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March 4th, the
 only day that is
 also a sentence.

~ John Green

Join Us for

FREE NECK & SHOULDER MASSAGES

Wednesday, March 4 & 25

PRACTICING HAPPINESS

Starts Wednesday, March 11

LSCO ANNUAL GENERAL MEETING

Tuesday, March 31

ST. PATRICK'S DAY PUB AFTERNOON

Tuesday, March 17

VOLUNTEER APPRECIATION SUPPER

Wednesday, April 22

NEW SESSIONS

Zumba Monday Evenings

February 24 – March 30

5:15 – 6:15 pm

Session Fee: \$33 Members; \$48 NM

Drop In Fee: \$6 LSCO M; \$9 NM

POUND FITNESS Saturdays

February 22 – April 4 (no class March 7)

9:30 – 10:15 am

Session Fee: \$33 Members; \$48 NM

Drop In Fee: \$6 LSCO M; \$9 NM

Zumba Toning Saturdays

February 22 – April 4 (no class March 7)

10:30 – 11:15 am

Session Fee: \$33 Members; \$48 NM

Drop In Fee: \$6 LSCO M; \$9 NM

Fitness Centre

Fee: \$18/month LSCO M; \$27 NM

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





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

According to the Alberta Societies Act, LSCO must hold an Annual General Meeting (AGM) to present the audited financial statement to the membership:

Annual General Meeting

25 A society shall hold an annual general meeting in Alberta and shall present at that meeting a financial statement setting out its income, disbursements, assets and liabilities, audited and signed by the society's auditor. RSA 1980 cS-18 s21

Most Societies also elect officers at the AGM, which is explicit in Bylaws but not the Societies Act, and pass Special Resolutions – the identification of which IS explicit in the Act. Quorum (the minimum number of members required to hold a legal vote at an AGM) is also required by all Societies in Alberta, as per their Society application and/or Bylaws. Which

brings me to my request of LSCO Members: we need you to attend the AGM so that we can have quorum, which allows us to accept the audited financial statement, elect our Board of Directors and vote on any Special Resolutions that have been advertised. Years ago, we held our AGM in Gym 1 or Gym 2 because we would have over 150 members attend the meeting. The past few years we have had just over our legal quorum (50 members) in attendance at our AGM, which is a shame...given that LSCO membership is around 1800.

Our meetings are separated into two parts: the business portion, which covers the auditor's report as well as the Board election. That is the part for which we need quorum and it usually lasts no more than 40 minutes. The second part is our Town Hall meeting. During this portion we have a Question and Answer session and those in attendance are free to ask any burning LSCO-related question they desire. Sometimes we have presentations during the Town Hall, such as the engineer explaining the parking lot re-build or Mayor Spearman talking about City initiatives.

Please commit to attending the AGM for, at least, the Business portion so we can fulfill our legal requirements. And then stay for the rest...you might just learn something new about LSCO. ★

LSCO ANNUAL GENERAL MEETING

TUESDAY, MARCH 31, 2020
STAGE AREA

BUSINESS MEETING
1:15 P.M. ~ 1:45 P.M.

TOWNHALL MEETING
1:45 ~ 2:00 P.M.

FREE COFFEE & COOKIES
DRAW FOR \$50 LSCO GIFT CARD FOR ALL ATTENDEES



2020 Water and climate change



St. Patrick's Day Pub

TUESDAY, MARCH 17TH

LUNCH SPECIAL

11:30 am – 1:00 pm

PUB AFTERNOON

1:00 – 5:00 pm

2 Pulled Pork Sliders with Coleslaw \$5.50

Nachos with cheese, sour cream & salsa \$5.00

with Beef add \$2.00

Veggies with Humous \$5.00

6 Spring Rolls with Thai Chili \$5.00

Fries \$3.25 Onion Rings \$4.50

Beer & Wine \$4 each

Members & Guests are invited to join in the St. Paddy's Day Pub

DID YOU KNOW: During World War II, Queen Elizabeth II, then an 18-year-old princess, trained in London as a mechanic and military truck driver.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge
HEARING CENTRE



London Road
market



In recognition for the ongoing support of LSCO Meals on Wheels

teamworks
career centre



urban grocer



ITALIAN
TABLE ESTD 2018



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Check out the website! www.lethseniors.com and register online.

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

The Officers of LSCO

2019 – 2020 Executive:

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

Board of Directors:

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

LSCO **403-320-2222**

Staff Members:

- Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
- Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
- Support Services Coordinator –
 ext. 25
- LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306
- LSCO Social Worker / Case Manager – Heather Bursaw
hbursaw@lethseniors.com ext. 57
- Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31
- Member Services Assistant – Diane Legault
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- Marketing & Media Coordinator – Lisette Cook
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- Program Development Coordinator – Shawn Hamilton
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fitness@lethseniors.com 403-320-2222
- Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59
- Administrative Support – Kari Martin
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 ext. 32
- Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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



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

LSCO Vision Statement

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

Welcome New Members!

Dorothy Bertch	Don Bernhart
Terry Gray	Gaynel Day
Nadia Dykeman	Colleen Arsene
Dean Maruyama	Bob Williston
Della Lynn Maruyama	Joan Williston
Jim Kashman	Ron Fazio
Jane Nygaard	Caroline Martin
Bill Blow	Dave Mc Elhaw
Joanne Blow	Sharon Dorchak
George (Bill) Scarfe	Lindsay Bennett
Joyce Colley	Brock Schuler

A Smile is the Universal Welcome.

NOTHING TASTES AS GOOD AS FIT FEELS

Golden Mile Singers

If you enjoy music or love to sing we would like to meet you.

You are invited to visit with us Tuesday mornings from 10:30 to 11:30 a.m. in Rooms C & D.

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

We are looking for a Pianist and any musician who loves music or singing.




We hope to bring pleasure or a smile to our many shut-ins in care those in care centres.

For more information contact:
 Lethbridge Senior Citizens Organization
 403-320-2222 or Arleen at 403-327-1813.
 LSCO ~ 500 - 11th Street South




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!

Register ONLINE



Amateur Ham Radio Club

The purpose of the LSCO Seniors Amateur Radio club is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit our club room on the second floor at the LSCO and view our collection of “bygone days and current” amateur radio equipment. Anyone wishing to join or the club or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their “ham” license, we do have volunteers who may help you with the licensing process at no cost except for the training manual.

When: Weekdays from 9:00 to 11:00 (or longer on request and with notice).

Fee: Only \$28/12 months & LSCO membership.


It is Spring at LSCO Boutique

Spring things to cheer you up!

Lets celebrate St. Patrick's Day on March 17th. It is an enchanted time, a day to begin transforming winter's dreams into spring magic. Check out our St. Patrick's Day items.

We are looking for new spring items to sell in the Boutique. Come in and see us.





Publishing Schedule

Issue	Deadline
April	March 20
May	April 17

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

Well, we made it to March and the start of annual general meeting season for some of us. Ours is coming due at the end of this month, please watch for notices in this edition of the Times and around the centre. I would appreciate feed back about what we're doing right and what services need tweaking to make them better. Please keep in mind the activities that take place at the centre are just part of what our organization does, our staff do a great deal of outreach that some of us never see. I'd like to hear back about those services too. The town hall meeting following the AGM is the place for us to chat about your thoughts.

LSCO as an organization is comprised of 1800+ members most over the age of 55. But it is more than that, it's a community of folks who volunteer to keep the programs running.



President's Message

Keith Sumner

In 2018 (I haven't seen the numbers for 2019 yet) 346 volunteers contributed 26000+ hours. Our staff are great, but they couldn't possibly get everything done without our volunteers. I'm told those hours are recognized by the Province as the equivalent of a \$534,000 contribution. We really are a community organi-

zation that contributes to the quality of life in Lethbridge.

Just one last thought, of late there's been a lot of controversy about political decisions that effect our age group. LSCO is not a political organization. However out of curiosity I looked at Stats Canada website for the 2016 census. I'm not a statistician but by my read there were 25,635 folks over the age of 55 living in Lethbridge in 2016. Probably more now as we all continue to age. That's a large block of votes. I'd suggest our elected officials should be listening to us when we speak. Let's deal in facts and principles, not personalities, we've seen what name calling has done for our neighbours to the south.

I look forward to meeting with you at our AGM, until then, Namaste! ★

Canada Takes Second Spot in a Survey of Best Countries

People around the world say Canadians enjoy a superior quality of life.

The 2020 U.S. News & World Report ranking of the best countries around the world has Canada in second place after Switzerland, up from third place in 2019. The ranking is based on a survey of how countries are perceived globally. More than 20,000 people around the world rated 73 countries according to 75 metrics in nine categories such as power, entrepreneurship, and cultural influence.

Canada was ranked first for quality of life, second in "leading the world by example," and third in terms of business opportunity.

"Being a good global citizen – leading the world by example – is often the ingredient that turns a respected country into a lauded one," the outlet commented, noting that Canada has generous social safety nets and offers affordable health care and education. "Countries that care about human

rights, gender equality, and religious freedom are the nations held up by academics, advocates, and others as examples worth imitating."

