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*Autumn leaves don't fall, they fly.  
 They take their time and wander  
 on this, their only chance to soar.*

~ Delia Owens

**Join Us for**

**RETIRE TO THE LIFE YOU LOVE**  
 Monday, October 5  
 See page 5 for details

**BUILDING HEALTHY RELATIONSHIPS with our Adult Children**  
 starts Tuesday, October 6

**HAPPY THANKSGIVING**  
 October 12th ~ LSCO Closed

**FLU SHOTS**  
 Monday & Tuesday, October 19 – 20  
 Wednesday & Thursday, October 21 & 22  
 See page 17 for details

## '3, 2, 1 Go!'

An intro to resistance combo class. We will start with 30 minutes of gentle choreographed cardio, followed by 20 mins of resistance work using bands, weights, and bodyweight exercises (use of equipment is always optional). We will finish with a full 10 minutes of stretching to promote relaxation and flexibility. This class is suitable for everyone! I hope you can join me! Wear comfortable clothes, bring a yoga mat, full water bottle.

When: Mondays, October 19 – December 7  
 Time: 1:30 – 2:30 pm  
 Fee: \$48 LSCO M; \$68 NM  
 Instructor: Nancy Purkis  
 Register by: Wednesday, October 14  
 Room: All Purpose Room (APR)



## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

### Celebrate Seniors!

2020 marks the 30th Anniversary of the International Day of Older Persons. On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. This was preceded by initiatives such as the Vienna International Plan of Action on Ageing, which was adopted by the 1982 World Assembly on Ageing and endorsed later that year by the UN General Assembly. In 1991, the General Assembly adopted the United Nations Principles for Older Persons. In 2002, the Second World Assembly on Ageing adopted the Madrid International Plan of Action on Ageing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages.

(source: <https://www.un.org/en/observances/older-persons-day>)

In Canada, October 1 is National Seniors Day. This is an occasion where all Canadians can join in celebrating older adults across Canada - whether a parent, a co-worker, a neighbour, or a friend. The Government of Canada is proud to acknowledge the life-long contributions our nation's seniors have made and continue to make to their families, communities and society. Our government is focused on improving income security, social inclusion, health and housing for seniors. It is easy to show your respect and gratitude for the older adults in your life. There are many options to thank the seniors in your life for all of their hard work and show them just how much they're appreciated. Here are just a few:

- Say "thank you"
- Take a walk together
- Cook a meal together
- Treat them to a day out

(source: <https://www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html>)

We're fortunate at LSCO as we celebrate older adults every day! Our new Mission Statement provides for clear direction for the Board and

staff to improve the lives of our members and of the aging population in the community:

### Mission

To provide older adults with:

- Opportunities for community and social engagement;
- Activities with meet their physical, emotional and intellectual needs;
- Advocacy and voice at individual and systemic levels; and,
- Services which enhance their quality of life.

This is accomplished through services provided at LSCO and through partnerships in the broader Lethbridge Community.

And lastly, I want to assure our members and our community that LSCO will continue to strive to be a leader in services and support as we have always been.

PS. Our 2019 Annual General meeting is scheduled for October 27, 2020 at 1:15 p.m. We will be offering members a choice of in-person attendance, video conference attendance or use of proxy votes. More information will be forthcoming in the first week of October.

Please be safe. ★

## FIT BALL AND MORE

Exercising with the fit ball will assist you to improve your balance, strength, posture, coordination, cardiovascular fitness and so much more. A variety of equipment will be used. Participants should be comfortable getting up and down off the floor as we perform core work and stretching exercises on the mat. Wear comfortable clothing and footwear. Don't forget to bring a yoga mat and water bottle. Space is limited so register early! Instructor: Shawn Hamilton  
Class held in Gym 1.

When: Tuesdays, November 3 - December 15  
Time: 9:00 - 9:50 am  
Fee: \$25 LSCO Member  
Register by: Friday, October 30

When: Thursdays, November 5 - December 17  
Time: 9:00 - 9:50 am  
Fee: \$25 LSCO Member  
Register by: Friday, October 30



## Mental Illness Awareness Week (MIAW) 2020 is October 4-10, 2020

Now more than ever Canadians understand that there is **no health without mental health**. As we all navigate these challenging times by adjusting our behaviours, attitudes, lifestyles, and social interactions, we want to recognize and celebrate the movement we as a society have made in prioritizing mental health.

#MIAW20 | camimh.ca  
October 4-10, 2020



## 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



*You never know how strong you are until being strong is the only choice you have.*

~ Quoteldeas.com

# LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Check out the website! [www.lethseniors.com](http://www.lethseniors.com) and register online.

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

## The Officers of LSCO

### 2019 – 2020 Executive:

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

### 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:

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- Chef – Bonnie Jadeske ..... ext. 27
- Prep Cook – Sandra Napper ..... ext. 27
- Food Service Cashier – Georgette Mortimer ..... ext. 27
- Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) ..... ext. 32
- Alberta Supports Call Centre ..... 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

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

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

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

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



## LSCO Vision Statement

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

*Welcome New Members!*

Bill Friesen	Gorden Manville
Carol Zelenka	Glenn Miller
Roberts Zelenka	Marsha Reich
Karen Nyrose	Pam Brown
Terry Papov	Carol Maier
Ron Esau	Gayle Piecharka
Ross Bruinsma	Gerald Harder
Sonja McDonald	

*A Smile is the Universal Welcome.*

### Support Services Program Dates


**Dr. Bolokoski Podiatry**  
 Wednesday, October 7  
 8:30 am – 12:30 pm

**Lethbridge Hearing Services**  
 (Hearing Screening)  
 Thursday, October 8  
 10:00 am – 12:00 pm

**Alger Zadeiks Shapiro**  
 Wednesday, October 14  
 (Free 15-minute legal consultation)  
 10:00 am – 12:00 pm

**Happy Thanksgiving**

LSCO will be closed  
 Monday, October 12th  
 in celebration of  
 Thanksgiving Day



“  
 Every leaf  
 speaks bliss  
 to me,  
 fluttering  
 from the  
 autumn tree.  
 ”

*~ Emily Brontë*

### CLASS PARTICIPATION

IMPORTANT: Individuals participating in programs and classes at LSCO **should get tested if you have any COVID-19 symptom.**

**If you have any these symptoms you are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve, whichever is longer:**

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

**If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:**




- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye


Monitor your health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

### LSCO Hours of Operation

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

**WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!**



### Publishing Schedule

Issue	Deadline
November . . . . .	October 16
December. . . . .	November 13

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



# National Seniors Day October 1st Drive-Up Lunch Special

**Chicken Cordon Bleu Dinner  
& Dessert \$10.00**

Scheduled pick-up time between 11:30 am ~ 12:30 pm  
at north-east door of LSCO (closest to the Administration Office)  
500 - 11th Street South

**Must pre-order no later than 3 pm the day before  
by calling 403-320-2222 (limit to first 75 orders).**

Payment with Visa or Mastercard at time of order  
or Debit, Visa or Mastercard at time of pickup.  
Cash accepted if necessary.



Autumn is the best season in which to sniff,  
and to sniff for pleasure, for this is the season  
of universal pungency.

~ Bertha Damon

## Extreme Stationary Power Mix

Prepare to sweat! This high intensity class uses a wide variety of equipment from dumbbells, resistance bands, plates, sliding towels and more. Stationary cardio and strength exercises are sure to keep you fit and healthy. Cardio plays a big role in this class so bring bottles of water, sweat cloth and devote this time to your well being. Workout at your own pace in your own space, modifications will be given.

When: Wednesdays  
Nov. 4 - Dec. 16  
(no class Nov. 11)  
Time: 9:05 - 10:00 am  
Fee: \$35 LSCO Member  
Instructor: Jamie Hillier  
Register by: Tuesday, November 3  
Room: Gym 1

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if you move by Nov. 30th

Save now, call 403-320-9363





# “Retire to the Life You Love”

Are you interested in getting guidance on designing a personal retirement plan balancing physical, mental, emotional and social engagement?

The *Retire to the Life You Love* session is meant to encourage exploration of options and activities in retirement and assist you in finding renewed purpose and meaning.

Retirement can be exciting and planned, or overwhelming and unplanned bringing both positive and negative emotions. Having the opportunity to discuss challenges, and explore the development of solutions with peers is an effective way to begin down the path of having a healthy retirement. After exploring your retirement access to a therapeutic support group is also available.

If you are interested in this retirement planning session please contact Heather Bursaw, LSCO Social Worker at 403-320-2222 ext. 57.

**Monday, October 5th ~ 9:30 am – 12:00 pm**  
**LSCO – 500 - 11th Street South – Room C & D**

**\$10**  
Registration  
Fee

*Brought to you in partnership by*




**BARBARA CAVERS B.A., M.ED**  
**CAVERS CONSULTING**

**Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival. ~ Dalai Lama**



## LSCO PARKING PASSES

If you are planning on being at LSCO longer than 2 hours, purchase a parking pass to avoid getting a ticket.  
 To renew your Parking Pass, we require your *old pass*.

• **Renewal: \$10** • **New Pass: \$13** • **Day Parking: \$3**



## 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:	Tuesdays & Thursdays, October 6 – 29
Time:	1:30 – 2:30 pm
Fee:	\$40 LSCO Member
Register by:	Friday, October 2
When:	Tuesdays & Thursdays, November 3 – 26
Time:	1:30 – 2:30 pm
Fee:	\$40 LSCO Member
Register by:	Friday, October 30

*In truth yoga doesn't take time - it gives time.*  
 ~ Ganga White

## J & L SHUTTLE SERVICE

Check out our website [jandlshuttle.com](http://jandlshuttle.com)

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Hello again!

