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Senior Citizens
ORGANIZATION

Join Us for

VOLUNTEER APPRECIATION SUPPER
April 18

VOLUNTEER WEEK PUB AFTERNOON
April 20

MOVIE MILL VOLUNTEER SCREENING
April 21

OSTEOPATHY & ARTHRITIS
April 19

KARAOKE CONCERT
April 24

TAI CHI & QIGONG DAY 2018
April 28

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

Speakers presented by Hosack Denture Clinic
Travis Zentner – *Cornerstone Funeral Home*

Tyler Brack, Travis Zentner, Doug Alger – *Proper Estate Planning*

Dr. Philip E. Jaffe, MD – *Gastroenterologist*
“Living with your Maturing Gut: what to expect when you are not expecting problems”

Lindsay Blackett – *President of Canadian Cannabis Chamber of Commerce*

Door Prize
Pride Mobility LC-102 Petite Lift Chair
courtesy of



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Fabulous
Roast Beef Dinner

Everyone Welcome
Thursday, May 3rd

\$18 Advance / \$20 at Door ~ 5:00 – 7:00 pm
(Advance tickets available at LSCO Administration Desk)

LSCO Dining Room

Entertainment by the Bridge Brass Quintet

Donations courtesy of Bonduelle Canada Inc., Kasko Cattle Company, Cupper's Coffee & Lethbridge Meat & Seafood



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Please join me in thanking Bob Maslen, who is completing his term as LSCO President. Bob's quiet leadership and dedication to LSCO will continue in his new role as Past-President. I would also like to thank Marnie Brown, who recently completed her term as Secretary on the LSCO Board, and Irwin Wyrstok, whose term as Treasurer has come to an end. Marnie worked diligently, month after month, to provide our Board with an accurate record of Board meetings...in addition to her quick wit and sense of humour! Irwin brought vast expertise in financial matters of not-for-profit charities and he

always asked the kind of questions and made suggestions that helped our financial operations advance. Also, many thanks to Bob Girard and Bill Hanson for their time on our Board. Unfortunately, these two dedicated individuals were unable to complete their terms.

Please join me in welcoming our Board of Directors for the coming year:
Keith Sumner - President
Bob Maslen - Past President
Stan Coxson - Treasurer

Charlie Brown, Merri-Ann Ford, Don McInnes and Vaughan Hembroff - Board Members.

This group is committed to governance on a strategic and policy level and all are advocates for moving LSCO ahead as a progressive, relevant community organization.

You may notice that the positions of President Elect and Secretary are not listed above. As of press time, there were no nominees for these vacancies. The Board reserves the right to recruit people with the appropriate skill set to fill any or all openings on the Board in an acting capacity. ★

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

PHILIPS Lifeline

“Everything is blooming most recklessly; if it were voices instead of colors, there would be an unbelievable shrieking into the heart of the night.”
~ Rainer Maria Rilke

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 – Keith Sumner
Past President – Bob Maslen
Secretary – Vacant
Treasurer – Stan Coxson

Board of Directors:

Clifford Brown, Merri-Ann Ford, Don McInnes and Vaughan Hembroff.

LSCO 403-320-2222

Staff Members:

- Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
- Office Administrator – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
- Support Services Coordinator – Marlene Van Eden
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- LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306
- LSCO Case Worker & LEARN Coordinator
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- Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
- MoW Client & Volunteer Support Worker
Natasha Elder
mow@lethseniors.com ext. 34
- Accounting Technician – Christine Toker
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!

Zenko Opyr	Joe Veres
John Doyle	Pamela Watson
Marty Notenbomer	Allan Watson
Tina Notenbomer	Helen Paulence
Mayruth Guenter	Alex Bykau
William Guenter	Leslie Elford
Trueman Conrad	Honour Sauve
Kerry Coward	Connie Berezay
Sandra Dwornik	John Berezay
Wayne Dwornik	Geraldine Bond
Carla Mandel	Miyo Morinaga
Lois Franklin	Susan Oldenburger
Harry Smith	Gordon McFarlane
Blaine Takeda	Eleanor Munroe

A Smile is the Universal Welcome.

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 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 for new and upcoming classes.

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

HAPPY Easter

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

LSCO RAFFLE

EARLY BIRD DRAW

May 4, 2018 ~ 4:00 pm

DRAW DATE

May 11, 2018 ~ 4:00 pm

Fun Par 3 Golf Scramble

Celebrate Seniors Week (June 3-9) by playing in the Fun PAR 3 Golf Scramble scheduled for Tuesday, June 5.

Watch for more details or email shamilton@lethseniors.com to be put on the interest list. You do not have to be a member of LSCO to play!

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
May 2018	April 13
June 2018	May 18

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

Question. Will April be better than March? Is winter really over? I have so much history living 80 years in Southern Alberta, I pause and wonder. Remember 1967. Starting in April and ending in May, it snowed a record amount. In some place it snow 5' 9"!

As we celebrate(?) the 50th anniversary of this event, we wonder could it happen again this year? As I write I watch the snow piling up. Will it ever end?

On a more positive note, April is here. I shall move down memory lane and list to Al Jolsen-belt out "those April Showers" that bring the flowers that bloom in May. I love that song.

Spring is here and we can look forward to spending time out doors, getting at the spring cleanup, walking in the warm weather and



President's Message

Bob Maslen

going out more often. As we go out more, let's make LSCO a place we visit and invite our friends to join us. Have your friends check out our programs and the enjoyment it brings to those who participate.

As I looked at Chelsea's list of 150 volunteer hours, I was surprised to see my name on the list. It didn't seem like that much. I definitely get more back than I give. I was thinking that I have not thanked the membership as a whole for coming to LSCO and making us a part of their day. Your support and activity help make us successful and enjoyable. Please remember our LSCO tours are the first Wednesday of every month at 10:00 a.m.

Spring also brings time for change to the Board. My term as President comes to a close. I will become Past President and we welcome Keith Sumner as the new President. I thank all those who have served on the Board and supported me in the past year. It has been a good year. ★

MENU ~ APRIL 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** ★



Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
LSCO CLOSED for Easter Monday	Entree: Beef Stir Fry Potato: Rice / Bun Soup: Split Pea & Ham	Entree: Veal Cutlet Potato: Mashed with Gravy Soup: Butternut Squash	Entree: Ginger Chicken Potato: Chow Mein Soup: Miso	Entree: Pork Tenderloin Potato: Roasted Soup: Beef Vegetable
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Entree: Beef Wellington Potato: Mashed with Gravy Soup: Curry Chicken Rice	Entree: Chicken a la King Potato: Rice Soup: Clam Chowder	Entree: Salisbury Steak & Onions Potato: Mashed with Gravy Soup: Minestrone	Entree: Cabbage Rolls Potato: Perogies & Onions Soup: Broccoli Cheddar	Entree: Baby Back Ribs Potato: Potato Salad Soup: Hamburger Cabbage
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Entree: Blackened Chicken Breast Potato: Mashed Yam Soup: Cream of Cauliflower	Entree: Liver & Onions Potato: Roasted Soup: Cajun Chicken Noodle	Entree: BBQ Pork Chops Potato: Rice Pilaf Soup: Cream of Mushroom	Entree: Beef Stew Potato: White or Whole Wheat Bun Soup: Corn Chowder	Entree: Chicken Kiev Potato: Mashed with Gravy Soup: Tomato Vegetable
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
Entree: Chicken Cordon Swiss Potato: Mashed with Gravy Soup: Mulligatawny	Entree: Spaghetti & Meat Sauce Potato: Rice Soup: Turkey Rice	Entree: Curry Chicken Potato: Rice Soup: Cream of Carrot	Entree: Shepherd's Pie Potato: Beef Vegetable	Entree: Turkey Dinner Potato: Mashed & Stuffing Soup: Loaded Potato Bacon
Monday, April 30	<i>A gush of bird-song, a patter of dew, A cloud, and a rainbow's warning, Suddenly sunshine and perfect blue - An April day in the morning. ~ Harriet Prescott Spofford</i>			
Entree: Chicken Stir Fry Potato: Rice Soup: Veggie Noodle				

Women's Rights

This story has been revised and rewritten from early readings when I was a boy.

Now the Lord said, "It is not good that man should be alone in the workplace. I will make a help mate for him to get his coffee and add a feminine touch." And the Lord caused a deep sleep to fall on Adam. Then he brought the woman onto Adam.

Now the woman looked upon Adam as he slept and mused, "It figures, there he is, dead to the world and he's paid roughly half again as much as I am paid. Probably even slightly more, if you ask me."

Adam woke up from his operation and said to the woman, "I will call you a dame for there is nothing like you. In fact you are quite beautiful without your clothes. Do you come here often?"

Do you know what the woman said? "Put a sock in it Charles. That is harassment! Let's get down to negotiations." The man did then yearn for the beasts of the field where he still held dominion. Now the serpent was

more subtle than the general run-of-the-mill beasts. He had been to law school at night and he said to the woman, "Thou art paid less than the man who oppresses thee-and what about sisterhood?"

And the woman replied, "You are right insofar as I can see, but I don't have a thing to wear to seek justice."

Now the serpent answered, "Hark! The Charter reads in section 15 clause 2: "For in the day you stake your claim thereto your eyes shall be opened and ye shall be equal. So no more hassle and you can take my word for it."

So the woman swallowed them apples and her eyes were opened. Then it took many days to resolve their differences. In the meantime she did not bring him his coffee and objected to his taste in clothing. She was aware that she was naked, so both were taken to the tailor for identical clothes made so that a distance they were impossible to tell apart.

