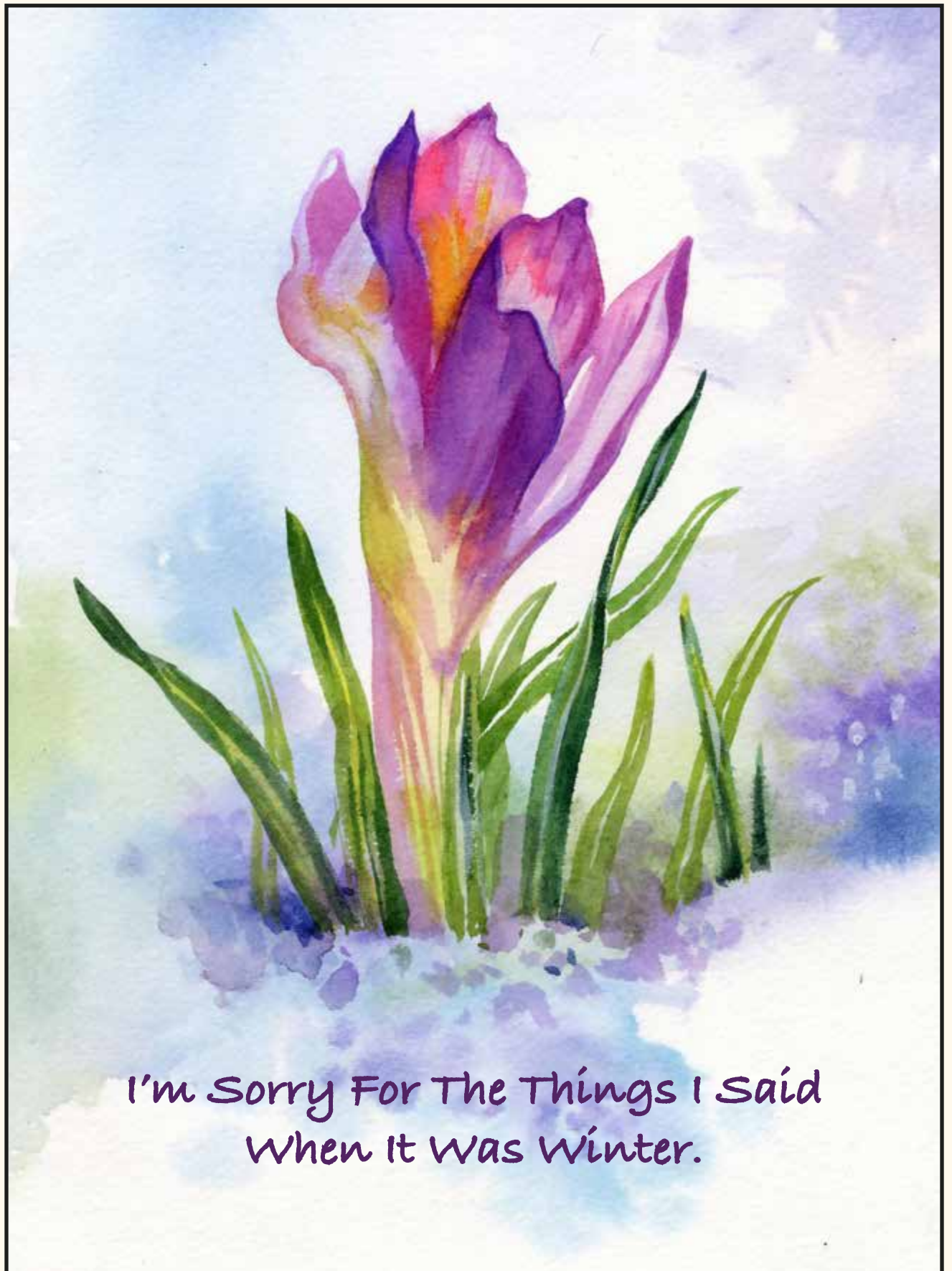


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**Join Us for**

**CANADA REVENUE AGENCY PRESENTATION**  
March 8

**GRIEF RECOVERY WORKSHOP**  
Starts March 8 – Nord-Bridge

**FREE NECK & SHOULDER MASSAGES**  
March 21 ~ Card Area

**ADULT CPR**  
March 13  
See page 11 for details

**SHREDDING EVENT**  
March 24

**LSCO FITNESS CENTRE**

**FITNESS CENTRE WILL BE OPEN SATURDAY MARCH 3, 10 & 24**  
9:00 am - 12:00 pm

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

- The Fitness Centre is **unsupervised** Monday to Friday. It is recommended that members receive an orientation if unfamiliar with the exercise equipment.
- For personal safety, individuals must complete a Waiver and Par Q Form. If you answer yes to any question on Par Q, you must complete the PARmed-X Form.
- Drop In participants must be in good health and have knowledge of exercise equipment.

**FEES**

Members: \$18/months, \$99/6 months, \$180/12 months  
 Non Members: \$27/months, \$150/6 months  
 Drop In: \$6 LSCO member; \$7 non member per day

*Please have your Fitness Centre Membership Tag visible every time you come to exercise.*

**FITNESS CENTRE HOURS**

Monday – Friday 8:00 am - 4:15 pm  
 Hours may change.





## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

I am often asked how many members LSCO has, and my response is usually “around 1600-1800” – to which I am queried further as to why don’t I know the exact number? The answer to the second question is, quite simply, raw membership numbers are meaningless without context.

Here’s the context: the only thing that provides meaning for membership numbers is usage: programs, services, support, meals, events. Let’s say LSCO has 10,000 members but we only document 5,000 uses of our facil-

ity and services. That would tell us only 1/2 our members had 1 use, or even less people had multiple uses – which puts an entirely different spin on 10,000 members!

In 2017, LSCO had 1,729 individuals in our membership database and almost 57,000 event sign-ins logged – or over 33 sign-ins per person. Missing from the event sign-ins were around 8,000 attendees who did not sign-in to our system (people attended programs/classes after our regular hours, attendees at the Live Well Showcase and other events that weren’t entered into the system, attendees that just didn’t sign in). Of course, some of the 65,000 attendees were guests, but most were members. Incredibly, these attendees utilized LSCO for over 320,000 hours! At 250 days of operation, LSCO had an incredible 1,280 person/hours of attendance each day (150 signed-in uses per hour!).

It’s safe to say that our membership is active and involved every day at LSCO and we need to strive to keep them active and involved! ★

### March 12 – 18, 2018 is Brain Awareness Week

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research.

**HAPPY Easter**

LSCO will be closed  
Friday, March 30th  
for Good Friday  
& Monday, April 2nd  
for Easter Monday

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*In recognition for the ongoing support of LSCO*

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Funeral Home & Crematorium

**Hosack**  
DENTURE CLINIC LTD.

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NEVER STOP IMPROVING

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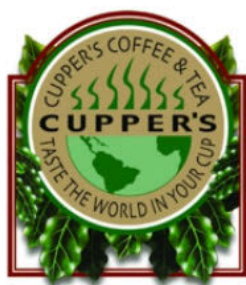
**FOX DENTURE CLINIC**

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

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career centre

**SELECT**  
PEOPLE SOLUTIONS

**urban grocer**



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For almost 25 years Lifeline has been delivering peace of mind to families in Lethbridge and surrounding communities. Our Lifeline Response Associates understand the needs of seniors and are only a push of a button away.

### Exclusively from Lifeline

Lifeline with AutoAlert\* provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button.

### SAVE ON LIFELINE

Receive **FREE installation** (a \$90 savings) when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at **1-800-LIFELINE (1-800-543-3546)**

Quote code 574

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

Available at local participating programs. Not to be combined with any other offer. Offer valid on new activations only.

\*AutoAlert does not detect 100% of falls. If able, you should always press your button.

**PHILIPS Lifeline**



# 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 newly revised website!  
www.lethseniors.com

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

## The Officers of LSCO

### Executive:

President – Bob Maslen  
Past President – Clifford (Charlie) Brown  
Secretary – Marnie Brown  
Treasurer – Irwin Wyrstok

### Board of Directors:

Bill Hanson, Merri-Ann Ford and Don McInnes.  
Keith Sumner, Stan Coxson and Vaughan Hembroff  
(Acting Board Members).

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

### Staff Members:

Executive Director – Rob Miyashiro  
rmiyashiro@lethseniors.com . . . . . ext. 24  
Office Administrator – Jodie McDonnell  
jmcdonnell@lethseniors.com . . . . . ext. 23  
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mvaneden@lethseniors.com . . . . . ext. 25  
LEARN Case Manager – Joanne Blinco  
learn@lethseniors.com . . . . . 403-394-0306  
LSCO Case Worker & LEARN Coordinator  
Lavonn Mutch  
lmutch@lethseniors.com . . . . . ext. 57  
Volunteer Coordinator – Chelsea Sherbut  
csherbut@lethseniors.com . . . . . ext. 31  
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dlegault@lethseniors.com . . . . . ext. 30  
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lcook@lethseniors.com . . . . . ext. 33  
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shamilton@lethseniors.com . . . . . ext. 26  
MoW Client & Volunteer Support Worker  
Natasha Elder  
mow@lethseniors.com . . . . . ext. 34  
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finance@lethseniors.com . . . . . ext. 59  
Catering – Christine Toker  
catering@lethseniors.com . . . . . ext. 59  
Administrative Support – Kari Martin  
kmartin@lethseniors.com . . . . . ext. 21  
Food Services Coordinator  
Francisco (Frank) Bruno . . . . . ext. 27  
Cook I – Nathan Del-Rizzo . . . . . 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!*

Pam Coles	Agnes Hulse
Johanne Jensen	John (Jack) Walton
Chris Million	Rob Wilson
Lorena DeLange	Marie O'Brien
Patti Donnelly	Kenneth Mix
Ray Bacom	Liz Robertson
Elizabeth Martin Jong	Brent Ehlert
Sharon Oshiro Dyck	Mary McLean
William Dyck	Fiona Brown
Bernadotte Haley	Claudine Coates
	Sharon Walton

*A Smile is the Universal Welcome.*

### LSCO FITNESS CENTRE Hours

Monday ~ Friday  
8:00 am - 4:15 pm

**FITNESS CENTRE WILL BE OPEN SATURDAY, MARCH 3, 10 & 24**

9:00 am - 12:00 pm  
*Hours may change.*

### LSCO ANNUAL GENERAL MEETING

**TUESDAY, MARCH 27, 2018**

**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**

### Fitness Orientations

Members: If you are unsure of how to use the exercise machines or are interested in changing up your workout routine feel free to ask the University students that will be here most Mondays & Fridays from 11:45 am - 2:15 pm and Wednesdays from 9:00 - 11:30 am for assistance.

Discover more information about your iPhone or Android Smartphone and Tablets. We have a class to help you use your technology. No need to wait because we have new classes starting in March. Space is limited so register early.

### LETHBRIDGE SENIOR CITIZENS ORGANIZATION RECEIVED \$10,000 ON FEBRUARY 14TH FROM 100 COMPANIES THAT CARE TO USE TOWARDS SPRUCING UP OUR KITCHEN

**THANK YOU TO ALL THE COMPANIES WHO CONTRIBUTE MONTHLY TOWARDS THE 100 COMPANIES THAT CARE PROGRAM**

You can view LSCO's winning video entry on YouTube (www.youtube.com). Enter a search for "LSCO kitchen".