A member asked me if it was difficult writing a column each month. It is not. What is difficult is deciding on a contemporary subject. This month there are several items I would like to raise for your consideration.

By now you have probably read about the demise of Mountain Equipment Co-op, the largest consumer co-operative in Canada with about 5 million members. There are lots theories about why it finds itself financially insolvent. I have a theory, but it is not based on finances. I think the communication link between the Board of Directors and the general membership failed. The Board was not asking membership for their input especially regarding what outdoor equipment they required. And membership did not speak up at annual general meetings about the direction the organization was taking. Let 's not make the same mistake with our organization. Please share your thoughts with LSCO Board members.

I was at a Team Lethbridge meeting the other day representing LSCO. The purpose of the meeting was to decide how best to promote



## President's Message

Keith Sumner

southern Alberta to the rest of the Province, Canada, and the world. Of course, our economic driver is agriculture. In hindsight I think we failed to discuss at least two items. First, how to ensure all residents can participate in the prosperity generated if they choose. Second, water. Of course, irrigation was a subject but with out water there will be no irrigation. We failed to discuss protection for the watersheds that supply water to our region. It seems to me we take a rather cavalier attitude to our water supply. Without it we are just a semi arid area in the Palliser Triangle.

I follow Provincial, Canadian and to a lesser degree American politics. In all three areas there is a strong move toward polarization. Left or right wing, socialist, liberal, or conservative. This ideology is right and that one is wrong and at its worst personal verbal attacks on politicians. If our arguments fail, we shift from discussing principles and issues to personalities. Seems to me we could accomplish a lot more for all citizens if we could find common ground about the middle of the political spectrum. The wide pendulum swings strike me as a waste of time and effort, I think we would be much better off if we can find the middle way.

The Lethbridge Historical Society posted an article on Facebook the other day recognizing Meals on Wheels is 50 years old in Lethbridge. Natasha and her volunteers, Brenda and her staff carry on a proud tradition of caring in our City. Thank you!

Just my thoughts for the month of October, I would love to discuss them with you over a cup of coffee in the cafeteria.

Namaste ★

### 3 extra income ideas for retirees

Many seniors relying on a fixed income are looking for creative ways to make some extra money for everyday expenses and big-ticket splurges, like a boat or home renovation. Fortunately, there are both passive and active ways to go about it. Here are a few to consider:

#### Sharing economy.

Many seniors have extra property or vehicles that they don't use every day. If you do, you can tap into new trends resulting from the pandemic, like more people wanting to travel within their province and use cars to get around. If you have a cottage, summer home or unique second property, perhaps you can list it on home-sharing sites for some extra income a few weeks or months of the year.

#### Pet care.

Plenty of families have jumped on the pandemic puppy bandwagon for added company while spending more time at home. But some were unprepared for juggling the demands of a dog with remote working and learning, and they may need help with daily walks. You can put up signs or post on neighbourhood groups on social media to advertise your services. You can also offer to take full-time care of pets while their owners go on vacation, as many local travel destinations have new safety restrictions prohibiting pets.

#### Hidden financial benefits.

Over your lifetime, you'll likely have done business with many companies and held many insurance policies. This means

you may be able to cash out shares you didn't know you had or qualify for other benefits, such as from an old insurance policy. For example, Economical Mutual Insurance Company is encouraging policyholders to check their eligibility during demutualization. The company has stated that more than 630,000 customers who held a policy for the 12-month period ending on November 3, 2015 may be eligible for a one-time financial benefit in the form of cash or shares once the company becomes publicly traded.

Find more information at [joininourfuture.com](http://joininourfuture.com).

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

# MENU ~ OCTOBER 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 ★

<h2>HAPPY THANKSGIVING DAY</h2>				
<b>Thursday, October 1</b>		<b>Friday, October 2</b>		
Entree: Chicken Cordon Swiss		Entree: Swiss Steak		
Starch: Steamed Potatoes		Starch: Pasta		
Soup: Chef's Choice		Soup: Chef's Choice		
<b>Monday, October 5</b>		<b>Tuesday, October 6</b>		<b>Wednesday, October 7</b>
Entree: Mushroom Pork Chops	Entree: Pineapple Chicken	Entree: Beef Stew		Entree: Baked Spaghetti
Starch: Steamed Potatoes	Starch: Rice	Starch: Mashed Potatoes		Starch: Garlic Toast
Soup: Chef's Choice	Soup: Chef's Choice	Soup: Chef's Choice		Soup: Chef's Choice
<b>Monday, October 12</b>		<b>Tuesday, October 13</b>		<b>Wednesday, October 14</b>
<b>LSCO Closed for Thanksgiving Day</b>		Entree: Lazy Man Cabbage Rolls		Entree: Chicken Pot Pie
		Starch: Steamed Potatoes		Starch: Rice
		Soup: Chef's Choice		Soup: Chef's Choice
<b>Monday, October 19</b>		<b>Tuesday, October 20</b>		<b>Wednesday, October 21</b>
Entree: Chicken Bake	Entree: Salisbury Steak	Entree: Italian Sausage		Entree: BBQ Chicken
Starch: Steamed Potatoes	Starch: Mashed Potatoes	Starch: Pasta		Starch: Oven Roasted Potatoes
Soup: Chef's Choice	Soup: Chef's Choice	Soup: Chef's Choice		Soup: Chef's Choice
<b>Monday, October 26</b>		<b>Tuesday, October 27</b>		<b>Wednesday, October 28</b>
Entree: Chili	Entree: Pork Meatloaf	Entree: Chicken Santa Fe		Entree: Tuna Casserole
Starch: Mashed Potatoes	Starch: Pasta	Starch: Rice		Starch: Bun
Soup: Chef's Choice	Soup: Chef's Choice	Soup: Chef's Choice		Soup: Chef's Choice

<b>MENU ITEMS AVAILABLE IN DINING ROOM</b>			
Breakfast Special . . . . . MEM \$6.50	NM \$7.50	Soup (Small) . . . . . MEM \$3.25	NM \$4.00
Dinner Special . . . . . MEM \$9.00	NM \$10.35	Hamburger . . . . . MEM \$5.50	NM \$6.50
Sandwich Special . . . . . MEM \$5.75	NM \$6.95	Hamburger & Fries . . . . . MEM \$7.00	NM \$8.00
Soup (Large) . . . . . MEM \$4.25	NM \$5.50	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

# Community Support Groups

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

## Alcoholics Anonymous Saturday Morning Eye Opener

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

## Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a chronic pain condi-

tion 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, October 10th** at 2:00 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 expe-

riences with a counseling emphasis and new topics explored each month. Next meeting is **Tuesday, October 13th** at 7:00 pm in Room C/D.

## Lethbridge Stroke Recovery Association (LSRA)

The next meeting will be held **Wednesday, October 14th** at 7:00 pm in Room A/B.

**Fall exhibits**

**Refuge Canada**  
SEP 26.20–JAN 10.21

**Piikanikoan**  
Living Under a Blackfoot Sky  
A Modern Winter Count  
JUL 10.20–FEB 07.21

**Marathon of Memories**  
40 years of Terry Fox Run in Lethbridge  
OCT 06.20–FEB 14.21

**Pockets of Possibilities**  
OCT 17–FEB 14.21

**Galt MUSEUM & ARCHIVES**  
Stories unfolding...

[www.galtmuseum.com/visit](http://www.galtmuseum.com/visit)

## Yoga FOR MEN

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 and yoga blocks. Please bring your own yoga mat, water bottle and dress comfortably. Class size is limited.

When: Wednesdays, October 7 – November 4  
Time: 8:30 – 9:30 am  
Fee: \$27 LSCO M: \$40 NM  
Register by: Monday, October 5

## 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, November 3 – December 15  
Time: 10:00 - 11:00 am  
Fee: \$39 LSCO Member  
Register by: Monday, November 2

When: Thursdays, November 5 – December 17  
Time: 10:00 - 11:00 am  
Fee: \$39 LSCO Member  
Register by: Monday, November 2

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## Successful Relationships

Each of us have many relationships. Relationships with our friends, colleagues, children, parents and hair dresser to name a few. But one of the most influential relationships that we hold is with our significant other. Our significant other is the person we chose to live life with – the good and the bad. Relationships are tricky at the best of times, however factor in that each person brings a different life history, different values and beliefs, as well as experiences and perspectives. Every couple experiences times when life is good, the relationships is in sync and the partnership is shared. With that, comes times when being together is difficult, stressful and feels like too much work. Relationships require effort; effort from both sides to remain healthy and thriving.

John Gottman is a world renowned psychologist and researcher who dedicated his work to marriage stability. Gottman outlines 7 principals to having a successful relationship. They include:



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

1. Enhance your love maps – Know your partner’s inner world, from life dreams to favorite movies, as a best friend would.
2. Nurture fondness and admiration – Have a positive view and deep appreciation of your partner. Express it!
3. Turn towards each other instead of away – State your needs, be aware of ways to connect and turn towards them.

4. Let your partner influence you – Don’t make important life decisions autonomously as a single person would.
5. Solve your solvable problems – All couples have solvable and perpetual program, but long term couples solve those they can and understand there will always be perpetual problems.
6. Overcome grid lock – What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams with the goal of making peace with the problem.
7. Shared meaning – Develop the big and small rituals that help the bond with your partners. Rituals range from hosting an annual party to having coffee together in the morning.