Now the Lord stopped by for a warranty check. He accused them of tampering with the prototype. Next, the Lord declared to the serpent, "Beguiling thou art. I shall curse you for this and upon your belly shalt thou go and be forced to provide legal aid at a loss." And to the woman he said, "Thou shalt always fight with your coworkers and man shall leer at you. You will receive no maternity leave. How do you like them apples?" And to the man he said, "Thou shalt struggle with feminism for life and will sweat for your bread which will always taste bad in your mouth."

So God looked down on the man and the woman in their workplace and set at its gateway Human Rights Commissioners armed with broadswords that swept to and fro. With each passing breeze they fanned the flames of perpetual litigation and union rights.

Moral of the story: Settle matters quietly among yourselves.

by Stan Coxson

Volunteer & Fund Development

HAPPY NATIONAL VOLUNTEER WEEK!

"Sometimes you gotta create what you want to be part of." – Geri Weitzman

I've said it before, but it bears repeating: LSCO only exists and operates because of the dedication of the volunteers that shape its culture, support the programs, raise the money and wash the dishes. There are almost 20x more volunteers than staff here. Think about that – 15 staff and 286 volunteers.

Our volunteer program is not just a resource to support other areas at LSCO. Our volunteer program is its own program, and it has outcomes for the well-being of our volunteers. If we could distill all of the benefits from volunteering into a supplement, we would be lining up to take it. From our end-of-year volunteer survey, this quote brought this point home for me:

"I look forward to coming here. I'm happier, I feel like I'm contributing to something. I am a part of a team. I am a lot more friendly out in public compared to before I started working here."

In 2017, 23,888 volunteer hours were recorded here at LSCO by 286 volunteers. To illustrate this number in economic terms, the Commu-



Coordinator

Chelsea Sherbut

csherbut@lethseniors.com

403-320-2222 ext. 31

nity Initiatives Program grant estimates the value of volunteer work in Alberta to be \$20/hour (this is the figure they use to calculate matching funds for grants). This would put the total contribution of LSCO's volunteers at \$477,760 – nearly half a million dollars.

APRIL 20TH – PUB AFTERNOON

As part of our National Volunteer Week celebration, we are hosting a pub afternoon on Friday, April 20th from Noon-6pm. We'll have 50 cent chicken wings, entertainment, a raffle and a special beverages. Everyone is welcome, and if you are a volunteer (not just at LSCO, but ANYWHERE in the community), you can have a burger and beverage for \$6.50!

MOTHER'S DAY BRUNCH

After taking a hiatus last year, we are gearing up to host a Mother's Day Brunch again. I am looking for a lot of volunteers for help with bussing, refilling pans on the buffet line, re-setting tables between sittings and greeting guests and bringing them to their tables. Let me know if you are interested and available to help out on Sunday, May 13th, it should be a fun time.

QUILT RAFFLE

Speaking of Mother's Day Brunch, have you picked up your raffle tickets yet? There are 7 pairs of tickets for Mother's Day Brunch up for grabs as an early bird prize draw, but you have to be entered by May 4th to win the early bird. I'm also still looking for a few smart cookies to help sell raffle tickets.

LIVE WELL SHOWCASE

More volunteer positions are still available if you would like to be part of the action on May 3rd and 4th. Make sure you check out the free tours, guided by volunteer tour guides, every hour on the hour from 10am-1pm both days too! ★

LSCO Karaoke Club
presents their
Spring Concert
Tuesday, April 24, 2018
1:30 ~ 3:30 pm ~ Gym 2
Karaoke Entertainers

50/50 Tickets • Door Prizes
Refreshments to follow Concert
Admission by Donation
All Proceeds to LSCO

Lethbridge Senior Citizens Organization
500 - 11th Street South • 403.320-2222

Register online at www.lethseniors.com

Painting Animals in Acrylic

Keep it simple, that's the idea behind offering this painting class. We will use simple techniques in creating animal portraits. Learn how to blend colors, find and paint the right values, look for relationships in the animal to help with the right proportions and perspectives and create those wonderful textures and patterns. Follow along with step by step instructions and create wonderful paintings of some of your favourite animals.

★ For the first class we will cover materials, so you will need some paint, brushes, pencil and sketch book or practise painting surface. So you may wait to purchase the rest of your materials later if you are not sure of what to get. ★ Ask for a supply list upon registration.

When: Wednesdays, April 18 – June 6
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, April 16



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Thank You Volunteers!

THANK YOU to all the volunteers who give of their time and talents to the LSCO. In the Support Services area especially thank you to the musicians who faithfully come and play each week for the Friday Music program. To the wonderful ladies that assist with the foot care clinics each month. To the countless individuals that assist with tasks throughout the year; Care Cars, decorating, special events, focus groups, research projects, etc. The theme for this year's week is "Celebrate the value of volunteering". To me, you are all PRICELESS.

Thank you! Thank you! for giving to the LSCO.

Osteopathy and Arthritis!

Osteopath, Scott Lawrence will be speaking about osteoarthritis and some tips on how to help deal with it. He will also discuss ways to make osteoarthritis a lot less daunting of a diagnosis to live with. Scott will be speaking on Thursday, April 19th at 10:00 am in Room A & B.

April Friday Music Program

The Friday Music program runs from 12:30 pm – 2:00 pm. Come and have lunch and listen to the music. April 6th: *Celtic Routes*. April 13th: *Classic Legends*. Volunteer Appreciation Week: *Special Friday*. April 20th: *Randy Epp* (pianist) will be entertaining from 12:30 – 1:30 pm. Starting at 2:00 pm Randy will be joined by *Don Robb* (trumpet) to entertain for the Pub afternoon running from 12:00 – 6:00 pm in the LSCO dining room. April 27th: *Hank Wiebe*.

Practicing Happiness

Practicing Happiness is a six week program that helps individuals find purpose and direction in life. Every day life can present many ups



Support Services Coordinator

Marlene Van Eden
 mvaneden@lethseniors.com
 403-320-2222 ext. 25

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 Practising Happiness that starts on April 25th by calling 403-320-2222 or stopping by the LSCO administration desk.

Wellness

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on **Friday, April 13th**. 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, April 12th 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, April 3rd** 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.


Direct Dental Hygiene

Direct Dental Hygiene, a mobile dental hygienist service, service will be here at LSCO on **Monday, April 9th** 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, April 11th**. 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.







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GOLF LESSONS

INTERMEDIATE PLAYER PLAYING FOCUSED

This 4 week session is designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week followed by 9 holes. Maximum 6 players per session. Instructor: Josh Walker, Head Golf Professional. Register at LSCO. Lessons take place at Evergreen Golf Centre.

Session 1

When: Mondays
 April 16, 23, 30, May 7

Time: 2:00 – 3:00 pm (lesson)

Register by: Friday, April 13

Fee: \$75 LSCO M; \$100 M

Session 2

When: Mondays
 May 28, June 4, 11, 18

Time: 2:00 -3:00 pm (lesson)

Register by: Friday, May 25

Fee: \$75 LSCO M; \$100 M

Session 3

When: Mondays
 June 25, July 2, 9, 16

Time: 2:00 -3:00 pm (lesson)

Register by: Friday, June 22

Fee: \$75 LSCO M; \$100 M

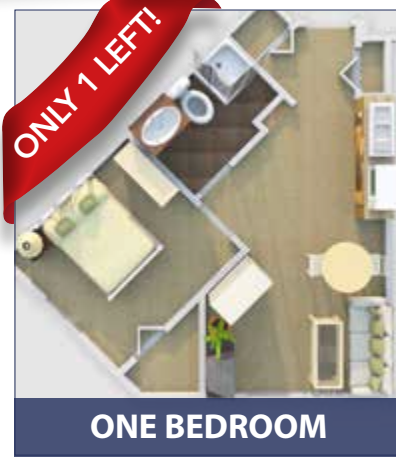




Come see our Newly Renovated Suites!

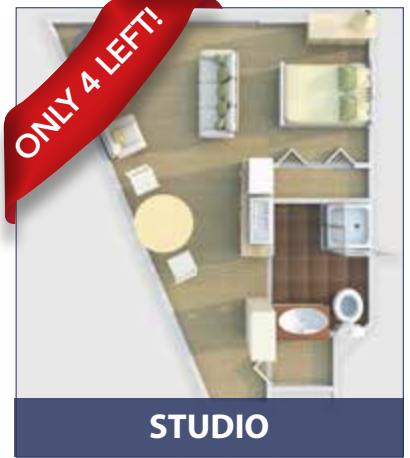
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Yoga & Stretch for Golf

This workshop is ideal for men and women golfers who want to be ready for the start of season! Come learn pre game stretching and breathing exercises and ways to help strengthen your functional range of motion. Learn how you can increase your hip drive for distance off the tee! Improve shoulder and spine movement to open up your swing. Please bring your favorite club to use in our stretches along with a yoga mat. Wear comfortable clothing too. Suitable

for all levels of golf and yoga experience. Sponsored by LSCO and Evergreen Golf Centre.

When: Saturday, April 21
Time: 9:30 – 11:30 am
Fee: \$25 LSCO M; \$35 NM
Location: Gym 2
Instructor: Kendall Bowes
Register by: Thursday, April 19

LSCO Friday Music Program

6	APRIL	Celtic Routes
13	APRIL	Classic Legends
20	APRIL	Randy Epp
28	APRIL	Hank Wiebe

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

CELEBRATE VOLUNTEER WEEK

WITH US **FRIDAY, APRIL 20**
12:00 - 6:00 PM

PUB AFTERNOON

EVERYONE WELCOME!
50 cent Wings, Raffle Draw
Entertainment by Randy Epp (pianist)
12:30 - 1:30 pm
Starting at 2:00 pm Randy will be joined by Don Robb (trumpet)

VOLUNTEER SPECIAL:
Burger & Beverage \$6.50
(anyone who volunteers in lethbridge is eligible)

LSCO Dining Room - 500 - 11th Street South - 403-320-2222

World Health Day – 7 April 2018

Universal health coverage is about ensuring all people can get quality health services, where and when they need them, without suffering financial hardship. No one should have to choose between good health and other life necessities.

