance@lethseniors.com) . . . . . ext. 59
- Administrative Support – Kari Martin  
[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) . . . . . ext. 21
- Chef – Brenda Fettig . . . . . ext. 27
- Chef – Bonnie Jadeske . . . . . ext. 27
- Food Service Cashier – Georgette Mortimer . . . . . ext. 27
- Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32
- Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

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

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

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

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



## LSCO Vision Statement

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

*Welcome New Members!*

|   |   |
|---|---|
| Helen Ruaben<br>Harold Sanderson<br>George Yanicki<br>Rita Patterson<br>Louis Wiart<br>Judy Howard<br>Emilo Matello<br>Gail James<br>Patty Meyer<br>Evelyn Hogg<br>Jim Labadie<br>Mary Smith<br>Wayne Beauchemin<br>Randall Whiteside<br>Garry Tomlinson<br>Valerie Tomlinson | Dennis Churchill<br>Gary Wojtowicz<br>Cheryl Rich<br>Pierre-Andre Ouellet<br>Amy Dodic<br>Julie Magill<br>Lucia Melnick<br>Chris Christakos<br>Dorothy Pearson<br>Jenny Mclroy<br>Sandra SchAAF<br>Henry Koldyk<br>Brad Gerrand<br>Lavern Dzuren<br>Lawrence Dzuren |
|---|---|

*A Smile is the Universal Welcome.*

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Certain restrictions apply (some classes may be full with pre-registered participants). Please ask at the Administration Desk.

Pass expire 6 months from the date of purchase. Fee: \$55 LSCO Members; \$85 Non Members.

Present your pass to the instructor as you have access to the following classes: Fitness Centre, Low Impact Cardio, Bars Plates & Weights, Butts & Guts, Core, Circuit Training, Cycling, Fitball, Gentle Exercises, Taekwon-Do, Pilates, Pound, TRX, Step, Strength & Conditioning, Yoga (except Noon & Yin), Power Walking, Tabata, Zumba (all Zumba styles).

*Wishing you all a magical and delightful Christmas Season*

LSCO with be closed  
 Tuesday, December 24 at 2:00 pm  
 Thursday, December 26  
 Boxing Day  
 Friday, December 27  
 Tuesday, December 31 at 2:00 pm  
 Wednesday, January 1, 2020  
 New Year's Day

**ONLINE REGISTRATION**  
[WWW.LETHSENIORS.COM](http://WWW.LETHSENIORS.COM)

### 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    |
| January . . . . .  | December 13 |
| February . . . . . | January 17  |

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

December already, a hectic month for most folks, I try to keep the season in perspective, to me the most enjoyable part is spending time with my friends. And of course, I've grown to love Christmas dinner at LSCO, mark it on your calendar. Donations to offset the cost are certainly welcome.

Before I get ahead of myself, I'd like to thank all the folks involved in the production of "All is Calm". This and other fundraisers are vital to the fiscal well being of our community centre.

Rob, Karen and I meet with opposition and Government MLAs and Ministers on November 5th, 6th and 7th. We were members of Team Lethbridge representing our centre and seniors of Lethbridge in general. Of course,



## President's Message

Keith Sumner

the most recent Provincial budget was a reoccurring topic of discussion. I don't want to be Chicken Little and tell you the sky is falling. However, over the course of the next few years we'll need to look for ways to increase income

for the centre. The Board and Staff are always on the lookout for savings, but it would be foolish to think we can save our way to prosperity. If you see opportunities for savings or ways to generate increased income, please bring your ideas to me or one of the other Board members so we can discuss it with Rob. If you're interested in more information about Team Lethbridge's mission call or email me and we'll set up a time for coffee and a chat.

A friend of mine, who shall remain anonymous, likes to say, when referring to Christmas, "my friends are my family that help me deal with my relatives." Humorous? Maybe. Or perhaps a little truth said in jest.

I wish you a serene Christmas season.

Namaste. ★

## Pros and Cons of Canadians Retiring in the USA

More than 10 percent of Canadians are open to retiring abroad, according to BMO Retirement Institute. The USA, including warm-weather states like Florida and California, has long been renowned as a prized retirement destination for Canadian snowbirds. If you've dreamed of spending some or all your time in America during your golden years, you need to be aware of the advantages and drawbacks. Understanding the pros and cons will be the key to making wise and informed choices about where to retire.

### Tax issues can be a drawback

To minimize tax issues as you begin your early retirement, or after you turn 65, you need to know that the IRS uses a formula known as the Substantial Presence Test to determine whether Canadians spending time in America should be considered American residents for tax purposes. The formula is the total quantity of days spent in America over a three-year period. If the number exceeds 183 days, you'll need to pay taxes in the USA.

To avoid this "con", many Canadians decide to spend only part of their time each year in America. For example, they head for warmer climes like Miami or Palm Springs during the winter and spend the spring and summer months in Canada. This may be an option for you. If you choose the temporary option and stay in the USA under the maximum permitted amount of days for a 3-year period, your taxes and health care will remain as they are.

### A warmer climate may be good for your soul

In Canada, there's only so warm the weather is going to get, and hot weather doesn't typically last too long. In popular USA retirement havens with warm-weather climates, it'll be easier to bask in the sun and enjoy your ideal lifestyle. Retirees who love beach and golf life may find that retirement living in the USA is good for their souls. It may be good for their health, too. A study performed by the University of Edinburgh showed that sunlight touching skin triggers the release of nitric oxide, which helps to decrease blood pressure. It also cuts the risk of bone health problems, strokes

and heart attacks. Sunshine is good for more than vitamin D.

### The cost of living will probably be higher

The average cost of living in the USA is 17 percent higher than the cost of living in Canada. If you want to do the snowbird thing or live in the USA year-round during retirement, you'll need to crunch the numbers and see if your budget can handle the higher cost of living in America. Some retirees will have enough money to enjoy USA retirement. Others may find that cost of living issues make retiring in America impractical.

Retiring in America doesn't have to be a pipe dream. It's possible to move there on a temporary or permanent basis. The key to planning effectively is consider tax issues, climate and the cost of living. Research carefully and get expert advice before making a final decision.

by Karoline Gore  
August 2019

[www.seniorslifestylemag.com](http://www.seniorslifestylemag.com)

# MENU ~ DECEMBER 2019

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

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

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

| Monday, December 2  | Tuesday, December 3   | Wednesday, December 4  | Thursday, December 5   | Friday, December 6  |
|---|---|--|--|---|
| <b>Entree:</b> Spaghetti<br><b>Starch:</b> Garlic Bread<br><b>Soup:</b> Chef's Choice                 | <b>Entree:</b> Pork Cutlet<br><b>Starch:</b> Steamed Potato w/Gravy<br><b>Soup:</b> Chef's Choice     | <b>Entree:</b> Roast Beef Dinner<br><b>Starch:</b> Mashed Potato w/Gravy<br><b>Soup:</b> Chef's Choice   | <b>Entree:</b> Chicken Santa Fe<br><b>Starch:</b> Rice<br><b>Soup:</b> Chef's Choice             | <b>Entree:</b> Chili<br><b>Starch:</b> Mashed Potato<br><b>Soup:</b> Chef's Choice                  |
| Monday, December 9  | Tuesday, December 10  | Wednesday, December 11   | Thursday, December 12  | Friday, December 13   |
| <b>Entree:</b> Crispy Fried Chicken<br><b>Starch:</b> Roasted Potato<br><b>Soup:</b> Chef's Choice    | <b>Entree:</b> Roast Pork<br><b>Starch:</b> Mashed Potato w/Gravy<br><b>Soup:</b> Chef's Choice       | <b>Entree:</b> Meatloaf<br><b>Starch:</b> Steamed Potato w/Gravy<br><b>Soup:</b> Chef's Choice   | <b>Entree:</b> BBQ Ribs<br><b>Starch:</b> Rice<br><b>Soup:</b> Chef's Choice                     | <b>Entree:</b> Roast Turkey<br><b>Starch:</b> Mashed Potatoes<br><b>Soup:</b> Chef's Choice         |
| Monday, December 16   | Tuesday, December 17  | Wednesday, December 18   | Thursday, December 19  | Friday, December 20   |
| <b>Entree:</b> Sweet & Sour Meatballs<br><b>Starch:</b> Rice Pilaf<br><b>Soup:</b> Chef's Choice      | <b>Entree:</b> Salisbury Steak<br><b>Starch:</b> Steamed Potato w/Gravy<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> Chicken Cacciatore<br><b>Starch:</b> Egg Noodles<br><b>Soup:</b> Chef's Choice  | <b>Entree:</b> Shepherd's Pie<br><b>Starch:</b> Fresh Bun & Butter<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> BBQ Chicken Drumsticks<br><b>Starch:</b> Mashed Potato<br><b>Soup:</b> Chef's Choice |
| Monday, December 23   | Tuesday, December 24  | Wednesday, December 25   | Thursday, December 26  | Friday, December 27   |
| <b>Entree:</b> Meatball Stew<br><b>Starch:</b> Roasted Potato w/Parsley<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> Mushroom Pork Chops<br><b>Starch:</b> Rice Pilaf<br><b>Soup:</b> Chef's Choice         | LSCO Free Christmas Turkey Dinner  | LSCO Closed for Boxing Day   | LSCO Closed   |
| Monday, December 30   | Tuesday, December 31  | LSCO 35th Annual Christmas Turkey Dinner<br>Join us for a free Christmas Dinner on Christmas Day, Wednesday, December 25<br>11:00 am ~ 1:00 pm * Dinner is open to everyone in the community |  |   |
| <b>Entree:</b> Pork Bites<br><b>Starch:</b> Mashed Potato<br><b>Soup:</b> Chef's Choice               | <b>Entree:</b> Chicken Parmesan<br><b>Starch:</b> Roasted Potato<br><b>Soup:</b> Chef's Choice        |  |  |   |

### MENU ITEMS AVAILABLE IN DINING ROOM

|  |            |   |           |  |           |
|--|------------|---|-----------|--|-----------|
| Breakfast Special . . . . . MEM \$6.50 | NM \$7.50  | Soup (Small) . . . . . MEM \$3.25         | NM \$4.00 | Chicken Fingers . . . . . MEM \$7.00         | NM \$8.25 |
| Dinner Special . . . . . MEM \$9.00    | NM \$10.35 | Hamburger . . . . . MEM \$5.50            | NM \$6.50 | Chicken Fingers & Fries . . . . . MEM \$8.50 | NM \$9.75 |
| Sandwich Special . . . . . MEM \$5.75  | NM \$6.95  | Hamburger & Fries . . . . . MEM \$7.00    | NM \$8.00 | Homecut Fries . . . . . MEM \$3.25           | NM \$4.00 |
| Soup (Large) . . . . . MEM \$4.25      | NM \$5.50  | Cheeseburger . . . . . MEM \$6.25         | NM \$7.25 | Poutine . . . . . MEM \$5.40                 | NM \$6.25 |
|  |            | Cheeseburger & Fries . . . . . MEM \$7.00 | NM \$8.75 |  |           |



**PLAN  
WELL**

**Exploring the \*New\* Plan Well Guide**

Special Presentation  
by Dr. Daren Heyland

Critical Care Physician and Professor of Medicine  
Queen's University

**Monday, December 2, 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](http://www.planwellguide.com)

Please Note: Limited Seating

*"I like to compare the holiday season with the way a child listens to a favorite story. The pleasure is in the familiar way the story begins, the anticipation of familiar turns it takes, the familiar moments of suspense, and the familiar climax and ending." - Fred Rogers*

**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 **January 15 – February 19** from 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

For more information or to register for the group call 403-320-2222 or stop by the LSCO Admin desk. Minimum sign up to hold a class will be 8 people.