Consider your current relationship and the above principals. Is there somewhere you could focus to make your relationship with one of the most important people in your life stronger? ★

### Did you know?

Breakfast is served from 8:00 am until 1:00 pm in the LSCO Dining Room.

# 10 Guidedposts for Wholehearted Living

FROM BRENÉ BROWN'S "THE GIFTS OF IMPERFECTION"

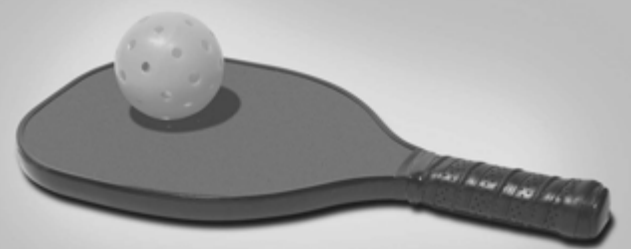
### LETTING GO OF...

- WHAT PEOPLE THINK
- PERFECTIONISM
- NUMBING & POWERLESSNESS
- SCARCITY & FEAR OF THE DARK
- COMPARISON
- EXHAUSTION AS A STATUS SYMBOL AND PRODUCTIVITY AS SELF-WORTH
- ANXIETY AS A LIFESTYLE
- SELF DOUBT & "SUPPOSED TO"
- COOL & ALWAYS IN CONTROL
- NEED FOR CERTAINTY

### CULTIVATING...

- Authenticity
- Self-Compassion
- A Resilient Spirit
- Gratitude & Joy
- Creativity
- Rest & Play
- Calm & Stillness
- Meaningful Work
- Laughter, Song & Dance
- Intuition & Faith

Artwork by @avalonmckenzie



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: Fridays, October 9 - 30  
 Time: 9:00 – 10:40 am  
 Fee: \$30 LSCO Member

If you would like to play other than this instructional time you must pay the monthly fee. Court time is booked through the Team Reach App which you will have access to.

Register by: Wednesday, October 7

## PICKLEBALL lessons

### WANTED



WILL BUY COIN COLLECTIONS  
 COINS & BANKNOTES FROM ANY COUNTRY  
 NO COLLECTION TOO BIG OR TOO SMALL!

CALL BOB 403-380-9208



# LSCO Program Department

## LSCO REGISTRATION AND PROGRAM INFORMATION

### MASKS

Masks are mandatory at LSCO until you arrive in your program/class area and where social distancing is not possible. If you are in need of a mask please ask at the Administration Desk.

### REGISTRATION INFORMATION

#### How do I register?

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

#### How do I pay?

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

#### How do I find additional classes?

- Read the monthly LSCO Times, check the bulletin boards, visit [www.lethseniors.com](http://www.lethseniors.com).
- Dropping into a class is **NOT** an option for many classes. SPACE IS LIMITED. Registering for the entire session is recommended!

### ONLINE REGISTRATIONS

**Due to limited space we are not doing online registrations until further notice.**

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

### DID YOU KNOW?

- Workout enthusiasts 18 - 35 years of age can attend classes and programs after 4:30 pm by paying the non-member fee.

### IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.
- **Ultimate Fitness Members:** It is recommended that you register at the desk for those popular classes. Please arrive no earlier than 10 minutes prior to class start time.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather or any other unforeseen circumstance causes LSCO to close the facility unfortunately, we will not be able to make up the classes, offer refunds or credits.

### CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- You will be charged a \$5 Administration Fee for transferring from one class to another after registering. **Please ensure you register for the correct class.**
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. Refunds will be pro-rated for any classes attended. If there is a waiting list for the class a refund will not be given.
- Refunds will be given if LSCO cancels a program. Participants also have the option of taking a credit. Credits must be used in 12 months from the date given.
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

## Exercise & Fitness

### Important things to know:

- **Please do not come to class if you have a cough, sneezing, runny nose, shortness of breath, fever, sore throat or any other symptoms. Thank you.**
- **Masks are not mandatory in the program room unless you are not able to social distance yourselves.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Dropping in to a class may not be an option due to class size. Ask at the Administration Desk.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- Markings are on the floor for you to place your mat. Please do not adjust.
- Make yourself comfortable on your mat/chair while you wait for your class to start. Please refrain from wandering in the room or other areas of LSCO.
- Sanitized props will be available. If you have your own you are encouraged to bring them.
- *Dress in layers as the use of fans is prohibited at this time.*
- At the end of class please gather your belongings and exit so that the room can be cleaned for the next class.

### '3, 2, 1 Go!'

An intro to resistance combo class. We will start with 30 minutes of gentle choreographed cardio, followed by 20 mins of resistance work using bands, weights, and bodyweight exercises (use of equipment is always optional). We will finish with a full 10 minutes of stretching to promote relaxation and flexibility. This class is suitable for everyone!

hope you can join me! Wear comfortable clothes, bring a yoga mat, full water bottle.

When: Mondays, October 19 – December 7  
Time: 1:30 – 2:30 pm  
Fee: \$48 LSCO M; \$68 NM  
Instructor: Nancy Purkis  
Register by: Wednesday, October 14  
Room: All Purpose Room (APR)

### ABS & CORE

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  
November 2 – December 14  
Time: 10:30 – 11:30 am  
Fee: \$41 LSCO Member  
Register by: Friday, October 30  
Room: All Purpose Room (downstairs)

### ABS & CORE

When: Wednesdays  
November 4 – December 16  
(no class Nov. 11)  
Time: 1:00 – 2:00 pm  
Fee: \$35 LSCO Member  
Register by: Monday, November 2  
Room: TBA

### 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: Tuesdays & Thursdays  
October 6 – 29  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO Member  
Register by: Friday, October 2

When: Tuesdays & Thursdays  
November 3 – 26  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO Member  
Register by: Friday, October 30

### EXTREME STATIONARY POWER MIX

Prepare to sweat! This high intensity class uses a wide variety of equipment from dumbbells, resistance bands, plates, sliding towels and more. Stationary cardio and strength exercises are sure to keep you fit and healthy. Cardio plays a big role in this class so bring bottles of water, sweat cloth and devote this time to your well being. Workout at your own pace in your own space, modifications will be given.

When: Wednesdays  
November 4 – December 16  
(no class Nov. 11)  
Time: 9:05 – 10:00 am  
Fee: \$35 LSCO Member  
Instructor: Jamie Hillier  
Register by: Tuesday, November 3  
Room: Gym 1

### FIT BALL & MORE

Exercising with the fit ball will assist you to improve your balance, strength, posture, coordination, cardiovascular fitness and so much more. A variety

of equipment will be used. Participants should be comfortable getting up and down off the floor as we perform core work and stretching exercises on the mat. Wear comfortable clothing and footwear. Don't forget to bring a yoga mat and water bottle. Space is limited so register early! Instructor is Shawn Hamilton. Class held in Gym 1.

When: Tuesdays  
November 3 – December 15  
Time: 9:00 – 9:50 am  
Fee: \$25 LSCO Member  
Register by: Friday, October 30

When: Thursdays  
November 5 – December 17  
Time: 9:00 – 9:50 am  
Fee: \$25 LSCO Member  
Register by: Friday, October 30

### 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  
November 2 – December 14  
Time: 9:45 – 10:30 am  
Fee: \$32 LSCO Member  
Instructor: June Dow  
Register by: Friday, October 30

### 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  
November 4 – December 16  
(no class Nov .11)  
Time: 10:20 – 11:05 am  
Fee: \$18 LSCO Member  
Instructor: Jamie Hillier  
Register by: Monday, November 2

### LINE DANCING

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

When: Mondays  
November 2 – December 7  
Time: 10:45 am – 12:00 pm  
Fee: \$18 LSCO Member  
Instructor: Diane Holstine  
Register by: Friday, October 30

### LINE DANCING

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

When: Thursdays  
October 22 – November 26  
Time: 1:15 pm – 2:15 pm  
Fee: \$18 LSCO Member  
Instructor: Diane Holstine  
Register by: Tuesday, October 20

### 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 and yoga mat.

When: Mondays  
November 9 – December 14  
Time: 7:55 – 8:45 am  
Fee: \$33 LSCO Member  
Instructor: Deb Palmer  
Register by: Friday, November 6

### POUND FITNESS (Afternoons)

Pound Fitness is a fun, music driven class that combines movement and lightly weighted drumsticks called Ripstix®. This class is truly appropriate for everyone since the impact and intensity can be modified to your fitness level. We will finish with a gentle stretch so you will leave feeling great! Come out and give it a try.

When: Tuesdays  
November 3 – December 8  
Time: 1:30 – 2:15 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Nancy Purkis  
Register by: Friday, October 30

### POUND FITNESS (Mornings)

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

When: Fridays, November 6 – December 11  
Time: 10:00 – 10:45 am  
Fee: \$40 LSCO Member  
Instructor: Sheila Mulgrew  
Register by: Wednesday, November 4

### 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 HIIT intervals as muscle isolation intervals. You'll be so glad you came! Individuals 18 years of age and up welcome. Arrive 10 minutes early to set up equipment. Please register prior to start date to ensure class will be held. Space is limited.

When: Tuesdays  
November 3 – December 8  
Time: 5:15 – 6:15 pm  
Fee: \$40 LSCO M; \$60 NM  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Erich Dyck  
Register by: Monday, November 2  
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. Arrive 10 minutes early to set up equipment. Individuals 18 years of age and up welcome. Please register prior to start date to ensure class will be held. Space is limited.