Get Active for April

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online at www.lethseniors.com
- **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.

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 to find out if there is room!

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons (Dr. note required) after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.

- Refunds will be given if LSCO cancels a course. Participants also have the option of taking a credit.

MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit 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

FITNESS CENTRE

LSCO Member Fees

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

Non-Member Fee

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

IMPORTANT Note: For course descriptions of those that are not listed please visit www.lethseniors.com or call 403-320-2222.

Sports

GOLF LESSONS

Register at LSCO. Lessons will take place at Evergreen Golf Centre.

Intermediate Players Playing Focused

This 4 week session is designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week followed by 9 holes. Maximum 6 players per session. Instructor: Josh Walker, Head Golf Professional.

Session 1

When: Mondays, April 16, 23, 30, May 7
Time: 2:00 – 3:00 pm (lesson)
Fee: \$75 LSCO M; \$100 NM
Register by: Friday, April 13

Session 2

When: Mondays, May 28, June 4, 11, 18
Time: 2:00 – 3:00 pm (lesson)
Fee: \$75 LSCO M; \$100 NM
Register by: Friday, May 25

Session 3

When: Mondays, June 25, July 2, 9, 16
Time: 2:00 – 3:00 pm (lesson)
Fee: \$75 LSCO M; \$100 NM
Register by: Friday, June 22

Ladies Only-Beginner Level 1 (1 hour/week)

This 4 week session is designed for the lady who has NEVER played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play. Maximum 6 players per session. Instructor: Cara Vanderham, Assistant Golf Professional.

Session 1

When: Wednesdays, April 18, 25,
May 2, 9 (Beginner Level 1)
Time: 1:00 – 2:00 pm
Fee: \$35 LSCO M; \$45 NM
Register by: Monday, April 16

Session 2

When: Wednesdays, May 23, 30,
June 6, 13 (Beginner Level 1)

Time: 1:00 – 2:00 pm
Fee: \$35 LSCO M; \$45 NM
Register by: Friday, May 18

*Clubs are provided if needed.

*If you do not own golf attire or golf shoes, wear something comfortable that you can move in. Running shoes are recommended.

Ladies Only – Level 2 Intermediate Players – Playing Focused

(45 minute lesson/week. 9 holes to follow)

Designed for the lady that plays frequently and wants to score lower on the course. Covers putting, green reading skills, chipping, sand play, driving, course management and provides drills for you to practice with. Lessons will be on range and on course. 9 holes is included in price and will follow the lesson. Instructor: Cara Vanderham, Assistant Golf Professional.

Session 1

When: Thursdays, April 19, 26, May 3, 10
Time: 1:00 – 1:45 pm
Fee: \$75 LSCO M; \$100 NM
Register by: Tuesday, April 17

Session 2

When: Thursdays, May 24, 31, June 7, 14
Time: 1:00 – 1:45 pm
Fee: \$75 LSCO M; \$100 NM
Register by: Tuesday, May 22

GOLF SCRAMBLE

Celebrate Seniors Week (June 3-9) by playing in the Fun PAR 3 Golf Scramble scheduled for Tuesday, June 5. Watch for more details or email shamilton@lethseniors.com to be put on the interest list. You do not have to be a member of LSCO to play!

BEGINNER PICKLEBALL

There are no regular scheduled lessons for April. If you are a beginner, times have been scheduled for you to play. We do have a few paddles that are available to use. Please purchase monthly or day passes at the Administration Desk prior to playing. Wear clean inside court shoes.

When: Mondays, Tuesdays, Thursdays
& Fridays

Time: 3:00 – 4:50 pm
Fee: \$15 LSCO M; \$30 NM
Drop In: \$2.50 LSCO M; \$3.50 NM

Yoga & Pilates

YOGA & STRETCH FOR GOLF

This workshop is ideal for men and women golfers who want to be ready for the start of season! Come learn pre game stretching and breathing exercises and ways to help strengthen your functional range of motion. Learn how you can increase your hip drive for distance off the tee. Improve shoulder and spine movement to open up your swing! Please bring your favorite club to use in our stretches along with a yoga mat. Wear comfortable clothing too. Suitable for all levels of golf and yoga experience. Sponsored by LSCO & Evergreen Golf Centre.

When: Saturday, April 21
Time: 9:30 – 11:30 am
Fee: \$25 LSCO M; \$35 NM
Location: Gym 2
Instructor: Kendall Bowes
Register by: Thursday, April 19

ACTIVE YOGA

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

CHAIR YOGA

When: Wednesdays, April 11 – May 30
Time: 9:35 – 10:35 am
Fee: \$22 LSCO M; \$32 NM
Register by: Monday, April 9

GENTLE YOGA

When: Tuesdays & Thursdays
May 8 – June 28
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$102 NM
Register by: Friday, May 4

NOON YOGA

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

YOGA BLEND

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

MONDAY MORNING YOGA

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 30
Time: 10:00 – 11:00 am
Fee: \$40 LSCO Members; \$52 NM
Instructor: Leigh Monette
Register by: Monday, April 9

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: 12:05 – 12:55 PM
Fee: \$39 LSCO M; \$45 NM
Register by: Friday, April 6

Exercise, Dance & Movement

For course descriptions please visit
www.lethseniors.com

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
April 10 – May 3
Time: 1:30 – 2:30 pm
Fee: \$30 LSCO Members; \$45 NM
Register by: Friday, April 6

When: Tuesdays & Thursdays
May 8 – May 31
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO Members; \$60 NM
Register by: Friday, May 4

LINE DANCE

When: Mondays, April 9 – June 28
Time: 10:30 am – 12:00 pm
Fee: \$34 LSCO M; \$60 NM

When: Thursdays, April 12 – June 28
Time: 10:30 am – 12:00 pm
Fee: \$34 LSCO M; \$60 NM

BEGINNER LINE DANCE

When: Thursdays, April 12 – June 28
Time: 1:15 – 2:15 pm
Fee: \$34 LSCO M; \$60 NM

MOVEMENT MEDICINE

When: Thursdays, April 12 – June 14
(no class May 3)
Time: 5:15 – 6:15 pm
Fee: \$59 LSCO M; \$88 NM
Register by: Tuesday, April 10

Tai Chi & QiGong

For course descriptions please visit
www.lethseniors.com

QIGONG

When: Tuesdays & Thursdays
April 10 – May 17 (no class May 3)
Time: 10:15 – 11:15 am
Fee: \$44 LSCO M; \$68 NM

TAI CHI 6 & 10 FORM

Yang 6 and 10 Tai Chi are short forms taken from Yang 24 form. Each form takes approximately 1.5 minutes to perform once and can be completed in an area of 8 by 4 feet. The form is ideal for beginners and those that do not have enough time to commit to performing longer forms.

When: Wednesdays, April 11 – May 16
Time: 12:30 – 1:30 pm
Fee: \$24 LSCO M; \$36 NM

Special Events

SPRING KARAOKE CONCERT

Everyone is invited to attend the Karaoke Concert. Door prizes and refreshments to follow.

When: Tuesday, April 24
Time: 1:30 – 3:00 pm
Fee: Donation at the door

TAI CHI & QIGONG DAY 2018

On the last Saturday of April each year tens of thousands in hundreds of cities in over 70 nations come together...to breathe together...to provide vision for our world. Tai Chi enthusiasts & friends are invited to meet at LSCO Saturday, April 28 from 10:00 – 11:00 am. 500 11th Street South. Event is FREE!

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.

When: Tuesdays, April 3 – 24
Time: 1:00 – 4:00 pm
Fee: \$25 LSCO M; \$38 NM
Register by: Tuesday, April 3

PAINTING ANIMALS IN ACRYLIC

Keep it simple, that's the idea behind offering this painting class. We will use simple techniques in creating animal portraits. Learn how to blend colors, find and paint the right values, look for relationships in the animal to help with the right proportions and perspectives and create those wonderful textures and patterns. Follow along with step by step instructions and create wonderful paintings of some of your favourite animals.***For the first class we will cover materials, so you will need some paint, brushes, pencil and sketch book or practise painting surface. So you may wait to purchase the rest of your materials later if you are not sure of what to get.***Ask for a supply list upon registration.

When: Wednesdays, April 18 – June 6
Time: 10:00 am – 12:00 pm

Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, April 16

PAINTING WATER with Water WORKSHOP In Acrylic

This is a workshop to demonstrate how to use acrylic to create water scenes. We will cover three aspects of water: still water and its reflections, moving water and waterfalls. As long as you can mix colors, use your brushes and know how watercolors react with water, this 4 hour class is for you. We will break for lunch at noon. As for a supply list upon registration.

When: Thursday, April 19
Time: 10:00 am – 3:00 pm
Fee: \$25 LSCO M; \$50 M
Instructor: Donna Gallant
Register by: Monday, April 16

PAINTING WATER WITH WATER WORKSHOP in Watercolor

This is a quick little workshop to demonstrate how to use watercolor to create water scenes. We will cover three aspects of water – still water and its reflections, moving water and waterfalls. As long as you can mix colors, use your brushes and know how watercolors react with water, this is a class for you. We will break for lunch at noon. Ask for a supply list upon registration.

When: Thursday, May 10
Time: 10:00 am – 3:00 pm
Fee: \$25 LSCO M; \$50 M
Instructor: Donna Gallant
Register by: Monday, May 7

GARDEN PARTY

We had a great success last year that we are offering this class again. If you ever wanted to paint flowers in a garden, this is a great opportunity to take advantage of this "on location class". We have several locations to paint or draw in someone else's garden. Pathways, gorgeous groups of flowers, quaint little places and the big blue sky will be our backdrop for class. You will be responsible for your own way there and back and your own selection of media and supplies. Our first class will be at the center to get ourselves set up and touch on some basics for working on location, so you will need a sketch book and pencil or watercolor or whatever you wish to practise with. You will need a few other supplies besides your art supplies such as: folding chair, hat, sunscreen, bug spray, jug of water.