### LSCO Hours of Operation

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

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

### LSCO Times Publishing Schedule

Issue	Deadline
April 2018 . . . . .	March 16
May 2018 . . . . .	April 13

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

# Community Support Groups

**Support Group - group of people with common experiences and concerns who provide emotional and moral support for one another.**

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

**Parkinson's Alberta Society Support Group**  
Parkinson's disease is degenerative disorder of the central nervous system that mainly affects the motor system. Information will be presented about Adaptive Tools for Parkinson's Disease. The group will be meeting on **Thursday, March 15th** at 2:00 pm in Room A & B. For more information call Alicia Visser at 403-317-7710.

**Alcoholics Anonymous Saturday Morning Eye Opener Group**  
This group meets every Saturday morning at 9:00 am in Rooms C & D.

**Stroke Care Partner Support Group**  
A safe environment where family and friends affected by stroke can mutually support one

another by sharing information, thoughts, ideas in a facilitated caring space. The group meets on **Tuesday, March 13th** at 7:00 pm in Room C & D.

**Trigeminal Neuralgia Support Group**  
Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is **Saturday, March 10th** at 2:00 pm in Room C & D.

**Lethbridge Stroke Recovery Association (LSRA)**  
LSRA for those individuals who are stroke survivors. Please join LSRA on **Wednesday,**

**March 14th** in Room A at 7:00 pm. Kelly Munro will lead a group activity "My Stroke Journey". For more information about the group please call Kelly at 403-359-3811 or email [strokeresources@outlook.com](mailto:strokeresources@outlook.com)

**Celiac Support Group**  
Celiac disease - a gluten sensitivity, is an immune reaction to eating gluten, a protein found in wheat, barley and rye. The Celiac group only meets 3 times a year. The next meeting is **Monday, May 28th** at 7:15 pm in Room A.

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

**Want to donate to charity? Consider in-kind gifts**

There's an advantage to donating things other than money to your favourite charity or non-profit organization. One option is gifting stocks and securities in-kind. If you're considering it, here are a few tips to get started:

1. Make sure you understand the benefits. As a donor, the Canadian Revenue Agency does not apply capital gains tax on donations of publicly traded securities. For example, if you were to sell shares for cash, you are responsible for the tax on the capital gain. But if you donate securities, those capital gains aren't subject to tax. This means you'll receive a tax receipt for the full value of your stocks or securities.
2. Let your broker know about your plans and ask them for advice - they are the experts.
3. Make sure the charity of your choice has a stock-giving program. Each charity will likely have their own process, so make sure to get in touch with the appropriate coordinator. Your broker will be required to fill out the necessary paperwork to transfer your funds to the charity.
4. Gifts of public securities must be donated in-kind. Make sure your broker does not sell securities before transferring to the charity of your choice.
5. In-kind donations of stock typically take longer to process than regular donations, so make sure to give yourself enough time.

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

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**Green Acres Foundation**  
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Lethbridge, Alberta  
T1J 0S9  
Phone: (403) 328-1155  
[info@greenacres.ab.ca](mailto:info@greenacres.ab.ca)



## MENU FOR MARCH 2018

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 ★



# HELLO Spring

Monday, March 5		Tuesday, March 6		Wednesday, March 7		Thursday, March 8		Friday, March 9						
<b>Entree:</b> Chicken Stir Fry	<b>Potato:</b> Rice	<b>Soup:</b> Cream of Mushroom	<b>Entree:</b> Pub Style Cod	<b>Potato:</b> Roasted	<b>Soup:</b> Beef Barley	<b>Entree:</b> Chicken Cordon Swiss	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Tomato Vegetable	<b>Entree:</b> BBQ Pork Chops	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Chicken Noodle	<b>Entree:</b> Roast Beef	<b>Potato:</b> Roasted w/Gravy	<b>Soup:</b> Cream of Broccoli
Monday, March 12		Tuesday, March 13		Wednesday, March 14		Thursday, March 15		Friday, March 16						
<b>Entree:</b> Turkey & Stuffing	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Chicken Rice	<b>Entree:</b> BBQ Chicken Breast	<b>Potato:</b> Rice	<b>Soup:</b> Beef Vegetable	<b>Entree:</b> Veal Cutlets	<b>Potato:</b> Roasted Yams	<b>Soup:</b> Cream of Broccoli	<b>Entree:</b> Liver & Onions	<b>Potato:</b> Roasted w/Gravy	<b>Soup:</b> Hamburger Cabbage	<b>Entree:</b> Beef Wellington	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Turkey Rice
Monday, March 19		Tuesday, March 20		Wednesday, March 21		Thursday, March 22		Friday, March 23						
<b>Entree:</b> Pesto Chicken Breast	<b>Potato:</b> Linguini in Cream Sauce	<b>Soup:</b> Beet Borscht	<b>Entree:</b> Salisbury Steak & Onions	<b>Potato:</b> Baked Beans	<b>Soup:</b> Cream of Cauliflower	<b>Entree:</b> Cream-O-Mushroom Pork Chops	<b>Potato:</b> Rice	<b>Soup:</b> Chicken Noodle	<b>Entree:</b> Lasagne	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Clam Chowder	<b>Entree:</b> Country Fried Steak	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Beef Noodle
Monday, March 26		Tuesday, March 27		Wednesday, March 28		Thursday, March 29		Friday, March 30						
<b>Entree:</b> Cabbage Rolls	<b>Potato:</b> Perogies & Onions	<b>Soup:</b> Minestrone	<b>Entree:</b> Turkey Pot Pie	<b>Potato:</b> Corn Chowder	<b>Entree:</b> Baked Ham	<b>Potato:</b> Scalloped	<b>Soup:</b> Tomato Vegetable	<b>Entree:</b> Chicken Kiev	<b>Potato:</b> Mashed w/Gravy	<b>Soup:</b> Cream of Mushroom	<b>LSCO CLOSED for Good Friday</b>			



# Volunteer & Fund Development

## 2017 VOLUNTEER STATISTICS

We're still finalizing all of our end of year reports, but the preliminary Volunteer statistics for 2017 are blowing my mind. In 2017, we had 285 individual volunteers who gave their time to help support LSCO, to the tune of 23,515 hours (give or take).

## NATIONAL VOLUNTEER WEEK

This year's volunteer appreciation supper will take place on Wednesday April 18th. All currently active volunteers are invited to attend (must RSVP by April 11th), and volunteers who logged at least 35 hours in 2017 are invited to attend at no charge. The cost for guests and those who logged less than 35 hours will be announced soon.

## QUILT RAFFLE

The annual Quilt Raffle will start up this month and we have some truly fabulous prizes, including the three handmade quilts



## Coordinator

**Chelsea Sherbut**

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

donated by the Quilting Group. Check them out in the lobby and make sure you get your tickets. The draw will take place on May 11th (the Friday before Mother's Day).

## VOLUNTEER SURVEYS

Thank you to everyone who completed the two volunteer surveys already (there's still time if you haven't!). I learned some very interesting things about you all, including that your overall highest priority for being appreciated is

the Volunteer Appreciation Supper and your lowest priority is being nominated for a community award. Very interesting indeed! And two sweethearts' favourite charitable cause is LSCO, which made my whole month.

## PHOTO DIRECTORY UPDATE

At long last, the photo directory has arrived, and it is full of all your gorgeous smiles! If you got your picture taken here at LSCO for the directory last fall, come and see me to pick up your free copy.

## VOLUNTEERS WANTED

Almost all of our volunteer roles are FILLED, which is just a stunning situation. We are currently looking for a regular weekly volunteer dishwasher for Tuesday morning or afternoon, as well as someone to work the "Cage" position at Winner's Bingo a few times per month. Both positions come with a free lunch and lavish praise. ★

## 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 **April 25 – May 30**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

For more information or to register for the group call 403-320-2222 or stop by the LSCO Admin desk.

Lethbridge Senior Citizens Organization  
500 - 11th Street South



Hula-hooping is not just for kids anymore! This new style, called "hooping", is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

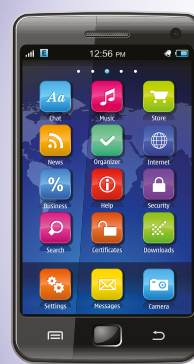
When: Tuesdays, March 20 – April 17  
Time: 5:30 – 6:30 pm  
Fee: \$30 LSCO M; \$45 NM  
Instructor: Erin Lix  
Register by: Thursday, March 15  
(after this date add \$5)



## iPHONES

If you are interested in learning more about your iPhone this 2 day course will be helpful. If you have an Android this class is NOT for you. Space is limited, register early!

When: Monday & Wednesday, March 19 & 21  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Register by: Friday, March 16



## Android Smart Phones & Tablets

Are you in need of basic information in order to operate your Android Smart Phone or Tablet more efficiently? If so register for this 2 day course. If you have an APPLE product this course is NOT for you. Instructor is Peter Harris.

When: Monday & Wednesday, March 12 & 14  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Register by: Friday, March 9

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## EARLY RISER ZUMBA GOLD

Start your day right with a Zumba class designed with low impact moves and energetic music. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Thursdays, March 8 – 29  
Time: 8:00 – 8:45 am  
Fee: \$20 LSCO M; \$25 NM  
Instructor: Nicole Stratyckuk  
Register by: Tuesday, March 6  
(after this date add \$5)

## J & L SHUTTLE SERVICE

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[jandlshuttle.com](http://jandlshuttle.com)

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March is finally here. March brings spring, Daylight Saving Time, early Easter and the LSCO Annual General Meeting (AGM). For Elaine and I, it adds a new son-in-law as one of our granddaughters gets married. It is great watching our family growing year by year.

February was a hard month to get through this year. There were record amounts of snow making the roads bad, creating snow "mountains" in the parking lots, down the middle of streets and on the lawns in our park where there is no place else to put it. My neighbours and I have been doing lots of shoveling as we have several widows in our neighbourhood. There have been broken arms and ankles from slipping and falling. One neighbour had a heart attack. These things make us aware of how important friends and family are when they step up to help. The love they show reinforces the bonds we have with friends and family.

Some often unsung heroes at this time of year are our maintenance people. They clear our



## President's Message

**Bob Maslen**

sidewalks, roadways and parking lots. They have had to put in many hours of hard work to keep us safe. Than you so much!

I would also like to thank our staff and volunteers who went the extra mile in the last the cold, miserable weather. I would especially like to thank our Meals on Wheels drivers and couriers as well as Natasha and Marlene for getting meals to those who depend on them. Let's not forget the Care Car drivers. They use

their own cars to drive people who are unable to use public transit to doctors and other appointments. If you need this service, call our Volunteer Coordinator, Chelsea Sherbut, to see if you qualify.

They say that March can come in like a lion and go out like a lamb. I sure hope so.

Another reminder that March 27 our AGM will be at 1:15 pm. That is where we have the opportunity to choose new board members who will serve for three years. We also need a Treasurer and a Secretary. I am really enjoying serving on the board and encourage anyone with the desire to serve to put your name forward. We still also encourage members to bring interested friends to our guided tours on the first Wednesday of each month.

In an effort to continually improve our facility, the old canopy has been removed and two new signs have been added. We can look forward to proudly enjoying LSCO for years to come. ★

## Creative Zen-Art Class

Are you ready for more tangles? If you have taken the 8 week beginner class, join Gladys for an enjoyable 3 hours of creativity that is relaxing yet challenging. Bring your pencils, paper and open mind. Register for one month or three!