When: Thursdays  
November 5 – December 10  
Time: 5:15 – 6:15 pm  
Fee: \$40 LSCO M; \$60 NM  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Erich Dyck  
Register by: Monday, November 2  
Location: Gym 2

### STRENGTH & CONDITIONING

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

When: Wednesdays  
November 4 – December 9  
(no class Nov. 11)  
Time: 7:55 – 8:45 am  
Fee: \$29 LSCO Member  
Instructor: Debbie Palmer  
Register by: Monday, November 2

### 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  
November 2 – December 14  
Time: 9:10 – 10:10 am  
Fee: \$39 LSCO Member  
Instructor: Jamie Hillier  
Register by: Friday, October 30

### TABATA & More

When: Tuesdays  
November 3 – December 15  
Time: 12:05 – 12:55 pm  
Fee: \$40 LSCO Member  
Instructor: Tracy Simons  
Register by: Friday, October 30

*Yoga, Pilates, Tai Chi,  
TaeKwon-Do, QiGong*

### Important things to know:

- **Please do not come to class if you have a cough, sneezing, runny nose, shortness of breath, fever, sore throat or any other symptoms. Thank you.**
- **Masks are not mandatory in the program room unless you are not able to social distance yourselves.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- ***Dropping in to a class may not be an option due to class size. Ask at the Administration Desk.***
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- Markings are on the floor for you to place your mat. Please do not adjust.
- Make yourself comfortable on your mat/chair while you wait for your class to start. Please refrain from wandering in the room.
- Sanitized props will be available. If you have your own you are encouraged to bring them.
- *Dress in layers as the use of fans is prohibited at this time.*
- At the end of class please gather your belongings and exit so that the room can be cleaned for the next class.

### 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  
November 4 – December 16  
(no class Nov. 11)

Time: 9:35 – 10:25 am  
 Fee: \$20 LSCO Member  
 Register by: Monday, November 2

### 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  
 November 3 – December 15

Time: 10:00 – 11:00 am  
 Fee: \$39 LSCO Member  
 Register by: Monday, November 2

When: Thursdays  
 November 5 – December 17

Time: 10:00 – 11:00 am  
 Fee: \$39 LSCO Member  
 Register by: Monday, November 2

### 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 and yoga blocks. Please bring your own yoga mat, water bottle and dress comfortably. Class size is limited.

When: Wednesdays  
 October 7 – November 4

Time: 8:30 – 9:30 am  
 Fee: \$27 LSCO M; \$40 NM  
 Register by: Monday, October 5

### YIN/DAOIST YANG YOGA

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation.

There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays  
 November 9 – December 14

Time: 8:45 – 10:15 am  
 Fee: \$48 LSCO M; \$72 NM  
 Register by: Friday, November 6  
 Instructor: Karen Toohey

### PILATES

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays  
 November 2 – December 14

Time: 11:00 – 12:00 pm  
 Fee: \$41 LSCO Member  
 Instructor: June Dow  
 Register by: Friday, October 30

### HARMONY TaeKwon-Do

TaeKwon-Do is one of the world's most popular martial arts and now older adults and seniors have the opportunity to learn ITF TaeKwon-Do too.

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

When: Mondays & Wednesdays  
 October 5 – November 25  
 (no class Oct. 12 & Nov. 11)

Time: 12:30 – 1:30 pm  
 Fee: \$80 LSCO M; \$119 NM  
 Register by: Friday, October 2

### TAI CHI BaFa WuBu FORM

Translated: BaFa is eight methods, WuBu is 5 different steps.

All Tai Chi styles use BaFa WuBu methods for their foundations. The form is newly created for the purpose to help students to understand the underlying foundations of the art. There is a balance of both left and right as well as the step pattern of centre, forward, backward, left and right. The form takes about 2 minutes to complete once learned and takes 6' by 7' for completion. **Please note: We are not able to accommodate drop in participants or guests for this program.** You must pre-register. SPACE is LIMITED.

When: Tuesdays & Thursdays  
 October 27 – December 3

Time: 10:45 – 11:30 am  
 Fee: \$51 LSCO Member  
 Instructor: Dave Scotland  
 Register by: Friday, October 23

### TAI CHI 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form.

When: Wednesdays  
 November 4 – December 16  
 (no class Nov. 11)

Time: 9:20 – 10:20 am  
 Fee: \$20 LSCO Member  
 Register by: Monday, November 3

## Sports

### Important things to know:

- **Please do not come to play if you have a cough, sneezing, runny nose, shortness of breath, fever, sore throat or any other symptoms. Thank you.**
- Masks are not mandatory in the program room unless you are not able to social distance yourselves.
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- **Dropping in to play is not an option.**
- Please do not arrive more than 10 minutes prior to the start of your time.
- Only registered participants allowed in the gym at their scheduled times.
- Staff will let you know when you can enter the room.
- Ensure cohort play.
- Please refrain from wandering in the gym.

- At the end of your scheduled time please gather your belongings and exit so that the gym can be cleaned for the next program.

### 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: Fridays, October 9 – 30  
 Time: 9:00 – 10:40 am  
 Fee: \$30 LSCO Member

If you would like to play other than this instructional time you must pay the monthly fee. Court time is booked through the Team Reach App which you will have access to.

Register by: Wednesday, October 7

### 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. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays & Fridays  
 11:00 am – 12:45 pm

When: Wednesdays, 11:30 am – 12:45 pm  
 When: Thursdays, 10:15 – 12:15 pm  
 Fee: \$66 & LSCO Membership

## ABS & CORE

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  
 November 2 – December 14

Time: 10:30 - 11:30 am  
 Fee: \$41 LSCO Member  
 Register by: Friday, October 30  
 Room: All Purpose Room (downstairs)

When: Wednesdays  
 November 4 – December 16  
 (no class Nov. 11)

Time: 1:00 - 2:00 pm  
 Fee: \$35 LSCO Mem  
 Register by: Monday, November 2  
 Room: TBA





LSCO is providing a new program called Drive Happiness. The senior assisted transportation is provided to eligible riders by volunteer drivers. All volunteer driver candidates are screened for vulnerable security clearance, a fulsome reference check and volunteer interview, a well maintained vehicle, and a clean driving abstract before they are accepted as Volunteers for Drive Happiness.

Volunteer drivers take riders to various appointments such as medical appointments, shopping, banking, programming, etc.

The rider requiring the ride buys tickets for \$10.00 each from the Administration office at LSCO. Each ticket entitles the rider to one-and-one-half hours' assistance and/or 40 km driving distance. Time and/or distance over this requires another ticket.

Once volunteers are trained, they will access the Ride Scheduler program to "pick up" their rider in the system. The volunteer driver will call the rider requesting the ride the day before their appointment in order to confirm the appointment with them and to set up a pick-up time. If the Drive Happiness office cannot find a volunteer driver, the rider requesting the ride will be phoned 24 hours prior to their appointment and informed so that the rider can make other travel arrangements.

A big part of the Drive Happiness core operations are providing transportation services to seniors (55+); residing in the County of Lethbridge, in need of transportation services due to limited income, mobility and other health related issues.

Tickets may be requested by mail, phone, or in person at the office. We accept cash, cheques, credit card or e-transfer payments. Volunteer drivers do not book rides, sell tickets or take money.

**LSCO Drive Happiness will be booking rides starting October 1, 2020.** Rides should be booked **THREE FULL BUSINESS DAYS** in advance by phoning 403-320-2222, giving your name, phone number, address, as well as the appointment time, return time, destination (full address, postal code and phone number) and estimated length of the appointment. Our office books rides are from 9:00 am to 4:00 pm daily except Saturday and Sunday and all holidays.

If you would like to be a volunteer driver, please connect with Volunteer Lethbridge to complete the application process. 403-332-4320 [communications@Volunteerlethbridge](mailto:communications@Volunteerlethbridge).

500 - 11th Street South, Lethbridge, Alberta T1J 4G7  
Phone: 403.320.2222

COFFEE IS ALWAYS ON AT **LSCO**

AND DON'T FORGET OUR BREAKFASTS & LUNCHES & TAKE-HOME MEALS

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Dispensing Optician & Prosthetic Eye Fittings

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

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

Come down to **SOUTHERN OPTICAL** for all the details.

1011 - 3rd Avenue South (2 blocks north of LSCO)  
**403-327-4145**

## 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 Stratyckuk, 4th Degree Black Belt Instructor is certified by the International Taekwon-Do Federation to teach the Harmony Taekwon-Do program. She has been practicing Taekwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle. Instructor is Nicole Stratyckuk.

When: Mondays & Wednesdays, October 5 – November 25 (no class Oct. 12 & Nov. 11)  
Time: 12:30 – 1:30 pm  
Fee: \$80 LSCO M; \$119 NM  
Register by: Friday, October 2



## Thursday October 1, 2020 is International Day for Older Persons



### Seniors System Navigator

**Amy Labossiere**  
alabossiere@lethseniors.com  
403-320-2222 ext. 25

According to the World Health Organization, "A decade of concerted global action on Healthy Ageing is urgently needed. Already, there are more than 1 billion people aged 60 years or older, with most living in low- and middle-income countries. Many do not have access to even the basic resources necessary for a life of meaning and of dignity. Many others confront multiple barriers that prevent their full participation in society." This message speaks to us because as Seniors System Navigators, our job is to aid in promoting health and wellbeing in whatever means necessary.