When: Thursdays, May 24 – June 21
Time: 1:00 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Tuesday, May 22

BIRDS & BUTTERFLIES

Summer is a time of year when we see all kinds of beautiful birds and butterflies filling the air with song and movement. Let's try and capture them. This class will teach you how to paint and/or draw these beautiful creatures. You will work in whatever medium you wish to use like colored pencil, watercolor, pen & ink, oil or acrylic. You choose the medium and Donna will teach the basics of understanding your subject in this 4 session class. You may even try a different medium for each class or just stick with one – your choice. You should have some experience working with your chosen medium because the application of materials will not be covered. Come fly away with Donna and create some colorful birds & butterflies. Ask for a supply list upon registration.

When: Wednesdays, July 4 – 25
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$50 NM
Register by: Friday, June 29

Community Support Groups

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

Community Support 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, April 19th** 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, April 10th** 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 **April 14th** at 2:00 pm in Room C & D.

Lethbridge Stroke Recovery Association (LSRA)

LSRA is for those those individuals who are stroke survivors. Please join LSRA on

Wednesday, April 11th in Room A at 7:00 pm. Guest speaker will be Lori Sincennes, RN, is speaking about "Stress and how to manage it". For more information about the group please call Kelly at 403-359-3811 or email 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.

Computer Corner

by Sjoerd Schaafsma with past notes from John Pinto and Dean Leffingwell

A Refresher – Tips and Tricks from previous issues

Every now and again I run across a situation and I think, "didn't I write a tip about that a while ago?"

If I forgot, I'm likely not the only one. So, here are some tips from the past.

- 2013:** *Jan.* **Free Online learning:** Type GCFlearnFree.org into the browser address bar to find the complete answers!
- Feb.* **Search Better** how to find information online effectively <https://www.gcflearnfree.org/searchbetter/>
- Mar.* **Acronyms** PDF is an acronym for "Portable Document Format".
A format that can be read on almost all current devices.
- May* **Cloud storage** is data storage provided by online services e.g. OneDrive, Dropbox, Google Drive, and iCloud. Cloud services are services provided by online service providers. (The Google suite of utilities is a good example.)
- June* **iPad Help** – Download an iPad manual <https://support.apple.com/manuals/ipad>
- Sept.* **Find a program** in Windows 8 and up - start typing in the search box on the task bar till you see the program you want then click on it.
- Dec.* **Online computer help subscriptions** both free and paid are a wealth of information. Ask Leo! <http://askleo.com> and Windows Secrets <http://windowssecrets.com> both offer paid and free subscriptions. How-to Geek is an ad supported daily newsletter and website offering advice on almost all computer platforms, Windows, iOS, Mac, and Linux.
- 2014:** *Jan.* **Safe Downloading** – If you download software for your computer from the internet be very careful of what links you click on. It can be difficult to determine which of the 'DOWNLOAD HERE' buttons will download the program you want. Many buttons are phishing for your business; some are downloading junk you don't want. During the download, pay close attention to the other software that may be included in the package. CANCEL if anything looks suspicious.

The New Monthly Tip: On your iOS device double tapping the screen while in Safari will increase the text size.

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

Computer Club WORKSHOPS

April 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.

April

- Monday, April 2: LSCO Closed for Easter Monday
- Monday, April 9: Regular Updates of Lab computers and Sharing session
- Wednesday, April 11: Lethbridge Public Library Electronic Resources – Caroline Moynihan
What is available, and how to access the library's Electronic Resources
- Wednesday, April 18: Sharing Session – Share your favourite Web Sites
- Monday, April 30: Meeting and sharing session

If you want one on one help for a specific problem or something you'd like to learn, please email computerclub@lethseniors.com giving a date, time and what you'd like help with. We'll try to hook you up with someone who will be able to help you in the lab. This service is available to Computer Club members only.

Suggestions for other workshops are welcomed.

Updates to the schedule can be found at:

<https://sites.google.com/site/oldfolkscomputers/workshop-calendar>

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

SENIORS MARTIAL ARTS FITNESS CLASS

This 7 week program is designed for older adults to challenge and improve balance, coordination, strength and general fitness through martial art movements and exercises. 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: Tuesdays & Thursdays
April 17 – May 31
- Time: 9:30 – 10:30 am
- Fee: \$84 LSCO M; \$112 NM
- Register by: Friday, April 13

6th ANNUAL



Live Well Showcase

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

Live Well Showcase Speakers

Speakers presented by Hosack Denture Clinic

Thursday, May 3rd ~ 11:00 am

**Travis Zentner & Bryan Watts –
Cornerstone Funeral Home**

Are your affairs in order? Are you running the risk of leaving your family in a state of turmoil, confusion and disarray after your time of passing?

Come talk with Travis & Bryan about how to relieve the anxiety for your family surrounding the complexities of a life well lived. Together, you can discover the benefits to planning ahead.

Thursday, May 3rd ~ 3:00 pm

Dr. Philip E. Jaffe, MD – Gastroenterologist

“Living with your Maturing Gut:

what to expect when you are not expecting problems”

Dr. Jaffe will be speaking about common conditions that affect the normal function of the esophagus, stomach, small intestine, colon and rectum and pancreas. This includes acid reflux, indigestion, peptic ulcer, gallbladder and pancreatitis disorders and diverticulosis.

Friday, May 4th ~ 11:00 am

**Tyler Brack, Travis Zentner, Doug Alger –
Proper Estate Planning**

Be confident that you’ve taken care of your family and estate with tax, legal, and funeral preparations now. It can be easier – and cheaper – than you think!

Professionals from Alger Zadeiks Shapiro LLP, Avail CPA, and Cornerstone Funeral Home will share key aspects of your preparation:

Planning now will give you the confidence and peace of mind that you’ve made things easier for your loved ones. You’re invited to attend this information session to learn how simple this process can be.

Friday, May 4th ~ 1:00 pm

Lindsay Blackett – President of Canadian Cannabis Chamber of Commerce

Mr. Blackett will give an overview on Cannabis. He will also speak on the legislation and regulations going on at the three levels of government across the country and the benefits and pitfalls associated with them.

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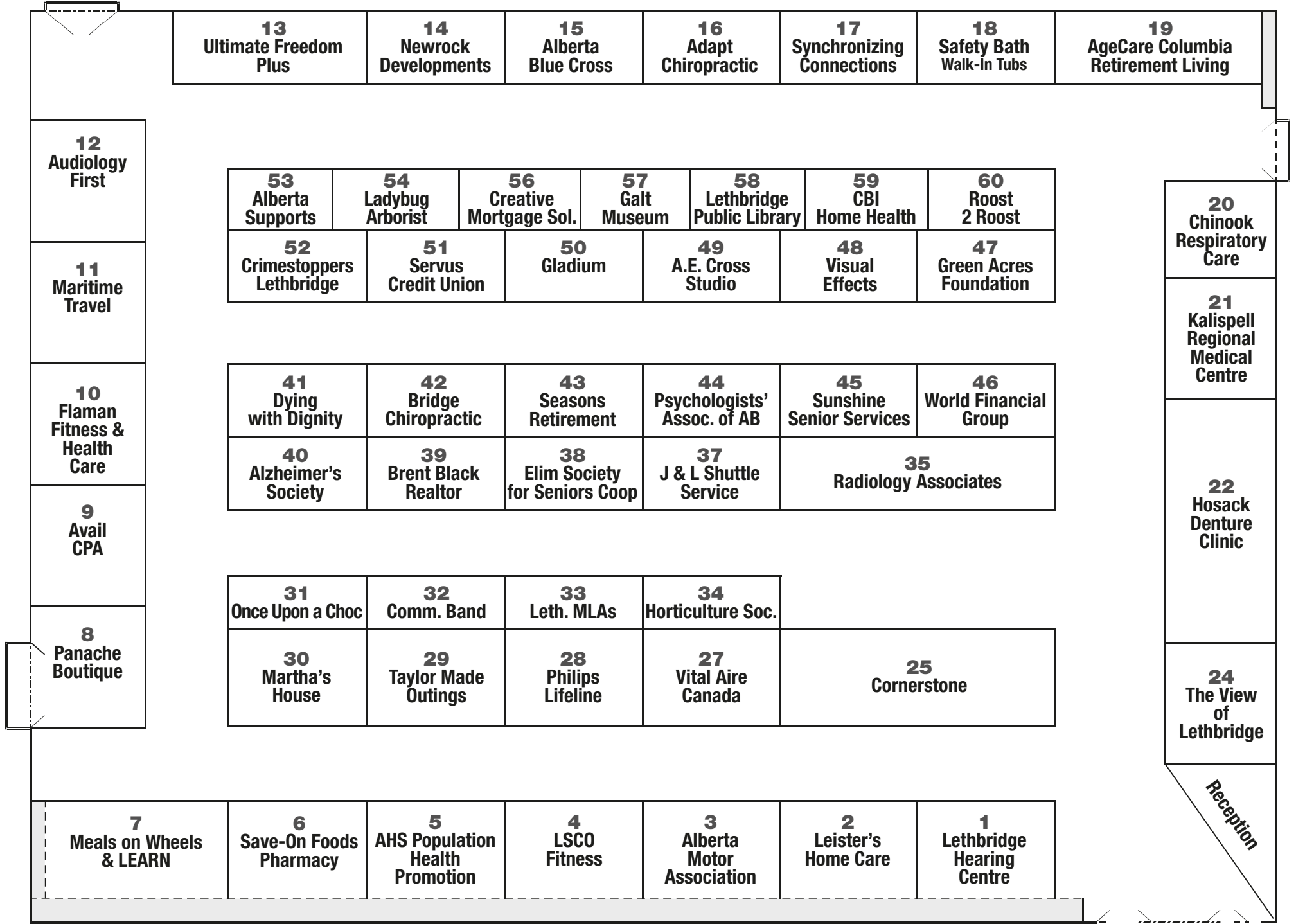
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Exhibitor	Booth #	Exhibitor	Booth #
Adapt Chiropractic	16	Lethbridge Hearing Centre	1
AE Cross Studio	49	Lethbridge Horticultural Society	34
AgeCare – Columbia Assisted Living	19	Lethbridge MLAs	33
AHS – Population Health Promotion	5	Lethbridge Public Library	58
Alberta Blue Cross	15	LSCO Programs	4
Alberta Motor Association	3	Maritime Travel	11
Alberta Supports Lethbridge (AB Gov't)	53	Martha's House	30
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Heather McCuaig	69	Taylor Made Outings	29
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403-315-1729

Did you know? LSCO serves breakfast from 8:00 am – 1:00 pm from Monday to Friday.