Lethbridge Senior Citizens Organization  
500 - 11th Street South

**Now,  
more than ever,  
EXPERIENCE counts.**



**Call Russell Raslask  
403-330-1540**



*"We have done several real estate transactions with Russell Raslask and have appreciated his knowledge, courteous service and experience. We would recommend him to anyone who needs real estate advice."*

~ Marlene and Jack Van Eden



sutton group – lethbridge  
suttleth@telus.net

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**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.

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DAILY**



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# LSCO 35TH ANNUAL CHRISTMAS TURKEY DINNER

JOIN US FOR A FREE CHRISTMAS DINNER ON CHRISTMAS DAY WEDNESDAY, DECEMBER 25TH

11:00 AM ~ 1:00 PM

DINNER IS OPEN TO EVERYONE IN THE COMMUNITY

## MERRY CHRISTMAS

Rides to the dinner can be booked in advance.

If you are unable to attend, meals can be delivered to your home with advance booking.

Deadline to book a ride or delivery is December 18 at 4:00 pm.

Call us at 403-320-2222 for more information.



Donations for the dinner are greatly appreciated.

- \* private & serene space
- \* manicures / pedicures
- \* foot care for seniors
- \* face & body waxing
- \* free parking / accessible

call or text: 403.849.1161 to book an appointment



**Life Time Highs** www.lifetimehighs.club  
cathymunro@lifetimehighs.club 587-223-0203  
~ Travelling Together ~

|                   |  |               |
|-------------------|--|---------------|
| Edmonton, AB      | Jan. 19-21, 2020 River Cree & West Edmonton Mall | \$285 pp/dbl  |
| Bonners Ferry, ID | Feb. 2-5, 2020 Super Bowl Action                 | \$385 pp/dbl  |
| Moose Jaw, SK     | March 1-4, 2020 Temple Gardens, Spa, Casino      | \$425 pp/dbl  |
| Camrose, AB       | May 24-28, 2020 Camrose Resort & Casino          | \$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 except your shopping – Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship with Cabins & Balconies, Bullet Train, Panda Research Centre, Silk Pearl & Jade Factory Shopping, Ghost City, Bird's Nest Olympic Centre, Shanghai, Beijing & More. Full payment due December 20, 2019.

*Wishing everyone a Merry Xmas and a Happy New Year.*  
Thanks to everyone for travelling with us and we look forward to creating more great memories together in 2020! Give the gift of travel with LTH gift certificates.

**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.

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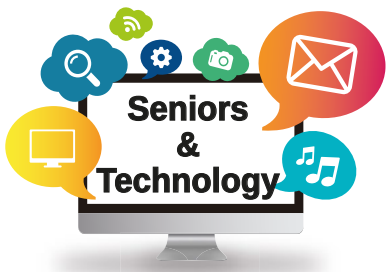
Tel: 403.329.6091  
www.kriscomputer.ca



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**Kimberley Ankermann DD & Trisha Perverseff DD**  
#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142  
www.lethbridgetentureclinic.com



### ADVANCED ANDROID SMART PHONES & TABLETS

If you have taken the basic course and are ready to explore more of what your Android can do, register for this advanced class beginning in January. Note: This is not for beginners. See page 15.

## A Christmas to Remember

CARE THIS CHRISTMAS

**3 WAYS** you can show **SENIORS** that *you care* **THIS CHRISTMAS**

- \* 1 REGISTER A SENIOR IN NEED
- \* 2 BECOME A SECRET SANTA
- \* 3 VOLUNTEER TO WRAP & DELIVER

[www.CareThisChristmas.com](http://www.CareThisChristmas.com)

Drop off unwrapped gifts by December 16th to a location below

Brought to you by:



785 Columbia Blvd. W  
Lethbridge, AB



110-905 First Ave. S  
Lethbridge, AB



# My Appreciation and Thanks

It is the last month of 2019 and it seems as though this year has gone by very fast. We have had many changes in the past year within our city and province. Every time change occurs it can bring about uncertainty. This uncertainty can sometimes create a feeling of being off balance. Since attending the evening yoga class at LSCO I have noticed how important balance is. The more I pay attention to my physical balance in the yoga class, the more I experience how important having balance in other areas of my life has become. I will be retiring my role as social worker with LSCO to explore and find that balance from work.

In retiring from my role as social worker at LSCO it is important that I share my



**LSCO Social Worker**  
**Lavonn Mutch**  
 lmutch@lethseniors.com  
 403-320-2222 ext. 57

appreciation and thanks to many people.

I am thankful for the employment I had with LSCO as a social worker, and all the learn-

ing I encountered in this role. I am thankful to have worked with a very caring and dedicated team and board members. I am thankful and appreciate every one of those older adults I had the opportunity to get know and talk with. Your words of wisdom are appreciated. I am thankful for all the support and encouragement I received working with so many professional colleagues in our community. Your caring and dedication is amazing.

I know our aging population will continue to be in good hands in our community as we move forward to the coming 2020 and all those changes that will come with it.

Cheers, Lavonn. ★

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 #8, 1904 - 13th Avenue North  
 Lethbridge, AB T1H 4W9  
 chinooklifecare@gmail.com

*Chinook LifeCare is actively seeking new Board Members*

**Food Drive**



**Older Adults Supporting Students**

LSCO is partnering with the Lethbridge College Food Bank and the University of Lethbridge Campus Food Bank during the Christmas season.

Between December 2 and December 12 please consider bringing non-perishable food items to donate to this cause.

More and more often post secondary students are visiting their campus food banks. Items can be dropped off at the LSCO Boutique located in the lobby at 500 - 11th Street South.

Thank You for your support!

**LCSA FOOD BANK**  **THE UNIVERSITY OF LETHBRIDGE STUDENTS' UNION**

**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. Register by Friday, January 3 to receive this low price.

When: Mondays, January 6 – March 30 (no class February 17)  
 Time: 8:00 – 8:50 am  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: Debbie Palmer



# December Classes & Programs

## HOW can I save?

- 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 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. 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. View details online or ask at the Administration Desk.

## 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.

## MEMBERSHIPS FITNESS CENTRE

### LSCO Member Fees

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

### Non Member Fee

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

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

## QiGong & Tai Chi

### 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: Tuesdays & Thursdays  
until December 12  
Time: 9:30 – 10:30 am  
Drop In Fee: \$6 LSCO M; \$9 NM

### YOGA for MEN

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

When: Wednesdays until December 11  
Time: 8:30 – 9:30 am  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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 until December 9  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: June Dow

## Exercise & Fitness

### 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 until December 9  
Time: 8:00 – 8:50 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Debbie Palmer

### 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. Instructor: Tracy Simons

When: Tuesdays until December 3  
Time: 8:00 – 8:45 am  
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays until December 4  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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. Instructor: Tracy Simons

When: Mondays until December 9  
Time: 10:30 – 11:15 am  
Drop In Fee: \$6 LSCO M; \$9 NM

When: Thursdays until December 12  
Time: 5:15 – 6:00 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### CYCLE MONDAYS NOON

When: Mondays until December 16  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### CYCLE COMBO

When: Tuesdays until December 10  
Time: 9:00 – 9:50 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### CYCLE THURSDAY NOON

When: Thursdays until December 12  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### 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 until December 6  
Time: 11:15 – 12:00 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Tracy Simons

### 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 until December 12  
Time: 9:00 – 9:50 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### SUSPENSION TRAINING (TRX)

When: Tuesdays until December 10  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### 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 until December 16  
Time: 11:00 – 11:45 am  
Fee: \$6 LSCO M; \$9 NM  
Instructor: Nancy Purkis/Sheila Mulgrew

When: Fridays until December 20  
Time: 10:30 – 11:15 am  
Fee: \$6 LSCO M; \$9 NM  
Instructor: Nancy Purkis/Sheila Mulgrew

### 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 until December 9  
Time: 9:10 – 10:00 am  
Drop In Fee: \$6 LSCO M; \$9 NM

### POWER WALKING

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 until December 11



Time: 9:10 – 10:00 am  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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 until December 18  
Time: 6:30 – 7:30 pm  
Fee: \$2 Drop In (each Wednesday)  
Instructor: Jerry Brown

### STEP with Erich

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 until December 12  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Erich Dyck

### CANDLE LIGHT PILATES

Enjoy this gentle pilates class with June. No need to register ahead of time, drop in!

When: Monday, December 16  
Time: 12:05 – 12:55  
Drop in Fee: \$6 LSCO M; \$9 NM

### 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 until December 11  
Time: 8:00 – 8:50 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Debbie Palmer  
When: Thursdays until December 5

Time: 8:00 – 8:45 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Tracy Simons

### 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 until December 16  
Time: 9:10 – 10:10 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### TABATA (after work)

When: Wednesdays until December 4  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### 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 until December 13  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Tracy Simons

## Dance & Movement

### 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 until December 12  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$8.50 LSCO M; \$12 NM  
Instructor: Andrea Hertz

### ZUMBA GOLD

This easy to follow program lets you move to up-beat 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 until December 10  
Time: 11:00 – 11:45 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Nicole Stratyckuk

## Sports

### BADMINTON

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

When: Mon/Wed/Fri  
Time: 11:10 am – 12:30 pm  
When: Thursdays  
Time: 10:00 am – 12:00 pm  
Drop In Fee: \$2.50 LSCO M; \$3.50 NM

### 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 until December 17  
Time: 12:00 – 1:00 pm  
Drop In Fee: \$5 LSCO M; \$7 NM



# MAMMA MIA!

Music & Lyrics by Björn Ulvaeus  
& Benny Andersson

Book by Catherine Johnson

"...as tuneful as a lark and as smart as a cuckoo... a nutty kind of joy...  
Genius." – The New York Post

"A triumph, passionate and sharp..." – The Telegraph

"The theatrical equivalent of comfort food." – The New York Times

"A certified hit.... A giddy guilty pleasure." – Variety

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. Non-stop laughs and explosive dance numbers combine to make "Mamma Mia!" a smash hit! A mother, daughter, three possible dads, and a trip down the aisle you'll never forget! All set to the gold records of ABBA, including "Money, Money, Money", "Dancing Queen", "Gimme, Gimme, Gimme", "SOS", "The Winner Takes it All", "Take a Chance On Me", "Super Trouper", and so many more!

When: Wednesday, January 22, 2020

Time: Bus begins to load approximately 8:15 am at Park Place Mall (north of the old Sears store) returning to Lethbridge approximately 5:00 pm

Fee: \$100 LSCO M; \$110 Non-member (includes travel, meal & show)

Deadline to book a seat is Wednesday, December 18, 2019

Payment must accompany booking. Payment will NOT be processed until December 19.

To ensure the trip will take place a minimum of 50 pre-paid bookings must be made.

You will only be contacted if the trip is cancelled upon which time full payment will be returned. After December 18 refunds are not available.

## BOUTIQUE

Visit the LSCO Boutique for great gift giving ideas. There is a wonderful selection of winter toques, mitts, scarves, slippers as well as baby blankets, aprons and more.

We carry walking poles designed by the Canadian Company - Urban Poling. Perfect for the individual who loves to walk and hike and for those who may need a little extra support for their joints.

Yoga mats, bolsters, straps and eye pillows are also available for purchase.



**START YOUR CHRISTMAS SHOPPING EARLY**

Items go quickly  
so come visit us soon!



# Community Support Groups

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

## Parkinson's Alberta Society Support Group

The next meeting will be **Thursday, December 19th** at 2:00 pm. This is a new location in the Atrium area of the dining room. Look for all the plants.

## 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, December 14th** at 2:00 pm in Room C/D.

## Lethbridge Stroke Recovery Association (LSRA)

The next meeting will be held **Wednesday, December 11th** at 7:00 pm in Room A/B.