Canada first-place rating for quality of life is due to the high scores it earned for its job market, health care, and education. It also earned high scores for being economically stable and an ideal place to raise a family.

While the country ranked high in its care for human rights, the report noted that Canada still "faces national challenges related to the concerns of Indigenous people."

There were some categories in which Canada got a low ranking, including affordability, military strength, and manufacturing costs. Oddly, Canada earned a score of 0 on 10 when respondents were asked

whether it had a rich history, and asked how sexy we are, respondents gave us a score of 0.3.

After Switzerland and Canada, the top 10 countries were, in order, Japan, Germany, Australia, the United Kingdom, the United States, Sweden, the Netherlands, and Norway. China ranked 15th place and Russia 23rd. Lebanon ranked last.

"Despite being the foremost global power, the US still faces domestic challenges, including racial tensions, income inequality, and an increasingly polarized electorate," the outlet wrote. "While national security is a concern, so too, is the debt incurred from wars and expenditures on an aging population. The US also leads the developed world in deaths due to firearms."

January 29, 2020

Goodtimes Magazine, goodtimes.ca

MENU ~ MARCH 2020

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, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Entree: Turkey Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Pork Chop Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Chicken Santa Fe Starch: Rice Soup: Chef's Choice	Entree: Shepherd's Pie Starch: Bun Soup: Chef's Choice	Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef's Choice
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Entree: Baked Spaghetti Starch: Garlic Toast Soup: Chef's Choice	Entree: Liver & Onions Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Pork Roast Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Beef Pot Pie Starch: Salad Soup: Chef's Choice	Entree: Stuffed Chicken Breast Starch: Rice Soup: Chef's Choice
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Entree: Beef Stroganoff Starch: Pasta Soup: Chef's Choice	Entree: Corned Beef & Cabbage Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Quiche Starch: Hash Browns Soup: Chef's Choice	Entree: Tuna Loaf Starch: Rice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Chicken Cacciatore Starch: Rice Soup: Chef's Choice	Entree: Sausages Starch: Hash Brown Casserole Soup: Chef's Choice	Entree: BBQ Chicken Thighs Starch: Steamed Potatoes Soup: Chef's Choice
Monday, March 30	Tuesday, March 31	17th march ST. PATRICK'S DAY		
Entree: Chili Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Pulled Pork Starch: Beans Soup: Chef's Choice			

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special	MEM \$6.50	NM \$7.50
Dinner Special	MEM \$9.00	NM \$10.35
Sandwich Special	MEM \$5.75	NM \$6.95
Soup (Large)	MEM \$4.25	NM \$5.50

Soup (Small)	MEM \$3.25	NM \$4.00
Hamburger	MEM \$5.50	NM \$6.50
Hamburger & Fries	MEM \$7.00	NM \$8.00
Cheeseburger	MEM \$6.25	NM \$7.25
Cheeseburger & Fries	MEM \$7.00	NM \$8.75

Chicken Fingers	MEM \$7.00	NM \$8.25
Chicken Fingers & Fries	MEM \$8.50	NM \$9.75
Homecut Fries	MEM \$3.25	NM \$4.00
Poutine	MEM \$5.40	NM \$6.25

A Round of Thanks

Spring is fast approaching. I am looking forward to losing the winter layers, warm sun and the promise of new green growth and spring flowers.

LSCO SPRING FUNDRAISING

We are getting into the spring spirit and are excited about our new fundraiser offering flower bulbs, seeds, perennials and plants. Our supplier, Veseys, is a Canadian company based out of Prince Edward Island. Please take a look at one of the brochures on the display table in the lobby. There is also an online version of the brochure; website and more information available in a handout on the table. I am looking for volunteers to assist with sales in lobby for the month of March and early April. Order deadline will be April 9 and delivery to LSCO will be in early May.



Volunteer Coordinator

Shiloh Sabas

volunteer@lethseniors.com

403-320-2222 ext. 31

We are also looking for items for our spring raffle. If you have something you would like to donate, please contact me.

VOLUNTEER APPRECIATION DINNER 2020

Our annual volunteer appreciation supper will take place on Wednesday, April 22. Active volunteers that have logged 35 hours for 2019 are

invited and free of charge. For anyone else that would like to attend, the cost is \$15 per person. Please RSVP by April 15th. More details to come; however, if you are volunteer and have not had your hand traced and answered the few short questions in the questionnaire, please come see me!

A ROUND OF THANKS

I am so appreciative to all of our volunteers. Thank you for making my day, each and every day!

Thank you to Geordan Olson and the LCI Arts and Dance Academy. They provided our LSCO volunteers with free tickets to their performance on February 7th. It was a great show and hard to believe the performers were high school students. We loved it and appreciate your generosity. ★

**IT'S TIME TO APPLAUD
OUR VOLUNTEERS.**

LSCO

**VOLUNTEER
APPRECIATION SUPPER**

Wednesday, April 22, 2020

LSCO Dining Room

Doors open at 5:30 pm

Dinner served at 6:00 pm

Guests \$15

RSVP to Shiloh by April 14th



I am thrilled to give this month's gold star to Ann Bosker. Ann began volunteering with Meals on Wheels in 1977! That is over 40 years! Talk about dedication!

Ann, and her husband Peter, who also dedicated many years to Meals on Wheels, will be moving to Edmonton this month to be closer to family.

Although we will all miss you, I want to thank you for being such a kind, gentle, caring person. You have touched the lives of so many through Meals on Wheels! We are truly blessed to have had someone like you with our organization for so many years.

I am honoured to have had the opportunity to work and get to know you Ann and Peter. Enjoy this new adventure!

~ Natasha Elder



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to Calgary
DAILY



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"Come with me into the woods. Where spring is advancing, as it does, no matter what, not being singular or particular, but one of the forever gifts, and certainly visible." ~ Mary Oliver

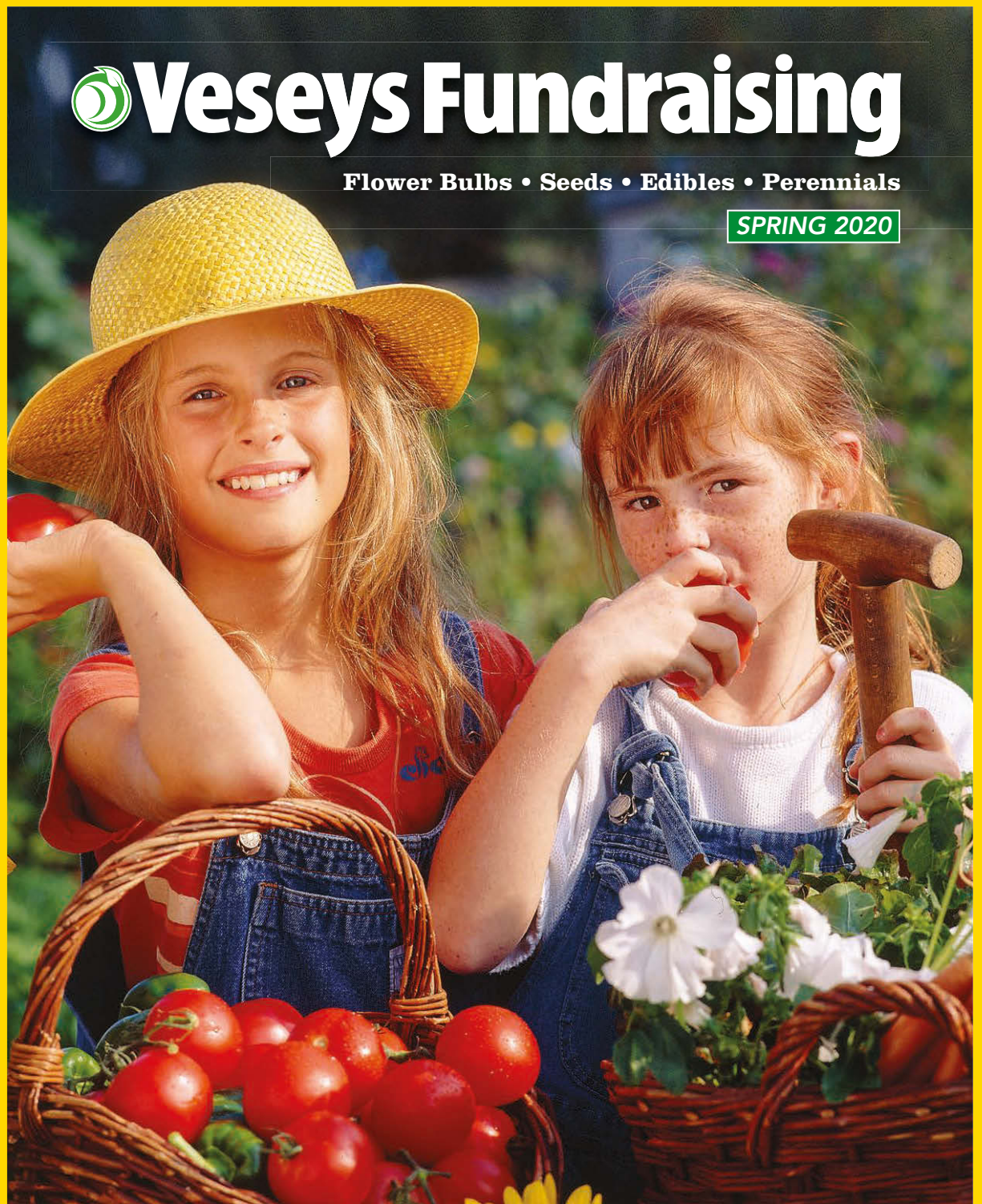


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Veseys Fundraising

Flower Bulbs • Seeds • Edibles • Perennials

SPRING 2020

**LSCO Fundraising
Spring Planting Flower Bulbs & Seeds**

Veseys is considered Canada's GREEN Fundraiser, this program features the sale of bulbs, plants and seeds. **Delivery to LSCO in early May.**

Fill out an order form and make payment to LSCO at the Admin Desk.