64 Vibrant You Hyperbarics

66 Young Living Essential Oils

67

68 City of Lethbridge Parking Technology

69 Heather McCuaig

70

71 voxxlife

63 Green Team Health Clinic

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61 Direct Dental Hygiene

DRAW BARREL

Water

Walkway to Dining Room

Entrance to Dining Room

Entrance to Stage Area

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Linda 403-393-6528 Heather 403-308-9935

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403-327-7990

Fabulous Roast Beef Dinner

Everyone Welcome
Thursday, May 3rd
\$18 Advance / \$20 at Door
(Advance tickets available at LSCO Administration Desk)

5:00 – 7:00 pm
LSCO Dining Room

Entertainment by the Bridge Brass Quintet

Donations courtesy of Bonduelle Canada Inc., Kasko Cattle Company, Cupper's Coffee & Lethbridge Meat & Seafood

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Visit us in Booth 21 at the Live Well Showcase



The Live Well Showcase is a very professional trade show for Seniors, and features over 70 exhibitors as well as some very interesting speakers. It will be held May 3rd & 4th at the Lethbridge Senior Citizens Organization. This show features all the aspects of "active aging".


Ralph Zentner, owner of Cornerstone Funeral Home, is again honoured to be the major sponsor of this event. "We are proud to be involved in the sixth annual showcase and firmly believe that educating yourselves and being prepared for your future is vital."

Cornerstone is an avid community supporter and realizes the importance of those in the community who are here to help. With the focus on education, presentations are available during the Showcase for those who wish to attend.

Admission is free and the Showcase takes place at LSCO, 500 11th Street South, Thursday, May 3rd from 10:00 am to 7:00 pm and Friday, May 4th from 10:00 am to 3:00 pm.

On Thursday evening from 5pm – 7pm the attendees will be able to partake in a fabulous meal prepared by the dining room staff. Entertainment will be provided by the Big Brass Quintet from the Lethbridge Community Band. All this for an amazingly low price of just \$18 per plate in advance or \$20 at the door.

Rob Miyashiro, Executive Director of LSCO, thanks all of the sponsors, vendors, the staff and volunteers for their support in this very worthwhile information session and fund raising effort. Learn about the services and opportunities that are available to everyone as we age. Anyone over 50 will get a GREAT DEAL out of this special event, whether planning for their own future or assisting loved ones. Don't miss it.



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LSCO LETHBRIDGE Senior Citizens ORGANIZATION

GIFT CARD

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

A Wise Judge Indeed

I had the good fortune recently to attend a pre-trial conference at the Court House. The conference was centred around a commercial lease dispute between a landlord and tenant and was in small claims court or civil claims, as it now called. A pre-trial conference is designed to help achieve parties to a lawsuit achieve some sort of settlement or if not then figure out the basics of the trial, including number of witnesses, length of trial and documents to be presented at trial.

To give you a feel for the surroundings, the conference is in a board room and the participants wait at the table and the judge comes into the room from their own separate entrance as if summoned from another domain. I had never met this judge before and from the get go I knew he was not a typical judge. He explained to the participants that what is said in the conference stays in the conference, but then to bring home the point, said, "I don't know what exactly this means, but I think this is the best way of explaining the concept and that is what happens in Vegas, stays in Vegas". Right away I knew this judge was different. We had some settlement discussions and then the judge intervened with another of his sayings. "You may think that winning your case will make you feel better and you will relish your victory over the other side, but that feeling of victory is fleeting and to counter that if you lose your case, the defeat will stick with you for years. In other words, the thrill of victory fades away far



Legal Tips and Information

Douglas Alger

quicker than the agony of defeat." I frankly had never heard this before, but when I equated this to my golf obsession with golf, it rang true. Those nights when I won my golf league match I would enjoy the victory for that evening, but if I lost I would ruminate on the loss for a lot longer. What the judge was trying to say was that even if you think you have great case and even if you won your case, it would not give you anything that lasts for very long, plus if you lost your case, it would likely cause you to linger on the defeat for years to come. This little truism helped the focus of the parties and they started to work towards a settlement.

After about an hour and half with the judge, the judge asked the parties to step outside with their lawyers and try and work something out. I met with my clients and asked them what they would be prepared to settle on and they gave me a figure, which I took to the other side. They indicated that that wasn't

good enough and offered me a figure and my clients felt that was too high.

We called the judge back in after a half hour of this and indicated we couldn't reach a settlement. Well the judge had a another trick up his sleeve and asked the lawyers how long the trial would take and when both sides agreed it would be 2 days, the judge turned to the parties and said you both know that this will cost a considerable amount in legal fees and based on how far you are apart, it is not worth a two day trial. Based on this dose of reality, the parties agreed to settle. The judge said in closing, don't second guess what you've settled on, but accept it and move on. He indicated that Canadians often will second guess what they have settled on, whereas Americans will make a deal and move on.

What I learned from the judge in this case, is that clients often need a persistent and wise judge to tell them it is wise to settle. As a lawyer you will try to get the best deal for your client, but often that becomes confused with the lawyer trying to show they are better than the other side's lawyer. The problem with this approach is that the clients end up paying for their respective lawyer's ego battle. So the real question, is how to choose a lawyer who will work for your interests and not merely for their economic well-being. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.



April At a Glance
admission fees apply | free to annual pass holders



- APR 02-06 Coulees and Culture**
Special Event | 8:30-4:30 pm | Ages 6-9
- Wed APR 04 Silhouettes**
Daytime Galt Workshops | 10:30-noon | Adults
- Wed APR 04 Art and Imagery of Ancient Coinage**
Wednesdays at the Galt | 2-3 pm | Adults
- Thu APR 05 Collections Tour**
Special Event | 4 pm | All Ages
- Fri APR 06 Herb Gardens**
First Friday Fun | 1:30-3 pm | Families
- Sat APR 07 Painted Rocks**
Saturdays at 1:00 | 1-2 pm | Families
- Wed APR 11 Traditional Blackfoot Diet and Medicine**
Daytime Galt Workshops | 10:30-noon | Adults
- Thu APR 12 Archival Journey**
Archives Program | 7-9 | Adults
- Sat APR 14 Blackfoot Legends and Napi Stories**
Saturdays at 1:00 | 1-2 pm | Families
- Sun APR 15 Dunkirk: the Real Story**
Café Galt | 2-4 pm | Adults
- Wed APR 18 Sports Cards & Memorabilia**
Wednesdays at the Galt | 2-3 pm | Adults
- Sat APR 21 Earth Day**
Saturdays at 1:00 | 1-2 pm | Families
- Thu APR 26 Braided Rugs**
Galt Workshops | 7-9 pm | Adults
- Sat APR 28 Arbor Day**
Saturdays at 1:00 | 1-2 pm | Families
- Sat May 05 Southern Alberta Heritage Fair**
Special Family Event | 1-4:30 pm | All Ages
- Tue MAY 08-MAY 09 Taste of Downtown**
Special Event | 5-8 pm | Adults

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Oral healthcare for seniors
Today's seniors can expect to keep most, if not all, of their teeth as they age thanks to healthier lifestyles and advances in oral and medical care. But keeping those natural teeth healthy can be a challenge.

Restricted mobility, cognitive impairments and medications that cause dry mouth can all contribute to oral problems and complicate treatment. Even more worrisome is the fact that bacteria from the mouth can travel through the body, resulting in serious infections and inflammation that can lead to cardiovascular and respiratory diseases and stroke.

Dental hygienists encourage all older adults to brush their teeth twice a day with fluoride toothpaste and clean in between their teeth at least once a day. They also advise anyone with dentures (full or partial) and their caregivers to clean dentures and any remaining teeth daily, and brush and massage the gums either with a soft toothbrush or a warm damp cloth.

Whether you're at home or in a long-term care residence, daily mouth and denture care coupled with professional oral care from a dental hygienist can help prevent more serious health problems and keep you smiling.