## Sunset Alcoholics Anonymous

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

## Lethbridge Stroke Care Partner Support Group

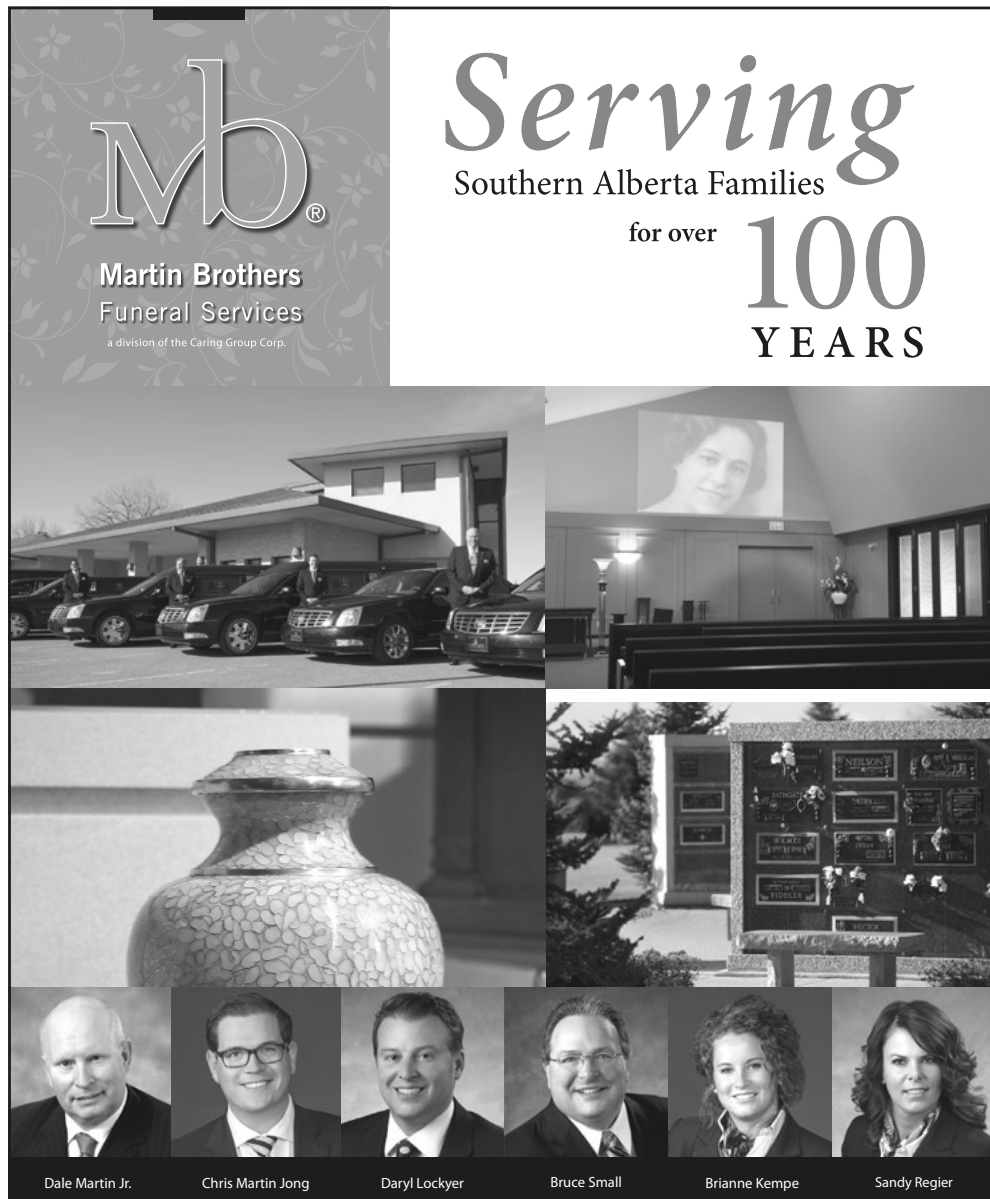
This group is for Care Partners of stroke survivors only. This is a safe place to share experiences with a counseling emphasis and new topics explored each month. Next meeting is **Tuesday, December 10th** at 7:00 pm in Room C/D.

## Alcoholics Anonymous Saturday Morning Eye Opener

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

## Did you know?

that anyone 18 and over can participate in most evening classes at LSCO?




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## The red flags of money-making opportunities

Ever spoken to someone who says they're a financial expert who has a great money-making opportunity for you? Maybe they're asking you for a loan or an early investment that's risk-free and will pay you a high return on your money. The financial expert seems genuine, honest, and is close to your group of friends.

But the truth is, while this opportunity sounds exciting, it has all the red flags of fraud.

This type of fraud is called affinity fraud or friend fraud. It takes advantage of the trust, relationships and friendships that exist among people within groups like religious organizations, ethnic communities, social clubs or professional groups.

Scam artists are part of, or pretend to be, members of the community. They'll often enlist unsuspecting ambassadors to spread the word about the scheme and make it seem credible. Even friends and family may unknowingly fall victim to their scam and try to get you in on the opportunity.

While devious and sometimes hard to spot, affinity fraud usually includes:

- "Exclusive" and "time-sensitive" money-making opportunities;
- Anyone using personal connections to legitimize an investment;
- Referrals from group members;
- Low-risk, high-reward promises;
- Different names for "opportunities," including loans, promissory notes, shares, assets and units.

When it comes to your money, the best decisions are informed ones. Always err on the side of caution and do your research before giving anyone your money. Do an internet search on the individual and make sure they are registered to sell investment opportunities, and check that there has been no disciplinary action taken against them.

While we would all like to find and capitalize on that next great investment opportunity that guarantees wealth, as the saying goes, "if something sounds too good to be true, it usually is."

To check if someone is registered and if any disciplinary action has been taken against them, contact the Alberta Securities Commission, whose mission is to foster a fair and efficient capital market and to protect the public. Find more information at [albertasecurities.com](http://albertasecurities.com).

~ News Canada



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# 2020 Classes & Programs

## How do I register?

- Online at [www.lethseniors.com](http://www.lethseniors.com)
- In person, call 403-320-2222

## How do I pay?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online.

## How do I find additional classes?

- Read the monthly LSCO Times, check the bulletin boards, visit [www.lethseniors.com](http://www.lethseniors.com).

## 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.

## IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.

- Ultimate Fitness Members are welcome to drop in to most classes offered. It is recommended that you register at the desk for those popular classes. Please arrive at least 10 minutes prior to class start time.
- If you missed the deadline and are interested in participating, please ask or email [shamilton@lethseniors.com](mailto:shamilton@lethseniors.com) to find out if there is room!
- LSCO Member (LSCO M); Non Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather causes LSCO to close the facility unfortunately, we will not be able to make up the classes.

## CREDITS AND REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit. Credits must be used in 12 months from the date given.
- 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. Instructor is Nicole Stratychuk.

When: **Session 1:** Mondays & Wednesdays  
January 6 – February 12  
Time: 1:15 – 2:15 pm  
Fee: \$69 LSCO M; \$96 NM  
Register by: Friday, January 3

When: **Session 2:** Mondays & Wednesdays  
February 24 – April 1  
Time: 1:15 – 2:15 pm  
Fee: \$69 LSCO M; \$96 NM  
Instructor: Nicole Stratychuk  
Register by: Friday, February 21

### 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 by Friday, January 3.

When: Tuesdays & Thursdays  
January 7 – March 26  
Time: 10:05 – 11:05 am  
Fee: \$96 LSCO M; \$192 NM  
Instructor: Dave Scotland

### YANG 24 Tai Chi

This program is for individuals who have taken Dave's 24 Form class in the past or for those who have experience with Yang 24 Form. Wear comfortable loose clothing and low heel footwear. Please Note: We are not able to accommodate drop in participants or guests for this program. We are not able to accommodate drop in participants or guests for this program. **You must pre-register by Friday, January 3.**

When: Tuesdays & Thursdays  
January 7 – March 26  
Time: 11:15 am – 12:00 pm  
Fee: \$96 LSCO M; \$192 NM  
Instructor: Dave Scotland

### TAI CHI 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form. Steve Burger's DVD is followed weekly. **Register by Tuesday, January 7.** Drop ins are welcome however, you will pay a higher fee.

When: Wednesdays, January 8 – March 25  
Time: 9:15 – 10:15 am  
Fee: \$30 LSCO Members; \$52 NM

When: Mondays, January 6 – March 30  
(no class February 17)  
Time: 10:00 – 11:00 am  
Fee: \$66 LSCO M; \$96 NM  
Location: Board Room (upstairs)  
&/or  
When: Wednesdays, January 8 – March 25  
Time: 10:00 – 11:00 am  
Fee: \$66 LSCO M; \$96 NM  
Location: All Purpose Room (downstairs)

### CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions. **Register by Tuesday, January 7 to receive the best price.**

When: Wednesdays, January 8 – March 25  
Time: 9:35 – 10:25 am  
Fee: \$33 LSCO M; \$60 NM

### GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks. **Register by Monday, January 6 to receive the best price.**

When: Tuesdays & Thursdays  
January 7 – March 26  
Time: 9:30 – 10:30 am  
Fee: \$132 LSCO M; \$192 NM

### MEN'S YOGA

Flexibility is not a pre-requisite to attend a yoga class nor do you need experience. In this class Skip Cooper will lead you through simple movements to help improve balance, flexibility, range of motion for joints and more. During this class you may use chairs, blocks and straps. If you have a yoga mat bring it. If not some will be available. Wear comfortable clothing, bring a yoga mat and water bottle. **Register by Tuesday, January 7 to receive the best price.**

## Yoga & Pilates

### 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. **Register by Friday, January 3 to receive the best price.** Instructor is Leigh Monette.



When: Wednesdays, January 8 – March 25  
 Time: 8:30 – 9:30 am  
 Fee: \$66 LSCO M; \$96 NM

### 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. Instructor is Melanie Hillaby. Register by Monday, January 6 to receive the best price.

When: Tuesdays, January 7 – March 31  
 Time: 12:05 – 12:55 pm  
 Fee: \$84 LSCO M; \$104 NM

When: Thursdays, January 9 – April 2  
 Time: 12:05 – 12:55 pm  
 Fee: \$84 LSCO M; \$104 NM

### YIN/DAOIST YANG YOGA

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.

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. Register by Friday, January 10 to receive this low price.

When: Mondays, January 13 – April 6  
 (no class February 17)  
 Time: 9:00 – 10:30 am  
 Fee: \$96 LSCO M; \$144 NM  
 Instructor: Karen Toohey

### ACTIVE YOGA

Individuals participating in this Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. You will be getting up and down off the mat throughout the class. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle. Instructor is Shawn Hamilton. Register by Thursday, January 9 to receive the best price.

When: Fridays, January 10 – March 27  
 Time: 9:00 – 10:00 am  
 Fee: \$66 LSCO M; \$96 NM

### 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. Register by Friday, January 3 to receive this low price.

When: Mondays, January 6 – March 30  
 (no class February 17)  
 Time: 12:05 – 12:55 pm  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: June Dow

## Exercise & Fitness

### 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, January 6 – March 30  
 (no class February 17)  
 Time: 10:15 – 11:00 am  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: June Dow  
 Register by: Friday, January 3 to receive this low price.

When: Fridays, January 10 – March 27  
 Time: 10:15 – 11:00 am  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: Tracy Simon  
 Register by: Wednesday, January 8 to receive this low price.

### 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, January 8 – March 25  
 Time: 10:15 – 11:00 am  
 Fee: \$30 LSCO M; \$45 NM  
 Register by: Tuesday, January 7

### 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. **Register by Friday, January 3 to receive this low price.**

When: Mondays, January 6 – March 30  
 (no class February 17)  
 Time: 8:00 – 8:50 am  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: Debbie Palmer

### 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. Intermediate to advanced fitness level. Register by Friday, January 6 to receive this low price.