Orders must be in by April 9th.

23 Days of Christmas

LSCO Meals on Wheels would like to say a GREAT BIG "THANK YOU!" to *Teamwork Training Ltd.* and *Select People Solutions* – the founders of "23 Days of Christmas".



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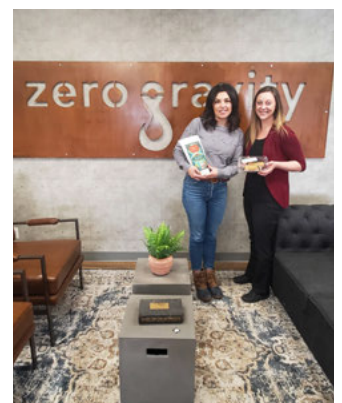
Sun Life Financial

No photo available for these Head Chefs & Sous Chefs:

- AVE Farms
- Tony Van Leuken
- Bob & Suzan Boudreau
- Dilene Sorochan
- Corrine Varzari
- Service Master
- StreetWheelers
- Whisper Heating & Cooling



Warwick Printing



Zero Gravity

"The 23 Days of Christmas" December fundraiser for LSCO Meals on Wheels was a great success in 2019!! A Grand Total of over \$26,000 was donated by Lethbridge and surrounding area businesses. LSCO Meals on Wheels feels grateful to be a part of this caring and generous community!

The campaign has made a huge contribution to the ongoing operation of Meals on Wheels – year after year. This campaign is so successful because of the involvement of our major sponsors. We offer our heartfelt thanks to the Italian Table, Cuppers Coffee and the Urban Grocer. We could not do this without them.

Thank you to ALL the businesses who donated as "Sous Chef" or "Head Chefs for the Day". Your generosity is so greatly appreciated!

8th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE LIVING
Lethbridge Senior Citizens Organization

Free Admission • Door Prizes
Over 75 Exhibitors and Speakers

Contact LSCO
500 ~ 11 Street South, Lethbridge
www.lethseniors.com



Thursday, April 30th 10 am - 5 pm
Friday, May 1st 10 am - 3 pm

Free Admission

Over 70 Exhibitors ☆ Door Prizes

Speakers sponsored by Hosack Denture Clinic

Travis Zentner – Cornerstone Funeral Home – 9 Struggles Executors Face

Dr. Bergman – Orthopaedic Surgeon, Kalispell
Stay Active with Arthritis. What's new in Orthopaedic Surgery?

Dr. Daren Heyland – Critical Care Physician – Advanced Care Planning – What's right for you?

Nadine Grandson CPA and Brett Ficiur CPA – Tax Planning Throughout Retirement

Dr. Paul Lewis MD – How Medical Cannabis can help – at any age!



Live Well Door Prize

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Social Work Practicum Student

Kennedy Coston

Social Work Week 2020 runs from March 2nd to March 8th. **The theme for this year is "Social Workers: Leading Positive Change Across Systems & Settings."**

As a Bachelor of Social Work student, I see the importance in celebrating the profession during this week; but more specifically I would like to highlight the valuable contributions of my two social work supervisors. Heather Bursaw is a highly skilled and experienced Social Worker that offers emotional support through goal oriented counseling, as well as assistance in navigating forms and referrals to

community services. Joanne Blinco is a wealth of knowledge when it comes to helping those in need. As the Lethbridge Elder Abuse Case Manager she is an expert investigator, while her Social Work lens helps her identify appropriate social supports for each senior she works with. I am privileged to learn from these two Social Workers as they embody Social Work values and standards of practice.

In developing my own Social Work identity and to celebrate Social Work Week 2020, I will set up a table in the Lethbridge Senior Citizens Organization (LSCO) lobby from March 2nd to 6th that will outline the Social Worker roles as well as my learning experience as I have spent some time putting together information sheets on local resources that are applicable to all seniors.

Save the date March 2nd to 6th

Come by, I would be happy to share the opportunity with you if you're interested in learning more! I will be there on Monday the 2nd, Tuesday the 3rd, and Thursday the 5th from *11:00 am -12:00 pm* ★

- * private & serene space
- * manicures / pedicures
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*"Is the spring coming?" he said.
"What is it like?" ...
"It is the sun shining on the rain
and the rain falling on the sunshine..."*

~ Frances Hodgson Burnett

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Come to LSCO and enjoy the

\$6⁵⁰ BREAKFAST

Live Well Showcase Exhibitors

Exhibitors as of February 15, 2020

Adapt Chiropractic	Chiropractor	Lethbridge Hearing Centre	Hearing aide specialists
Adaptive Technologies	Prosthetic and Orthotic specialists	Martha's House	Retirement home and senior living care
AE Cross Studio	Photography Studio	Meals On Wheels	Senior's meals delivery program
Age Care – Columbia Assisted Living	Retirement home and senior living care	Natural Health Services	Medical Marijuana Clinic
AHS - M.A.I.D. Care Coordination Service	Medical Assistance In Dying – Info and advice	NewRock Developments	Retirement home and senior care options
Alberta Motor Association	Automobile, Travel and Insurance services	One Spirit – Regression Hypnosis	Deep Hypnosis to help you heal
Alzheimer Society of AB & NWT	Support and information about Alzheimer's	Panache Boutique	Jewelry and clothing retailer
Audiology First	Hearing aide specialist and audiologist	Philips Lifeline	Fall Detection System
Avail CPA	A Seniors accounting services	Psychologist's Association of Alberta	Advocates for psychology & mental health
Chinook Life Care	Personal emergency response systems	Radiology Associates	X-ray, Ultrasound & MRI services
Chinook Primary Care Network	Assistance finding a doctor or medical assistance	Remax Real Estate – Leth Brent Black	Realtor and senior relocation specialist
Chinook Respiratory Care	Respiratory care and supplies (CPAP etc.)	Reset Osteopathy	Individualized Osteopathy care
Cornerstore Funeral Home	Funeral, cremation and after-care services	Roost 2 Roost	Downsizing specialist and relocation assistance
Doing Death Differently	End of life Doula	Save On Foods	Grocery and pharmacy
Edward Jones Investments	Investment information and advice	Seamless Lifestyles Inc.	A concierge service helping seniors have control of their lives
Elim Village	Retirement home and senior living care	Season's Lethbridge Gardens	Retirement home and senior living care
Green Acres Foundation	Retirement home and senior living care	Taylor Made Outings	Senior's driving & shuttle services
Hearing Life Canada	Hearing Aide specialists	The View at Lethbridge	Retirement home and senior living care
Heather McCuaig – Lawyer	Legal Advice & information	Ultimate Freedom Plus	Health care supplies & services – Scooters, chairs, beds etc.
Hosack Denture Clinic	Denturist care and supplies	Vibrant You – Oxygen Therapy	Oxygen Therapy by using a Hyperbaric chamber
J and L Shuttle Service	Shuttle bus service throughout Southern Alberta	Visual Effects – Eye Clinic	Vision and eye care specialists
Kalispell Regional Healthcare	Medical Tourism at Kalispell Regional Health Care	Vital Aire Canada	Oxygen supplies and respiratory care
L.E.A.R.N.	Lethbridge Elder Abuse Reponse Network	Vitality Health Improvement Clinic	EECP – Enhanced External Counter Pulsation improves circulation
LSCO – Fitness Programs and Classes	Dozens of fitness programs and adult learning classes	VOXX Life	Voxx Socks retailer
Ladybug Arborists	Garden and tree care specialist	Young Living Essential Oils	Information and products about the power of essential oils
Leisters Home Care Equipment	Health care supplies & services – scooters, chairs, beds etc.		

Community Support Groups

Community Supports 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, March 19th** at 2:00 pm in the Atrium area of the dining room.

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

Lethbridge Stroke Recovery Association (LSRA)

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

Sunset Alcoholics Anonymous

This group 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, March 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.