When: Tuesdays, March 6 – 27  
 Time: 1:00 – 4:00 pm  
 Fee: \$25 LSCO M; \$38 NM

or

When: Tuesdays, March 6 – May 29  
 Time: 1:00 – 4:00 pm  
 Fee: \$60 LSCO M; \$115 NM  
 Register by Friday, March 2



*"yoga for the brain"*



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PH: 403-327-6565  
 FAX: 403-327-6547  
 www.foxdentureclinic.ca

## Spring Swing Tune Up!!

This program is for golfers with little to no golf experience and will include: Equipment Check, Stretching, Importance of Warm Up, Basic Fundamentals (grip, stance, posture, alignment), Rules, Etiquette. Golfers will also be introduced to the Trackman Fitting Studio. Space is limited so you should register today! The program will be held at Evergreen Golf Centre.

When: Monday, March 19  
 Time: 2:00 – 3:30 pm  
 Fee: \$25 LSCO M; \$35 NM (range balls included)  
 Instructor: Josh Walker – Golf Professional  
 Register by: Thursday, March 15

or

When: Wednesday, March 21  
 Time: 2:00 – 3:30 pm  
 Fee: \$25 LSCO M; \$35 NM (range balls included)  
 Instructor: Cara Vanderham, Assistant Golf Professional  
 Register by: Monday, March 19

## Come home to a job well done.

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**6th ANNUAL**

# Live Well Showcase

**A TRADE SHOW FOR ACTIVE AGING**  
Lethbridge Senior Citizens Organization



**95% Sold Out ~ See you in May!**  
**FIVE BOOTHS LEFT**

Contact LSCO  
500 ~ 11 Street South, Lethbridge  
[www.lethseniors.com](http://www.lethseniors.com)



**Thursday, May 3rd 10 am - 7 pm**  
**Friday, May 4th 10 am - 3 pm**

**Free Admission**

**Over 70 Exhibitors ☆ Door Prizes**  
**Speakers presented by Hosack Denture Clinic**

**Travis Zentner – Cornerstone Funeral Home**  
**Tyler Brack, Travis Zentner, Doug Alger – Proper Estate Planning**  
**Dr. Philip E. Jaffe – Gastroenterologist**





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## SENIOR 55+ GOLF TOURNAMENT



LSCO is hosting this FUN golf scramble in partnership with Evergreen Golf Centre. Golfers are welcome to register as a team of 4 or as an individual. The tournament will be held early June. Watch for more information coming soon.

## Lethbridge Community Fraud Awareness Shredding Event Saturday, March 24, 2018



In support of Fraud Awareness Month Lethbridge Mobile Shredding Inc. is excited to announce that in association with the Lethbridge Police Service and the Lethbridge Senior Citizens Organization, we will be putting on another Community Shredding Event for free shredding of personal documents! There is a limit of six boxes of personal documents per household and all materials are shredded on-site. We will be accepting donations for the food bank.

It is important to shred unneeded documents/papers that contain any of your personal information such as you name, address, phone number, social insurance number (SIN), or bank account information.

- Old/unneeded tax records/receipts
- Old/unneeded pay stubs or bank statements
- Medical records
- Warranty documents/receipts
- ATM receipts
- Expired passports and/or personal identification
- Expired credit cards
- Used airline tickets
- Junk mail with your name/address on it
- Expired vehicle registration/insurance

You do not have to worry about removing staples, paper clips, or elastic bands, but please ensure that any other non paper materials and garbage are removed before you arrive.

On March 24, 2018 gather all your old documents that have identifiers on them (tax forms, registration, government issued notices, credit applications, etc.) and bring them to the Fritz Sick parking lot.

**10 am - 2 pm ~ LSCO Parking Lot  
500 - 11th Street South**

## Active Yoga



Join us for this flowing yoga class to end your week. We will work hard moving through a series of poses to improve balance, strength and flexibility. At times we will be moving up and down off the mat. Wear comfortable clothing (dress in layers), bring a yoga mat and water bottle. A variety of props will be used.

When: Fridays, April 6 – 27  
Time: 9:00 – 10:00 am  
Fee: \$20 LSCO M; \$26 NM  
Register by: Thursday, April 5

## LSCO Genealogy

If you have thought about tracing your family history and are not sure where to start, LSCO Genealogy group may be able to help you.

We are in the Board Room on Wednesdays from 10:00 am to 3:00 pm. Software, forms and access to Ancestry.ca are available to members of this group.

For more information call 403-320-2222 or ask about us at the Administration Desk.



500 - 11th Street South, Lethbridge  
403-327-7990



**TAX Time!**

It is Tax Time and LSCO and Nord Bridge Senior Centre have arranged for a presentation from the Canada Revenue Agency.

**Canada Revenue Agency's Outreach Officer, Caroline De Grave**, will be speaking on **Thursday, March 8th** at 10:00 am at the Lethbridge Senior Citizens Organization in Room A & B. Caroline will cover a variety of topics such as: Common types of income for seniors, common credits for seniors, pension income splitting, RRSP options, OAS over payment and authorizing a representative. You will need to REGISTER to attend this presentation to make sure we have enough handouts. To register please call 403-320-2222 ext 25 or 403-329-3222 by Monday, March 5th.

**March is Fraud Awareness Month**

March is Fraud Awareness month and once again LSCO is partnering with Lethbridge Mobile Shredding and Lethbridge Police Service for the "**Lethbridge Community Fraud Awareness Shredding Event**". It will take place here in the parking lot of the LSCO on **Saturday, March 24th** from 10:00 am till 2:00 pm. It is important to shred any unneeded documents/papers with your personal information such as name, address, phone number, social insurance number or bank account information. Donations will be accepted for the Food Bank.

**Friday Music Program**

Friday Music Program entertainers for the month of March are: March 2nd: *Rebecca Jeong*. March 9th: *TJ Waltho*. March 16th: *Emma Dering*. March 23rd: *Los Gringos*. March 30th: LSCO Closed for Good Friday. The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music.

**Practicing Happiness**

Practicing Happiness is a six week program that helps individuals find purpose and direc-



## Support Services Coordinator

**Marlene Van Eden**

mvaneden@lethseniors.com  
403-320-2222 ext. 25

tion in life. Every day life can present many ups and downs and sometimes it is hard to keep being positive. *Practicing Happiness* tries to help individuals find inner peace. Individuals need to pre-register for Practicing Happiness that starts on **April 25th** by calling 403-320-2222 or stopping by LSCO administration desk.

## Wellness

**Reflexology Appointments**

Reflexologists, Brenda & Linda, will be here on **Friday, March 16th**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion going to LSCO.

**Hearing Screening**

Candice or Jake from *Lethbridge Hearing Centre* will be here on **Thursday, March 8th** from 10:00 am – 12:00 pm. Book your appointment for the hearing test at the Administration Desk or by phoning 403-320-2222.

**Serenity Foot Care**

The care provider for this service is *Mercy Lar*, LPN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals.

Serenity offers one-hour appointments. Book your appointment for **Tuesday, March 6th** by calling LSCO at 403-320-2222. There is a fee for this service with a portion of it going to LSCO. To book an appointment for a home visit call 403-915-1800.

**Free Neck and Shoulder Massages!**

The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, March 21** from 10:00 am until 12:00 pm in the Dining Room (Card Area). The students will provide free neck and shoulder massages on a first come first served basis. This will be the last time the students will be here till the next session.

**Direct Dental Hygiene**

*Direct Dental Hygiene*, a mobile dental hygienist service, service will be here at LSCO on **Monday, March 12th** from 9:00 am to 3:00 pm. Olivia Fletcher, RDH is offering one hour appointments. Olivia offers the following services: preventative cleaning, fluoride, oral cancer screening, patient specific care, adjunctive services and she will refer if needed to other Health Care providers. Direct billing is done to Blue Cross or other providers. Appointments can be booked at LSCO Administration Desk or by calling 403-320-2222. For more information about this service call Olivia at 403-694-1346.

## Community Partnerships

**Legal Advice**

Doug Alger from the law firm of *Alger Zadeiks Shapiro* will be here on **Wednesday, March 14th**. The law firm of *Alger Zadeiks Shapiro* offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.



### *Grief is the normal and natural reaction to significant emotional loss of any kind!*

Throughout our lifetime, everyone will experience loss. Regardless of the type of loss that you have experienced, only you know how you feel. Each loss is unique because we, as individuals, are all unique. **Lorri Penner, BSW, RSW is certified in the Grief Recovery Method and was trained by the Grief Recovery Institute.** Lorri will create a safe environment for individuals in dealing with loss, to look at what other losses have affected your life and to take new actions which leads to completion of the pain attached to recent loss, or one that occurred long ago.

If you are ready to move beyond the pain caused by a death, divorce, or any other loss, register today for the powerful, action-oriented **8-Week Grief Recovery Method® Program**.

**The Grief Recovery Program will start  
Thursday, March 8, 2018  
1:00 – 3:00 pm**

Nord-Bridge Senior Centre  
1904 – 13 Avenue North

*The \$150 registration fee will include  
the text book and all materials required.*

Call 403-329-3222 to register  
or for more information.

COFFEE  
IS ALWAYS  
ON AT  
**LSCO**



WE NOW  
INCLUDE  
COFFEE  
WITH THE  
LUNCH  
SPECIAL



## Wilbur and the Crawl Space

My next story takes place under the kitchen addition to the old farmhouse. This was the addition of a kitchen/milk room and a bathroom. Plumbing and electricity didn't come until the fifties. Not until then did we have power and water pressure to set up the new modern conveniences.

The addition had no basement but rather a crawl space which was a little over two feet above ground. It was closed off but had a door and several vents with screens. One of the screens had been torn off by the winter storms and was needing replacement. This became a problem when one of the farm cats found the opening and claimed the space as a nursery for her spring litter. The screen needed to be replaced, but first the


cat and kittens needed to be removed and relocated.

Wilber got a burlap bag and crawled into the space to remove the cat family. Everything went well. He got the kittens into the bag and then reached up to catch the mother cat. This farm cat was more than half wild. He got her cornered and reached up to grab her when everything went wrong. She fastened her claws into the back of Wilber's hand. Immediately this caused several things to happen. Wilber screamed bloody murder, and, with the cat still attached to his now bloody hand and a bag of kittens, he attempted to get out of the crawl space. In his distress he lost all sense of direction. It was dark under there with about twenty feet

to cover to get back to the entrance. He tried to turn around but couldn't manage it with a sack of kittens and the angry mother cat still attached to his hand. As he was trying to back out, his feet detached a hornets' nest that had been attached to one of the floor joists. Just another visitor living under the house. Wilber was dressed in overalls, but his hands and face were exposed and one hand had a cat attached. The other still held a sack of kittens.

It took a lot of cold water and baking soda on his swollen face, but the cat and her kittens were safe. Job completed! Is there a safety lesson here? I reckon just being Wilber was enough to cause an accident.

by Stan Coxson








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# yoga blend

Participants will enjoy this class as workouts vary weekly to improve concentration, flexibility, balance and more using a variety of props. Wear comfortable clothing; bring a mat, water bottle and any other props you may like to use. All skill levels welcome.