When: Tuesdays, January 7 – March 17  
 Time: 8:00 – 8:50 am  
 Fee: \$60 LSCO M; \$88 NM  
 Instructor: Tracy Simons

### BARS, PLATES & WEIGHTS

When: Wednesdays, January 8 – March 25  
 Time: 12:10 – 12:50 pm  
 Fee: \$66 LSCO M; \$96 NM  
 Register by: Tuesday, January 7 to receive the best price.

### 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. Finish off with a stretch. Dress in comfortable workout clothing and indoor

footwear. Bring a yoga mat and your water bottle. Instructor is Tracy Simons.

When: Mondays, January 6 – March 16  
 (no class February 17)  
 Time: 10:30 – 11:30 am  
 Fee: \$55 LSCO M; \$80 NM  
 Register by: Friday, January 3 to receive this low price.

### BUTTS & GUTS

When: Wednesdays, January 8 – March 18  
 Time: 1:15 – 2:15 pm  
 Fee: \$60 LSCO M; \$88 NM  
 Register by: Tuesday, January 7 to receive the best price.

### BUTTS & GUTS

When: Thursdays, January 9 – March 19  
 Time: 5:15 – 6:15 pm  
 Fee: \$60 LSCO M; \$88 NM  
 Register by: Wednesday, January 8 to receive the best price.

### 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  
 January 7 – 30  
 Time: 1:30 – 2:30 pm  
 Fee: \$40 LSCO M; \$60 NM  
 Register by: Friday, January 3

When: **Session 2:** Tuesdays & Thursdays  
 February 4 – 27  
 Time: 1:30 – 2:30 pm  
 Fee: \$40 LSCO M; \$60 NM  
 Register by: Friday, January 31

When: **Session 3:** Tuesdays & Thursdays  
 March 3 – 26  
 Time: 1:30 – 2:30 pm  
 Fee: \$40 LSCO M; \$60 NM  
 Register by: Friday, February 28

### CIRCUIT TRAINING 3X

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

When: **Session 1:** Mondays, Wednesdays & Thursdays, January 6 – 30  
 Time: 1:30 – 2:30 pm  
 (Thursday class is 2:40 – 3:40 pm)  
 Fee: \$55 LSCO M; \$90 NM  
 Register by: Friday, January 3

When: **Session 2:** Mondays, Wednesdays & Thursdays, February 3 – 27  
 (no class Feb. 17)  
 Time: 1:30 – 2:30 pm  
 (Thursday class is 2:40 – 3:40 pm)  
 Fee: \$55 LSCO M; \$90 NM  
 Register by: Friday, January 31

When: **Session 3:** Mondays, Wednesdays & Thursdays, March 2 – 26  
 Time: 1:30 – 2:30 pm  
 (Thursday class is 2:40 – 3:40 pm)  
 Fee: \$55 LSCO M; \$90 NM  
 Register by: Friday, February 28



**2020 XPRESS CYCLE**

Join Jamie for 20 minutes of high intensity cycle and 20 minutes of core & stretch. She will give modifications. Plan on having fun while getting an amazing mid day workout.

When: Thursdays, January 9 – March 26  
Time: 12:10 – 12:50 pm  
Fee: \$66 LSCO M; \$96 NM  
Register by: Wednesday, January 8

**INDOOR CYCLING**

Enjoy the benefits of riding a stationary bike. Options will be given for all levels of riders. Wear comfortable clothes and bring a water bottle.

When: Fridays, January 10 – March 20  
Time: 11:15 – 12:00 pm  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Tracy Simons  
Register by: Wednesday, January 8

**SUSPENSION TRAINING COMBO**

Suspension training (TRX) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. 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. A variety of equipment will be used including stationary bikes.

When: Thursdays, January 9 – March 26  
Time: 9:00 – 9:50 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jamie Hillier  
Register by: Wednesday, January 8

**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. Perfect class to set you up for the day.

When: Mondays, January 6 – March 30  
(no class February 17)  
Time: 12:10 – 12:50 pm  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jamie Hillier  
Register by: Friday, January 3

**TRX COMBO**

Kick start 2020 with this energizing class. Combined with strength and cardio you will work towards fitness goals. Use your own body weight to develop strength, balance, flexibility and core stability. Come and SUSPEND with your friends or meet new ones to boost metabolism, build strength and improve heart health.

When: Mondays, January 6 – March 30  
(no class February 17)  
Time: 5:15 – 6:15 PM  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jeannie Ng  
Register by: Friday, January 3 to receive the best price.

Individuals 18 years of age and up are welcome by paying a drop in fee of \$9.

**CORE CAFÉ XPRESS**

You never know what will be on the menu at the Core Café! Join us for 40 minutes of strengthening exercises to take your core fitness to the next level. Not only does this include your abdominals but your back and all the stabilizing muscles throughout your torso. A perfect fit for your noon get away from the office. Change rooms with showers & lockers available.

When: Tuesdays, January 7 – February 25  
Time: 12:10 – 12:50 pm  
Fee: \$44 LSCO M; \$64 NM

Instructor: Jamie Hillier  
Register by: Monday, January 6 to receive the best price.

**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  
January 7 – March 26  
Time: 9:00 – 9:50 am  
Fee: \$84 LSCO M; \$144 NM  
Instructor: Shawn Hamilton  
Register by: Friday, January 3

**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. Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

When: Wednesdays, January 8 – March 25  
Time: 5:15 – 6:15 pm  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jeannie Ng  
Register by: Tuesday, January 7

**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, January 6 – March 30  
(no class February 17)  
Time: 11:00 – 11:45 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Sheila Mulgrew  
Register by: Friday, January 3 to receive the best price.

When: Fridays, January 10 – March 27  
Time: 10:45 – 11:30 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Sheila Mulgrew  
Register by: Wednesday, January 8 to receive the best price.

**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, January 8 – March 25  
Time: 9:10 – 10:00 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jamie Hillier  
Register by: Monday, September 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 beginning January 8  
Time: 6:30 – 7:30 pm  
Fee: \$2 Drop In (each Wednesday)  
Instructor: Jerry Brown

**STEP**

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. If paying a drop in fee arrive 10 minutes prior to class as space is limited. Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

When: Thursdays, January 9 – March 26  
Time: 5:15 – 6:15 pm  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Erich Dyck  
Register by: Wednesday, January 8

**SPIN & CIRCUIT**

When: Tuesdays, January 7 – March 24  
Time: 5:15 – 6:15 pm  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Erich Dyck

**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, January 8 – March 25  
Time: 8:00 – 8:50 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Debbie Palmer  
Register by: Monday, January 6

**Power-FULL CIRCUIT**

A new early morning option! Power-FULL is 50-minute circuit workout that starts out with 15-20 minutes of cardio, adding in strength and stability training for the remainder of the class. All fitness levels welcome.

When: Thursdays, January 9 – February 27  
Time: 8:00 – 8:50 am  
Fee: \$44 LSCO M; 64 NM  
Instructor: Tracy Simons  
Register by: Wednesday, January 8 to receive this low price.

**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 fitness level.

When: Mondays, January 6 – March 30  
(no class February 17)  
Time: 9:10 – 10:10 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jamie Hillier  
Register by: Friday, January 3 to receive this low price.

**TABATA (After Work)**

When: Wednesdays, January 8 – March 25  
Time: 5:15 – 6:15 pm  
Fee: \$72 LSCO M; \$96 NM



Instructor: Jamie Hillier

Register by Tuesday, January 7 to receive this price or pay a drop in fee of \$6 members, \$9 non members. Young adults 18 years of age and over are welcome to drop in for \$9.

### 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 fitness level.

When: Fridays, January 10 – February 28 (8 weeks)

Time: 12:05 – 12:55 pm

Fee: \$45 LSCO M; \$64 NM

Instructor: Tracy Simons

Register by: Wednesday, January 8

## Dance & Movement

### COUPLES DANCE

Join in on the fun with your partner to learn the Clarksville Shuffle, 2 Step and Jive through easy progressions, during this 8 week session. Every lesson promotes fun in an inviting atmosphere no matter what your dance experience is. Wear comfortable clothes and non-marking soled shoes that you like to dance in. You do not have to be a member of LSCO to participate.

**\*Note:** Fees are per person.

When: Mondays, January 20 – March 16 (no class February 17)

Time: 6:45 – 7:45 pm

Fee: \$56 LSCO M; \$70 NM

Instructor: Gloria-Rose Puurveen

Register by: Thursday, January 16

Location: LSCO Gym 2

### LINE DANCING

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

When: Mondays, January 6 – April 6 (no class Feb. 17)

Time: 10:30 – 11:55 am

Fee: \$40 LSCO M; \$78 NM

Instructor: Diane Holstine

Register by: Friday, January 3

### LINE DANCING

This class is for the intermediate to experienced line dancer. Please wear clean, non marking footwear and bring a water bottle.

When: Thursdays, January 9 – April 9

Time: 10:30 am – 12:00 pm

Fee: \$42 LSCO M; \$84 NM

Instructor: Diane Holstine

Register by: Tuesday, January 7

### LEVEL 1:

#### Absolute Beginner Line Dancing

This class is meant for people who have never tried line dancing before. It will start right from the very basics. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early.

When: Mondays, February 24 – March 30

Time: 1:15 – 2:00 pm

Fee: \$20 LSCO M; \$40 NM

Instructor: Diane Holstine

Register by: Friday, February 21

### LEVEL 2: Beginner Line Dancing

This class is meant for people that have experience line dancing and would like to move to the next level. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early.

When: Thursdays, January 9 – April 9

Time: 1:15 pm – 2:15 pm

Fee: \$42 LSCO M; \$84 NM

Instructor: Diane Holstine

Register by: Tuesday, January 7

### MOVEMENT MEDICINE

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

If you have never tried this amazing program join in on **FREE CLASSES** on Tuesday, January 7 and Thursday, January 9 from 5:15 – 6:15 pm.

When: Tuesdays, January 14 – February 11

Time: 5:15 – 6:15 pm

Fee: \$31 LSCO M; \$45 NM

Instructor: Andrea Hertz

Register by: Monday, January 6 to receive this low price.

When: Thursdays, January 16 – April 2 (no class Feb. 6 & maybe Feb. 20)

Time: 5:15 – 6:15 pm

Fee: \$69 LSCO M; \$100 NM

Instructor: Andrea Hertz

Register by: Wednesday, January 7 to receive this low price.

### 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, January 10 – April 3

Time: 10:30 – 11:45 am

Fee: \$26 LSCO M; \$42 NM

Drop in Fee: \$3 LSCO M; \$5 NM

Register by: Thursday, January 9 to receive this low price.

### 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. Register early to receive the best price.

When: Tuesdays, January 7 – March 31

Time: 11:00 – 11:45 am

Fee: \$71 LSCO M; \$104 NM

Instructor: Nicole Stratyckuk

Register by: Monday, January 6

When: Thursdays, January 9 – April 2

Time: 11:00 – 11:45 am

Fee: \$71 LSCO M; \$104 NM

Instructor: Sheila Mulgrew

Register by: Tuesday, January 7

### 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). Register early to receive the best price.

When: Mondays, January 13 – February 10

Time: 5:15 – 6:15 pm

Fee: \$28 LSCO M; \$40 NM

Instructor: Sheila Mulgrew

Register by: Friday, January 10

### ZUMBA TONING

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). Move to the rhythm of the Latin-inspired dance and international music beats. The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class, however may not be as easy to use. Come give it a try!