CLASSIFIED ADS

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

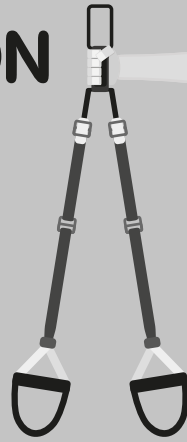
Everyone welcome to the **Faith Baptist Church** – Sundays at 11:00 am at the Lethbridge Senior Citizens Organization (LSCO) at 500 – 11th St. South. Phone 403-381-8237.

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

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

HOUSE CLEANER AVAILABLE. Have openings. Police record check. Experienced with references. Call Linda at 403-359-0431. Please leave a message and I will call back.

SUSPENSION TRAINING COMBO

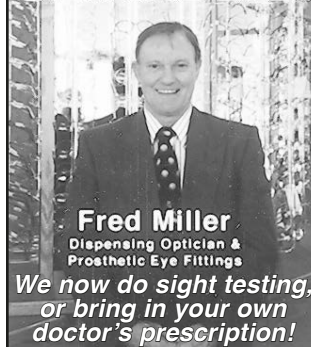


Suspension training (TRX) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS 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, April 2 – June 25
 Time: 9:00 – 9:50 am
 Fee: \$71 LSCO M; \$104 NM
 Instructor: Jamie Hillier

DID YOU KNOW?
 High heeled shoes were originally created for men.

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 The Alberta Government is once again offering benefits on eye glasses!
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TO THE WORLD YOU MAY BE ONE PERSON;
 BUT TO ONE PERSON YOU MAY BE THE WORLD.

~ Dr. Seuss



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It's Almost Spring in March ... Almost

Winter Classes!

Drop in participation is available for most fitness and yoga classes. Fees are listed on page 14.

You may want to purchase a 10 x pass or the Ultimate Fitness Pass (details on page 14).

Other things to know!

- The Fitness Centre is open Saturdays from 9:00 am – 1:00 pm
- Classes after 4:30 pm are open to individuals 18 – 35 years of age and over.
- LSCO has Change Rooms with Showers. Day Lockers available.

Future Classes

The majority of classes starting in April will be posted on the LSCO website and in the April edition of the *LSCOTimes*.

Taekwon-Do, QiGong & Tai Chi

HARMONY TAEKWON-DO

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

When: Mondays & Wednesdays
February 24 – April 1
Time: 1:15 – 2:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM

When: Mondays & Wednesdays
April 6 – May 20
(no class April 13 & May 18 & 25)
Time: 1:15 – 2:15 pm
Fee: \$64 LSCO M; \$88 NM

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, April 17.

When: Tuesdays & Thursdays
April 21 – May 28
Time: 10:05 – 11:05 am
Fee: \$96 LSCO M; \$192 NM
Instructor: Dave Scotland

LSCO Fitness Centre is open Saturdays from 9:00 am – 1:00 pm

INTRODUCTORY TAI CHI BEGINNERS' FORM

This course is ideal for beginners who would like to try Tai Chi or those experienced practitioners who would like to perfect their skills or learn a short form. The choreographed form takes about two minutes to perform once learned. Some Qigong exercises plus warm ups and cool downs are included. You must pre-register by Friday, April 17.

When: Tuesdays & Thursdays
April 21 – May 28
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.

When: Wednesdays, April 1 – June 24
Time: 9:15 – 10:15 am
Fee: \$32 LSCO M; \$48 NM

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. Instructor is Leigh Monette.

When: Wednesdays until March 25
Time: 10:00 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays, April 8 – May 6
Time: 10:00 – 11:00 am
Fee: \$33 LSCO M; \$48 NM
Register by: Monday, April 6

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.

When: Wednesdays, April 1 – June 24
Time: 9:35 – 10:25 am
Fee: \$36 LSCO M; \$65 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.

When: Tuesdays & Thursdays
March 31 – May 28
Time: 9:30 – 10:30 am
Fee: \$99 LSCO M; \$144 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.

When: Wednesdays until March 25

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

When: Wednesdays, April 8 – June 24
Time: 8:30 – 9:30 am
Drop In Fee: \$60 LSCO M; \$75 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.

When: Tuesdays until March 31
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Tuesdays, April 7 – June 9
Time: 12:05 – 12:55 pm
Fee: \$65 LSCO M; \$80 NM

When: Thursdays until April 2
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays, April 9 – June 11
(no class April 30)
Time: 12:05 – 12:55 pm
Fee: \$59 LSCO M; \$72 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. Instructor is June Dow.

When: Mondays until March 30
Time: 12:05 – 12:55 pm
Drop In Fee: \$6 LSCO M; \$9 NM

When: Mondays, April 6 – June 29
(no class April 13 & May 18)
Time: 12:05 – 12:55 pm
Fee: \$60 LSCO M; \$88 NM

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, April 6 – June 29
(no class April 13, May 18)
Time: 10:15 – 11:00 am
Fee: \$33 LSCO M; \$55 NM
Instructor: June Dow

When: Fridays, April 17 – June 26
(no class May 1)
Time: 10:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Instructor: Tracy Simons

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, April 8 – June 25
Time: 10:15 – 11:00 am
Fee: \$30 LSCO M; \$45 NM
Register by: Tuesday, April 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. Instructor is Debbie Palmer.

When: Mondays until March 30
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM

When: Mondays, April 6 – June 29
(no class April 13 or May 18)
Time: 8:00 – 8:50 am
Fee: \$60 LSCO M; \$88 NM

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.** Instructor is Tracy Simons.

When: Tuesdays, until March 17
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays until March 18
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. 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 until March 16
Time: 10:30 – 11:30 am
Drop In Fee: \$6 LSCO M; \$9 NM

BUTTS & GUTS

When: Wednesdays until March 18
Time: 1:15-2:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM

BUTTS & GUTS

When: Thursdays until March 19
Time: 5:15 – 6:00 pm
Drop In Fee: \$6 LSCO M; \$9 NM

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 is Jamie Hillier.

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

When: **Session 4:** Tuesdays & Thursdays
April 7 – 30
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, April 13

CIRCUIT TRAINING 3X

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

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

When: **Session 4:**
Mondays, Wednesdays & Thursdays
April 6 – 30 (no class April 13)
Time: 1:30 – 2:30 pm
(Thursday class is 2:40-3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, April 3

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 until March 26
Time: 12:10 – 12:50 pm
Drop In Fee: \$6 LSCO M; \$9 NM

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 until March 20
Time: 11:15 – 12:00 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simons

CYCE STRENGTH & STRETCH

Whether you enjoy a nice cycle on the trails in Lethbridge, are training for a triathlon or love being on your bike, Pam will ensure you get the ride you were looking for! She will incorporate a variety of strength exercises throughout the 8 weeks, closing the hour out with those important stretches.

When: Tuesdays until March 31
Time: 6:30 – 7:30 pm
Drop in Fee: \$6 LSCO Members
Drop in Fee: \$9 Non Members
(18 years of age & over)
Instructor: Pam Haapa-aho

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 until March 26
Time: 9:00 – 9:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

When: Thursdays, April 2 – June 25
Time: 9:00 – 9:50 am
Fee: \$71 LSCO M; \$104 NM
Instructor: Jamie Hillier

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 until March 30
Time: 12:10 – 12:50 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

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 until March 30
Time: 5:15 – 6:15 PM
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jeannie Ng
Individuals 18 years of age and up 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 until March 31
Time: 12:10 – 12:50 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

POUND FITNESS

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 until March 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jeannie Ng

TUESDAY AFTERNOON POUND

When: Tuesdays until March 31
Time: 2:00 – 3:00 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Nancy Purkis

SATURDAY POUND FITNESS

When: Saturdays until April 4
(no class March 7)
Time: 9:30 – 10:15 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Sheila Mulgrew

WALKING with WEIGHTS

Start the week out right by participating in this energetic walking class! You will use weights and a variety of other exercise equipment to give you an overall body workout. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Mondays until March 16
 Time: 9:10 – 10:00 am
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Tracy Simons

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

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

STEP/HIIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIT intervals as muscle isolation intervals. You'll leave each class in a fantastic mood. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Tuesdays until March 24
 Time: 5:15 – 6:15 pm
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Erich Dyck
 Location: Gym 2

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. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Thursdays until March 26
 Time: 5:15 – 6:15 pm
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Erich Dyck
 Location: Room A/B

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. Instructor is Debbie Palmer.