Find more information at www.dentahygieneacanada.ca/seniors.

www.newscanada.com



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Mother's Day BRUNCH

Sunday, May 13th
3 Seatings
 10:00 am ~ 11:30 am ~ 1:00 pm

*Omelette (ham & cheese or veggie),
 sausage, pancakes, bacon,
 scalloped potatoes, hash browns,
 baked ham, salad bar, coffee and tea.*

Call to reserve your seat today!
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www.lethseniors.com



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- Snowball Quilt 63"x63"**
- value \$600
- Bright Coloured Steps 63"x69"**
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- Grass is Greener Golf Package**
- value \$100
- 4 Rounds of Golf (Executive Par 3) at Evergreen Golf Centre

- Sweet Tee Golf Package**
- value \$200
- 2 Green Fees at Paradise Canyon
- Floral Fortunes** - value \$200+
- \$100 Funky Petals gift certificate
- \$50 worth of Lottery scratch tickets
- A solar garden decor flower
- Take Me Out to the Ballgame: Bulls Baseball Patio Party** - value \$1000
- Patio Party for up to 42 people at a weeknight Bulls game this upcoming season
- includes Bulls t-shirt, jacket and baseball hat

Bright Coloured Steps QUILT
Valued at \$700

Scrapaholic QUILT
Valued at \$500

Snowball QUILT
Valued at \$600

Early Bird Prize
 2 tickets to Mother's Day Brunch at LSCO will be drawn from each raffle box as well (value \$40 per pair of tickets). Winners are still eligible for the original prize they entered for.

Tickets: \$2 each
 \$5 for 3 and \$20 for 20

EARLY BIRD DRAW
 May 4, 2018
 4:00 pm

DRAW DATE
 May 11, 2018
 4:00 pm

WEDNESDAY 18
 APRIL

Volunteer Appreciation Supper

5:30 pm: Doors open
 6:00 pm: Supper served
 by Lethbridge Coaldate 4-H Beef Club

Roast Beef Supper & Entertainment
 by TJ Waltho

All LSCO volunteers are invited; those who logged at least 35 hours in 2017 may attend for free.
 Guests and volunteers under 35 hours may attend for \$15.

Door prizes and service awards to follow supper.
 Please RSVP to Chelsea no later than April 9th.

Celebrate Tai Chi & Qigong Day

Saturday, April 28, 2018

from 10:00 - 11:00 am
 at LSCO in Gym 2

On the last Saturday of April each year, the world is invited to join in on mass Tai Chi and Qigong teach-ins and exhibitions held in over 70 nations.

"One World... One Breath"



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

"A FOOL MAY BE KNOWN BY SIX THINGS: ANGER WITHOUT CAUSE; SPEECH WITHOUT PROFIT; CHANGE WITHOUT PROGRESS; INQUIRY WITHOUT OBJECT; PUTTING TRUST IN A STRANGER; AND MISTAKING FOES FOR FRIENDS."
 ~ ARABIAN PROVERB



April 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		
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	
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 (Gym 1) 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	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 (cancelled April 2nd)				Pickleball 12:45 pm
Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities & Chair Exercises) Karaoke 1:00 pm *Karaoke Concert 1:30 pm April 24	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	
Table Tennis 3:00 pm		Table Tennis 2:45 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.

Did you know?

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



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cathymunro@lifetimehighs.club

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GIFT CERTIFICATES AVAILABLE

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	Oct 28-29	\$80 pp/dbl
Deadwood, SD	Sept 30-Oct 6, 2018	\$665 pp/dbl

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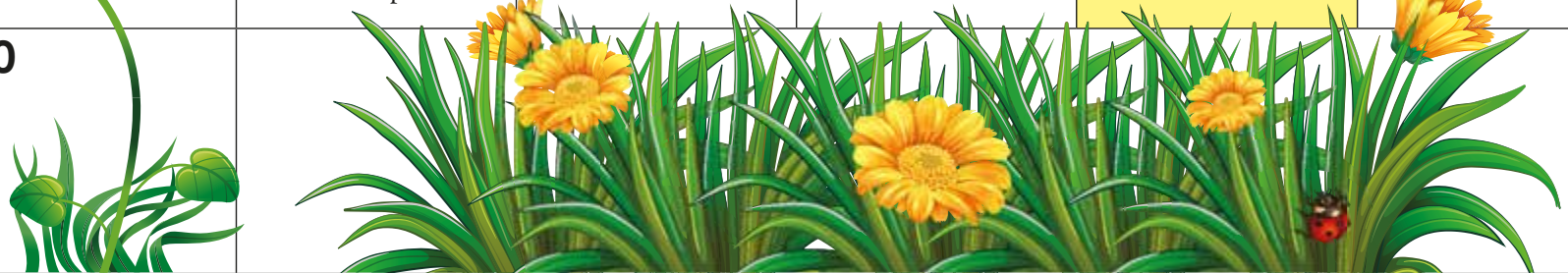
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“The trouble with practical jokes is that very often they get elected.” ~ Will Rogers

April 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 LSCO Closed for Easter Monday	3 Classic Legends 1:00 pm Room C/D Chair Exercises 2:45 pm	4 Horse Racing 1:00 pm Room A/B	5 Sandy Gervais 1:00 pm Room A/B	6 Music Program in Stage Area Celtic Routes 12:30 ~ 2:00 pm	7 	
8 		10 Hank Wiebe 1:00 pm Room C/D Chair Exercises 2:45 pm	11 Bowling Holiday Bowl 1:00 pm	12 Floyd Sillito 1:00 pm Room A/B	13 Music Program in Stage Area Classic Legends 12:30 ~ 2:00 pm	14	
15 	16	17 Pet Therapy with Heather 1:00 pm Room C/D Chair Exercises 2:45 pm	18 Horse Racing 1:00 pm Room A/B Volunteer Appreciation Supper	19 Don Robb & Randy Epp 1:00 pm Room C/D	20 Music Program in Stage Area Randy Epp 12:30 ~ 2:00 pm Pub Afternoon	21 Movie Mill Volunteer Screening 10:30 am	
22	23 	24 Cards & Dice 1:00 pm Room C/D Chair Exercises 2:45 pm	25 Bowling Holiday Bowl 1:00 pm	26 Los Gringos 1:00 pm Room A/B	27 Music Program in Stage Area Hank Wiebe 12:30 ~ 2:00 pm	28	
29	30 						

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.

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The eleventh annual World Autism Awareness Day is April 2, 2018.
Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world, light blue in recognition of people living with autism. Autism-friendly events and educational activities take place all month to increase understanding and acceptance and foster worldwide support.

Garden Party

We had a great success last year that we are offering this class again. If you ever wanted to paint flowers in a garden, this is a great opportunity to take advantage of this "on location class". We have several locations to paint or draw in someone else's garden. Pathways, gorgeous groups of flowers, quaint little places and the big blue sky will be our backdrop for class. You will be responsible for your own way there and back and your own selection of media and supplies. Our first class will be at the center to get ourselves set up and touch on some basics for working on location, so you will need a sketch book and pencil or watercolor or whatever you wish to practise with. You will need a few other supplies besides your art supplies such as: folding chair, hat, sunscreen, bug spray, jug of water.

When: Thursdays, May 24 – June 21
Time: 1:00 – 3:30 pm
Fee: \$40 LSCO M: \$60 NM
Instructor: Donna Gallant
Register by: Tuesday, May 22



Lethbridge HEARING CENTRE

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

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

Jake Boldt
Hearing Technician

Celebrate National Volunteer Week April 15 ~ 21

MONDAY
**APRIL
16**

Celebrate the Value of Volunteering Display

Check it out all week inside the Dining Room.

TUESDAY
**APRIL
17**

Animal Cracker Volunteer Social

Movie screening
"The Man Who Planted Trees"
Stage Area
10:30 – 11:30 am

WEDNESDAY
**APRIL
18**

Volunteer Appreciation Supper

5:30 pm: Doors open

6:00 pm: Supper served

by Lethbridge Coaldate 4-H Beef Club

Roast Beef Supper and Entertainment by TJ Waltho

All LSCO volunteers are invited; those who logged at least 35 hours in 2017 may attend for free.

Guests and volunteers under 35 hours may attend for \$15.

Door prizes and service awards to follow supper. Please RSVP to Chelsea no later than April 9th.

THURSDAY
**APRIL
19**

Corporate Volunteerism Panel

11:45 am – 1:15 pm

Dr. Foster James Penny Building
324, 5 Street South, Lethbridge, AB

Everyone Welcome

This Chamber of Commerce event features a panel discussion on how and why businesses support nonprofit organizations through employee volunteer involvement.

Our Volunteer Coordinator, Chelsea Sherbut, will speak on the panel about Meals on Wheels volunteering. Come meet some new people and think some new thoughts! Lunch included.

Let Chelsea know if you are planning to attend.

FRIDAY
**APRIL
20**

Pub Afternoon

Noon - 6 pm in the Dining Room
Open to everyone!

50 cent wings
entertainment and a raffle prize

**Volunteer Special:
Burger & Beverage
\$6.50**

(anyone who volunteers for any organization in Lethbridge is eligible)

SATURDAY
**APRIL
21**

Movie Mill Volunteer Screening

10:00 am: Doors open

10:30 am: Movie starts

Movie TBD

Vote on sheet by Chelsea's door

Volunteers and their guests are welcome but must have a ticket.

\$1 deposit per ticket required and will be returned to you when you arrive at the Movie Mill.

There are no regular scheduled lessons for April. If you are a beginner, times have been scheduled for you to play. We do have a few paddles that are available to use. Please purchase monthly or day passes at the Administration Desk prior to playing. Wear clean inside court shoes.



When: Mondays, Tuesdays,
Thursdays & Fridays
Time: 3:00 – 4:50 pm
Fee: \$15 LSCO M; \$30 NM
Drop In: \$2.50 LSCO M; \$3.50 NM

beginner PICKLEBALL

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

Top 5 languages spoken in Canada

With our country being one of the most multicultural in the world, many of us speak more than one language. Being bilingual has many benefits, including better decision-making, improved memory and protection against illnesses like dementia. Check out the top five languages spoken in Canada, and if you already aren't bilingual, consider learning a second language as it's never too late to start. Why not one of the two official languages?

1. **English.** As you may have guessed, English is the most commonly spoken language at home in our country. In fact, a whopping 98 per cent of Canadians say they have the ability to conduct a conversation in English, French or both.