When: Saturdays, January 11 – February 8

Time: 10:30 – 11:15 am

Fee: \$28 LSCO M; \$40 NM

Instructor: Sheila Mulgrew

Register by: Thursday, January 9

## Sports

### PICKLEBALL LESSONS

If you are interested in learning the game of pickleball, register for this 4 week course. The first 2 weeks are very important to attend. If you cannot commit to them it is suggested not to register. The last 2 weeks are for regular play. 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. Instructor is Rhonda McInnes.

When: **Session 1:** Fridays, January 10 – 30

Time: 9:15 – 11:00 am

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

Register by: Wednesday, January 8

When: **Session 2:** Fridays, February 7 – 28

Time: 9:15 – 11:00 am

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

Register by: Wednesday, February 5

When: **Session 3:** Fridays, March 6 – 27

Time: 9:15 – 11:00 am

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

Register by: Wednesday, March 4

When: **Session 1:** Saturdays

February 1, 8, 22, 29

Time: 9:15 – 11:00 am

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

Register by: Wednesday, January 29

### 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, January 7 – March 31

Time: 12:00 – 1:00 pm

Fee: \$52 LSCO M; \$65 Non Members

Drop in Fee: \$5 LSCO M; \$7 NM

Register by: Tuesday, January 7



## 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, January 13 – April 6  
Time: 1:00 – 4:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, January 10

### ART IS FOR EVERYONE

"This course is for anyone from the beginner who wants to learn the basics of art to the person who wants to refresh those forgotten lessons from their school days. Be led through the basics of perspective and value all the way to painting two pieces of artwork in this 12 hour course. An informative and fun course to explore and stimulate the creative spark within. Come and release the power that lies in the right side of your brain! Shelly Long will instruct this course. She is a wildlife artist who sells her art and takes commissions. Through her art she tries to bring people closer to the creatures of the natural world and introduce them up close and personal. She says "When I look around me I see artistic possibilities everywhere! I would not be me without my art." Ask for a supply list when registering.

When: Tuesdays, January 21 – February 25  
Time: 1:00 – 3:00 pm  
Fee: \$45 LSCO M; \$70 NM  
Instructor: Shelly Long  
Register by: Friday, January 17

### BEGINNERS PEN & INK EXERCISES

This class is a perfect opportunity to try your hand at pen and ink. In this class we will cover the basics of using pen & ink by practising pen strokes and brush techniques. Great for any level, even if you are a seasoned artist it's a good refresher course. Supply List available.

When: Wednesdays, January 29 – March 4  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Monday, January 27

### PET PORTRAITS WITH PASTELS AND PASTEL PENCILS

Our pets bring us so much joy – they are sometimes our best friends – cute, cuddly, soft, warm and always happy to see us. In this class we will be studying complete a retendering your pet. At least we can try. We will be drawing aspects of our pets like eyes, ears, noses, mouth and fur. Using pastels and especially pastel pencil is a good way of making them seem soft and furry. This class is for all levels but it helps if you have some drawing under your belt.

When: Thursdays, January 30 – March 19  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Donna Gallant  
Register by: Tuesday, January 28

### MAKING LEMONADE OUT OF LEMONS

Do you have a piece of art work that just doesn't work or you know something but can't figure it out. Well this is a great class to work it out. The first week we will exam your piece or pieces and try to pick out a course of action on how to fix or correct

elements that will make help your piece be more effective. The next week we will come back after you have adjusted your art work and see if it's working any better. It's a great way to fix those troublesome areas and hopefully save your artwork. Even Picaso didn't always create a masterpiece.

When: Wednesdays, March 18 & 25  
Time: 10:00 am – 12:00 pm  
Fee: \$25 LSCO M; \$50 NM  
Instructor: Donna Gallant  
Register by: Monday, March 16

## Technology

### ADVANCED ANDROID SMART PHONES & TABLETS

Note: This is not a beginner class. If you have taken the basic course and are ready to explore more of what your Android can do register for this 2 day course. If you have an APPLE product this course is NOT for you.

When: Monday & Wednesday  
January 27 & 29  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Friday, January 24

### Daily Drop In Fitness/Yoga Fees 2019 / 2020

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                   | M       | NM      |
|---------------------------|---------|---------|
| Fitness Centre            | \$6.00  | \$9.00  |
| 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                  | \$3.00  | \$5.00  |
| 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  |
| <b>Yoga Classes</b>       |         |         |
| Chair Yoga                | \$3.00  | \$5.00  |
| Active Yoga               | \$6.00  | \$9.00  |
| Hatha Monday Morning      | \$6.00  | \$9.00  |
| Hatha Wednesday Morning   | \$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 |

### FITNESS CENTRE HOURS

Monday – Friday  
7:30 am - 4:30 pm

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

### APPLE WATCH

Get the most out of your Apple Watch! This class is for all Apple Watch Series. Learn how to add apps and music. Set fitness goals and monitor your activity rings. Learn how to make phone call or send a text right from your wrist! As well as learning how to activate fall detection and initiate an EKG heart rate scan (Series 4 and 5). Find out other wonderful things you can do with your Apple Watch! Must have an Apple Watch and an iPhone 6S or newer for the class.

When: TBA  
Time: TBA  
Fee: \$50 LSCO M; \$80 NM  
Instructor: Rod Henriquez  
Register by: Friday, January 17

Additional Computer/Technology classes will be listed in the January issue of *LSCO Times* and on our website at [www.lethseniors.com](http://www.lethseniors.com).

## Active Yoga



Individuals participating in this Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. You will be getting up and down off the mat throughout the class. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle. Instructor is Shawn Hamilton. Register by Thursday, January 9 to receive the best price.

When: Fridays, January 10 – March 27  
Time: 9:00 – 10:00 am  
Fee: \$66 LSCO M; \$96 NM

## WINNERS



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## EVERY THURSDAY IS SENIORS DAY!

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REGULAR CARDS**  
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**FREE \$200 GAME**

Call the Hotline: 403-327-7454  
or Email: [winners\\_bingo@telus.net](mailto:winners_bingo@telus.net)



# December LSCO Weekly Program Schedule

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>Woodworking</b><br>8:15 am – 4:00 pm<br>Wood Shop<br><b>Billiards</b> 8:15 am – 4:00 pm<br>Billiards Room<br><b>Tai Chi Club</b> 8:30 – 9:30 am<br>Stage Area | <b>Woodworking</b><br>8:15 am – 4:00 pm<br>Wood Shop<br><b>Billiards</b> 8:15 am – 4:00 pm<br>Billiards Room                       | <b>Woodworking</b><br>8:15 am – 4:00 pm<br>Wood Shop<br><b>Billiards</b> 8:15 am – 4:00 pm<br>Billiards Room<br><b>Tai Chi Club</b> 8:30 – 9:30 am<br>Stage Area   | <b>Woodworking</b><br>8:15 am – 4:00 pm<br>Wood Shop<br><b>Billiards</b> 8:15 am – 4:00 pm<br>Billiards Room  | <b>Woodworking</b><br>8:15 am – 4:00 pm<br>Wood Shop<br><b>Billiards</b> 8:15 am – 4:00 pm<br>Billiards Room<br><b>Tai Chi Club</b> 8:30 – 9:30 am<br>Stage Area                         |
| <b>Amateur Radio Club</b><br>9:00 am – 12:00 pm<br>Radio Room  | <b>Amateur Radio Club</b><br>9:00 am – 12:00 pm<br>Radio Room<br><b>Advanced Photography</b><br>9:30 am – 12:00 pm<br>Computer Lab | <b>Amateur Radio Club</b><br>9:00 am – 12:00 pm<br>Radio Room<br><b>Scrabble</b><br>9:30 am – 1:00 pm<br>Card Area   | <b>Amateur Radio Club</b><br>9:00 am – 12:00 pm<br>Radio Room<br><b>Crafting</b><br>9:00 am – 12:00 pm<br>Art Room<br><b>Scrabble</b><br>9:30 am – 1:00 pm<br>Card Area | <b>Amateur Radio Club</b><br>9:00 am – 12:00 pm<br>Radio Room<br><b>Paper Toile</b><br>9:00 am – 3:00 pm<br>Art Room<br><b>Digital Photography</b><br>9:00 am – 12:00 pm<br>Computer Lab |
|  | <b>Lapidary</b><br>10:00 am – 12:00 pm<br>Lapidary Room<br><b>Golden Mile Singers</b><br>10:30 – 11:30 am, Room C/D                | <b>Genealogy</b><br>10:00 am – 3:00 pm<br>Board Room   | <b>Badminton</b> 10:00 – 11:55 am<br>Gym 1  | <b>Scottish Country Dance</b><br>10:30 – 10:45 am<br>Room A/B  |
| <b>Badminton</b><br>11:10 am – 12:30 pm, Gym 1   |  | <b>Badminton</b><br>11:10 am – 12:30 pm, Gym 1   |   |  |
|  | <b>Basketball</b> 12:00 – 1:00 pm<br>Gym 1<br><b>Quilting</b> 12:00 – 3:00 pm<br>Stage Area  |  | <b>Wood Carving</b><br>12:30 – 2:30 pm<br>Stage Area  |  |
| <b>Computer Club</b><br>1:00 – 4:00 pm<br>Computer Club  | <b>Adult Day Program</b><br>1:00 – 4:00 pm, Room C/D<br><b>Karaoke</b> 1:00 – 3:30 pm<br>Board Room                                | <b>Adult Day Program</b><br>1:00 – 4:00 pm, Room C/D<br><b>Bingo</b> 1:00 – 3:00 pm<br>Stage Area<br><b>Computer Club</b><br>1:00 – 4:00 pm<br>Computer Club<br><b>Lapidary</b><br>1:00 – 3:00 pm<br>Lapidary Room | <b>Adult Day Program</b><br>1:00 – 4:00 pm, Room C/D<br><b>Crib</b> 1:00 – 3:00 pm<br>Card Area<br><b>Knitting/Needlework</b><br>1:00 – 4:00 pm<br>Board Room           |  |
| <b>Table Tennis</b> 3:00 – 4:30 pm<br>All Purpose Room   |  | <b>Table Tennis</b> 3:00 – 4:30 pm<br>All Purpose Room   |   | <b>Table Tennis</b> 3:00 – 4:30 pm<br>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](http://www.lethseniors.com) and register online.**

**Human Rights Day ~ 10 December**

The Universal Declaration of Human Rights turns 70  
Let's stand up for equality, justice and human dignity

*All is calm...*  
**WHEN YOU TRAVEL**  
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## GREEN HAVEN GARDEN CENTRE

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- Fall Bulbs and Decor • Tropical Houseplants
  - Giftware • Christmas Trees & Decorations
- and so much more!*

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Open Year Round ~ 7 Days a Week ~ [greenhavgarden.ca](http://greenhavgarden.ca)

Forming characters! Whose? Our own or others? Both.  
And in that momentous fact lies the peril and  
responsibility of our existence. ~ Elihu Burritt



**Hello and Happy December!**

Well, another decade is fast approaching which has had me thinking about the last 20 years how our world has changed so significantly. Remember when Y2K was such a huge ordeal in 1999, and it turned out just fine? I can remember ringing in the year 2000 and thinking what is going to come of our world in this new decade and millennium? Technology has taken over in drastic ways and it feels somewhat impossible to keep up with all the change, not just by the month, but by the day.

A charming aspect of working in a seniors' centre is continuity and simplicity. Being around members who continue to share stories, tell jokes and engage in their set coffee dates of the week. There is a routine structure that is admirable, especially when this is done by keeping active, and through face to face communication. There is ample music and dancing here, in fitness classes and at Friday music. This may sound ironic to mention, as it has been your way of life for decades. However, these actions reinforce the concept of community and mutual respect. These simple things are quite a gift.