When: Wednesdays until March 25
 Time: 8:00 – 8:50 am
 Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays, April 1 – June 24
 Time: 8:00 – 8:50 am
 Fee: \$71 LSCO M; \$104 NM

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 until March 30
 Time: 9:10 – 10:10 am
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Jamie Hillier

TABATA (after work)

When: Wednesdays until March 25
 Time: 5:15 – 6:15 pm
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Jamie Hillier
 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 until March 20
 Time: 12:05 – 12:55 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. Instructor is Andrea Hertz

When: Tuesdays, March 10, 17, 24
 Time: 5:15 – 6:15 pm
 Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays, March 5 – May 14
 (no class April 16)
 Time: 5:15 – 6:15 pm
 Drop In Fee: \$8.50 LSCO M; \$12 NM

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. Instructor: Sheila Mulgrew

When: Tuesdays until March 31
 Time: 11:00 – 11:45 am
 Drop In Fee: \$6 LSCO M; \$9 NM

When: Tuesdays, April 7 – June 23
 Time: 11:00 – 11:45 am
 Fee: \$66 LSCO M; \$96 NM

When: Thursdays until April 2
 Time: 11:00 – 11:45 am
 Drop In Fee: \$6 LSCO M; \$9 NM

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 until March 30
 Time: 5:15 – 6:15 pm

Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Sheila Mulgrew

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 until April 4
 Time: 10:30 – 11:15 am
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Sheila Mulgrew

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 3:** Fridays, March 6 – 27
 Time: 9:15 – 11:00 am
 Fee: \$30 LSCO M; \$50 NM
 Register by: Wednesday, March 4

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 – 11:55 am
 Fee: \$66/12months & LSCO membership
 Drop In Fee: \$3 LSCO M; \$5 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 March 31
 Time: 12:00 – 1:00 pm
 Drop in Fee: \$5 LSCO M; \$7 NM

When: Tuesdays, April 7 – June 30
 Time: 12:00 – 1:00 pm
 Drop in Fee: \$52 LSCO M; \$65 NM

Creative Arts

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 Picasso didn't always create a masterpiece. Supply List available.

When: Wednesdays, March 25 & April 1
 Time: 10:00 am – 12:00 pm
 Fee: \$25 LSCO M; \$50 NM
 Instructor: Donna Gallant
 Register by: Monday, March 16

Benefits of exercising with a Trainer

If you are wanting to make a change but need the extra little push, make an appointment to meet with one of the staff from the LSCO Fitness Centre.

They will help to:

- motivate you
- educate you
- ensure you workout safely and efficiently
- keep you on track.

Jamie Hillier
 Fitness Instructor/Trainer

Visit our website at www.lethseniors.com

Daily Drop In Fitness/Yoga Fees 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
Badminton	\$2.50	\$3.50
Bars Plates Weights	\$6.00	\$9.00
Basketball	\$5.00	\$7.00
Billiards	\$6.00	\$7.00
Butts & Guts	\$6.00	\$9.00
Cardio/Strength	\$6.00	\$9.00
Crib	\$2.00	\$2.00
Cycling	\$6.00	\$9.00
Fitness Centre	\$6.00	\$7.00
Fitball	\$6.00	\$9.00
Gentle Exercise	\$6.00	\$9.00
Golden Mile Singers	\$2.00	\$2.00
Karaoke	\$2.00	\$2.00
Keep Fit	\$3.00	\$5.00
Low Impact Cardio	\$6.00	\$9.00
Movement Medicine (Nia)	\$8.50	\$12.00
Pickleball	\$3.00	\$5.00
Pilates	\$6.00	\$9.00
Pound Fitness	\$6.00	\$9.00
Power Walking	\$6.00	\$9.00
Scottish Country Dance	\$3.00	\$5.00
Scrabble	\$2.00	\$2.00
Strength & Conditioning	\$6.00	\$9.00
Step	\$6.00	\$9.00
Suspension Training – TRX	\$6.00	\$9.00
Tabata	\$6.00	\$9.00
Table Tennis	\$2.00	\$2.00
Taekwon-Do	\$6.00	\$9.00
Zumba (all styles)	\$6.00	\$9.00
Yoga Classes		
Chair Yoga	\$3.00	\$5.00
Active Yoga	\$6.00	\$9.00
Hatha Monday	\$6.00	\$9.00
Gentle Yoga	\$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



SENIOR Ultimate Fitness Memberships

Individuals 55 years +

Membership Benefits

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

Note:

1. Certain class restrictions do apply.
2. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.

See the LSCO Times or www.lethseniors.com for class listings/details.

- 15% off Meals in the Dining Room.

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

Note:

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

ADULT Ultimate Fitness Memberships

Individuals 35 – 54 years

Membership Benefits

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

Note:

1. Certain class restrictions do apply.
2. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.

See the LSCO Times or www.lethseniors.com for class listings/details.

- 15% off Meals in the Dining Room.

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

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments .
 Option #1: Pay full 6 month fee of \$351 (which is a 10% discount).
 Option #2: \$65/month for 6 months = \$390.
- 12 month commitment – not available at this time.



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.

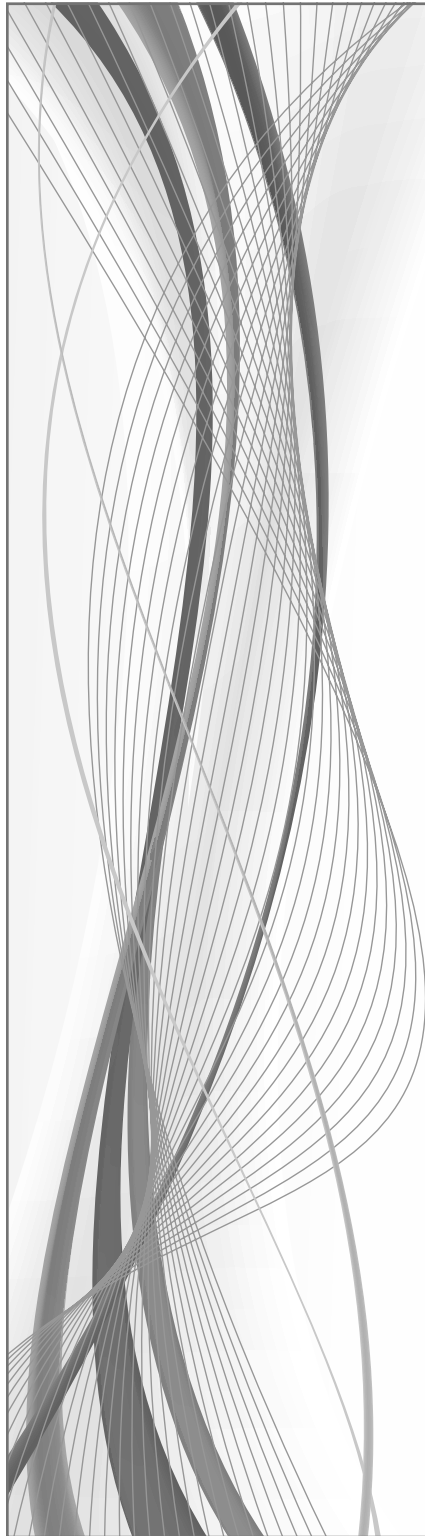
Fee: \$55 LSCO Members; \$85 Non Members.

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).



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.

When: Wednesdays, April 8 – June 24
 Time: 8:30 – 9:30 am
 Drop In Fee: \$60 LSCO M; \$75 NM



LSCO PERSONAL TRAINING Opportunities

Package "A"

1 Hour Personal Training Session\$50

Includes:

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

Package "B"

(x3) 1 Hour Personal Training Sessions\$135

Includes:

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

Package "C"

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

Includes:

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

Message from the Board of Directors

by Bob Maslen, Past President

This may be my last opportunity to write a letter to the paper as a member of the Board. I have enjoyed working with the members of the Board and staff. They have put up with my shortcomings and helped me to grow and enjoy what we were trying to accomplish. I am always amazed at how the staff pitches in to help each other and make things run smoothly. I thank all of them for all of the help they have given to me over the years.

Thanks to LSCO I have learned to enjoy volunteering. About 5 years ago Elaine and I came to LSCO from Pemmican Lodge to continue delivering meals for Meals on Wheels. At that time Rob told me there were positions open on the Board. I told him that if they couldn't find anyone else then I would let my name stand. I am sure glad I did as it has been a great experience.

I look forward to continuing to deliver for Meals on Wheels. I also hope to have other chances to be a volunteer where ever I am needed. Elaine and I will still drop in for lunches and visits from time to time.

Thanks again. ★

March is Nutrition Month: More than Food

How you eat is important too! The purpose of the campaign is to help people adopt healthy eating habits, not only in the foods they buy, but also by reminding them that the act of eating can spark true connection and wellbeing. Cooking together, involving others of all ages in meal planning and preparation and gatherings around food can be among life's real pleasures.

Seniorpreneurs Are on the Rise

Older Canadians are leading the way as small-business owners.

Since we're now living longer than ever before, retiring at 65 is no longer a given. More and more Canadians are remaining in the workforce past 65 to ensure that they have enough savings when they eventually retire. The effect of low interest rates on one's ability to save plus mortgage and credit card debt are other reasons seniors continue to work beyond 65. Many simply don't want to stop working, however, and many of who have retired are re-entering the job market as entrepreneurs, giving rise to the term "seniorpreneurs."

According to a recent RBC Small Business Poll, baby boomers are leading the way as

entrepreneurs. Almost half of small-business owners (42%) are 65 or older, while only 24% are Millennials. Boomers are also more likely than other Canadians to have followed through on the idea of starting their own business.