When:            Thursdays, April 5 – May 31  
 Time:            12:05 – 12:55 pm  
 Fee:              \$54 LSCO M; \$69 NM  
 Instructor:    Melanie Hillaby  
 Register by:    Thursday, April 3



## Hula Dance for Health "It's So Much Fun!"

If you ask the *Hula Dance for Health* dancers why they participate in hula dance classes, the majority, if not all, will say "because it is so much fun".

When hula dancers come into class and hear the Hawaiian music, their mood and body language changes. They physically relax, smile, take a deep breath, and prepare for class. Dancers enjoy telling stories through the graceful art of modern hula. "We like to listen and dance to Hawaiian music because of the emotions it brings to mind." Every hula dance tells a story, and it's the hands, eyes, and flowing movements that craft the storyline. In each Hula, the fluid movements mimic nature: waves washing up onto the shore, birds in flight, or emotions, like joy and love.

Hula dance engages the mind, enhances coordination, and gives the heart a gentle workout. Hula dance is weight-bearing exercise, building strong bones and lean muscle mass. It helps maintain memory, balance, flexibility, and strength. Some beginners are not quite sure if they will ever get their hips to sway from side to side, but before the end of the class, they are gently swaying with pride.

Hula dance is an excellent brain exercise. Hula keeps our minds active, improves our ability to think ahead, and helps to quicken our response time. Hula requires the dancer to do a combination of things at the same time – dance steps, expressive eyes, gesturing arms, head tilting, hips swaying; the combined movements illustrating the song, and telling the story. Hula dance challenges our brain to do new things, developing new 'neuro'-pathways. Once it all comes together and the Hula dance is finished, classes often erupt with applause. "We did it!" Laughs and hugs all around.

*The Hula Dance for Health* dancers share their wonderful "Spirit of Aloha" with the public, through Performances and Inter-Active Hawaiian Dance Shows, including the 55+ Lifestyle Show put on by INSPIRED Senior Living magazine, Dragon Boat Luau, Monterey Activity Centre Luau, and a number of other community organization events. Inter-Active Shows are especially fun for the dancers and well received by the audiences, who come to watch and end up dancing along with us. These shows have been enthusiastically welcomed and many have remarked that they have made a joyful difference, as people talk about Hawaiian experiences and share precious memories.

If you are looking for fitness activity and want to learn something new while having fun, maybe Hula Dance for Health would be perfect for you. Age is not an obstacle to hula dancing. Adults with limited mobility, who are unable to stand or are concerned about balance, are encouraged to participate while sitting (Hula Noha).

by MaryLee Alexander  
 INSPIRED Senior Living magazine  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)



# Make March a Movement Month

## REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards and visit [www.lethseniors.com](http://www.lethseniors.com).

## IMPORTANT

- Please sign up before the register by date to receive the sale price listed.
- **Classes are subject to a \$5 increase after this date.**
- If you missed the deadline and are interested in participating, please ask or email [shamilton@lethseniors.com](mailto:shamilton@lethseniors.com) to find out if there is room!

## MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit [www.lethseniors.com](http://www.lethseniors.com) or call 403-320-2222.

### SENIOR 12 Month Memberships Individuals 55 years +

- Renewal ..... \$50
- New Member ..... \$53

### ADULT 12 Month Memberships Individuals 35 – 54 years

- Renewal/New Member ..... \$90

FOR A COMPLETE LISTING of PROGRAMS VISIT [www.lethseniors.com](http://www.lethseniors.com)

## Special Interest

### ADULT CPR (2 hour introduction)

This class is designed to allow participants to learn the basic skills of Adult CPR and AED use as well as relief of choking skills. Every year, about 40,000 cardiac arrests happen in Canada – that's one every 13 minutes. Cardiac arrest can strike without warning, affecting people of all ages and degrees of fitness. When cardiac arrest happens, every minute counts. If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR (cardiopulmonary resuscitation) can double survival rates. This is not a certification course; as a result testing does not take place.

When: Tuesday, March 13  
Time: 10:00 am – 12:00 pm  
Fee: \$10 LSCO M; \$20 NM  
Register by: Friday, March 9

## Exercise & Movement

### LEARN TO HOOP

Hula-hooping is not just for kids anymore! This new style, called "hooping", is the latest fitness and dance craze. This class uses hoops that are specifically designed for adult beginners. Participants will safely and effectively burn calories, tone core muscles and improve balance, posture and stability. Class content will be adapted to suit all fitness levels; including those who have never been able to keep the hoop up!

When: Tuesdays, March 20 – April 17  
Time: 5:30 – 6:30 pm  
Fee: \$30 LSCO M; \$45 NM  
Instructor: Erin Lix  
Register by: Thursday, March 15

### ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes. Bring indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! **Note: Monday classes will end at 9:00 am.**

When: Mondays & Wednesdays  
March 5 – April 25  
Time: 8:00 – 8:50 am  
Fee: \$75 LSCO M; \$98 NM  
Register by: Thursday, March 1

### CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week. Includes strength, cardiovascular training, flexibility and more. Classes are designed for those who are

new to exercising with weights and those who have some 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. Wear comfortable exercise clothing. Bring indoor shoes and a water bottle.

When: Tuesdays & Thursdays, March 6 – 29  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, March 2

### SENIORS MARTIAL ARTS FITNESS CLASS

This 6 week class is designed for older adults to challenge and improve balance, coordination, strength and general fitness through martial art movements and exercises. You'll learn a variety of strike (hand and foot) combinations and exercises from black belt instructors. Wear comfortable clothes and bare feet due to class being held on special mats. Waivers must be completed. Class will be held at C229 12 C Street North. Note: entry into the gym has stairs.

When: Saturdays, March 3 – April 14  
(no class March 31)  
Time: 10:00 – 11:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Thursday, March 1

### EARLY RISER ZUMBA GOLD

Start your day right with a Zumba class designed with low impact moves and energetic music. Wear comfortable clothes. Bring indoor footwear and a water bottle.

When: Thursdays, March 8 – 29  
Time: 8:00 – 8:45 am  
Fee: \$20 LSCO M; \$25 NM  
Instructor: Nicole Stratychuk  
Register by: Tuesday, March 6

### ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Wear comfortable clothes. Bring indoor footwear and a water bottle. There may not be a class April 10. If this occurs a make up class will take place May 1.

When: Tuesdays, March 6 – April 24  
(no class April 3)  
Time: 11:00 – 11:45 am  
Fee: \$32 LSCO M; \$42 NM  
Instructor: Nicole Stratychuk  
Register by: Friday, March 2

## Yoga & Pilates

### GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for

the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing. Bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays  
March 6 – April 26  
Time: 9:30 – 10:30 am  
Fee: \$72 LSCO M; \$108 NM  
Register by: Friday, March 2

### MONDAY MORNING YOGA

Whether you are new to yoga or are familiar with the practice, this class yoga will help you develop balance, strength and flexibility without feeling overwhelmed or confused. In this class we will take our time to get into postures focusing on the basics. We will combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. Wear comfortable clothing. Bring a blanket, water bottle and yoga mat. Props may be used. This class will be lead by different instructors.

When: Mondays, April 9 – May 28  
(no class May 21)  
Time: 9:30 – 10:30 am  
Fee: \$35 LSCO M; \$45 NM  
Register by: Friday, April 6

### WEDNESDAY MORNING YOGA

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. Wear comfortable clothing. Bring a mat, blanket and water bottle. All levels welcome.

When: Wednesdays, April 11 – May 23  
Time: 10:00 – 11:00 am  
Fee: \$35 LSCO Members; \$45 NM  
Instructor: Leigh Monette  
Register by: Monday, April 9

### YOGA for MEN

Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today; you will be glad you did! Props maybe used. Wear comfortable clothing. Bring a yoga mat and water bottle.

When: Wednesdays, March 7 – April 25  
Time: 8:30 – 9:30 am  
Fee: \$38 LSCO M; \$57 NM  
Register by: Tuesday, March 6

### ACTIVE YOGA

Join us for this flowing yoga class to end your week. We will work hard moving through a series of poses to improve balance, strength and flexibility.



At times we will be moving up and down off the mat. Wear comfortable clothing (dress in layers). Bring a yoga mat and water bottle. A variety of props will be used.

When: Fridays, April 6 – 27  
 Time: 9:00 – 10:00 am  
 Fee: \$20 LSCO M; \$26 NM  
 Register by: Thursday, April 5

**SATURDAY FLOW YOGA**

This morning class will leave you feeling peaceful and grounded with a blend of heat building, strength, balance and stretching while mindfully linking breath to movement. A variety of props may be used. Dress comfortably so that you can move freely. Bring your water bottle, a yoga mat and any other prop you may like to use. All levels welcome.

When: Saturdays, March 3, 10, 24  
 Time: 9:30 – 10:30 am  
 Fee: \$15 LSCO M; \$20 NM  
 Instructor: Corrine Janzen  
 Register by: Friday, March 2

**YOGA Noon Hour**

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing. Bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, April 3 – May 29  
 Time: 12:05 – 12:55 pm  
 Fee: \$54 LSCO M; \$69 NM  
 Instructor: Melanie Hillaby  
 Register by: Tuesday, March 29

**YOGA BLEND**

Participants will enjoy this class as workouts vary weekly to improve concentration, flexibility, balance and more using a variety of props. Wear comfortable clothing. Bring a mat, water bottle and any other props you may like to use. All skill levels welcome.

When: Thursdays, April 5 – May 31  
 Time: 12:05 – 12:55 pm  
 Fee: \$54 LSCO M; \$69 NM  
 Instructor: Melanie Hillaby  
 Register by: Tuesday, April 3

**PILATES PLUS**

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, April 9 – May 28  
 (no class May 21)  
 Time: 12:00 – 12:55 pm  
 Fee: \$39 LSCO M; \$45 NM  
 Instructor: June Dow  
 Register by: Friday, April 6

**FITNESS CENTRE**

**LSCO boasts a wonderful exercise facility. To use the centre individuals must purchase a membership for the Fitness Centre as shown below.**

LSCO Member Fees

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

Non Member Fee

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

**FITNESS ORIENTATIONS**

Members: If you are unsure of how to use the exercise machines or are interested in changing up

your workout routine feel free to ask the University Students that will be here most Mondays & Fridays from 11:45 am – 2:15 pm and Wednesdays from 9:00 – 11:30 am for assistance.

**Sports**

**PICKLEBALL for BEGINNERS**

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Paddles are available for purchase. Bring a water bottle, wear comfortable exercise clothes and *clean, indoor court shoes*. Lessons begin at 2:00 pm. After the first class practice time is available prior to the remaining lessons from 1:00 – 2:00 pm. Please complete an Activity Waiver Form upon registration.

When: Wednesdays, March 7 – 28  
 Time: 2:00 – 3:30 pm  
 Fee: \$15 LSCO M; \$30 NM  
 Register by: Monday, March 5

**SPRING SWING TUNE UP!!**

This program is for golfers with little to no golf experience and will include: Equipment Check, Stretching, Importance of Warm Up, Basic Fundamentals (grip, stance, posture, alignment), Rules, Etiquette. Golfers will also be introduced to the Trackman Fitting Studio. Space is limited so you should register today! The program will be held at Evergreen Golf Centre.