**Making A Christmas to Remember**

The holly is hung, it is hard to believe Christmas season has already arrived! We are focused on making this *A Christmas to Remember*, with the 5th Annual seniors' gift drive in progress. Thanks to the leadership of AgeCare Columbia, anonymous gifts are delivered directly to local seniors in need. This sends the message that they are being remembered this Christmas. It's a way to spread holiday cheer to lonely and/or financially-challenged seniors\*.



**Support Services Coordinator**

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

Last year, 'A Christmas to Remember' program collected and distributed 500 gifts, with a goal of 700 for 2019. So far they have received 385 names of nominated seniors in our community, and they are collecting more names throughout December. If you have someone you'd like to nominate, contact Debbie at AgeCare Columbia: 403-320-9363. Please keep watch for our decorated Christmas tree at LSCO with gift tags available to grab and return a gift.

*\*Source: AgeCare Columbia website*

**Angel Tree**

Another initiative is the 27th Annual Angel Tree gift collection drive for children and teens. Gift tags are also available at LSCO throughout December. LSCO is 1 of 115 agencies or businesses partaking in this program. Their goal is to reach 7,000 collected gifts to serve over 2200 children in Lethbridge and area. We know our Lethbridge community has always been generous. Now more than ever, our vulnerable populations can benefit from this extra holiday cheer.

**Friday Music**

11:45 am – 1:30 pm  
 December 6: Hank Wiebe  
 December 13: Classic Legends  
 December 20: LSCO Karaoke Group – Christmas Jamboree

**Wellness Programs**

Tuesday, December 3: Serenity Foot Care with Mercy Lar. 9:00 am – 3:45 pm  
 Wednesday, December 11: Alger Zadeiks Shapiro (Free 15-minute legal consultation), 10:00 am – 12:00 pm  
 Thursday, December 12: Lethbridge Hearing Services (Hearing Screening). 10:00 am – 12:00 pm  
 Friday, December 13: New U Reflexology. 9:00 am – 4:30 pm  
 Note: There will be no massage therapy with Andrea's Massage this month.  
 To book your appointment for any of the above, please contact the front desk at 403-320-2222.

**School Christmas Choirs**

Mark your calendars and please join us in the dining room Stage Area.  
 Monday December 16: Ecole Nicholas Sheran School at 1:00 pm.  
 Wednesday, December 18: St. Patrick's Fine Arts Elementary School at 10:30 am.

**Christmas Day**

Don't forget to join us on Christmas Day to enjoy a free turkey dinner. May you, your family and loved ones have an enjoyable and safe holiday season full of yummy treats and cherished memories. Merry Christmas and Happy New Year!

**LSCO Wellness Programs**

| LOCATION: LSCO Clinic Room       |                     |  |                                   |                                   |
|----------------------------------|---------------------|--|-----------------------------------|-----------------------------------|
| DATE                             | TIME                |  | BUSINESS                          | SERVICE                           |
| Tuesday, Dec. 3                  | 9:00 am – 3:45 pm   |  | Serenity Foot Care with Mercy Lar | Foot Care                         |
| Thursday, Dec. 12                | 10:00 am – 12:00 pm |  | Lethbridge Hearing Centre         | Hearing Screening                 |
| Friday, Dec. 13                  | 9:00 am – 4:30 pm   |  | New U Reflexology                 | Reflexology                       |
| LOCATION: LSCO Room E (upstairs) |                     |  |                                   |                                   |
| Wednesday, Dec. 11               | 10:00 am – 12:00 pm |  | Alger Zadeiks Shapiro Law Firm    | Free 15-minute Legal Consultation |

**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  
 January 6 – March 30  
 (no class February 17)  
 Time: 11:00 – 11:45 am

Fee: \$66 LSCO M; \$96 NM  
 Instructor: Sheila Mulgrew  
 Register by: Friday, January 3 to receive the best price.  
 When: Fridays  
 January 10 – March 27  
 Time: 10:45 – 11:30 am  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: Sheila Mulgrew  
 Register by: Wednesday, January 8 to receive the best price.



# December 2019 - LSCO Adult Day Program

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|--|---|---|--|--|
| 1<br>   | 2<br><b>Expressive Art</b><br>1:00 ~ 2:30 pm<br>Room C/D                                  | 3<br>Classic Legends<br>1:00 pm<br>Chair Exercises<br>2:45 pm Room C/D                     | 4<br>Fun with Wii<br>1:00 pm<br>Room C/D  | 5<br>Music with Sandy<br>1:00 pm<br>Room A/B                    | 6<br>Free Community Music in Stage Area<br>TJ Waltho<br>11:45 am ~ 1:30 pm<br>Lunch Special        | 7  |
| 8   | 9<br>    | 10<br>Music with Hank<br>1:00 pm<br>Chair Exercises<br>2:45 pm Room C/D                    | 11<br>Bowling<br>Holiday Bowl<br>1:00 pm  | 12<br>Christmas Carols<br>Marg & Maureen<br>1:00 pm<br>Room A/B | 13<br>Free Community Music in Stage Area<br>Classic Legends<br>11:45 am ~ 1:30 pm<br>Lunch Special | 14<br>  |
| 15<br> | 16<br>Nicholas Sheran<br>Choir<br>1:00 pm<br>Stage Area                                   | 17<br>Rehoboth Choir<br>Christmas Carols<br>1:00 pm<br>Chair Exercises<br>2:45 pm Room C/D | 18<br>St. Patrick's Choir<br>10:30 am<br>Stage Area<br>Horse Racing<br>1:00 pm - Room A/B   | 19<br>Music with<br>Floyd<br>1:00 pm<br>Room A/B                | 20<br>Free Community Music in Stage Area<br>LSCO Karaoke<br>11:45 am ~ 1:30 pm<br>Lunch Special    | 21<br> |
| 22  | 23<br> | 24<br>No Day Program<br>LSCO closed<br>at 2:00 pm  | 25<br>Free Christmas<br>Turkey Dinner   | 26<br>LSCO Closed<br>for Boxing Day                             | 27<br>LSCO Closed  | 28   |
| 29  |   | 31<br>No Day Program<br>LSCO closed<br>at 2:00 pm  | ❄️ <b>LSCO 35th Annual Free Christmas Turkey Dinner</b> ❄️<br>Join us for a free Christmas Dinner on Christmas Day<br>Wednesday, December 25th ❄️ 11:00 am ~ 1:00 pm<br>Dinner is open to everyone in the community |   |  |  |

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.

"Christmas Shopping: Wouldn't it be wonderful to find one gift that you didn't have to dust, that had to be used right away, that was practical, fit everyone, was personal and would be remembered for a long time? I penciled in "gift certificate for a flu shot." ~ Erma Bombeck

## Escorted Coach Tours in 2020

- Missouri Star Quilters July 9-18 10 Days**  
\$1689/twin \$2389/single  
International Quilt Museum · Country Sampler Quilt Store  
Missouri Star Quilt Co. · Amish Colony Tour and more
  - Norsk Hostfest Sept 29-Oct 5 7 Days**  
\$1769/twin \$2299/single  
2 nights Moose Jaw Temple Gardens · 4 nights Minot ND · 4 Headline Shows and more
  - Branson - Autumn in the Ozarks Oct 18-30 13 Days**  
\$2749/twin \$3489/single  
Showboat Branson Belle · Dolly Parton Stampede · College of the Ozarks  
Bass Pro Springfield MO and more
  - Carolinas including Nashville May 2-22 21 Days**  
\$4699/twin \$5989/single  
or May 2-17 16 Days (fly home from Nashville)  
\$3699/twin \$4999/single  
Lexington · Pigeon Forge · Myrtle Beach · Savannah · Atlanta · Nashville  
St Louis and more
  - BC West Coast Aug 12-21 10 Days**  
\$2149/twin \$2989/single  
Vancouver · Victoria · Nanaimo · Whistler · Kelowna and more
  - Oregon Coast Sept 14-25 12 Days**  
\$2689/twin \$3989/single  
Leavenworth · Newport · Seattle · Avenue of the Giants · Coeur d'Alene and more
  - Alaska & Yukon June 14-July 3 20 Days**  
\$4989/twin \$6989/single  
Whitehorse · Dawson Creek · Anchorage · Fairbanks · Haines · Skagway and more
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Triple and Quad occupancy also available.

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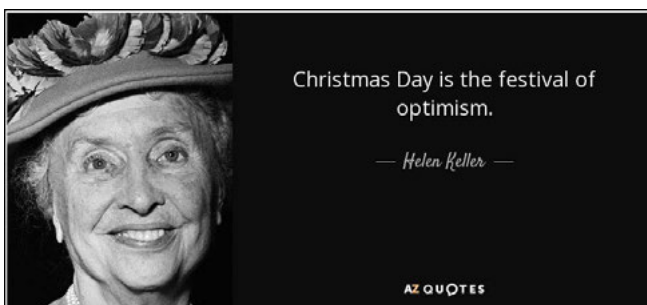


## Pre-Pay Punch Card A Xmas Gift for a Loved One

The punch cards are purchased in advance for 5 meals, 10 meals or 20 meals. The punch cards offer the option of a nutritious meal to suit any person's individual needs. For more information about LSCO Meals on Wheels and the punch card program you can call

**403-327-7990**

E-mail: [mow@lethseniors.com](mailto:mow@lethseniors.com)  
[www.mealsonwheelslethbridge.ca](http://www.mealsonwheelslethbridge.ca)



Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. ~ Hal Borland



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Krushel Farrington Law Firm  
please contact Alger Zadeiks Shapiro LLP

[www.azlawyers.ca](http://www.azlawyers.ca)



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- Estate Home Clearouts

Call Wendy Gillett for your complimentary in-home consultation and free estimate.