Even in hard times, it is important to find things you are thankful for. We encourage you to either count your blessings, reflect on your privileges, or make a list of gratitude. Amy and I wanted to share what we are thankful for:

Kennedy:

1. Warm Weather/ Sunshine – Getting to travel to tropical destinations
2. My close relationships with my family – They mean everything to me
3. Dogs of all kinds –I cannot wait to get one of my own
4. My health – I do not take this for granted
5. My loving boyfriend - He is very supportive
6. This job – It is very rewarding & great co-workers!
7. Having a safe place to call home
8. My youth – I am excited for the years ahead of me
9. Seniors – You show me the importance of not rushing through life
10. Coffee – My grandma would let me have a small cup when I was pretty young (it was mostly sugar and cream). She is root of my caffeine addiction today

Amy:

1. My family for always being my #1 fans and loving me unconditionally
2. My partner for always being so supportive and making me laugh
3. My friends for never failing to be there when I need a shoulder
4. My dog, Ozzy, for being the best cuddle buddy there is
5. My health



### Seniors System Navigator

**Kennedy Coston**  
kcoston@lethseniors.com  
403-320-2222 ext. 62

6. My job! I love working with all of the wonderful seniors who have crossed my path here at LSCO and have reminded me why I chose Social Work
7. Travel experiences. These are something I'll carry with me and cherish forever
8. Coffee for keeping me going in the morning
9. Having the time for self-care to keep me feeling recharged
10. Southern AB weather! With winter around the corner, I am grateful to know that the cold snow falls will be broken up by the fantastic chinooks we experience

\*Disclaimer: We made these lists in isolation from one another, but turns out we have a lot in common for what we are thankful for. Maybe, you can relate as well! If you want to spread some joy and share what you are thankful for send us an email! kcoston@lethseniors.com or alabossiere@lethseniors.com ★

### WINNERS



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or Email: winners.bingo@telus.net

## 5 ways to spruce up your sprouts this Thanksgiving

While your table may not be as crowded with friends and relatives this holiday, there are still plenty of ways to celebrate. Many families can still enjoy more intimate gatherings to share good company and delicious food.

Brussels sprouts have been a staple at holiday dinners for decades. But they're likely not your favourite or first choice when it comes to loading up your plate. Although often steamed or boiled, these mini cabbage look-a-likes have more tasty potential than you think.

The truth is that Brussels sprouts have only gotten better over the years, becoming more mellow and nuttier over time rather than the bitter, stinky sprouts of your childhood. So, put away the steamer basket and stop guests from pushing them around their plates by giving one of these tips and delicious roasted variations a try.

1. Start at the store. For the best roasted sprouts, look for larger bright-green heads with tight leaves. Brussels sprouts are currently in season, meaning they're locally grown so you'll be getting the best-possible flavour and nutrients out of your new favourite holiday side.
2. Keep it simple. For an easy but far superior alternative to the standard steamed variety, slice sprouts in half and toss in extra virgin olive oil with salt and pepper. Spread them out evenly on a baking sheet and roast in the oven at 400°F (200°C) for 45 minutes.
3. Everything is better with bacon. Toss sprouts in olive oil, salt and pepper and top them with chopped un-cooked bacon before roasting them. Craving that sweet and salty mix? Add a few tablespoons of maple syrup when tossing them in olive oil to achieve that perfect maple-bacon flavour.
4. Cranberries aren't just for turkey. If bacon isn't your thing, once your simple sprouts are perfectly roasted, toss them with a mixture of dried cranberries and almonds or walnuts to add an unexpected sweetness and build on their nutty flavour.
5. Leaf it to the pecorino. Peeling away the leaves of each sprout may seem like a never-ending task, but it's so worth it. Try adding a warm salad to your holiday table by roasting the leaves with olive oil and salt and pepper for 20 minutes or until the leaves are crisp. Toss them in a bowl with grated or shaved pecorino Romano cheese and a squeeze of fresh lemon juice for a satisfying alternative.

Everything you need for your Thanksgiving feast, including delicious and local Brussels sprouts, is available at your local Loblaws. If you need more time in the kitchen, simply place a PC Express order for easy in-store pickup.

www.newscanada.com

## National Seniors Day is October 1 in Canada and UN International Day of Older Persons

### Did you know?

- By 2020, the number of people aged 60 years and older will outnumber children younger than 5 years.
- Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050, and 80% of them will be living in low- and middle-income countries.
- The COVID-19 pandemic may significantly lower older persons' incomes and living standards. Already, less than 20% of older persons of retirement age receiving a pension.

### Decade of Healthy Ageing

The Decade of Healthy Ageing (2020-2030) is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live.

The 2020 theme aims to:

- Inform participants about the strategic objectives for the Decade of Healthy Ageing.
- Raise awareness of the special health needs of older persons and of their contributions to their own health and to the functioning of the societies in which they live.
- Increase awareness and appreciation of the role of the health care workforce in maintaining and improving the health of older persons, with special attention to the nursing profession
- Present proposals for reducing the health disparities between older persons in the developed and developing countries, so as to "Leave no one behind".
- Increase understanding of the impact of COVID-19 on older persons and its impact on health care policy, planning, and attitudes.



## Tai Chi BaFa WuBu Form

*Translated: BaFa is eight methods, WuBu is 5 different steps.*

All Tai Chi styles use BaFa WuBu methods for their foundations. The form is newly created for the purpose to help students to understand the underlying foundations of the art. There is a balance of both left and right as well as the step pattern of centre, forward, backward, left and right. The form takes about 2 minutes to complete once learned and takes 6' by 7' for completion. Please Note: We are not able to accommodate drop in participants or guests for this program. You must pre-register. SPACE is LIMITED.

When: Tuesdays & Thursdays  
October 27 – December 3

Time: 10:45 – 11:30 am  
Fee: \$51 LSCO Member  
Instructor: Dave Scotland  
Register by: Friday, October 23



# WINNERS BINGO

## Volunteers Urgently Needed

Thursday 11:00 am - 4:00 pm

### FREE LUNCH

*Variety of positions available*

Please see Kari at LSCO Admin Desk or call 403-320-2222

*Practice* like you've never won.  
*Perform* like you've never lost.

quotediary.me

## How Pension Sharing Works

**Canada/Quebec Pension Plan benefits aren't eligible for pension splitting, but you're allowed to "share" your CPP/QPP pension with your spouse. Here's how it works**

Special rules apply to your Canada/Quebec Pension Plan (CCP/QPP) pension benefits. They're not eligible for pension splitting, but you *are* allowed to "share" your CPP/QPP pension, and while this arrangement is quite different from pension splitting, the effect is still to move some of your income to a lower-income spouse (unless of course you both get the same amounts from CPP/QPP, in which case, nothing would change).

With regular pension splitting, you can choose how much you want to split with your spouse; CPP/QPP pension sharing means throwing all of your pension entitlements into a pot (excluding those that arose during the months prior to your entering into cohabitation with your spouse and any post-retirement benefits) and then splitting those benefits fifty-fifty. If both of you have CPP pensions, they both go into the pot for equal division; otherwise you split the one pension evenly. (Your CPP/QPP Statement of Contributions has all the details about your contribution history.)

"If, for example, one of you currently gets \$2,000 and the other gets \$10,000 and you've been living together since starting work, and you apply for pension sharing, you would end up getting \$6,000 each," says Daniel Laverdière, a senior manager of the Expertise Centre at National Bank Private Banking 1859 in Montreal. "But if you were working and contributing to the plan before you moved in together, the benefits from these contributions won't be shared.

"It's important to note that this is an actual transfer of income that will go on a cheque to the other person," Laverdière adds. "This is different from pension splitting, which is an election you make on your tax return each year, without actually giving your spouse any money. Perhaps, if you have a spouse who spends too much, you would want to keep control of that money."

You may not have a choice in the matter, however. According to the CPP as well as QPP rules, in some

cases only a single signature is needed on the pension sharing application. In order to apply for CPP pension sharing, you will need your Social Insurance Number and your original marriage certificate or proof of your common-law relationship.

If you and your spouse or common-law partner are already receiving a CPP pension, only your original marriage certificate or proof of your common-law relationship is required. You must complete the pension sharing form (ISP1002) and then mail it, with the necessary supporting documents to the Service Canada office listed on the application form.

"It's pretty easy to do, and it's generally a good idea," Laverdière says. "If you go online to the government website, it's pretty clearly explained."

By Olev Edur  
July, 2020  
Goodtimes Magazine  
goodtimes.ca

## Time Flies

It is hard to believe, but I have been writing this column now for over 4 years. 4 years ago, I was writing about the upcoming US Election and now here we are again, another Presidential Election is upon us. The last four years have been interesting, to say the least. Think of all the things that have gone on and all the changes and events that have occurred. The ultimate event of these four years has been the Covid19 pandemic. It was, and is, the ultimate achievement of natural world we live in; telling us humans that we are fragile and not to take our way of life for granted. Every so often, humanity is handed a challenge and most of the time that challenge has to be managed by our institutions, political, medical, legal, and otherwise. Covid19 demanded a full-on response by every sector of our global society. If one sector did not respond the way it should, there were massive consequences to that failure. The importance of good government has never been clearer in this day and age.

I often get into discussions with my 12-year-old daughter about issues like recycling, climate change, and law. She is idealistic, which is a good thing, but fails to recognize that a lot of our current problems are extremely complicated ones. As a lawyer a lot of what I do is routine, follow the script and the job will get done. However, even the smallest of things, like a couple getting a divorce and splitting



### Legal Tips and Information

Douglas Alger

property, can become complicated in a hurry. My point being, how do we solve any complicated problem, like climate change, when we can't even agree to what extent it exists? Even if we do agree, that it exists, is anything we are going to do in the next 20 years going to stop it and at what cost to humans, including our economy.