When: Monday, March 19  
 Time: 2:00 – 3:30 pm  
 Fee: \$25 LSCO M; \$35 NM  
 (range balls included)  
 Instructor: Josh Walker – Golf Professional  
 Register by: Thursday, March 15

**Or**

When: Wednesday, March 21  
 Time: 2:00 – 3:30 pm  
 Fee: \$25 LSCO M; \$35 NM  
 (range balls included)  
 Instructor: Cara Vanderham  
 Assistant Golf Professional  
 Register by: Monday, March 19

**SENIOR 55+ GOLF TOURNAMENT**

LSCO is hosting this FUN golf scramble in partnership with Evergreen Golf Centre. Golfers are welcome to register as a team of 4 or as an individual. The tournament will be held early June. Watch for more information coming soon.

**Technology**

**ANDROID SMART PHONES & TABLETS**

Are you in need of basic information in order to operate your Android Smart Phone or Tablet more efficiently? If so register for this 2 day course. If you have an APPLE product this course is NOT for you.

When: Monday & Wednesday  
 March 12 & 14  
 Time: 10:00 am – 12:00 pm  
 Fee: \$20 LSCO M; \$40 NM  
 Instructor: Peter Harris  
 Register by: Friday, March 9

**IPHONES**

If you are interested in learning more about your iPhone this 2 day course will be helpful. If you have an Android this class is NOT for you. Space is limited, register early!

When: Monday & Wednesday  
 March 19 & 21  
 Time: 10:00 am – 12:00 pm

Fee: \$20 LSCO M; \$40 NM  
 Register by: Friday, March 16

**Creative Arts**

**CREATIVE ZEN-ART CLASS**

Are you ready for more tangles? If you have taken the 8 week beginner class, join Gladys for an enjoyable 3 hours of creativity that is relaxing yet challenging. Bring your pencils, paper and open mind. Register for one month or three!

When: Tuesdays, March 6 – 27  
 Time: 1:00 – 4:00 pm  
 Fee: \$25 LSCO M; \$38 NM

Or

When: Tuesdays, March 6 – May 29  
 Time: 1:00 – 4:00 pm  
 Fee: \$60 LSCO M; \$115 NM  
 Register by: Friday, March 2



Monday morning Line Dance Ladies having a great time dancing to Hawaiian music. A wonderful way to beat the winter blues.

**DROP IN FEES**

LSCO offers an opportunity to drop in to some of the many programs. Contact us for additional information at 403-320-2222.

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Morning Exercise	\$4.00	\$5.00
Chair Yoga	\$3.00	\$5.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Yoga Blend	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

Go to our website at [www.lethseniors.com](http://www.lethseniors.com) to view all our exercise and fitness classes.

You can also purchase a 10X pass to use for drop-in classes. See the administration desk for details.

See our website at [www.lethseniors.com](http://www.lethseniors.com) for new and upcoming classes.

Not all classes are listed in this paper. You can now register for classes online.



**Pre-registration required for some programs.**

# March Weekly Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball 7:30 am		Pickleball 7:30 am		Pickleball 7:30 am
Active Aging 8:00 am		Active Aging 8:00 am	Early Riser Zumba Gold 8:00 am	
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am Yoga for Men 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Fitball 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am Paper Tole 9:00 am Active Yoga Stretch 9:00 am
	Gentle Yoga 9:30 am	Scrabble 9:30 am Chair Yoga 9:35 am	Gentle Yoga 9:30 am Scrabble 9:30 am	
Keep Fit 10:00 am Yoga 9:30 am	Advanced Photography 10:00 am Lapidary 10:00 am Golden Mile Singers 10:00	Keep Fit 10:00 am Genealogy 10:00 am Yoga 10:00 am		Walking 9:30 am Digital Photography 10:00 am
Line Dancing 10:30 am	QiGong 10:15 am Pickleball 10:00 am		QiGong 10:15 am Badminton 10:30 am Line Dance 10:30 am Nia 10:45 am	Scottish Country Dance 10:15 am
Badminton 11:10 am	Zumba Gold 11:00 am	Badminton 11:10 am		Badminton 11:10 am
Pilates Plus 12:00 pm	Quilting 12:00 pm Yoga Noon Hour 12:05 pm		Yoga Blend 12:05 pm	
			Wood Carving 12:30 pm	Friday Music Program 12:30 pm
Pickleball 12:45 pm				Pickleball 12:45 pm (cancelled March 16 & 30)
Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities & Chair Exercises) Karaoke 1:00 pm	Adult Day Program 1:00 pm (Horse Racing, Games, Bowling, Kinect, Movies) Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities) Needlework 1:00 pm Crib 1:00 pm	
	Pickleball 1:15 pm		Pickleball 1:15 pm	
		Pickleball Lessons 2:00 pm		
Table Tennis 3:00 pm		Table Tennis 2:45 pm Active Yoga 4:45 pm		Table Tennis 3:00 pm
			Nia Inspired Dance 5:15 pm Jam Session 5:30 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm

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

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

**For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com).**





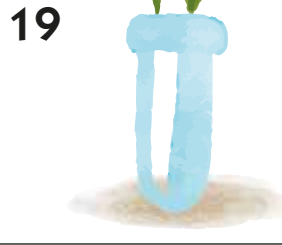
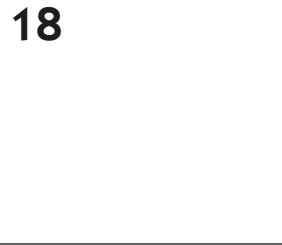
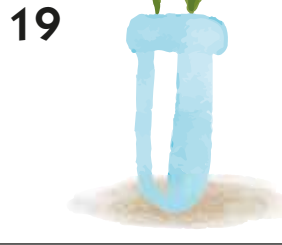
## DRAGON BOAT PADDLERS WINTER TRAINING SEASON

Local Dragon Boat paddlers working out at LSCO Fitness Centre in preparation for summer festival time. On the horizon are Lethbridge Dragon Boat Festival June 22-24, and then Pan Pacific Masters Games to be held in Gold Coast, Australia in November.






# March 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Music with Sandy Gervais 1:00 pm Room A/B	<b>2</b> Music Program in Stage Area Rebecca Jeong 12:30 ~ 2:00 pm	<b>3</b>
<b>4</b> 	<b>5</b>	<b>6</b> Classic Legends 1:00 pm Chair Exercises 2:45 pm	<b>7</b> Horse Racing 1:00 pm Room A/B	<b>8</b> Music with Floyd Sillito 1:00 pm Room A/B	<b>9</b> Music Program in Stage Area TJ Waltho 12:30 ~ 2:00 pm	<b>10</b>
<b>11</b>	<b>12</b> 	<b>13</b> Music with Hank 1:00 pm Chair Exercises 2:45 pm	<b>14</b> Bowling Holiday Bowl 1:00 pm	<b>15</b> Marbled Eggs 1:00 pm Room C/D	<b>16</b> Music Program in Stage Area Emma Dering 12:30 ~ 2:00 pm	<b>17</b> 
<b>18</b>	<b>19</b> 	<b>20</b> Pet Therapy 1:00 pm Easter Craft Piano Music: Megan Chair Exercises 2:45 pm	<b>21</b> Horse Racing 1:00 pm Room A/B	<b>22</b> Country Grass 1:00 pm Room A/B	<b>23</b> Music Program in Stage Area Los Gringos 12:30 ~ 2:00 pm	<b>24</b>
<b>25</b> 	<b>26</b>	<b>27</b> Music with Jim Lacey 1:00 pm Chair Exercises 2:45 pm	<b>28</b> Bowling Holiday Bowl 1:00 pm	<b>29</b> Don Robb & Randy Epp 1:00 pm Room A/B	<b>30</b> No Friday Music Program LSCO Closed for Good Friday	<b>31</b> 

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.

## Yoga FOR MEN



Have you always wanted to take a yoga class? Do you want to improve your balance? Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How about your coordination? If yes or a maybe is being contemplated then register for this class. Skip Cooper will lead you through a very comfortable sequence of movements and stretches. Register today; you will be glad you did! Props maybe used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, March 7 – April 25  
 Time: 8:30 – 9:30 am  
 Fee: \$38 LSCO M; \$57 NM  
 Register by: Tuesday, March 6

## ADULT CPR (2 hour introduction)

This class is designed to allow participants to learn the basic skills of Adult CPR and AED use as well as relief of choking skills. Every year, about 40,000 cardiac arrests happen in Canada – that's one every 13 minutes. Cardiac arrest can strike without warning, affecting people of all ages and degrees of fitness. When cardiac arrest happens, every minute counts. If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR (cardiopulmonary resuscitation) can double survival rates. This is not a certification course; as a result testing does not take place.

When: Tuesday, March 13  
 Time: 10:00 am – 12:00 pm  
 Fee: \$10 LSCO M; \$20 NM  
 Register by: Friday, March 9



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Medicine Hat, AB	March 5-7, 2018	\$260 pp/dbl
Moose Jaw, SK	April 15-18, 2018	\$425 pp/dbl
Camrose, AB	May 6-8, 2018	\$229 pp/dbl
Bonnars Ferry, ID (Inn)	June 3-6, 2018	\$345 pp/dbl
(Lodge)		\$310 pp/dbl
Waterton	June 14-15, 2018	\$269 pp/dbl
Stoney Nakoda Kananskis	March 19-20 / Oct 28-29	\$80 pp/dbl
Deadwood, SD	Sept 30-Oct 6, 2018	\$665 pp/dbl

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## Family Feud: Why do so many legal disputes involve family and how to avoid them.

Some lawyers spend all of their career dealing with family law matters: settling divorces, distribution of property after separation, and parenting issues. This article focuses on the family feuds that can start after a person dies and their Will sets in motion the distribution of their estate. This is a different sort of family feud, the difference being that family members are not by law entitled to anything from a deceased relative's estate, unless under limited circumstances.

A typical will planning scenario is a husband and wife and their children. They leave everything to each other and then on to their children in equal shares. Simple enough to be sure. Things get more complicated when some variables are added to these facts. Husband and wife who both have children from different relationships. Husband and wife who have one child that is handicapped or has a drug problem. Husband and wife who have farmed all their lives and are trying to decide how to divide up the family farm when one or more of the children wants to farm the land and the others don't. Single or widowed person who does not have any children. Each of these situations requires a different will to deal with their estate.

The best philosophy in a will is to treat all your children equally. That way you avoid any hard



### Legal Tips and Information

Douglas Alger

feelings down the road. In most cases this is how my wills are drafted, but I am mindful of what my clients want to do under their particular circumstances.

The feuds will inevitably arise when you decide to divide up your estate on a less than equal split or exclude someone from your will. A classic example is a family farm, where you leave your son the family farm and give your daughters something that you may think has equal value, but in reality, does not match the value of the land given to the son. The key question to ask at the start of such an estate planning scenario is how you want your estate to be divided. Do you want an equal distribution of assets amongst your beneficiaries or do you want something other than equal distri-

bution? Next is how do you achieve your goal taking into account tax consequences of your passing. Remember there are no death taxes in Canada, but there are taxes due on death for such things as capital gains and the value of your RRIF's at the time of passing. This goes back to the danger of leaving certain assets to certain children with a view of trying to equalize out an estate. You might leave an asset to a beneficiary that you think has a certain value, but the after tax of the value turns out to much smaller than you thought the gift was worth.