In Oshawa, ON, Seniorpreneur Program 4 Innovation, Creativity, and Entrepreneurship (SPICE) is a pilot project created to see whether seniors over the age of 55 were interested in continuing to work and becoming their own bosses. The initiative drew 75 applications for the 60 available spaces in its first set of boot camps. SPICE offers various free activities to help seniors

start their own businesses, including a four-day boot camp that offers hands-on experience, coaching and peer mentorship, and events designed to encourage boomers' entrepreneurial spirit.

One of the main reasons the project was created was ageism in the workplace, SPICE program creator Pramilla Ramdahan told CBC News, adding that nearly all of the participants in the pilot boot camps said that they'd experienced ageism.

By Jennifer Hughes
November, 2019
Goodtimes Magazine
goodtimes.ca

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 & water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays, March 31 – May 28
Time: 9:30 – 10:30 am
Fee: \$99 LSCO M; \$144 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. Instructor is June Dow.

When: Mondays, April 6 – June 29 (no class April 13 & May 18)
Time: 12:05 – 12:55 pm
Fee: \$60 LSCO M; \$88 NM



Fitness/Yoga Schedule

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact Cardio 8:00 – 8:50 am Deb: Gym 2	Bars, Plates & Weights 8:00 – 8:45 am Tracy: Gym 2 (ends March 17)	Strength Conditioning 8:00 – 8:50 am Deb: Gym 2 Yoga for Men 8:30 – 9:30 am Skip: Room A/B			
Yin/Yang Yoga 9:00 – 10:30 am Karen: Room A/B Walking with Weights 9:10 – 10:00 am Tracy: Gym 1 Tabata 9:10 – 10:10 am Jamie: Gym 2	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 am APR	Power Walk 9:10 – 10:00 am Jamie: Gym 1 Chair Yoga 9:35 – 10:25 am Stage Area	Suspension Training TRX Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 APR	Active Yoga 9:00 – 10:00 am Shawn: APR	Pound Fitness 9:30 – 10:15 am Sheila: Room A/B
Hatha Yoga 10:00 – 11:00 am Leigh: Board Room Gentle Exercise 10:15 – 11:00 am June: Gym 1 Butts & Guts 10:30 – 11:15 am Tracy: APR (ends March 16)		Hatha Yoga 10:00 – 11:00 am Leigh: APR Keep Fit 10:15 – 11:00 am Jamie: Gym 1		Gentle Exercise 10:15 – 11:00 am Tracy: Gym 2 Pound Fitness 10:45 – 11:30 am Sheila: Stage Area	Zumba Toning 10:30 – 11:15 am Sheila: Room A/B
Pound Fitness 11:00 – 11:45 am Sheila: Stage Area	Zumba Gold 11:00 – 11:45 am Sheila: APR		Zumba Gold 11:00 – 11:45 am Sheila: APR	Indoor Cycling 11:15 am – 12:00 pm Tracy: Gym 2 (ends March 20)	
Pilates 12:05 – 12:55 pm June: APR Suspension Training TRX Combo 12:10 – 12:50 pm Jamie: Gym 2	Yoga 12:05 – 12:55 pm Melanie: APR Core Café Xpress 12:10 – 12:50 pm Jamie: Gym 2	Bars, Plates & Weights 12:05 – 12:55 pm Tracy: Gym 2 (ends March 18)	Yoga 12:05 – 12:55 pm Melanie: APR 2020 Xpress Cycle 12:10 – 12:50 pm Jamie: Gym 2	Tabata & More 12:10 – 12:50 pm Tracy: Gym 2 (ends March 20)	
TaeKwon-Do 1:15 – 2:15 pm Nicole: Gym 2 Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre Pound Fitness 2:00 – 3:00 pm Nancy: APR	TaeKwon-Do 1:15 – 2:15 pm Nicole: Gym 2 Butts & Guts 1:15 – 2:15 pm Tracy: APR (ends March 18) Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm & 2:40 – 3:40 pm Jamie: Fit Centre		
Suspension Training TRX Combo 5:15 – 6:15 pm Jeannie: Gym 2 Zumba 5:15 – 6:15 pm Sheila: APR	Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: APR Step/HIIT 5:15 – 6:15 pm Erich: Gym 2 Cycle/Strength Stretch 6:30 – 7:30 pm Pam: Gym 2	Tabata 5:15 – 6:15 pm Jamie: Gym 2 Pound Fitness 5:15 – 6:15 pm Jeannie: Room A/B Power Walking 6:30 – 7:30 pm Jerry: Gym 2	Butts & Guts 5:15 – 6:00 pm Tracy: APR (ends March 18) Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: Gym 2 Step 5:15 – 6:15 pm Erich: Room A/B		

Note: Please arrive at least 10 minutes prior to class starting.
Classes may be cancelled if attendance is poor. Schedule may change without notice.

Did you know?

that LSCO Fitness Centre memberships are available to anyone 35 years and over.

LSCO FREE COMMUNITY Music Program March 2020

<p>March 6 Lethbridge Broadway Collective Veal Cutlet</p>	<p>March 20 Bryce, Carl, Annabelle & Harvy Roast Beef</p>
<p>March 13 Classic Legends Stuffed Chicken Breast</p>	<p>March 27 Tom Wolsey BBQ Chicken Thighs</p>

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

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



THE BEST OF ADULT LIVING

BUNGALOW CONDOS IN WEST LETHBRIDGE

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WEST LETHBRIDGE

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

PROUDLY BUILT BY **NEWROCK**
DEVELOPMENTS

DID YOU KNOW? There is a Boring, Oregon and a Dull, Scotland.
They have been sister cities since 2012.



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 3: Fridays**
March 6 - 27

Time: 9:15 - 11:00 am

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

Register by: Wednesday, March 4

PICKLEBALL lessons

DID YOU KNOW? Whatcom County in the state of Washington unanimously passed a resolution declaring the region a Sasquatch Protection and Refuge Area.



Community Volunteer Income Tax Program

WE WILL BE BOOKING APPOINTMENTS
STARTING FEBRUARY 24th.
Appointments will not begin until **March 12th.**
Book your appointment at the Administration Desk or by calling 403-320-2222.

Do you qualify for this FREE service?

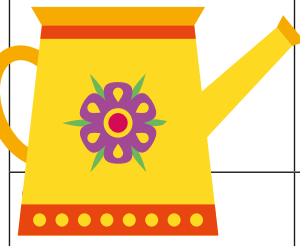
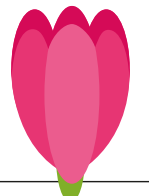

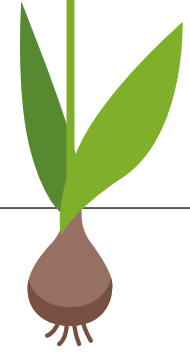




Volunteers DO NOT prepare returns for:

Individuals who:

- report business or rental income and expenses;
- report capital gains or losses; • report employment expenses;
- filed for bankruptcy; or • died in the tax year.

Income thresholds for eligible individuals	
Taxpayer status	Annual income
Single person	up to \$35,000
Couple	up to \$45,000
One adult with one child	up to \$40,000
Each additional dependent	up to \$2,500
Interest income less than	\$1,000

March 2020 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	3 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	4 Fun with Wii 1:00 pm Room C/D	5 Music with Sandy 1:00 pm Room A/B	6 <i>Free Community Music in Stage Area</i> Lethbridge Broadway Collective 11:45 am ~ 1:30 pm	7
	9 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	10 Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	11 Bowling Holiday Bowl 1:00 pm	12 Music with Floyd 1:00 pm Room A/B	13 <i>Free Community Music in Stage Area</i> Classic Legends 11:45 am ~ 1:30 pm Lunch Special	14 
15 	16 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	17 Pet Therapy with Kyra & Jax 1:00 pm Chair Exercises 2:45 pm Room C/D	18 Horse Racing 1:00 pm Room A/B	19 Music with Gerry 1:00 pm Room A/B	20 <i>Free Community Music in Stage Area</i> Bryce, Carl, Annabelle & Harvey 11:45 am ~ 1:30 pm	21 
22 	23 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	24 Music with Cheryl 1:00 pm Chair Exercises 2:45 pm Room C/D	25 Bowling Holiday Bowl 1:00 pm	26 Don Robb & Randy Epp 1:00 pm Room A/B	27 <i>Free Community Music in Stage Area</i> Tom Wolsey 11:45 am ~ 1:30 pm Lunch Special	28 
29 	30 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	31 Tom Wolsey 1:00 pm Chair Exercises 2:45 pm Room C/D				


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.



ONLINE REGISTRATION

WWW.LETHSENIORS.COM





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 Picasso didn't always create a masterpiece. Supply List available.


When: Wednesdays
March 25 & April 1

Time: 10:00 am – 12:00 pm

Fee: \$25 LSCO M; \$50 NM

Instructor: Donna Gallant

Register by: Monday, March 23



Free Neck & Shoulder Massages!