If we watch the news, a lot of what we hear, is one side saying an issue is real and the other that it is not, with no real solutions being offered. There is no in-depth discussion of issues, but rather political leaders taking opposite positions and offering sound bites. For example, if the issue of health care funding in the Province of Alberta is an issue and it appears it is, wouldn't it be refreshing to hear our leaders on both sides, indicate we have a

funding issue for health care. From there we can start the difficult discussions as to how we are going to fund this sector of our economy.

I recently listened to a podcast, called the Happiness Lab and one of the episodes dealt with griping. Griping was defined as complaining about a problem over which we complain about, but one which don't do anything about. A lot of us, including myself, gripe a lot. For many of us this is our daily ritual. The podcast goes on to say, we would be happier if we griped less and expressed gratitude more. This is easier said than done. It seems our world is built of griping.

One thing, I can say for certain, is that I am grateful, we live in a country like Canada, where people by and large get along and live in harmony with one another. We should strive as Canadians to continue on this road, and in particular not to fall into the trap of thinking one political party has all the answers to solving our problems and the other has none. Problems don't have one simple answer and diversity of opinions is a good thing and should be welcome. In the end, working cooperatively together will solve more problems, than being divisive. ★

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

## Better Posture Means Less Pain

Your parents were doing you a favour when they reminded you to stand up straight

Years of poor posture can be a direct cause of back pain, as well as of problems relating to nerves and blood vessels, muscles, and joints. And given that so many of us use computers, tablets, and smartphones every day, our bodies are curving forward more than ever, putting a lot of pressure on the wrong areas of the body.

As a first step to correcting posture problems, it's important to figure out what's wrong. An appointment with a physiotherapist or an osteopath can help – he or she can look at how your body moves and spot where the problem is and how you can fix it. If you're not experiencing pain, you can simply observe how you walk or sit, or ask a friend or your spouse to take a video of how you walk, to better see the way your body moves.

From there, you can start to figure out how to correct your personal posture issues.

### When seated

If you have a desk job, you might notice that over the course of the day, you start to hunch forward towards your computer screen. When seated, you should work towards getting your lower back supported (depending on the type of seat, this typically means sitting all

the way back into the chair) and straighten up from there, making sure your shoulders are over your hips, and your head is over your shoulders – as if there were a thread pulling your head up towards the ceiling. Make sure your feet are firmly on the ground.

If this seems difficult, it might be worth looking into ways that you can make your workspace more ergonomic – especially the chair.

### When standing

As when you're sitting, imagine a thread pulling your head up to the ceiling or the sky when you stand (without tilting your hips and buttocks backwards – this puts a lot of pressure on the lower back) without bringing your chin up in the process. Relax your shoulders down and backwards. If possible, try to engage your core: this will protect your lower back and help to strengthen your abdominal muscles.

To begin with, you can stand against a wall normally and then try to get every part of your back and head (except your neck) to touch the wall. This will show you how far off you are.

### When sleeping

Sleeping on your back is the best way to help your posture because it helps the spinal cord to be fully

supported; a firm mattress can best support your body. You can place pillows under your knees if you have lower-back pain. If your mattress is very old, it might be time for a new one. Finally, a flatter, firmer pillow is general better for back sleepers, but if you sleep on your side, you should have a fluffier, larger pillow to support the neck properly.

### When moving

Once you've addressed sitting, standing, and sleeping, it's time to address the most important area – exercise. This is where you'll see the most results the soonest, and it will affect the way you sit, stand, and sleep. If you live a very sedentary life, it's time to get moving! Start off slowly – take a 15- to 30-minute walk each day. Then you can move on to the gym, where you should be focussing on stretching and building a little bit of strength in your back, chest (this will especially help those who hunch forward), and abdominal muscles (this will especially help those with lower back issues).

By Katrina Caruso  
September, 2020  
Goodtimes Magazine  
goodtimes.ca

**Did you know?**

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



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Chicken Fingers w/ Fries.....	\$9.00
12 oz Soup of the Day & Sandwich .....	\$6.00

Sandwich options: ham, beef, turkey or egg

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LSCO - 500 - 11th Street South

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Must pre-order no later than 3 pm the day before (while supplies last) by calling 403-320-2222.

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## 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 and yoga mat.

When: Mondays, November 9 – December 14  
 Time: 7:55 – 8:45 am  
 Fee: \$33 LSCO Member  
 Instructor: Deb Palmer  
 Register by: Friday, November 6

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## World Sight Day: 10 October

Eighty percent of all cases of blindness can be prevented or treated; the right to sight can and must be fulfilled.

"VISION 2020: The Right to Sight" is a global initiative, launched in 1999, which aims to eliminate avoidable blindness by the year 2020. VISION 2020 programmes have been adopted in more than 40 countries.

Key strategies of VISION 2020 are: increasing awareness of this major public health issue; mobilizing additional resources (the annual spending on blindness prevention, \$US 100 million, needs to double); controlling the major causes of avoidable blindness; training ophthalmologists and other personnel in eye care; and providing appropriate technology and infrastructure.

The annual World Sight Day provides an opportunity to become more aware and more committed to ensuring the right to sight for all. Hundreds of events will take place throughout the world to mark this occasion.



## Step/hiit

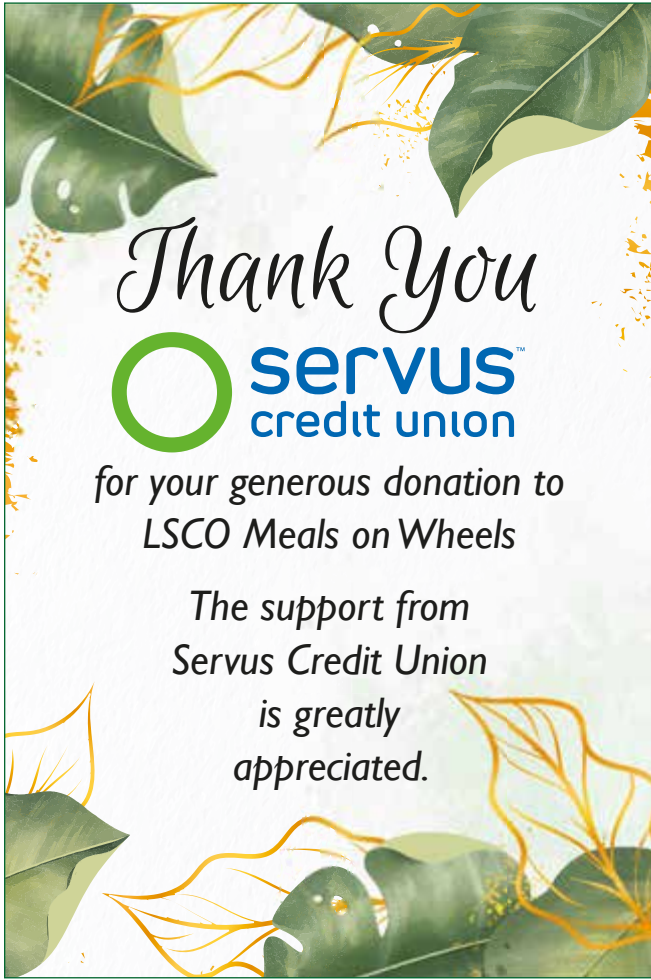
Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIIT intervals as muscle isolation intervals. You'll be so glad you came! Individuals 18 years of age and up welcome. Arrive 10 minutes early to set up equipment. Please register prior to start date to ensure class will be held. Space is limited.

When: Tuesdays, November 3 – December 8  
 Time: 5:15 – 6:15 pm  
 Fee: \$40 LSCO M; \$60 NM  
 Drop In Fee: \$6 LSCO M; \$9 NM  
 Instructor: Erich Dyck  
 Register by: Monday, November 2  
 Location: Gym 2