It is the case that lawyers would not have a job if families got along. However, it should be a lawyer's job when doing estate planning to make sure that the person making the will is not creating a post death feud. Most people do not wish to have this situation and if they do it is up to the lawyer to make sure this is what they want to do. Surely most people do not wish to see their beneficiaries/children fight after they have gone, unless for a very good reason. I can say unequivocally that the main people who benefit from a good feud are the lawyers and usually at the expense of the beneficiaries. ★

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

**"Springtime  
is the land awakening.  
The March winds  
are the morning yawn."**

~ Lewis Grizzard

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### Online shopping tips to avoid scams

Online shopping is a favourite pastime for many – it's easy, and done in the comfort of your own home, meaning you don't need to battle traffic, crowds or line-ups to get your favourite items.

But many deals you see online are too good to be true. These can range from cheap designer purses to significantly discounted electronic items. It's upsetting when you trade your hard-earned cash for nothing or something of poor quality. Fortunately, there are some simple steps you can take to protect yourself:

1. **Do your homework.** Know exactly who and where you are buying from, fully review feedback and try to buy from companies or individuals you know by reputation or from past experience.
2. **Pay with credit.** Many credit card companies offer consumers protection against fraudulent charges, and may even give you a refund if your card was used without authorization. Never provide your personal, credit card or account information unless you are certain the site is legitimate.
3. **Comparison shop.** Don't be afraid to shop around, looking for comparable products at comparable prices. If the product you're looking at is dramatically cheaper than in reputable stores, there's likely something off.
4. **Beware of ads.** Don't take ads on social media platforms or other websites at face value just because they are displayed on trusted sites. In most cases, anyone can buy an ad, and most websites and social media companies do not verify the quality or truthfulness of the advertisements they run.
5. **Use extra caution on classified sites.** Beware if a seller's ratings has no or limited feedback. Never make a deal outside the auction site, and be cautious of items offered through online classified ads for extremely low prices. You may want to use an escrow service like PayPal for payment. It will hold your payment and only release it to the seller once you have confirmed that you received what you paid for.

If you do fall victim to an online shopping scam, contact your provincial or territorial consumer affairs office and consider getting independent legal advice to examine your options. There may be a cooling-off period or you may be able to negotiate a refund.

Find more information at [www.competitionbureau.gc.ca/fraud](http://www.competitionbureau.gc.ca/fraud).  
[www.newscanada.com](http://www.newscanada.com)

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*Take a deep breath. Smell that?  
It's spring being awesome.*

## CLASSIFIED ADS

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

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

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## It's Tax Time

Join LSCO and Nord Bridge Senior Centre for a presentation by Canada Revenue Agency

**Canada Revenue Agency's Outreach Officer,  
Caroline De Grave**

**Thursday, March 8th ~ 10:00 am**

Lethbridge Senior Citizens Organization  
500 – 11th Street South  
Room A & B

Caroline will cover a variety of topics such as: Common types of income for seniors, common credits for seniors, pension income splitting, RRSP options, OAS over payment and authorizing a representative.

You will need to REGISTER to attend this presentation to make sure we have enough handouts. To register please call 403-320-2222 ext. 25 or 403-329-3222 by Monday, March 5th.



If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Paddles are available for purchase. Bring a water bottle. Wear comfortable exercise clothes and *clean, indoor court shoes*. Lessons begin at 2:00 pm. After the first class practice time is available prior to the remaining lessons from 1:00 – 2:00 pm. Please complete an Activity Waiver Form upon registration.

When: Wednesdays, March 7 – 28  
Time: 2:00 – 3:30 pm  
Fee: \$15 LSCO M; \$30 NM  
Register by: Monday, March 5



## beginner PICKLEBALL

“Spring breathes new life into the world around us.”

### Four tips for investing success

Successful investing is a slow and steady journey. It requires patience and dedication over the long term. The good news is that the longer you invest, the greater the opportunity to grow your savings.

A sound understanding of your investments will serve you well on your path to long-term financial health.

Here are four tips to help you manage your investments over time:

Choose your investments based on when you expect you will need the money. Different invest-

ment funds are designed to meet different timing needs.

Invest your money in a variety of asset types. This could include equity funds, bond funds and money market funds from a variety of sectors, such as financials, healthcare and technology. This investment technique is called “diversification” and can soften the impact of any major changes in the market.

If you need to withdraw money earlier than planned, take it from an investment that does not charge a penalty for early withdrawal.

Review your investments regularly, especially if you experience a major life change. Make adjustments that reflect your changing life goals.

When it comes to investing, it's important to start early and take the steps needed to build your confidence. A financial advisor can help you invest over time, teach you better saving habits and prepare you for retirement. When it comes to your financial future, you don't have to do it alone.

Find more information online at [investorcentre.ific.ca/](http://investorcentre.ific.ca/)

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

## SENIORS MARTIAL ARTS FITNESS CLASS

This 6 week class is designed for older adults to challenge and improve balance, coordination, strength and general fitness through martial art movements and exercises. You'll learn a variety of strike (hand and foot) combinations and exercises from black belt instructors. Wear comfortable clothes and bare feet due to class being held on special mats. Waivers must be completed. Class will be held at C229 12 C Street North. *Note: entry into the gym has stairs.*

When: Saturdays, March 3 – April 14  
(no class March 31)  
Time: 10:00 – 11:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Tuesday, February 27  
(after this date add \$5)

## Pilates Plus

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, April 9 – May 8  
(no class May 21)  
Time: 12:00 – 12:55 pm  
Fee: \$39 LSCO M; \$45 NM  
Instructor: June Dow  
Register by: Friday, April 6



# 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".



Thank you to our Media Sponsors: Lethbridge Herald, 94.1 CJOC and Mark Campbell

No photo available for the following sponsors: AVE Farms Ltd. & Bruce & Jim Groenenboom Feedlot

"The 23 Days of Christmas" December fundraiser for LSCO Meals on Wheels was a great success in 2017!! A Grand Total of well over **\$20,000** 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 Crazy Cakes, 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!





# March At a Glance

admission fees apply | free to annual pass holders

<p><b>Fri MAR 02 Silhouettes</b> First Friday Fun   1:30–3 pm   Families</p> <p><b>Sat MAR 03 Blackfoot Protocols</b> Indigenous History   10–noon   Adults</p> <p><b>Sat MAR 03 Traditional Adornment</b> Saturdays at 1:00   1–2 pm   Families</p> <p><b>Wed MAR 07 Rag Dolls</b> Daytime Galt Workshops   10:30–noon   Adults</p> <p><b>Wed MAR 07 Museum Collections Management</b> Wednesdays at the Galt   2–3 pm   Adults</p> <p><b>Wed MAR 07 Collections Tour</b> Special Event   3 pm   All Ages</p> <p><b>Sat MAR 10 Traditional Blackfoot Women</b> Indigenous History   10–noon   Adults</p> <p><b>Sat MAR 10 Sash Weaving</b> Saturdays at 1:00   1–2 pm   Families</p> <p><b>Wed MAR 14 Button Shamrock</b> Daytime Galt Workshops   10:30–noon   Adults</p>	<p><b>Thu MAR 15 Recipe Boxes</b> Galt Workshops   7–9 pm   Adults</p> <p><b>Sat MAR 17 Button Shamrock</b> Saturdays at 1:00   1–2 pm   Families</p> <p><b>Sat MAR 17 Napi Stories and Blackfoot Legends</b> Indigenous History   10–noon   Adults</p> <p><b>Sun MAR 18 Gliding in Southern Alberta: 1930s to Present Day</b> Café Galt   2–3 pm   Adults</p> <p><b>Wed MAR 21 Spring Flowers</b> Daytime Galt Workshops   10:30–noon   Adults</p> <p><b>Wed MAR 21 Stamp Collecting: How our Childhood Hobby Became a Lifetime Fascination</b> Wednesdays at the Galt   2–3 pm   Adults</p> <p><b>Thu MAR 22 First Generation on the Prairies</b> Archives Program   7–9 pm   Adults</p> <p><b>Sat MAR 24 Legacy of Residential Schools</b> Indigenous History   10–noon   Adults</p> <p><b>Sat MAR 24 Spring Flowers</b> Saturdays at 1:00   1–2 pm   Families</p> <p><b>Wed MAR 28 String Eggs</b> Daytime Galt Workshops   10:30–noon   Adults</p> <p><b>Sat MAR 31 Eggstravaganza</b> Special Family Event   10–2 pm   Families</p>
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## Olive Oil 101: How to pick the best EVOO for the money

Though it's called "liquid gold," not all olive oils are worth your hard-earned dollar. Lauded with health benefits such as anti-inflammatory, antioxidant, anti-bacterial and weight management properties, extra virgin olive oil is one of the healthiest oils out there. But don't be fooled, they are not all created equal.

As one of the most counterfeited products on the market, olive oils greatly differ in quality and in taste. Aimen Ziouiouch, Canadian quality control manager for Oleiva, one of the leading exporters of EVOO in the Mediterranean, shares these tips to help you understand labels and navigate the grocery isle so you can invest in the real stuff.

**Ignore words like "light" and "natural:"** These unregulated terms don't carry meaning. While all olive oils are essentially natural, there is no such thing as "light" EVOO. Bottles featuring this title simply contain olive oil that was diluted with a lighter oil (most often sunflower oil) to lower its fat content.

**"Made in" vs. "bottled in:"** It is reported that 80 per cent of the Italian olive oil flooding the market is neither virgin nor Italian. Though you might think you're buying EVOO made in Italy, if the label says "bottled in," the olive oil most likely originates from Tunisia or elsewhere in the Mediterranean. As the leading producer of EVOO in the world, Tunisia has been exporting in bulk to Italy, Spain and Greece for years where their oils are blended with others and resold under well-known brand names. Unlike in the U.S., Canadian laws do not require brands to specify where the olive oil originates from.

**Extra virgin vs. regular or "pure" olive oil:** The major difference between olive oils is in the way the oil is extracted. Regular (or pure) olive oil is often refined with additives and chemicals – a process that destroys much of the taste and nutrients – while EVOO is cold-pressed. This means that no heat is used in the extraction process, allowing the dietary elixir to retain the taste, aroma and nutritional properties of the fruit as well as its natural green hue. Visit your favourite brand's website to learn their oil-making technique. "As a benchmark, we pick olives by hand to select the most aromatic fruit and cold-press them on-site within 24 hours of harvest to maintain the integrity and quality of our products," explains Ziouiouch.

**Never pay less than \$7 a bottle:** The global price of olive oil currently trades at around \$4630 USD per 1,000 litres, making the price of one single litre a little over \$6 Canadian for the raw goods alone. If the oil you're purchasing is lower than the price of oil in bulk, it's not authentic and probably cut with cheaper products.

**Don't focus on colour:** Though colour is not an accurate indicator of quality, EVOO in its purest form retains a golden to green hue depending on the variety of olives used to produce it. Much like wine, the taste of olive oil is also influenced by the olive varieties as well as the ripeness at which the olives are harvested; green olives give a bitter, spicier flavour whereas ripe olives impart a sweetness.

Want to learn more about olive oil? Visit [oleiva.ca](http://oleiva.ca) for more facts, tips and recipes.

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

## Monday Morning Yoga

Whether you are new to yoga or are familiar with the practice, this class yoga will help you develop balance, strength and flexibility without feeling overwhelmed or confused. In this class we will take our time to get into postures focusing on the basics. We will combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. Wear comfortable clothing. Bring a blanket, water bottle and yoga mat. Props may be used. This class will be lead by different instructors.