Cell: 403-315-1729







# Fitness/Yoga Schedule

## December 2019

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY |
|--|---|---|---|--|----------|
| <b>Low Impact Cardio</b><br>8:00 – 8:50 am<br>Deb: Gym 2<br>Ends Dec. 9  | <b>Bars, Plates &amp; Weights</b><br>8:00 – 8:45 am<br>Tracy: Gym 2<br>Ends Dec. 3  | <b>Strength Condition</b><br>8:00 – 8:50 am<br>Deb: Gym 2<br>Ends Dec. 11<br><br><b>Yoga for Men</b><br>8:30 – 9:30 am<br>Skip: Room A/B<br>Ends Dec. 11  | <b>Strength &amp; Conditioning</b><br>8:00 – 8:45 am<br>Tracy: Gym 2<br>Ends Dec. 5   |  |          |
| <b>Yin/Yang Yoga</b><br>9:00 – 10:30 am<br>Karen: Room A/B<br>Ends Dec. 9<br><br><b>Power Walk</b><br>9:10 – 10:00 am<br>Tracy: Gym 1<br>Ends Dec. 9<br><br><b>Tabata</b><br>9:10 – 10:10 am<br>Jamie: Gym 2<br>Ends Dec. 16 | <b>Cycle Combo</b><br>9:00 – 9:50 am<br>Jamie: Gym 2<br>Ends Dec. 17<br><br><b>Fitball &amp; More</b><br>9:00 – 9:50 am<br>Shawn: Gym 1<br>Ends Dec. 10<br><br><b>Gentle Yoga</b><br>9:30 – 10:30 am<br>APR<br>Ends Dec. 10 | <b>Power Walk</b><br>9:10 – 10:00 am<br>Jamie: Gym 1<br>Ends Dec. 18<br><br><b>Chair Yoga</b><br>9:35 – 10:25 am<br>Stage Area<br>Ends Dec. 18            | <b>Suspension Training Combo</b><br>9:00 – 9:50 am<br>Jamie: Gym 2<br>Ends Dec. 19<br><br><b>Fitball &amp; More</b><br>9:00 – 9:50 am<br>Shawn: Gym 1<br>Ends Dec. 12<br><br><b>Gentle Yoga</b><br>9:30 – 10:30<br>APR<br>Ends Dec. 12        | <b>Active Yoga</b><br>9:00 – 10:00 am<br>Shawn: APR<br>Ends Dec. 20  |          |
| <b>Gentle Exercise</b><br>10:15 – 11:00 am<br>June: Gym 1<br>Ends Dec. 9<br><br><b>Butts &amp; Guts</b><br>10:30 – 11:15 am<br>Tracy: APR<br>Ends Dec. 9   |   | <b>Keep Fit</b><br>10:15 – 11:00 am<br>Jamie: Gym 1<br>Ends Dec. 11   |   | <b>Gentle Exercise</b><br>10:15 – 11:00 am<br>Tracy: Gym 2<br>Ends Dec. 6<br><br><b>Pound Fitness</b><br>10:30 – 11:15 am<br>Nancy/Sheila<br>Stage Area<br>Ends Dec. 6 |          |
| <b>Pound Fitness</b><br>11:00 – 11:45 am<br>Nancy/Sheila<br>Stage Area<br>Ends Dec. 16   | <b>Zumba Gold</b><br>11:00 – 11:45 am<br>Nicole: APR<br>Ends Dec. 10  |   |   | <b>Discover Cycling</b><br>11:15 am – 12:00 pm<br>Tracy: Gym 2<br>Ends Dec. 6  |          |
| <b>Pilates</b><br>12:05 – 12:55 pm<br>June: APR<br>Ends Dec. 9<br><br>**** (Pilates)<br><br><b>Indoor Cycling</b><br>12:10 – 12:50 pm<br>Jamie: Gym 2<br>Ends Dec. 16  | <b>Yoga</b><br>12:05 – 12:55 pm<br>Melanie: APR<br>Ends Dec. 10<br><br><b>Suspension Training TRX</b><br>12:10 – 12:50 pm<br>Jamie: Gym 2<br>Ends Dec. 10   | <b>Bars, Plates &amp; Weights</b><br>12:05 – 12:55 pm<br>Tracy: Gym 2<br>Ends Dec. 4  | <b>Yoga</b><br>12:05 – 12:55 pm<br>Melanie: APR<br>Ends Dec. 12<br><br><b>Indoor Cycling</b><br>12:10 – 12:50 pm<br>Jamie: Gym 2<br>Ends Dec. 12  | <b>Tabata &amp; More</b><br>12:10 – 12:50 pm<br>Tracy: Gym 2<br>Ends Dec. 6  |          |
| <b>TaeKwon-Do</b><br>1:15 – 2:15 pm<br>Nicole: Gym 2<br>Ends Dec. 9<br><br><b>Circuit Training</b><br>1:30 – 2:30 pm<br>Jamie: Fit Centre<br>Ends Dec. 2   | <b>Circuit Training</b><br>1:30 – 2:30 pm<br>Jamie: Fit Centre<br>Ends Dec. 3   | <b>TaeKwon-Do</b><br>1:15 – 2:15 pm<br>Nicole: Gym 2<br>Ends Dec. 11<br><br><b>Circuit Training</b><br>1:30 – 2:30 pm<br>Jamie: Fit Centre<br>Ends Dec. 4 | <b>Circuit Training</b><br>1:30 – 2:30 pm<br>& 2:40 – 3:40 pm<br>Jamie: Fit Centre<br>Ends Dec. 5   |  |          |
| ****<br><b>Candlelight Pilates</b><br>12:05 – 12:55 pm<br>June: APR<br>Dec. 16   | <b>Yoga</b><br>4:45 – 5:45<br>Shawn: Room A/B<br>Ends Dec. 17<br><br><b>Movement Medicine (Nia)</b><br>5:15 – 6:15 pm<br>Andrea: APR<br>Ends Dec. 3   | <b>Tabata</b><br>5:15 – 6:15 pm<br>Jamie: Gym 2<br>Ends Dec. 11<br><br><b>Power Walking</b><br>6:30 – 7:30 pm<br>Jerry: Gym 2<br>Ends Dec. 18             | <b>Butts &amp; Guts</b><br>5:15 – 6:00 pm<br>Tracy: Room APR<br>Ends Dec. 12<br><br><b>Movement Medicine (Nia)</b><br>5:15 – 6:15 pm<br>Andrea: Gym 2<br>Ends Dec. 12<br><br><b>Step</b><br>5:15 – 6:15 pm<br>Erich: Room A/B<br>Ends Dec. 12 |  |          |

*A Special Invitation Just for You!*

Join LSCO for a Tour & Tea



1st Wednesday of each Month

Meet at the Administration Desk at 10:00 am for a tour of our facility



*Merry Christmas & Happy New Year from the Staff & Board of LSCO*



**Breakfast for Everyone at LSCO**

Breakfast Special  
 8:00 am – 1:00 pm  
 Monday – Friday  
**\$6.50**

Non-Members add 15%

Note: Please arrive at least 10 minutes prior to class starting.  
 Classes may be cancelled if attendance is poor. Schedule may change without notice.  
 Watch for special notices regarding additional classes or class cancellations.

Try working out in the Fitness Centre. Centre is open Monday – Friday from 7:30am – 4:30 pm  
 500 – 11th Street South • 403-320-2222 • Register online at [www.lethseniors.com](http://www.lethseniors.com)



## Nicholas Sheran Senior Choir *Ringing in the Holiday Season*

**December 16th ~ 1:00pm**

Stage Area, LSCO Dining Room



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

## *Christmas Carols*

*St. Patrick's Fine Arts Choir, under the direction of Jessica Ens, will be performing Wednesday, December 18 10:30 a.m. Stage Area*



### ART IS FOR EVERYONE

"This course is for anyone from the beginner who wants to learn the basics of art to the person who wants to refresh those forgotten lessons from their school days. Be led through the basics of perspective and value all the way to painting two pieces of artwork in this 12 hour course. An informative and fun course to explore and stimulate the creative spark within. Come and release the power that lies in the right side of your brain! Shelly Long will instruct this course. She is a wildlife artist who sells her art and takes commissions. Through her art she tries to bring people closer to the creatures of the natural world and introduce them up close and personal. She says "When I look around me I see artistic possibilities everywhere! I would not be me without my art."

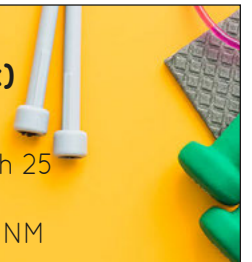
Ask for a supply list when registering.

When: Tuesdays, January 21 - February 25  
 Time: 1:00 - 3:00 pm  
 Fee: \$45 LSCO M; \$70 NM  
 Instructor: Shelly Long  
 Register by: Friday, January 17



### TABATA (After Work)

When: Wednesdays  
 January 8 - March 25  
 Time: 5:15 - 6:15 pm  
 Fee: \$72 LSCO M; \$96 NM  
 Instructor: Jamie Hillier  
 Register by Tuesday, January 7 to receive this price or pay a drop in fee of \$6 members, \$9 non members. Young adults 18 years of age and over are welcome to drop in for \$9.



## CORE *Café* Xpress

You never know what will be on the menu at the Core Café! Join us for 40 minutes of strengthening exercises to take your core fitness to the next level. Not only does this include your abdominals but your back and all the stabilizing muscles throughout your torso. A perfect fit for your noon get away from the office. Change rooms with showers & lockers available.

When: Tuesdays, January 7 - February 25  
 Time: 12:10 - 12:50 pm  
 Fee: \$44 LSCO M; \$64 NM  
 Instructor: Jamie Hillier  
 Register by Monday, January 6 to receive the best price.

## BARS, PLATES



## and 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. Intermediate to advanced fitness level. Register by Friday, January 6 to receive this low price.

When: Tuesdays  
 January 7 - March 17  
 Time: 8:00 - 8:50 am  
 Fee: \$60 LSCO M; \$88 NM  
 Instructor: Tracy Simons



## Let's Be Complementary

I was recently listening to a podcast on a long car drive the other weekend. One of my favourite podcasts is the TED Interview, hosted by TED founder Chris Anderson. The particular podcast I was listening to this time where Chris interviewed Dan Gilbert, a Harvard psychologist who is an expert on happiness. Professor Gilbert has some interesting theories on happiness, one of which is that the difference in happiness after one year after a person who wins the lottery and a paraplegic is much smaller than you would think. Another theory is that when bad things happen to people it actually turns out that people look back on those bad things and it turns out that those bad things weren't so bad after all. Take the example of Pete Best, who was denied a chance at being the Beatles main drummer after he was replaced by Ringo Starr. Pete says he was happier for not being a part of the Beatles.

One of the threads of the podcast that gave me an light bulb moment, was the notion that good conversation between people has nothing to do with what is being discussed, but everything to do with how the people are talking to each other. If the people are saying in so many words that I like you back and forth, then it is a good conversation. In other words, both parties, no matter the topic, basically exchange similar points of view on a topic. That's why a lot of people start off a conversation talking about the weather or last night's hockey game; "Sure is cold outside today;



### Legal Tips and Information

**Douglas Alger**

how about those Oilers/Flames." When you state that to another person, you're expecting a response that echoes what you said, like, "You got that right, I can't wait until spring." If you hear back, "Quit complaining about the weather, there is nothing you can do about it," there is a disconnect. You have likely noticed that sometimes you can't communicate well with certain people and that is likely due to the fact that the person doesn't agree with what you're saying and hence the conversation is not an exchange of people saying they like you to each other. Think of a couple sitting in a restaurant and not saying anything to each other, it's not because they have run out of things to talk about, they have run out of the will to say anything to each other or the willingness to move their mouths to engage with one another. Most conversations are not about what you're talking about, it's about the fact that you are talking to each other. In other words, small talk is a good thing. In this

day and age of text messaging and Facebook conversations it is important to recognize that nothing beats face to face conversation for positive human interaction.

This loosely ties into my discussion about having your last will complement the last will of your significant other. I often encounter wills of spouses, wherein the outcome of who benefits from the wills, depends on who dies first. For example, Bob's will leaves everything to his children, if he is the last to survive and Joan's will leaves everything to her children, if she is the last to die. Where this comes into sharp focus is when Bob and Joan own a home together and that home is in joint names and Bob and Joan got together after their first spouses passes away or they were divorced. I often see clients without their spouse with them and them wanting to do a will. Sometimes they have good reason for doing so, however I do try to encourage them to bring their spouse with them, so that we can have a conversation together about their estate plans and make wills that are a mirror image of one another. I also take a look at their entire estate plan and see if it meets their goals of fairness and reasonableness. Having your wills "like one another" is a good thing.

Here's to a happy holiday season and to some good conversation amongst your family and friends. See you in 2020! ★

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

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**Looking for short term accommodation 3-6 months starting January 1, 2020.** Willing to pay \$400 to \$600 a month depending on services and space available. Minimum of private bedroom and bathroom. Kitchenette, sitting area, cable and wi-fi if possible. I have my own bedroom furniture. Willing to bring other furniture if space unfurnished. Email [ruthruddock@shaw.ca](mailto:ruthruddock@shaw.ca) if your interested in renting space to quiet non-smoking 60-year old female. Text/Cell 780-860-2075.