2. **French.** Our other official language, French, is the second-most commonly spoken language in Canada. But it's not just those in Quebec — there are many communities outside la belle province with large French-speaking populations. That's why the federal government ensures it provides services in both official languages at many points of service.

3. **Mandarin.** While a fifth of us speak a mother tongue other than English or French, only 6.2 per cent of Canadians speak a language other than English or French as their sole home language. Mandarin is most commonly spoken in the major metropolitan areas.

4. **Cantonese.** Also popular in large cities, Cantonese is another Chinese language that is commonly spoken in Canada.

5. **Punjabi.** The fifth-most common language spoken at home across the country is the most frequently reported immigrant language in Vancouver, Calgary and Edmonton. Overall, the number of Canadians who speak more than one language is growing.

Do you have ideas about how our two official languages can remain relevant in more diverse Canada? The Office of the Commissioner of Official Languages is holding public consultations and invites you to share your ideas online at officiallanguages.gc.ca.

www.newscanada.com

OSTEOPATHY AND ARTHRITIS

Scott Lawrence, an Osteopath trained at the British School of Osteopathy and new to Lethbridge will be talking about Osteopathy.

What is it? Who is it for?

Bring any questions you may have.

Scott will also be going in depth about osteoarthritis and some tips to help deal with it. He will discuss ways to make osteoarthritis a lot less daunting of a diagnosis to live with!



Thursday, April 19, 2018
9:30 am – 12:00 pm
 Room A & B
 LSCO
 500 - 11th Street South
 403-320-2222



GOLF LESSONS

Ladies Only
Level 2 Intermediate Players
 Playing Focused

Designed for the lady that plays frequently and wants to score lower on the course. Covers putting, green reading skills, chipping, sand play, driving, course management and provides drills for you to practice with. Lessons will be on range and on course. 9 holes is included in price and will follow the lesson. There will be a 45 minute lesson each week followed by 9 holes. Instructor: Cara Vanderham, Assistant Golf Professional.

Session 1
 When: Thursdays
 April 19, 26, May 3, 10
 Time: 1:00 – 1:45 pm
 Fee: \$75 LSCO M; \$100 M
 Register by: Tuesday, April 17

Session 2
 When: Thursdays
 May 24, 31, June 7, 14
 Time: 1:00 – 1:45 pm
 Fee: \$75 LSCO M; \$100 M
 Register by: Tuesday, May 22



GOLF LESSONS

Ladies Only
Beginner Level 1

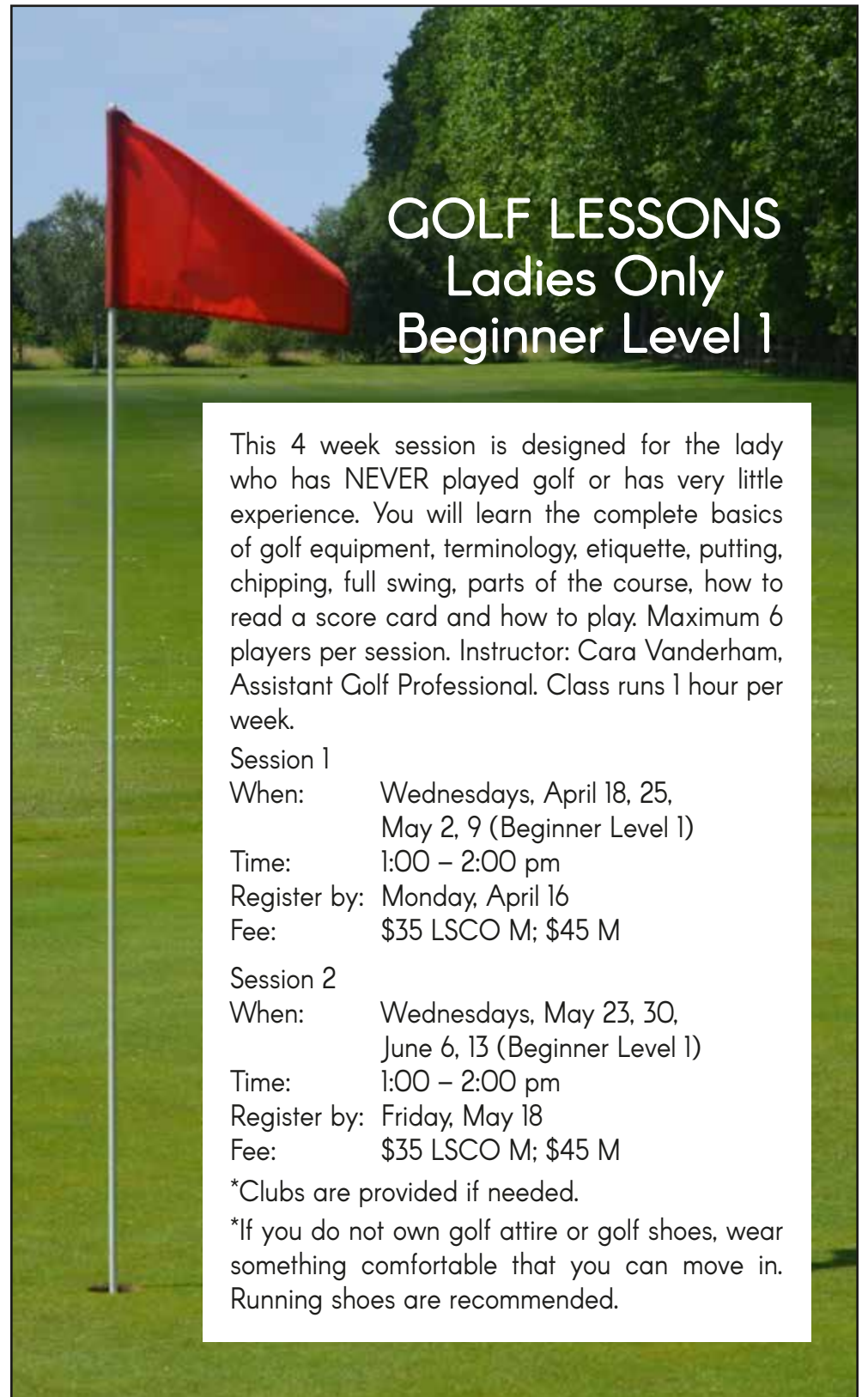
This 4 week session is designed for the lady who has NEVER played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play. Maximum 6 players per session. Instructor: Cara Vanderham, Assistant Golf Professional. Class runs 1 hour per week.

Session 1
 When: Wednesdays, April 18, 25,
 May 2, 9 (Beginner Level 1)
 Time: 1:00 – 2:00 pm
 Register by: Monday, April 16
 Fee: \$35 LSCO M; \$45 M

Session 2
 When: Wednesdays, May 23, 30,
 June 6, 13 (Beginner Level 1)
 Time: 1:00 – 2:00 pm
 Register by: Friday, May 18
 Fee: \$35 LSCO M; \$45 M

*Clubs are provided if needed.

*If you do not own golf attire or golf shoes, wear something comfortable that you can move in. Running shoes are recommended.

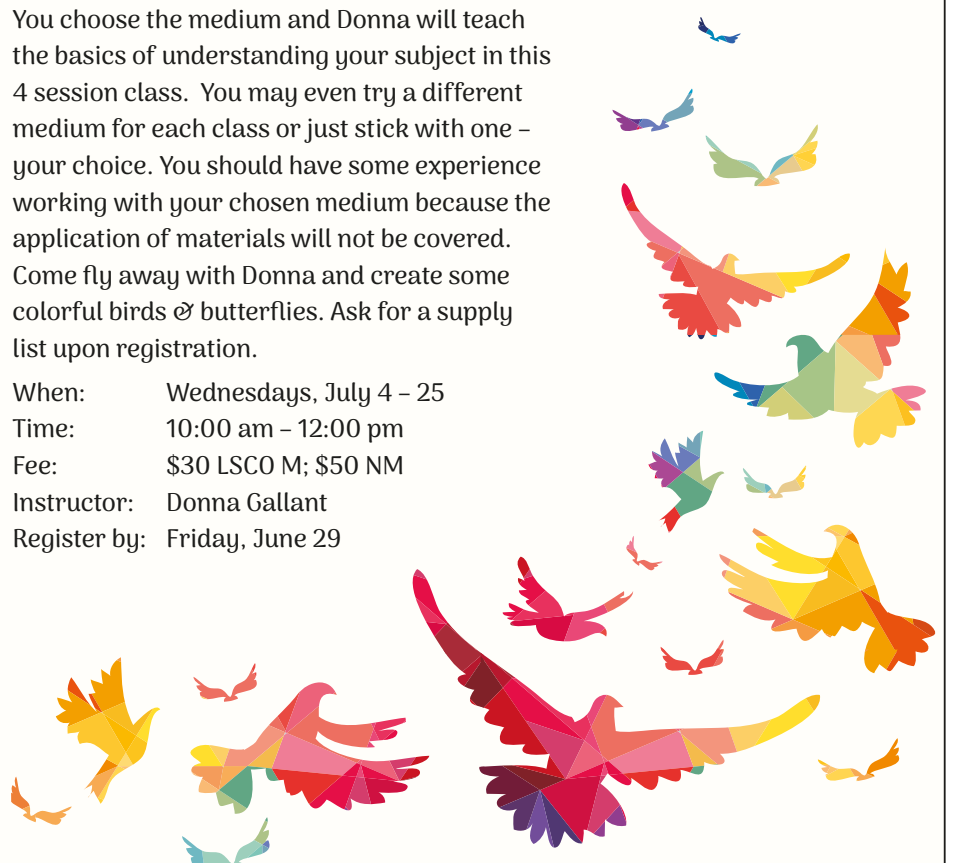


Birds & Butterflies

Summer is a time of year when we see all kinds of beautiful birds and butterflies filling the air with song and movement. Let's try and capture them.