When: Mondays, April 9 – May 28  
(no class May 21)  
Time: 9:30 – 10:30 am  
Fee: \$35 LSCO M; \$45 NM  
Register by: Friday, April 6

*"It's spring fever. That is what the name of it is. And when you've got it, you want – oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"*

~ Mark Twain

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# Community Volunteer Income Tax Program

Booking appointments now.

Appointments will begin **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 \$30,000
Couple	up to \$40,000
One adult with one child	up to \$35,000
Each additional dependent	up to \$2,500
Interest income less than	\$1,000

**Canada Revenue Agency's New Tax Filing Program**

**File My Return**

*(a new automated telephone service for filing income tax)*

Individuals with low or fixed income that has not changed from year to year will receive a personalized letter starting mid-February.

If you received a letter and need assistance, please call 403-320-2222 ext. 25 to book your appointment.

When dropping off tax returns there are some important changes you need to be aware of. **You (the tax payer) MUST sign a form called a T1S60 before our volunteers are able to electronically file your tax return.** If you are dropping them off for someone else, you must first **pick up a form from us and have that person sign and bring back** the form before taxes can be done. Sorry for the inconvenience but rules are rules.

*"To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring."*

~ George Santayana

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# ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults.

Wear comfortable clothes, indoor footwear and bring a water bottle. There may not be a class April 10. If this occurs, a make up class will take place on May 1.

When: Tuesdays, March 6 - April 24 (no classes April 3)  
Time: 11:00 - 11:45 am  
Fee: \$32 LSCO M; \$42 NM  
Register by: Friday, March 2

Downtown parking is changing

# Embrace the CHANGE!

Learn new downtown parking system

**Demonstration machine**

This spring, new parking kiosks will replace aging parking meters in our downtown. This system will change how we pay for parking. To help the community in this transition, we're providing demonstration machines for residents to try before the system goes live.

**An invitation to LSCO members**

Drop in at any of the following times and locations:

- **Staff supported demonstrations** | City Hall Foyer  
March 12 & 14, 2018 | 10 a.m. - 2 p.m.  
April 3 & 5, 2018 | 10 a.m. - 2 p.m.
- **Home & Garden Tradeshow** | Exhibition Park  
March 21-24 | During tradeshow hours
- **Self-guided demonstrations** | City Hall Foyer  
Feb-May, 2018 | 8 a.m. - 4:30 p.m.

[www.lethbridge.ca/itjustmakescents](http://www.lethbridge.ca/itjustmakescents)



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

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~ Emma Racine Defleur

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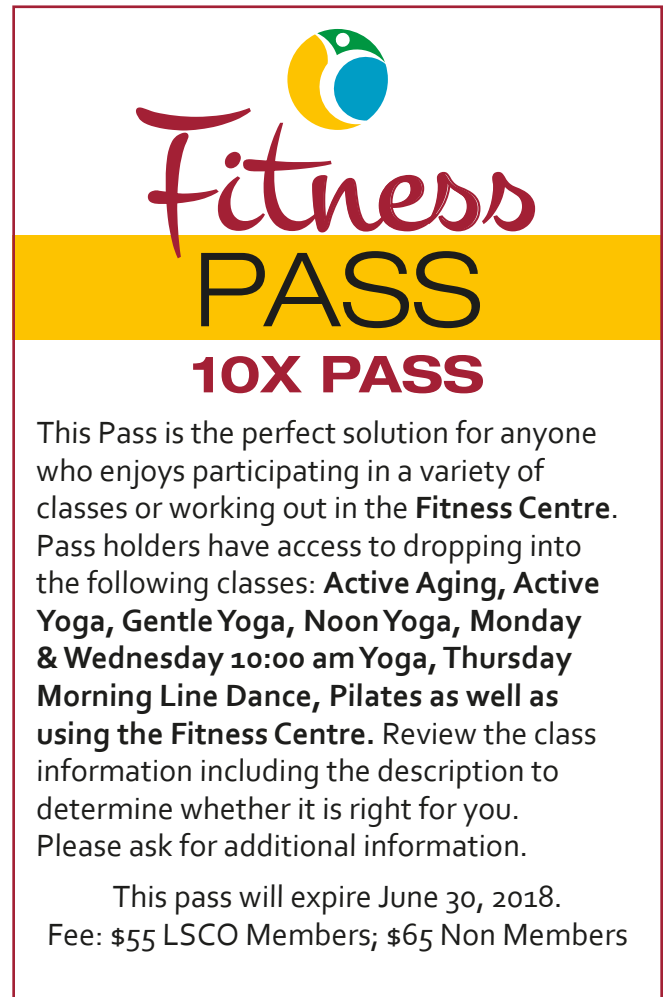
## LSCO FRIDAY MUSIC PROGRAM

**March 2** **Rebecca Jeong**  
**March 9** **TJ Waltho**  
**March 16** **Emma Dering**  
**March 23** **Los Gringos**

**Lunch served**  
**11:00 am ~ 1:00 pm**

**Music Program**  
**12:30 ~ 2:00 pm**  
**LSCO Stage Area**

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



## Fitness PASS

### 10X PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the **Fitness Centre**. Pass holders have access to dropping into the following classes: **Active Aging, Active Yoga, Gentle Yoga, Noon Yoga, Monday & Wednesday 10:00 am Yoga, Thursday Morning Line Dance, Pilates** as well as **using the Fitness Centre**. Review the class information including the description to determine whether it is right for you. Please ask for additional information.

This pass will expire June 30, 2018.  
 Fee: \$55 LSCO Members; \$65 Non Members

## The Importance of Flexibility as We Age

**F**lexibility is the ability of your joints to move freely in a wide range of motion. Stretching exercises can help improve or maintain flexibility.

Flexibility can deteriorate, especially if you have a sedentary lifestyle. A lack of flexibility makes normal daily activities more difficult to do, leading to reduced mobility over time. Stretching our muscles regularly will help avoid loss of mobility.

Improved flexibility can reduce the incidence of low back pain, a common affliction as we age. In addition, a flexible muscle is much more efficient at absorbing shock, reducing the stress on our joints from high impact activities like brisk walking or running. And the injury risk, in general, lowers with increased flexibility.

Stretching is most beneficial after you've finished exercising, or doing any type of physical exertion. Your body temperature rises during activity, and warm muscles are less likely to be injured while they are being stretched. Many incorrectly

believe stretching before activity is considered a warm-up. But stretching does not raise body temperature or increase blood circulation to prepare for physical exertion, therefore it is not considered an adequate warm-up. Stretching after the workout is also an opportunity to coax your muscles to relax after the stress of physical activity. And a relaxed muscle is less likely to cramp later on.

If you choose to stretch for flexibility purposes before physical activity, it is best done following a brief warm-up of a non-stop activity that increases your heart rate (a brisk walk or riding a stationary exercise bike).

However, it's fine to gently stretch even when you're not "warmed up," such as at your computer in the middle of the day. You won't have as great a range of motion as after a workout when your muscles are warmer, so take it easy and avoid overstretching – which could cause injury.

Stretching for five to 10 minutes three days per week (particularly after you exercise) is sufficient to improve your flexibility. As you stretch, breathe comfortably and avoid overstretching – listen to your body and work within your own range-of-motion limits. Static stretching is the more common stretching technique used for improving flexibility.

This involves a slow, gradual lengthening of a muscle, without any bouncing movements.

Avoid stretching to the point of pain; you should be stretching to relax the muscle. Hold each stretch for at least 15-30 seconds and repeat the stretch two to four times.

Stretching is a relaxing and rejuvenating activity that can prepare your body for daily physical challenges.

by Eve Lees  
 INSPIRED Senior Living magazine  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)

*"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day."*

~ W. Earl Hall



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## Free Neck & Shoulder MASSAGES!

The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, March 21** from 10:00 am until 12:00 pm in the Card Area, LSCO Dining Room.

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





## Social Interaction

Social interaction is one of the most important needs of human life. We know that we need to be socially active and have meaningful engagement. Family systems are changing and many older adults do not have that close circle of family that they used to. As we transition from retirement to the next stage of our lives we may find a gap in those important connections we had with family, and work. The research is telling us that staying socially connected and active protects your health. By 2036 Canada's senior population is expected to increase to 23 – 25% of Canada's population. In 2038 it is suggested that there will be 40 seniors for every 100 adult Canadians.

- **Reduced risk for mental health issues.** Interaction with others gives you a sense of belonging and helps you stay connected to the world around you. When you are socially active your brain is engaged. Stay-



LSCO Case  
Worker/  
LEARN  
Coordinator

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

ing connected helps to reduce your stress levels and depression. Social isolation can put at risk for cardiovascular disease, poor physical health and depression.

- **Staying as physically active as possible.** When you are physically active, your immune system and nutrition levels will also be improved as socially engaged

seniors tend to eat and chat when around others.

- **Stable support system.** When you are socially active you have peers and others who can offer support and help when you may need it.

There are numerous ways to stay connected such as joining clubs, gyms, volunteering and using technology to keep in touch. The Lethbridge Senior Citizen Organization Community Centre offers a wide range of programming that will help you stay connected, stay healthy and involved.

If you are wanting to participate in a club or program and are hesitant or unsure, take those first steps, and remind yourself, it is normal to feel uncertain, or a bit anxious when we step out of our comfort zone. That nervousness will pass as you create a new routine for yourself and stay involved. ★

## Computer Corner

by Sjoerd Schaafsma

### Updating Your Fussy Windows 10 Computer: Part 2

Last month, I gave a broad overview of how a stubborn Windows 10 computer can be upgraded.

Now for a bit of the nitty gritty.

If you have a small solid state hard drive, between 16 and 32 GB on a small laptop or tablet, it's not very likely that it can be economically upgraded to a larger hard drive. Most of these devices have an SD (Secure Digital) card slot, either a micro SD card, about the size of a fingernail, or a full size SD card, imagine a square quarter. This slot allows an SD card to act as an extra storage device, which may double or quadruple the size of your hard drive space. There are adapters that let you use a micro SD card into a full SD card slot. 32 GB SD card prices start around \$20.00. If you aren't in a hurry, a 64 GB card can be had for around \$15.00 on eBay direct from China. The only hitch is that it may take more than a month to get your card, but you've probably waited longer than that to update your computer.

#### 1: Micro SD card and adapter



The easy solution, now that you've installed more memory, is to move all your data files to the new hard drive, probably drive D. If this frees up enough space, you can carry on with a normal update.

If it does not give you enough space, and you have backed up your hard drive, and you don't mind starting from scratch, then download Microsoft's standalone update file.

You should have at least a 16 GB USB drive to create a bootable USB drive.

Here is the Microsoft link with instructions on how to download the update file, and perform the update. The link is clickable in the online Computer Corner, or enter: <https://tinyurl.com/y6vvlhb>

If this is all too much.... go to your local computer shop and ask what it will cost for them to do the job for you, or if everything still works fine, carry on as you were.

And in future, check out this article to avoid the problems mentioned in this column: <https://www.howtogeek.com/340222/dont-buy-cheap-windows-laptops/>

**The Monthly Tip:** If you plan to buy a new computer, get the same operating system, Windows or Mac, as the people you'll be asking for help.

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

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

## Computer Club WORKSHOPS

March 2018

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events.

**Monday, March 5:** Updates of Lab computers & Sharing Session

**Wednesday, March 7:** Using Teamviewer to get or give remote help.  
Presenter: Sjoerd

**Tuesday March 13, 12:30:** Karaoke in the Meeting Room. Presenter: Eric Marshall

Arrive at 12:30 to see what it takes to put on a karaoke presentation: software, hardware, etc. Feel free to stick around and sing or sit back and enjoy the karaoke club at 1:00 pm.