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

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



March LSCO Weekly Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area
Amateur Radio Club 9:00 am – 12:00 pm Radio Room	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Advanced Photography 9:30 am – 12:00 pm Computer Lab	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Scrabble 9:30 am – 1:00 pm Card Area	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Art & Craft Workshop 9:00 am – 12:00 pm Art Room Scrabble 9:30 am – 1:00 pm Card Area	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Paper Toile 9:00 am – 3:00 pm Art Room Digital Photography 9:00 am – 12:00 pm Computer Lab
Lapidary 10:00 am – 3:00 pm Lapidary Room	Lapidary 10:00 am – 3:00 pm Lapidary Room Golden Mile Singers 10:30 – 11:30 am, Room C/D	Lapidary 10:00 am – 3:00 pm Lapidary Room Genealogy 10:00 am – 3:00 pm Board Room	Badminton 10:00 – 11:55 am Gym 1 Lapidary 10:00 am – 3:00 pm Lapidary Room	Scottish Country Dance 10:30 – 11:45 am Room A/B Lapidary 10:00 am – 3:00 pm Lapidary Room
Badminton 11:10 am – 12:30 pm, Gym 1		Badminton 11:10 am – 12:30 pm, Gym 1		
	Basketball 12:00 – 1:00 pm Gym 1 Quilting 12:00 – 3:00 pm Stage Area		Wood Carving 12:30 – 2:30 pm Stage Area	
Computer Club 1:00 – 4:00 pm Computer Club	Adult Day Program 1:00 – 4:00 pm, Room C/D Karaoke 1:00 – 3:30 pm Board Room	Adult Day Program 1:00 – 4:00 pm, Room C/D Bingo 1:00 – 3:00 pm Stage Area Computer Club 1:00 – 4:00 pm Computer Club	Adult Day Program 1:00 – 4:00 pm, Room C/D Crib 1:00 – 3:00 pm Card Area Knitting/Needlework 1:00 – 4:00 pm Board Room	
Table Tennis 3:00 – 4:30 pm All Purpose Room		Table Tennis 3:00 – 4:30 pm All Purpose Room		Table Tennis 3:00 – 4:30 pm All Purpose Room

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are for members only while others are open to the community. Schedule may change without notice.

For information about LSCO programs go to www.lethseniors.com and register online.

Time to Try Something New!

In September 2019 Lethbridge Senior Centre Organization, introduced a new program ~ **Harmony Taekwon-Do**.

First... What is Taekwon-Do?

Taekwon-Do literally translates to "The Art of Kicking & Punching". Its a Korean martial art created by General Choi. Taekwon-Do is practiced all over the world and arguably one of the most popular and exciting martial arts to watch. Taekwon-do is known for its fast, high, spinning and jumping kicks. Taekwon-Do curriculum includes patterns (routines of taekwon-do movements), step-sparring, free-sparring, board breaking and physical fitness.

Ok... so what is Harmony Taekwon-Do?

General Choi wanted Taekwon-Do to be for everyone. As Taekwon-Do became more and more popular, kids younger and younger wanted to begin learning the art, so "Taekwon-Do Kids" was created. And vice versa, with Taekwon-Do popularity on the rise there was a need for a program specifically designed for senior participants, so "Harmony Taekwon-Do" was created.

Harmony Taekwon-Do was created to focus on the mind-body connection, while improving physical fitness, balance, coordination, breath control, flexibility and independence. Participants are

challenged to learn the art of Taekwon-Do, but special care is taken to avoid injury. Participants learn attacking and block techniques, patterns, step sparring and self defence.

The participants at LSCO have seen improvements to their mind and body and enjoy coming to classes each week. Taekwon-Do is a life long adventure that can start at any age!

The instructor is Nicole Stratyckuk, who is a 5th degree black belt. She is a former world champion with 25+ years of experience.

Come try a class and see what its all about Mondays and Wednesdays from 1:15 – 2:15 pm in Gym 2.



So what does a social worker do here anyway?

Since joining the team here at LSCO, you have all been so welcoming! I've had the pleasure of receiving "Good morning" wishes from the early morning gym goers, been treated to tea and laughs by the boys in the Radio room, shared some questionable humour with the pool guys, and have had some pretty interesting conversations with other familiar faces. One question that continues to come up is, "So what does a social worker do here anyway?"

Being a social worker here, allows me to be available to 'you' aka members (as well as the greater aging population within Lethbridge) who are in need of support as they adjust to some of the challenges related to aging. I complete assessments, provide counselling and create personalized service plans developed in collaboration with you, as we discuss your need.

Some of the areas I can offer support with include:



LSCO Social Worker
Heather Bursaw
 hbursaw@lethseniors.com
 403-320-2222 ext. 57

- Social needs which include relationship difficulties with friends or adult children; caregiver burden, loneliness; coordination of community resources to establish a sense of connection
- Medical needs which require assistance exploring community resource that promote independence, review accessible housing

options and advocacy within the health care system

- Mental health assessment and counselling support for depression, anxiety and/or grief and unhealthy thought patterns
- Financial needs inclusive of accessing seniors programs and pensions, knowledge about government/community grants and subsidies, assistance completing applications/documentation, referral to crisis organizations (for funding, clothing, toiletries etc.), exploration of transportation options.

Be sure to check out the information booth located in the LSCO lobby during Social Work week on March 1 – 7, 2020. Resources will be available and Kennedy will be there at pre scheduled times, happy to answer any questions you have.

Until next month ... stay warm! ★

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

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

Lethbridge Senior Citizens Organization
 500 - 11th Street South



Brain Fog Linked to Inflammation

Your body's response to illness may affect your ability to concentrate.

If you tend to feel mentally sluggish or experience "brain fog"—the feeling that you're having difficulty concentrating, making decisions, or staying alert—a new study from researchers at the University of Birmingham in England suggests that the problem might be caused by inflammation in the body. Inflammation is the body's response to illness or even chronic stress.

Researchers recruited 20 men to take part in the study, the purpose of which was to analyze their ability to complete cognitive tests after inflammation had been induced in their bodies. To promote inflammation, researchers injected a dose of a salmonella typhoid vaccine that causes temporary inflammation but has no lasting effects. The tests focused on the subjects' attentiveness and ability to maintain attention despite distractions; subjects were also tested after receiving a placebo. Researchers found that those given the vaccine had trouble maintaining alertness. Other cognitive abilities weren't affected by the inflammation.

"These results show quite clearly that there's a very specific part of the brain network that's affected by inflammation," Dr. Ali Mazaheri of the university's Centre for Human Brain Health said in a statement. "This could explain 'brain fog.'"

The findings also suggest that anti-inflammatory drugs could either preserve or improve cognitive function for those suffering from obesity or other inflammation-related diseases such as obesity and kidney disease.

"Scientists have long suspected a link between inflammation and cognition, but it is very difficult to be clear about the cause and effect," Mazaheri said. "For example, people living with a medical condition or being very overweight might complain of cognitive impairment, but it's hard to tell if that's due to the inflammation associated with these conditions or if there are other reasons."

Some lifestyle choices can also cause inflammation in the body. Poor diet, not enough exercise, and chronic stress can all contribute.

"Getting a better understanding of the relationships between inflammation and brain function will help us investigate other ways to treat some of these conditions," Dr. Leonie Balter, lead author of the study, said in a statement.

The study was published in November in the journal *Neuroimage*.

December 2019
Goodtimes Magazine
 goodtimes.ca



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FLOW WITH WHATEVER IS HAPPENING AND LET YOUR MIND BE FREE. STAY CENTERED BY ACCEPTING WHATEVER YOU ARE DOING. THIS IS THE ULTIMATE.

~ Chuang Tzu



Moose Jaw, SK	March 1-4, 2020 Temple Gardens, Spa, Casino	\$425 pp/dbl
Bonnars Ferry, ID	April 27-30, 2020 "Your home away from home"	\$420 pp/dbl
Camrose, AB	May 24-28, 2020 Camrose Resort & Casino	\$229 pp/dbl
Winnipeg, MB	Aug. 9-15, 2020 Folklorama Festival	TBA pp/dbl
Polson/Kalispell	Sept. 9-12, 2020 Sunset Cruise, Smoke Jumper Tour	\$485 pp/dbl
Deadwood, SD	Sept. 27-Oct. 3, 2020 No rules, no regrets	\$795 pp/dbl

Yellowstone June 21-27, 2020 \$1400 pp/dbl
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What am I Going to Write About this Month?

You may wonder how I come up with my monthly columns. Sometimes I have an idea a few months in advance, other times the idea for a column hits me from a podcast I have been listening to, or other times the idea strikes me after reading a story in the news. While I still listen attentively to the destruction of democracy in the USA by the Republicans and Donald Trump, I will not write about that again, until such time as he is no longer the President, which I hope is soon.