**Check out page 10 for upcoming Line Dancing classes with Diane Holstine.**

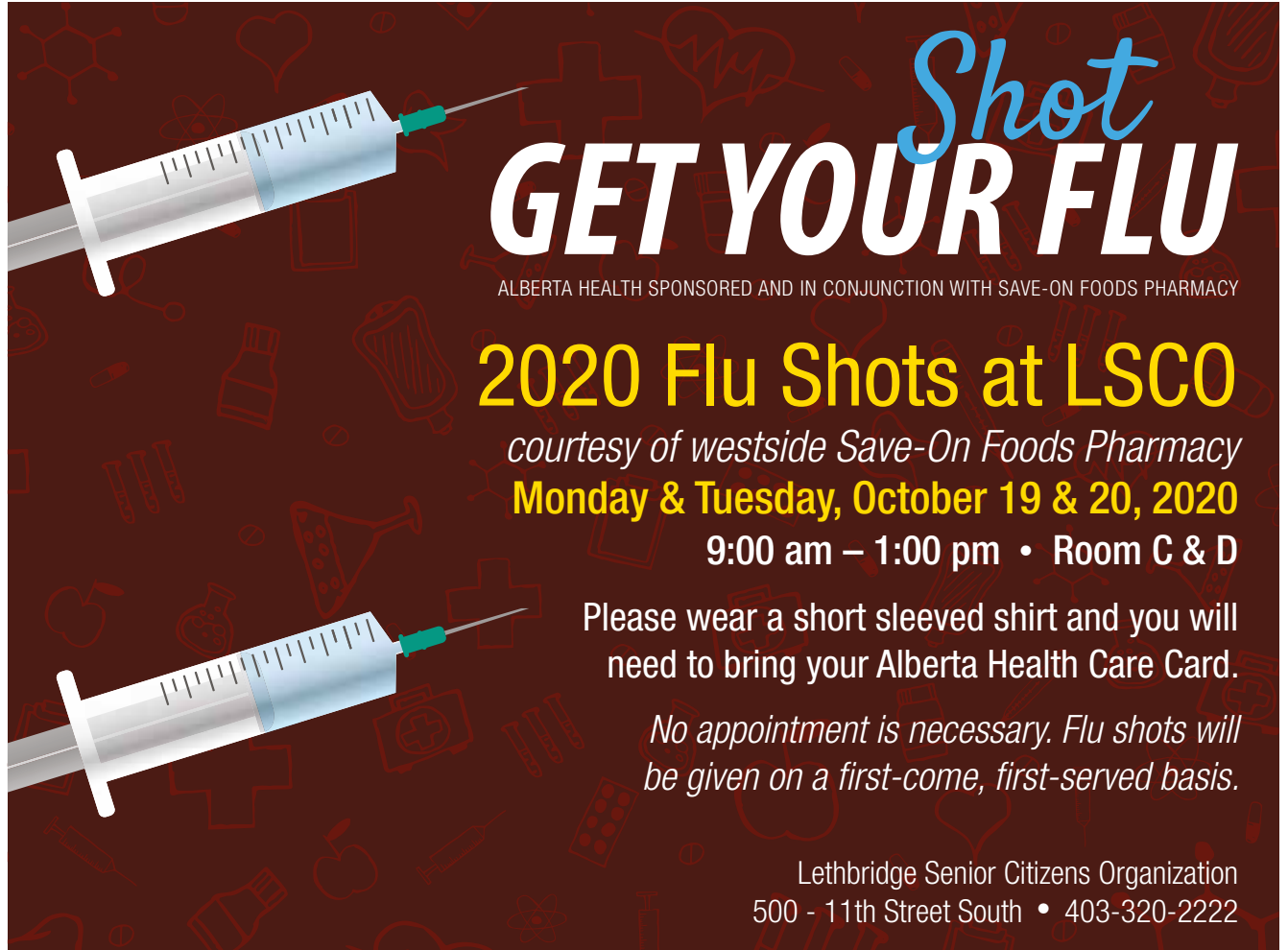




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**2020 Flu Shots at LSCO**  
 courtesy of westside Save-On Foods Pharmacy  
**Monday & Tuesday, October 19 & 20, 2020**  
 9:00 am – 1:00 pm • Room C & D

Please wear a short sleeved shirt and you will need to bring your Alberta Health Care Card.

*No appointment is necessary. Flu shots will be given on a first-come, first-served basis.*

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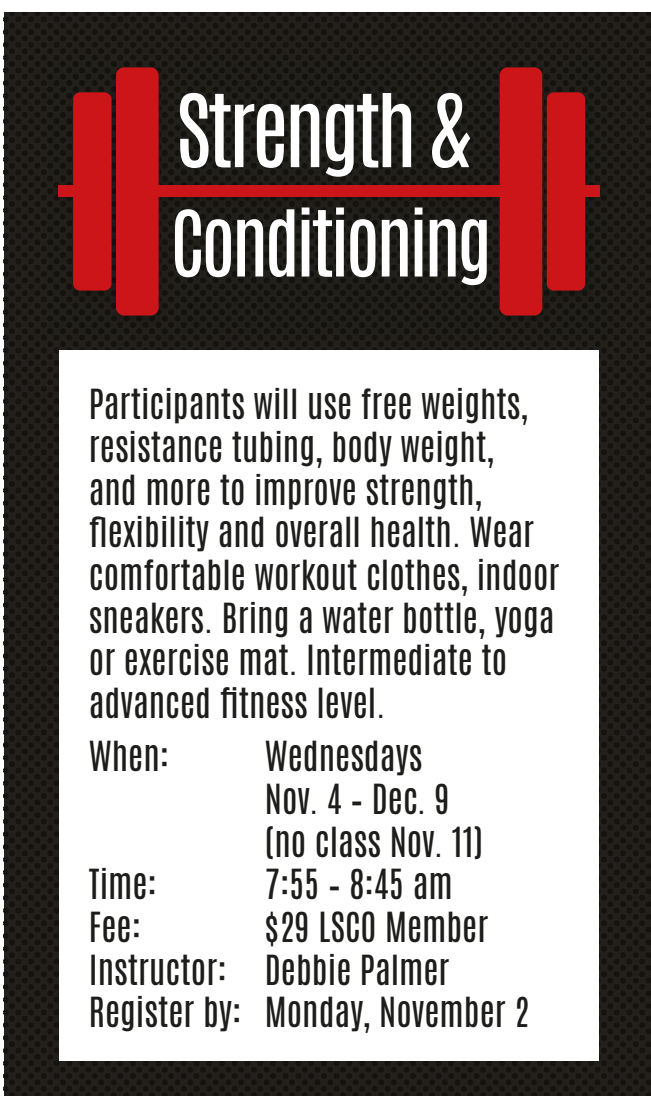
ALBERTA HEALTH SPONSORED AND IN CONJUNCTION WITH THE MEDICINE SHOPPE

**2020 Flu Shots at LSCO**  
 courtesy of the Medicine Shoppe South  
**Wednesday & Thursday, October 21 & 22, 2020**  
 9:00 am – 1:00 pm • Room C & D

Please wear a short sleeved shirt and you will need to bring your Alberta Health Care Card.

*No appointment is necessary. Flu shots will be given on a first-come, first-served basis.*

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



**Strength & Conditioning**

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

**When:** Wednesdays  
 Nov. 4 - Dec. 9  
 (no class Nov. 11)

**Time:** 7:55 - 8:45 am

**Fee:** \$29 LSCO Member

**Instructor:** Debbie Palmer

**Register by:** Monday, November 2

**“A flower does not think of competing to the flower next to it. It just blooms.”**



**Yin/Daoist Yang Yoga**

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation.

There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

**When:** Mondays, November 9 – December 14  
**Time:** 8:45 – 10:15 am  
**Fee:** \$48 LSCO M; \$72 NM  
**Register by:** Friday, November 6  
**Instructor:** Karen Toohey

# Computer Corner

by Sjoerd Schaafsma

## Believe it or Not! – What's real on the internet

Who can you trust, who to believe, what to believe, do I warn my friends?

Computer technology is moving along so rapidly that it becomes harder and harder to tell what's real and what isn't. It's no longer the splicing of an audio tape to drop or change a key word in what a person says to change the meaning. Now technology is at the stage where entire conversations and video can be altered to the point where those of us at the consumer end may have no way of telling if a video clip is real or doctored.

This situation is made worse by the ability of almost anyone with internet access to forward messages or video links to all their friends. But how do you tell if a piece of information is real, scare mongering, exaggeration, or out and out lies about something or someone. The gossip mill has never been as powerful as now. Will you pass on the message via email, post it to a social messaging site, phone, or tell them in person? If there is a legitimate scam and you know it to be so, there's probably a good reason to warn your friends, but how can you tell?

The 'simple' answer use Common sense:

If it sounds too good to be true, it's probably not true.

If it ain't broke, don't fix it.

Free is never free.

Read what's in front of you.

Don't believe everything you read.

Be skeptical; question everything.

Do your research.

(Courtesy of the AskLeo.com link provided below)

Here are a few links to provide the kind of details this column doesn't have space for.

The online edition of the column saves you typing in multiple addresses.

<https://askleo.com/16473> Ask Leo – a computer help column

<https://www.snopes.com/> Snopes.com – The definitive fact-checking site and reference

[What Is a Deepfake, and Should I Be Concerned?](#) HowtoGeek a daily computer & technology column

**Jargon: Deep Fakes** – How to deceive the masses

(From Wikipedia – <https://en.wikipedia.org/wiki/Deepfake> )

Deepfakes (a portmanteau of “deep learning” and “fake” are synthetic media in which a person in an existing image or video is replaced with someone else's likeness. While the act of faking content is not new, deepfakes leverage powerful techniques from machine learning and artificial intelligence to manipulate or generate visual and audio content with a high potential to deceive.

**Hints & Tips:** *Adjust Gmail for a smaller screen* – To collapse the left sidebar, click the three horizontal lines in the upper left corner. Once the sidebar is hidden, you can make it momentarily appear simply by hovering your cursor over any area of the collapsed section. Select what you want from the sidebar, and it will automatically hide itself.

<https://www.techrepublic.com/article/how-to-adjust-the-new-gmail-for-a-smaller-screen/#:~:text=To%20collapse%20the%20left%20sidebar,it%20will%20automatically%20hide%20itself.>

### Computer Club and Lab Notes

The lab computers have been updated, and spaced to allow for distancing when classes and meetings start up again. Future lab workshops and meetings will be available both in person and via Zoom and/or Google meetings. Workshops will be advertised via the LSCOCC email list and web site.

LSCOCC members have access to the computer lab on Mondays and Wednesdays from 1:00 – 3:15 pm. This time may be pre-empted for other events.