**Wednesday, March 14, 1:00 pm:** Karaoke demo in the Lab. Presenter: Eric Marshall

What it takes to set up a digitized Karaoke computer system.

**Monday, March 19:** Typing and Word processing – Session 1 – to be repeated according to need and demand. Instructor: Carol Roesler

Learn basic skills needed to *more efficiently* do things like: getting around with email, typing letters, and performing basic tasks on your computer such as saving and downloading files. You will be provided with a free typing tutor program which you can either download to your personal computer or use online. Either bring your own computer or a USB flash drive to download the typing program.

**Wednesday, March 21:** iPhone, iPod & iPad sharing session.

**Monday, March 26:** LSCOCC Meeting followed by sharing session.

**Wednesday, March 28:** Photoshop: An overview of some of the capabilities of Photoshop. Presenter: Roy Michelsen.

Target audience: photographers of all skill levels interested in digital photo editing. Photographic examples will be used to illustrate what can be done with Photoshop. Anything done at the workshop can be done on Photoshop Elements as well as Photoshop CS. Computer file handling will be a great asset.

You can now register and update memberships online. <http://www.lethseniors.com/register/shop/>

If you want one on one help for a specific problem or something you'd like to learn, 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. This service is available to Computer Club members only.

Suggestions for other workshops are welcomed.

The schedule can be found at <https://sites.google.com/site/oldfolkscomputers/workshop-calendar>

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



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# Elder Abuse vs Frauds and Scams

Elder abuse is any action or inaction that jeopardizes the health or well-being of an older adult. Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect, with more than one type of abuse often occurring at the same time. Elder abuse is often committed by someone known to the victim, such as a family member, friend, neighbor or caregiver someone who is in a position of power, trust or authority.

Separate from Elder Abuse is frauds and scams that people experience and with March being Fraud prevention month I wanted to provide the following information.

*“Fraud has a devastating impact on individuals, families, businesses and to the Canadian economy, which is why RCMP believe that knowledge, awareness and prevention are the best methods for protection. The more you know about a scam, the less likely you are to be victimized. We want Canadians to recognize, reject and report fraud to authorities,”* RCMP have reported

According to the Canadian Anti-Fraud Centre, the most common scams in Canada last year affected 11,490 victims. These included:

- **Romance scams:** Fraudsters steal photos and use dating sites and social media to lure potential victims into sending money for various reasons.
- **Wire Fraud scams:** Financial industry wire fraud occurs when Canadian financial institutions and investment brokers receive fraudulent email requests from who they believe to be an existing client.



**LEARN**  
Case  
Manager

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

- **Investments scams:** An investment scam is any solicitation (telephone, mail, email, etc.) for investments into false, deceptive or misleading investment opportunities, often referring to higher than normal or true monetary returns which consumers lose most or all of their money.
- **Merchandise scams:** Involves deceptive websites selling counterfeit goods from existing retailers at discounted prices. They use the concept of a limited, one-time-only sale to attract online buyers.
- **Job scams:** Fraudulent solicitation offering employment and requesting an advance fee to secure the job.
- **Service scams:** Fraudulent promotion or solicitation for services.
- **Extortion scams:** Any person who unlawfully obtains money, property or services from a person, entity, or institution, through coercion.
- **Prize scams:** Any fraudulent solicitation advising victims they have won – or have a chance to win – a prize.

- **Inheritance scams:** Consumers receive a solicitation offering or requesting assistance to transfer a large sum of money from a foreign country.
- **Sale of Merchandise scams:** Involves the non-delivery of goods purchased online.

The following tips they suggest will help protect you from fraud:

- Don't be fooled by the promise of a valuable prize in return for a low-cost purchase;
- Be extra cautious about calls, e-mails or mailings offering international bonds or lottery tickets, a portion of a foreign dignitary's bank account, free vacations, credit repair or schemes with unlimited income potential;
- Don't be afraid to hang up the phone, delete the email or close your Internet connection;
- Don't purchase a product or service without carefully checking out the product, service.

Every year, thousands of Albertans fall victim to fraud. Most people don't think it could happen to them, but fraudsters use increasingly sophisticated ways to target people of all ages.

In closing as always, if you, or someone you know is experiencing elder abuse, please give me a call. **When it comes to Elder Abuse, silence is not an option.**

*The Lethbridge Elder Abuse Response Network 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, drop by on the 2nd floor or e-mail: learn@lethseniors.com.*

## March is Fraud Awareness Month - Shredding Event March 24th



### Healthy Relationships with our Adult Children

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

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

**Tuesdays, April 3 – May 8**

1:30 – 2:30 pm • LSCO Board Room

Topics include:

Communication • Boundaries  
Roles & Relationships

Please register at LSCO Administration Desk  
Group limited to 12 participants.  
403.320.2222

## Active Aging Strength & Low Impact Classes

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Wear comfortable exercise clothes. Bring indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

**Note: Monday classes will end at 9:00 am.**

When: Mondays & Wednesdays  
March 5 – April 25  
(no class April 2)

Time: 8:00 – 8:50 am

Fee: \$75 LSCO M; \$98 NM

Register by: Thursday, March 1  
(after this date add \$5)

**Register today for CRA's presentation on March 8th.  
Call 403-320-2222 ext. 25 or 403-329-3222 by March 5th.**



## WELCOME POLICY

**Starting February 1, 2018 the Welcome Policy subsidy threshold has been increased.**

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost.

Please ask for more information at the Administration Desk.

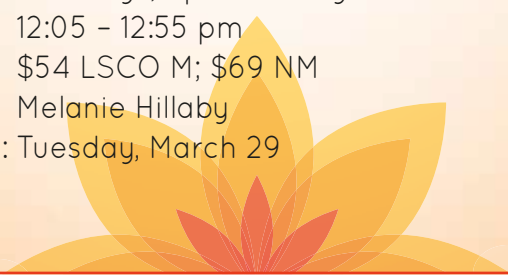
The subsidy is dependent on the income of the individual(s). Please bring in your prior year income tax for verification. See income guidelines below.

SINGLE		COUPLE	
Prior Year Income (line 150 of Tax return)	Fee Subsidy	Prior Year Income (line 150 of Tax return)	Fee Subsidy
<30,000	25%	<50,000	25%

## Yoga Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga. Wear comfortable clothing. Bring a mat, blanket, water bottle and any other props you may like to use.

When: Tuesdays, April 3 - May 29  
 Time: 12:05 - 12:55 pm  
 Fee: \$54 LSCO M; \$69 NM  
 Instructor: Melanie Hillaby  
 Register by: Tuesday, March 29



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## LSCO GIFT CARD

Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, memberships fees and meals in the Dining Room.



Keep checking our website at [www.lethseniors.com](http://www.lethseniors.com) and register online!

See the listings for our upcoming Spring classes and programs. Our website is regularly updated.

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## Fritz Sick Memorial Centre History The Man Buried Beneath Fritz Sick Swimming Pool

Only one person has ever been executed within the boundaries of the City of Lethbridge – Wasyl Chobotar – while all other executions have taken place at the Provincial Jail east of the city.

The 26 October 1910 *Lethbridge Daily Herald* informed the community of Chobotar's fate:

**“CHOBATOR GUILTY OF MURDER  
SENTENCED TO HANG DECEMBER 15TH**

**Ruthenian First Man Ever Found Guilty of Murder in Lethbridge – He Took His Sentence Bravely Though He Sobbed During Addresses of Counsel**

‘Guilty,’ said D.J. Whitney, foreman of the jury in the Chobotar murder trial in reply to the question put by the clerk of the court as to what their verdict was. The jury had been out only twenty-five minutes and said they were unanimous in their verdict. Chief Justice Harvey then asked the prisoner if he had anything to say why the law should not take its course, and he said that he had not. There-upon the judge sentenced him to be hanged on December 15 next. He said that he agreed with the verdict of the jury and held out no hope to the prisoner.”

Chobotar was found guilty of the murder of Alex Lazaruk whom he had shot. The incident took place in the middle of night between Hardieville and Staffordville and though Chobotar thought he had killed him, Lazaruk was able to make his way back to the mine and get help. Alex Lazaruk was brought into the

Galt Hospital where he died but not before giving a statement.

Lazaruk's statement was shared with the court at the trial through the work of interpreter Mike Kamith:

“The case was resumed this morning by the calling of Mike Kamith, who was interpreter when the ante-mortem statement of Lazaruk was taken in the Galt Hospital. He testified to having interpreted Lazaruk's statements as they were made.

The judge then allowed the admission of the statement which was as follows:

Lethbridge, May 6th, 1910.  
Canada, Province of Alberta:

Mike Kamith, duly sworn as interpreter: I, Alex Lazaruk, having the fear of death upon me and being without hope of recovery, make the following statement. AT two o'clock this morning I left the mine and was going home by myself. When I passed across the track a man spoke to me. He asked me the way to the mine. He was sitting between the tracks. His name is Billy Chobotar. I asked him what he was sitting there for; a train might come along and kill you. Then he shot me. He was on one side of the track and I was on the other. The first time he shot me I ran away and he followed me, and fired two more shots. He hit me three times. It was dark at the time, but I had my lamp on my cap and could see him. The first shot hit me in the jaw, one in the arm and one in my side.

ALEX LAZARUK  
(Witness) F. Humby.”

Chobotar claimed that Lazaruk had hit him first and that he had fired in self defense, not realizing that he had hit Lazaruk until after the fact.

The fact that Chobotar had hit Lazaruk three times was held against him. Chobotar was also said to have told a police officer that he was glad to have done it and that he supposed he would hang for it.

While the hanging was planned for December 15, it actually took place in January 1911. Following traditions of the time, “the body of an executed man must be interred within the grounds of the gaol in which the execution took place, and cannot be removed with an Order-in-Council. Chobotar's body was placed in a coffin, packed in quicklime, and buried in the seven-foot pit beneath the gallows.” (14 January 1911 *Lethbridge Herald*) Chobotar was executed in the stableyard of the Mounted Police or, as it is thought to be today, where Fritz Sick Swimming Pool is today located.

So why did Chobotar shoot Lazaruk? It was said to have been over Lazaruk's wife. Indeed, during and after the trial “more than once he [Chobotar] declared his only wish to be that the woman in the case, his victim's wife, was going to hang with him.” (14 January 1911 *Lethbridge Herald*)

~ Lethbridge Historical Society, February 20, 2016



The photograph is of the Mounted Police stable near where Wasyl Chobotar was executed and buried.

*Tales of odd happenings at the Fritz Sick Pool date back to 1908 when a man was executed after murdering his girlfriend's husband, and buried at the site before the building was built.*

*They say if you see strange bubbles it's actually [him] saying hello to you.*



Fritz Sick Swimming Pool



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## Saturday Flow Yoga

This morning class will leave you feeling peaceful and grounded with a blend of heat building, strength, balance and stretching while mindfully linking breath to movement. A variety of props may be used. Dress comfortably so you can move freely. Bring your water bottle, a yoga mat and any other prop you may like to use. All levels welcome.

When:	Saturdays, March 3, 10, 24
Time:	9:30 – 10:30 am
Fee:	\$15 LSCO M; \$20 NM
Instructor:	Corrine Janzen
Register by:	Friday, March 2

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