**Do you have a small dog to be rehomed?** Senior couple wanting to adopt one into home with 3 cats. 587-425-4001.



## December At a Glance

See website for additional details

Wed **DEC 04** | 10:30–noon Building  
Lethbridge  
Daytime Workshop | Adults & Seniors

Wed **DEC 04** | 2–3 pm Canadian Speculative  
Fiction  
Wednesdays at the Galt | Adults & Seniors

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

Thu **DEC 05** | 7–9 pm Tree Ornaments  
Evening Workshop | Adults & Seniors

Fri **DEC 06** | 1:30–3 pm Holiday Ornaments  
First Friday Fun | All Ages

Sat **DEC 07** | 1–2 pm Ukrainian Connections  
Saturdays at 1:00 | Families

Wed **DEC 11** | 10:30–noon Winter Wreaths  
Daytime Workshop | Adults & Seniors

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

Sat **DEC 14** | 1–2 pm Holiday Cards  
Saturdays at 1:00 | Families

Wed **DEC 18** | 2–3 pm Waterton's Bison in  
the Rear-view Mirror  
Wednesdays at the Galt | Adults & Seniors

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

Fri **DEC 20** | 1–4 pm Fort Winter Open House  
Fort Whoop-Up Special Event | All Ages

Sat **DEC 21** | 1–2 pm Party Crackers  
Saturdays at 1:00 | Families

Tue **DEC 31** | 1–3 pm Paint Stick Buddies  
Top 5 of 2019 | Families

Fri **JAN 03** | 1–3 pm Mini Teepee Art  
Top 5 of 2019 | Families

Sat **JAN 04** | 1–3 pm Painted Paper Plates  
Top 5 of 2019 | Families

Sun **JAN 05** | 1–3 pm Friendship Bracelets  
Top 5 of 2019 | Families

Mon **JAN 06** | 1–3 pm Magical Harry Potter  
Crafts  
Top 5 of 2019 | Families



[galtmuseum.com](http://galtmuseum.com) f t i

403.320.3954



# Daily Holidays, Special and Wacky Days

Just an update the conference I attended in November this past month on Domestic Violence had a preconference day specific to Elder Abuse and had an attendance of 125 people from across Canada. This was the first time it was connect to the conference. It was an amazing opportunity to learn more about this type of abuse and allowed for networking with many people.

Moving forward –What happens in December! Daily Holidays, Special and Wacky Days:

**December 1:** Eat a Red Apple Day; World Aids Awareness Day

**December 2:** National Fritters Day

**December 3:** Advent begins, date varies; National Roof over Your Head Day

**December 4:** Santas' List Day – we hope you are on the "Nice" list; Wear Brown Shoes Day

**December 5:** Bathtub Party Day; Repeal Day – The 21st Amendment ends Prohibition

**December 6:** Bartender Appreciation Day – in Europe; St. Nicholas Day; Mitten Tree Day; Put on your own Shoes Day

**December 7:** International Civil Aviation Day; Letter Writing Day; National Cotton Candy Day – would you like some fairy floss?; Pearl Harbor Day

**December 8:** International Children's Day – Second Sunday in December; National Brownie Day; Take it in the Ear Day

**December 9:** Christmas Card Day; National Pastry Day

**December 10:** Human Rights Day

**December 11:** National Noodle Ring Day

**December 12:** National Ding-a-Ling Day; Poinsettia Day

**December 13:** Ice Cream Day; Violin Day



## LEARN Case Manager

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

**December 14:** International Monkey Day; National Bouillabaisse Day; Roast Chestnuts Day

**December 15:** Bill of Rights Day; National Lemon Cupcake Day

**December 16:** National Chocolate Covered Anything Day

**December 17:** National Maple Syrup Day

**December 18:** Bake Cookies Day; National Roast Suckling Pig Day

**December 19:** Look for an Evergreen Day; Oatmeal Muffin Day

**December 20:** Go Caroling Day

**December 21:** Crossword Puzzle Day; Forefather's Day; Humbug Day; Look on the Bright Side Day; National Flashlight Day

**December 22:** Channukah - date varies; National Date Nut Bread Day - or September 8!?!; Winter Solstice – the shortest day of the year, date varies

**December 23:** Festivus – for the rest of us; Roots Day

**December 24:** National Chocolate Day; National Egg Nog Day

**December 25:** Christmas Day; National Pumpkin Pie Day

**December 26:** Boxing Day

**December 27:** Make Cut Out Snowflakes Day; National Fruitcake Day

**December 28:** Card Playing Day

**December 29:** Pepper Pot Day

**December 30:** Bacon Day; National Bicarbonate of Soda Day

**December 31:** Make Up Your Mind Day; New Year's Eve

Enjoy December and Wishing everyone a very happy holiday.

In closing 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.*



## Computer Corner

by Sjoerd Schaafsma

### iOS 13 “New and Improved”: Tools for iPhones & iPads Part 1

Aren't they always new and improved? I'm usually the guy holding back on installing the latest updates, but this time I bit the bullet and let the iPad update to IOS13. Having done that, why did it say "You've updated to iPadOS13"? So, a name change: the iPad doesn't need to deal with phone calls, ergo, changes in the details and name of the operating system.

The change that caught my eye at first was the ability to scan documents in the **Files App**. There are some binders I pack around with information that I would much rather have on my iPad. The plan is to scan multiple pages from typed documents to a multipage PDF file. A mini test run of two pages seemed to work (but not without learning more about the Files app first ☺). Apparently this is a smoother operation than the previous option of scanning into the Notes app. If you try a big scan, please let me know how it goes. Here's a how to link: <https://www.macrumors.com/how-to/scan-documents-ios-files-app/>

**Jargon:** A **Dark pattern** is a deceptive design in a web user interface that leads you in the direction the designers want you to go. For example, the brighter choice might not be the one you really want, but it's the most visible choice. When downloading free software there are multiple places to click on DOWNLOAD, but most of them misdirect you to the wrong choice. There is a website devoted to showing you how dark patterns trick you online. <https://www.darkpatterns.org/>

#### Club Notes

LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events. If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: ComputerLab-Guest

For one on one help for a specific problem please email [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com), giving a date, time and what you'd like help with. We'll try to hook you up with someone who will be able to help you in the lab. The help service is available to Computer Club members only. Suggestions for workshops are welcomed.

The Computer Corner can be read online at the Computer Club web site <https://goo.gl/pjZz3J>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/home>

To subscribe to the computer club email list, or if you have questions about the Computer Club. Email: [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)

## Computer Club WORKSHOPS & Events

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events. These are low key sharing events geared for seniors and beginners, we are here to help, not speak "High Geek" (but we will translate 😊). Unless otherwise stated Workshop events will run from 2 - 4 pm. Feel free to come early.

### December

**Monday 2:** Updates, Sharing & help session

**Wednesday 4:** Google Apps: Gmail, Drive, Sheets, Docs, Calendar, & more. How to access, how to use, advantages & disadvantages

**Monday 9:** Sharing & help session

**Wednesday 11:** Sharing & help session

**Monday 16:** Sharing & help session

**Wednesday 18:** Creating an eMail list: for those last minute email notices and beyond. Creating a list in: Thunderbird, Windows Mail, Outlook, Gmail, Windows Live Mail, and Apple Mail. We'll need some presenters for Outlook, Windows Mail & Live Mail, and Apple mail. Anyone?

**Monday 23:** Planning, Sharing & Help session

The club will be taking a break to celebrate the holidays from December 23 till January 7. Merry Christmas, and Happy New Year.

Suggestions for other workshops are welcomed. Check the bulletin boards in the main lobby and beside the computer lab for last minute changes. Updates to the schedule can be found at: <https://sites.google.com/site/oldfolkscomputers/workshop-calendar> or <https://tinyurl.com/y9hrad5g>

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





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When: Wednesdays, January 29 - March 4  
Time: 10:00 am - 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Monday, January 27



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# Waiting for the Next Shoe to Drop

*We have met the enemy and he is us.*

~ From The Pogo comic strip by Walt Kelly

**C**hernobyl – the word, alone, sends shivers up my spine. For those of you who don't remember (or don't want to remember) on April 26th, 1986, near the city of Pripyat in the northern Ukraine, a nuclear reactor at the Chernobyl Nuclear Power Plant blew up and caught fire. The cause was finally identified after many months, due to a series of mistakes. The wrong people carried out a "safety test" on equipment that the operators knew had a problem. They had been trying to identify the answer to the equipment problem for years (since 1982), but was not corrected on other nuclear power plants until after the Chernobyl disaster.

This accident is still considered the worst nuclear disaster in history. The fire released considerable, airborne radioactivity for at least 9 days resulting in an evacuation of over 100,000 people from a radius of 30 kilometers around the site. The people were told to get on the buses, take only what they would need for a couple of days and they would be returning home soon. They never came back. The area around Chernobyl is still radiation "hot" today, and anyone entering the area is limited to a short stay or they too risk becoming radiation sick.

It is difficult to determine the actual number of fatalities. The explosion killed two of the operating staff plus 134 firemen who worked to extinguish the fire. The cloud of radioactive dust and "poison" traveled to other parts of Europe (i.e. Soviet States, Western Europe, Scandinavia). We very likely received some of the fallout over North America as well. Science predicts a total of 9,000 to 16,000 fatalities (including the total continent of Europe) eventually. But who really knows what far reaching affects this accident will ultimately prove to



## The Widow's Walk

Kay Long, BSW, RSW

cause in our world? If one has a strong stomach and does not mind nightmares, watch the 5-part HBO miniseries, *Chernobyl*. It is a very well done production but terrifying after the fact. The Chernobyl disaster happened 33 years ago – a little late for us elders to worry about a cancer-causing accident that happened so long ago.

We have problems that are probably shortening the lives of many, much closer to us, here in southern Alberta. If one drives south and west for about 9 hours (845 kilometers away) you will come to a small city in southern Washington, U.S.A., called **Hanford**. What many do not realize about this location is that it is a nuclear production complex operated by the U.S. government. It has been in operation since 1943 where the nuclear wastes from the production of the first atom bombs (and all atomic waste that followed) are stored (actually, buried). In the process of handling some of the atomic waste, the operations did release some radioactive material into the air and the Columbia River.

I grew up in a small town on the Columbia River. During my first 30 years my family swam in and boated on the Columbia. We ate fish that we caught in the river and I spent many happy times with my daughters and parents on the beaches of the Columbia River. A few years ago I, and my cousins, were asked

to take part in a study of the affect of river life on the thyroid glands of people who lived along the Columbia River. At the time I didn't think much of it but I do know that there are a lot of us who were "exposed" to the Columbia River water who take thyroid medication on a regular basis and many suffer from severe osteoarthritis. We grew up downriver from the most contaminated nuclear site, (Hanford), in the United States. Perhaps the contamination affected those who experienced a high level of exposure – maybe or maybe not. We'll not learn until the environmental cleanup happens and studies are done. Someday.

Right here in our own Province we have another kind of danger. PCBs, dioxins and furans (toxic chemicals), not nuclear waste, but in many cases just as deadly. These and other hazardous waste are stored and processed 725 kilometers (about 7 hours via vehicle) at the **Swan Hills Treatment Centre**. I lived in northern Alberta when the treatment centre was proposed, then built and, still today, operated. It is, what I would call, a "hot potato". Now that is up and running and contaminating the environment around it, no one seems to want to take responsibility for the damage it has caused and will continue to cause. There have been a number of sales of the treatment plant and the newest owner is a company called *Suez Canada Waste Services Inc.* It has been both a private sector venture and a government operated service. There have been leaks into the local environment and the very efficient, incineration process still leaves .0001 percent of the waste that doesn't burn, and gets re-released. Downhill and downwind from the plant is the Lesser Slave Lake and a large population that live along the southern edge of the lake. Alberta Health advises the local population not to eat large amounts of game within a 30-kilometre radius of the plant. Many small lakes no longer have fish. So far the dangerous goods shipped to Swan Hills are all from Canada. But that is more than enough to keep the plant operating. Over 30 years ago the Alberta Government created a dangerous monster that they considered necessary, at the time. However, as one local gentleman from Kinuso said, "You don't have to be smart enough to chew gum and walk at the same time to realize you don't build a dangerous goods disposal plant on the highest mountain in the Province." I think Jack was right.

All of the above information can be verified on the internet except the information that comes from my tired, old memory. Good luck to our grandchildren. ★

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




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