If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: ComputerLab-Guest

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

The Computer Corner can be read online at the Computer Club web site <https://bit.ly/3a761UL>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/computer-corner-archives> or in the online edition of *LSCO Times*. To subscribe to the computer club email list, or if you have questions about the Computer Club. Email: [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)

**Be decisive.**

**Right or wrong,  
make a decision.**

**The road of life is  
paved with flat  
squirrels who  
couldn't make a  
decision.**

~ QuotesIdeas.com

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

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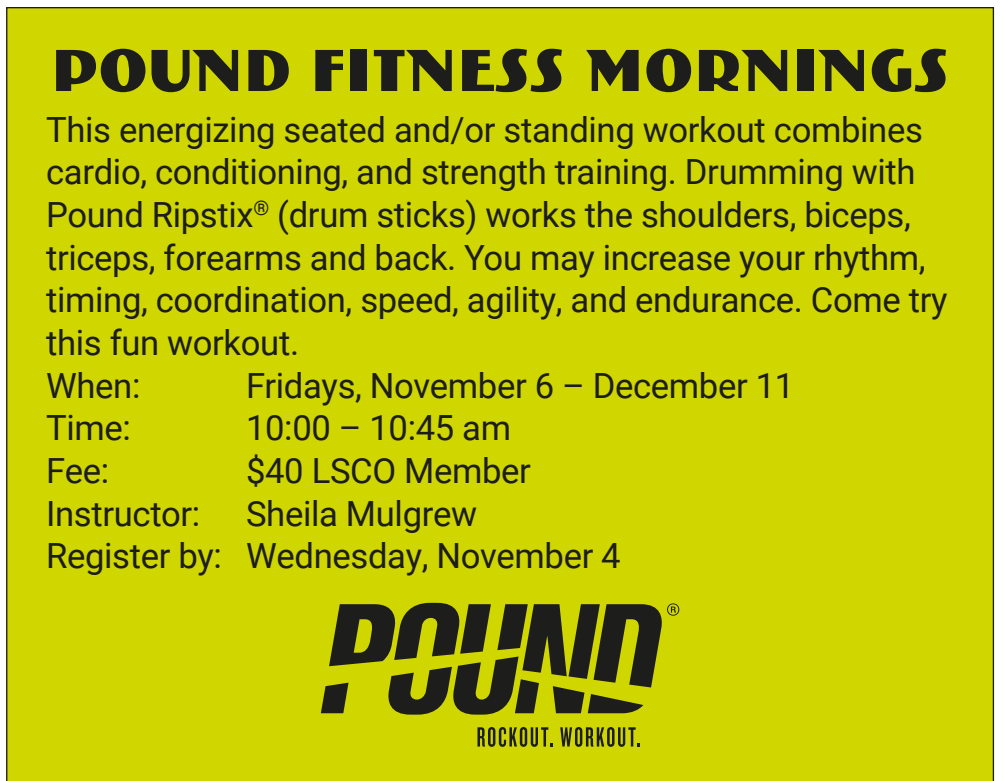
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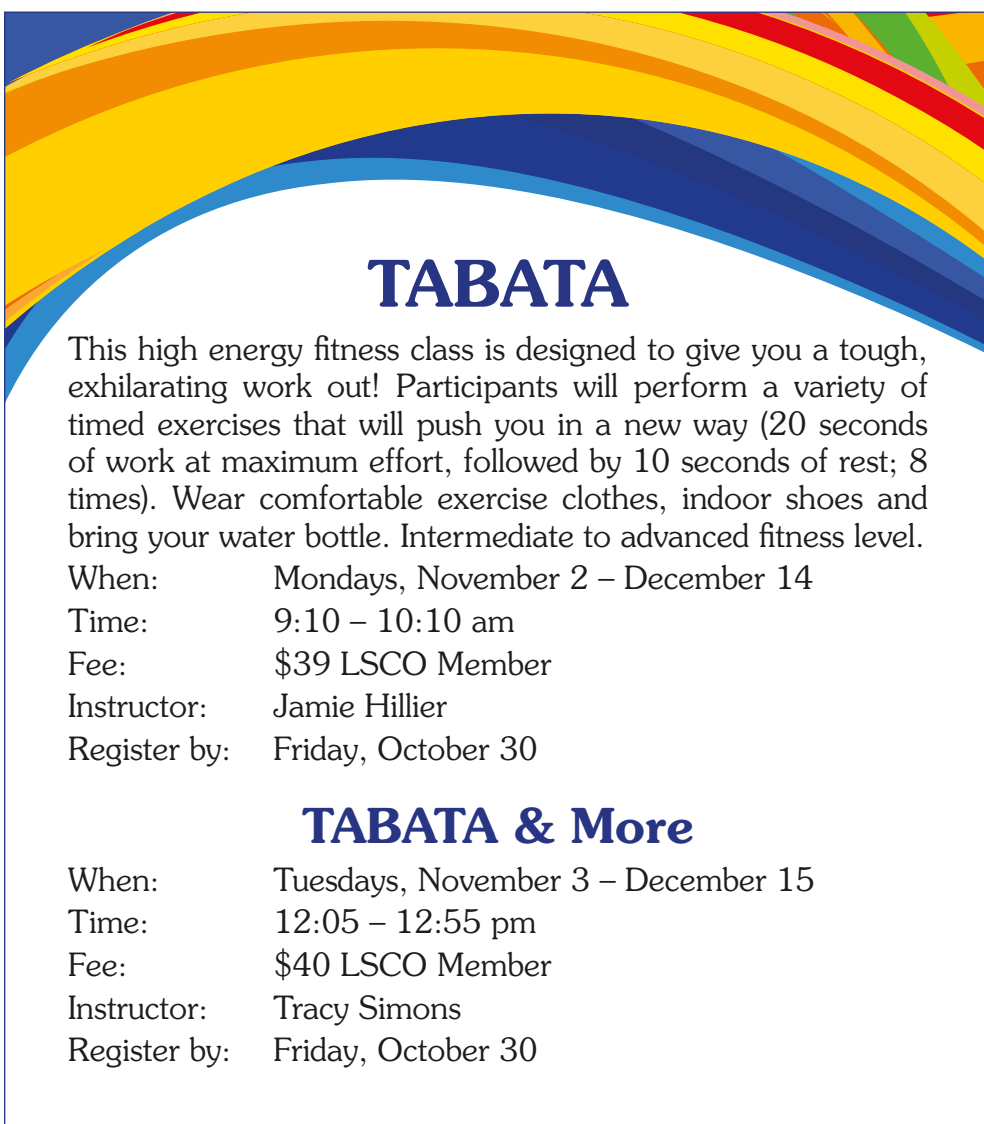


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Time: 10:00 – 10:45 am  
Fee: \$40 LSCO Member  
Instructor: Sheila Mulgrew  
Register by: Wednesday, November 4

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When: Mondays, November 2 – December 14  
Time: 9:10 – 10:10 am  
Fee: \$39 LSCO Member  
Instructor: Jamie Hillier  
Register by: Friday, October 30

**TABATA & More**

When: Tuesdays, November 3 – December 15  
Time: 12:05 – 12:55 pm  
Fee: \$40 LSCO Member  
Instructor: Tracy Simons  
Register by: Friday, October 30



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# “Mini Habits: Small Habits, Bigger Results”

This month I wanted to bring forward the idea of habit stacking, that will assist all of us in being able to use what we are already doing and might have done for several years or create new habits.

Information I have gotten from the book *Mini Habits: Small Habits, Bigger Results*, by Stephen Guise and *Atomic Habits* by James Clear or googled habit stacking.

### What is it?

“Linking habits together is a way of getting more done in less time, resulting in a positive change in your life. As you perform the stacked actions every day, they become part of your daily routine.”

All of us probably have very strong habits and connections that you take for granted each day. For example, your brain is probably very efficient at remembering to take a shower each morning or to brew your morning cup of coffee or to open the blinds when the sun rises ... or thousands of other daily habits. You can take advantage of these strong connections to build new habits.

### How?

When it comes to building new habits, you can use the connectedness of behaviour to your advantage. One of the best ways to build a new habit is to identify a current habit you already do each day and then stack your new behaviour on top. This is called habit stacking.



**LEARN**  
Case  
Manager

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

Rather than pairing your new habit with a particular time and location, you pair it with a current habit.

Again, the reason habit stacking works so well is that your current habits are already built into your brain. You have patterns and behaviours that have been strengthened over years. By linking your new habits to a cycle that is already built into your brain, you make it more likely that you'll stick to the new behavior.

It can be as simple as

1. After I finish eating dinner, I will put my plate directly into the dishwasher.
2. After I put my dishes away, I will immediately wipe down the counter.
3. After I wipe down the counter, I will set out my coffee mug for tomorrow morning.

Another way is to insert new behaviours into the middle of your current routines. For exam-

ple, you may already have a morning routine that looks like this: Wake up > Make my bed > Take a shower. Let's say you want to develop the habit of reading more each night. You can expand your habit stack and try something like: Wake up > Make my bed > Place a book on my pillow > Take a shower. Now, when you climb into bed each night, a book will be sitting there waiting for you to enjoy.

I hope this idea is something that can be put into your life and be helpful in creating things that you want to get done, that at times haven't seemed obtainable. Even the smallest of change can make life easier. This may fit into calling your family or reaching out to a friend.

In closing as always, if you, or someone you know is experiencing elder abuse, please give me, Joanne, a call, 403 394-0306 (private line). **When it comes to Elder Abuse, silence is not an option.** Or I can be reached on line at learn@lethseniors.com

<http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/>

*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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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. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays & Fridays, 11:00 am - 12:45 pm  
When: Wednesdays, 11:30 am - 12:45 pm  
When: Thursdays, 10:15 - 12:15 pm  
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