The article I wish to write about this month deals with a case out of Ontario, where a 4-year-old child was murdered by her father during one of his court sanctioned access visits. Despite the mother's best efforts to protect her daughter from her abusive father, she died. The mother happened to be a medical doctor and her new partner was a family law lawyer. The article about the case can be found in the *Toronto Star*. The article laments the fact that the Ontario court system is overwhelmed with what they call high conflict divorces. The facts indicate that there was a hearing before a Judge in Ontario in which the mother's lawyer begged the Judge not to let the father



Legal Tips and Information

Douglas Alger


have access until a proper assessment could be done. The Judge said there are two sides to every story and let the father have access, pending the next court date of February 20, 2020. Unfortunately, there never was another hearing as the child and her father were both found dead, after a murder suicide.

This sad tale is all too common in the legal world and while court cases don't usually end in the death of people, they do create a great deal of stress and anguish. It all comes down to the nature of our adversarial system that is hammered into each lawyer from day one of law school. As I have explained before in this

column, lawyers are taught to take a side in a case, and they are taught to argue for that side as aggressively as they can. The lawyers who argue the most aggressively on behalf of their client are generally the most successful lawyers. While this is probably the best course of action for a contractual dispute between companies or a criminal case, the adversarial system for family law is a terrible idea. A breakup of a family requires all the tools in the box and not just a couple of lawyers trying to put on a show for their clients as to who is the more fearsome lawyer. The problem is that we as a society have not yet developed a comprehensive system to deal with family disputes. It takes time to develop these processes and requires a national task force to come up with some new ideas that will work.

This is not going to stop things like the case mentioned in this article, but the result of taking a hard look at family law and coming up with more humane ways of settling these disputes, would be in society's interest. ★

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I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.

~ G.K. Chesterton



WED MAR 04 | 10:30–11:30 am
Love & Peace
Hands-On History | Adults & Seniors

WED MAR 04 | 2–3 pm
Songs of War, Peace & Protest
Performance | Adults & Seniors

THU MAR 05 | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors

FRI MAR 06 | 1–2 pm
Decorative Letters
Hands-On History | Families

SAT MAR 07 | 1–2 pm
Métis Tepees
Hands-On History | Families

SAT MAR 07 | 7–11 pm
Friends Winter Barn Dance
Special Event | All Ages

WED MAR 11 | 10:30–11:30 am
St. Patrick's Pins
Hands-On History | Adults & Seniors

March At a Glance

See website for additional details

<p>THU MAR 12 7–9 pm Electronic Resources for Family History Research Lecture Adults & Seniors</p> <p>THU MAR 12 7–8:30 pm Blackfoot Language Class Class Adults & Seniors</p> <p>SAT MAR 14 1–2 pm Bristle Bots Hands-On History Families</p> <p>SUN MAR 15 2–4 pm Liberalism Lecture Adults & Seniors</p> <p>WED MAR 18 10:30–11:30 am Creative Lanterns Hands-On History Adults & Seniors</p> <p>WED MAR 18 2–3 pm Painting the Mounties Red Lecture Adults & Seniors</p>	<p>THU MAR 19 7–8:30 pm Blackfoot Language Class Class Adults & Seniors</p> <p>SAT MAR 21 1–2 pm Weather Wonders Hands-On History Families</p> <p>WED MAR 25 10:30–11:30 am Crafty Circuits Hands-On History Adults & Seniors</p> <p>THU MAR 26 7–8:30 pm Blackfoot Language Class Class Adults & Seniors</p> <p>THU MAR 26 7–9 pm Macrame Owls Hands-On History Adults & Seniors</p> <p>SAT MAR 28 10:30–11:30 am Indigenous History Program Lecture Adults & Seniors</p> <p>SAT MAR 28 1–2 pm Light It Up Hands-On History Families</p>	
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When: Tuesdays, March 10, 17, 24
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays, March 5 – May 14
(no class April 16)
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

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, April 6 – June 29
(no class April 13, May 18)
Time: 10:15 – 11:00 am
Fee: \$33 LSCO M; \$55 NM
Instructor: June Dow

When: Fridays, April 17 – June 26 (no class May 1)
Time: 10:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Instructor: Tracy Simons

Computer Corner

by Sjoerd Schaafsma

Smartphone Apps for Seniors

You name it, and there is probably an app for it, math, fitness, record keeping, taxes, and learning of all sorts. This month we're going to look at a few helpful apps can actually make life easier and perhaps even help you out in a jam.

"Find Your Car with AR – Parking lots can be confusing, and trying to locate your car among hundreds of other vehicles frustrates even the most patient driver, young or old. Car Finder AR helps you remember where you parked your car and uses augmented reality and 3D Google Maps to find your parking spot. The app uses the GPS from your phone to give you walking directions back to your vehicle."

For iPhones: <http://www.augmentedworks.com/find-you-car-with-ar/> For Android phones: <https://play.google.com/store/apps/details?id=net.android.carxare&hl=en>
(Check the reviews for the android, they range from poor to excellent, it makes me wonder why)
From *Digital Trends* magazine: July 25, 2017 "Best find my Car Apps apps for Android and iOS"
<https://www.digitaltrends.com/mobile/best-find-my-car-apps/>

"Lumosity – The aging process often affects memory, frustrating seniors who make great efforts to stay mentally active. Keep your mind sharp with this clever memory-improvement app that contains hundreds of games and puzzles. Designed by neuroscientists, Lumosity is proven to benefit memory recall and information retention."

The Lumosity Website has links for Desktop, iOS, and Android apps, both ask you to sign up first. <https://www.lumosity.com/en/>

"No purchase necessary – offers in app purchases" The app can also be installed directly from the Apple app store and Google Play.

Portions of this column courtesy of Daniel Mulloy: "These Smartphones are Actually Smart" *News and Views* Winter 2019.

WebTalk – Social Media: forms of electronic communication such as websites and apps for social networking and microblogging, through which users create online communities to share information, ideas, personal messages, and other content (such as videos). Eg. Facebook, Twitter, Instagram, Pinterest, Snapchat, TikTok, Reddit.

Club Notes

LSCOCC members have access to the computer lab on Mondays and Wednesdays from 1:00 – 4:30 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, 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://bit.ly/3a761UL> which is the short form of <https://sites.google.com/site/oldfolkscomputers/computer-corner-archives> To subscribe to the computer club email list, or if you have questions about the Computer Club. Email: computerclub@lethseniors.com



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Computer Club WORKSHOPS & Events

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4:30 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" (we will translate as needed 😊).

Unless otherwise stated

Workshop events will run from 1:30 – 3:30 pm.
Note the change in time!

March

- Monday 2:** Updates, Sharing & help session
- Wednesday 4:** Email: clients, webmail, setting up an account, sending an email, troubleshooting
- Monday 9:** Sharing & help session
- Wednesday 11:** Sharing & help session
- Monday 16:** Sharing & help session
- Wednesday 18:** Facebook, setting up an account, privacy, groups
- Monday 23:** Sharing & Help session
- Wednesday 25:** Sharing & help session
- Monday 30:** Planning, Sharing & Help session

Suggestions for other workshops are welcomed. Check the bulletin boards in the main lobby and beside the computer lab for last minute changes.

Updates to the schedule can be found at: <https://sites.google.com/site/oldfolkscomputers/workshop-calendar> or <https://tinyurl.com/y9hrad5g>

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



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~ Teresa Bloomingdale

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 until April 4
Time: 10:30 – 11:15 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Sheila Mulgrew

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March is Scams & Frauds Month

March is scams and frauds month so I did some checking in the Government of Canada website marked the little black book of scams and frauds. Here's what it notes in the are of romance scams!

Who is really behind the keyboard?

Keep your guard up and look out for potential scammers who will try to lower your defences by appealing to your romantic and compassionate side. They can prey on you on popular, legitimate dating sites as well as on fake ones.

On a real dating site, a scammer might send you a few messages and a good-looking photo of themselves, or of someone they claim to be. Once you are charmed, they will start asking you to send money. They may claim to have a very sick family member or a desperate situation with which they need your help. Once you give them money, they often disappear.

A fraudster can also create a fake dating site where you pay for each message you send and receive. To keep you writing back and paying, the scammer may hook you in with vague emails about their love and desire for you.



LEARN
Case
Manager

Joanne Blinco
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In many cases, the scammer may even arrange to meet up with you in person to make their fraud seem more credible.

Tips to protect yourself:

- Never send money or give financial details on a dating site.
- Trust your instincts, ask questions and carefully read the terms and conditions before signing up.
- Know which services are free, which ones cost money and what it takes to cancel your account.

- Make sure you only use legitimate and reputable dating sites.
- Always check website addresses carefully, as scammers often mimic real web addresses.
- Remember that it's very unlikely that someone will declare their undying love to anyone after only a few letters, emails, phone calls or pictures.

If you are concerned notify the police.

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.

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Step/HIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIT intervals as muscle isolation intervals. You'll leave each class in a fantastic mood. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Tuesdays until March 24
Time: 5:15 - 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Erich Dyck
Location: Gym 2

POWER WALKING with Jamie

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

When: Wednesdays
Time: 9:10 - 10:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

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