This class will teach you how to paint and/or draw these beautiful creatures. You will work in whatever medium you wish to use like colored pencil, watercolor, pen & ink, oil or acrylic. You choose the medium and Donna will teach the basics of understanding your subject in this 4 session class. You may even try a different medium for each class or just stick with one – your choice. You should have some experience working with your chosen medium because the application of materials will not be covered. Come fly away with Donna and create some colorful birds & butterflies. Ask for a supply list upon registration.

When: Wednesdays, July 4 – 25
 Time: 10:00 am – 12:00 pm
 Fee: \$30 LSCO M; \$50 NM
 Instructor: Donna Gallant
 Register by: Friday, June 29



Financial Abuse

The Alberta Government puts out information for seniors with regards to abuse. I have a handout that specifically looks at financial abuse. They have a checklist for older adults that helps to define where financial abuse could be occurring I have enclosed the lists if it is yourself or someone who you know at might be at risk.

If you think financial abuse maybe happening to you or someone you know asking for help is the first step.

Am I at risk of being financially abused

- I have trouble paying bills because they are confusing to me
- I don't feel confident making financial decisions alone
- I don't understand decision that someone else is making for me about my money or my property
- I give loans or gifts that are more than I can afford
- I'm coerced into providing food, shelter, child care or other services to people without being paid or fairly compensated
- I'm receiving little or no money for the work I do including child care
- My children, grandchild or others around me are pressuring me to give them money or property
- People are contacting me and asking for money
- Someone is accessing my accounts without my permission
- Some is cashing my pension cheques or other cheques without my permission



LEARN Case Manager

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

- I've felt pressured or forced to make a purchase that I don't want or need
- I've felt forced into signing a power of attorney, changing my will or selling my house
- I've felt pressure to sign legal or financial documents that I don't understand
- Someone taking money or other property from your house without your consent.

Is someone I know being financially abused

- They seem isolated or withdrawn
- There is a sudden or unexpected changing in living arrangements
- They show signs of depression or mental illness
- They're assuming financial responsibility for a family member such as an adult child or spouse
- They exhibit and unusual fear or sudden change in feelings about a particular person or people
- They have a change in appearance such as poor hygiene or sudden weight loss

- They're frequently accompanied by someone who appears overly protective or controlling
- They need to ask permission from someone before making a purchase paying a bill or spending money
- There's a change in their ability to perform daily activities such as self-care, management of finances or medication
- There's a noticeable discrepancy between their income and their standard of living
- They're suddenly unable to pay their bills
- There are unusually financial transactions such as unexplained bank withdrawals or unusual purchases
- Hearing comments about an older person that suggest there is a false sense of entitlement such as "it's my inheritance" or "they owe me"

In closing as always, if you, or someone you know is experiencing financial or any type of elder abuse, please give me a call. When it comes to Elder Abuse, silence is not an option. 403 394-0306 or drop by on the 2nd floor. **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.

Why volunteering matters

This year April 15 marks the start of National Volunteer Week. We all know that fitting volunteering into our schedules is easier said than done, but it truly is a rewarding way of being an engaged citizen. Check out this list of just some of the ways volunteering matters in your community and throughout the world:

Support good causes. This is perhaps the most obvious benefit of volunteering, but it should not be understated. The world is full of serious problems, and people dedicated to service can make real change. Many times, non-profits rely on volunteers because they can then use funding to directly help the cause.

Build community. In this modern age, our communities can extend beyond the people we live near. While volunteering can strengthen bonds in a neighbourhood, it can also create global networks of people with shared concerns. For example, if you volunteer with an organization like Beautiful World Canada, you will become connected to people in both Canada and Africa who are concerned with the state of women's education.

Inspire others. Dedicated volunteers are role models to the people around them. The selfless nature of doing charitable works inspires others to give back. We have all received help in our lives, so it's important to share the love.

www.newscanada.com

Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help.
Gardening is an instrument of grace. ~ May Sarton

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.

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Be happy Do the best you can Be good and kind

Spring is the season of new growth, and the signs of change are all around us. The days are longer, brighter and warmer, and our emotions are lifted by the extra light and raised temperature. At this time of year, we begin to feel less sluggish, and become more open to inviting changes both big and small into our lives.

Abigail Brenner, M.D describes "Rituals" for Spring Renewal.

Spring is the time to re-group and re-prioritize;

1. De-clutter your living space.
2. Clear out kitchen cabinets of items that have lying around since you cannot remember when or whose expiration date has long passed. Dispose of medications and first aid products beyond their expiration date. Allow your yourself to let go of the past to make room for new things to come into your life.



LSCO Case Worker/ LEARN Coordinator
Lavonn Mutch
 lmutch@lethseniors.com
 403-320-2222 ext. 57

Commit to making decisions you've been putting off.

Challenge limiting beliefs about yourself and about how things.

Think positively, recent research has shown that we can actually change the circuitry of our brains.

When something negative comes up, pair it with something positive and stay with that feeling.

3. Start a practice, give yourself the gift of time, i.e. QiGong or yoga. Walking is a wonderful way to help your body while clearing your Walk if you can, take the stairs if you can, change your route, change the scenery it helps to change your perspective.
4. Begin something brand new. Begin with creating an inventory of your health diet, exercise and stress. Begin slowly, one change at a time. Volunteer your time, take a new class.
5. Spend time outdoors.
6. Simplify your life find those spaces in your day that you want to make quality time for yourself, re-evaluate your commitments.

I know that a trip to a greenhouse does wonders for my outlook in the spring, the colours, the smells and the new growth certainly is one of my favorites places to go. ★



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I like gardening – it's a place where I find myself when I need to lose myself. ~ Alice Sebold



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Bored of Hollywood flicks? See impactful documentaries

If the latest blockbuster sequels are making your brain numb, consider checking out these three riveting documentaries recommended by Amnesty International. You'll learn something new about human rights struggles around the world.

Joshua: Teenager vs. Superpower. Available on Netflix, this short documentary follows Joshua Wong. The 20-year-old pro-democracy activist became a leader in Hong Kong's 2014 "Umbrella Revolution," which seized headlines around the world as young students defied authorities to fight for the right to chart their own course. The film provides a deep look at those pivotal weeks that changed the lives of these young activists forever. It offers a fascinating perspective on the relationship between China and Hong Kong, and the potential for looming tensions as they move towards unification in 2047.

Human Flow. Available on Amazon Video, iTunes and Google Play, this documentary is produced by Ai Weiwei, world-renowned artist and activist. It offers a deeply personal perspective on the global refugee crisis and a gripping artistic vision. Weiwei, recipient of an Amnesty International Ambassadors of Conscience Award in 2015, shares personal interviews and stories from refugees living in Gaza, Kenya, Northern Greece, Jordan and Turkey. This is a must-watch for all those who are interested in learning more about the journey of migrants and the consequence of international conflict.

First They Killed My Father. Available on Netflix this doc is directed by Angelina Jolie and executive produced by her 16-year-old son, Maddox Jolie-Pitt. It shines a light on one of the lesser-known tragedies in southeast Asia following the Vietnam War. Told from the perspective of a young girl, this film follows the life of seven-year-old Loung Ung in Cambodia, where she was trained as a soldier by the notorious Khmer Rouge regime. The film shines a light on East-Asian culture and long-term political consequences of the war.

Find more documentary recommendations at www.amnesty.ca

www.newscanada.com

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Painting Water with Water in Watercolour

This is a quick little workshop to demonstrate how to use watercolor to create water scenes. We will cover three aspects of water – still water and its reflections, moving water and waterfalls. As long as you can mix colors, use your brushes and know how watercolors react with water, this is a class for you. We will break for lunch at noon. Ask for a supply list upon registration.

When: Thursday, May 10
Time: 10:00 am – 3:00 pm
Fee: \$25 LSCO M; \$50 M
Instructor: Donna Gallant
Register by: Monday, May 7

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 30
Time: 10:00 – 11:00 am
Fee: \$40 LSCO M; \$52 NM
Instructor: Leigh Monette
Register by: Monday, April 9

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Do You Remember Where You Were When...?

She glances at the photo, and the pilot light of memory flickers in her eyes.

~ Frank DeFord

Most of us are hard pressed to remember where we were and what we were doing on any given day in our past. However there are world events that burn the where and when of our personal life so indelibly in our memories that years later we can close our eyes and know exactly where we were and what we were doing when something traumatic happened. I have many of those types of events but here are a few that I remember clearly. As I write about those past times I almost feel as if I were living through those times again. What about you? Do you remember where you were when:

December 7, 1941, 7:55 AM (local time) – the Japanese bombed Pearl Harbor, Hawaii.

Although I was only 4 years old, this event is stamped in my psyche like a permanent black tattoo. I remember Dad coming in the door and telling Mom what was happening. He knew instantly that the U.S. would be joining the war and he wanted to go to defend his country. My Mom was 23 years old, didn't drive, had no way to support us, and was very frighten. The fear radiated to me and my view of the world. All I knew was that my Daddy might have to leave us, and my Mother was as terrified as I was, but she tried to be supportive. As it turned out Dad was classified as 4F because of the osteomey-elitis in his left leg so his effort towards the war was working at the Hood River fruit cannery. I could see that all the grown-ups around me were worried and scared and I grew up listening to conversations (mainly between my Dad and his Father) about Iwo Jima, battleships, blackouts, gas rationing and bombings in far off places. The war ended when I was 8 and life resorted to some normalcy.



The Widow's Walk

Kay Long, BSW, RSW
annieo@shaw.ca

November 22, 1963, 12:30 P.M. – John F. Kennedy was assassinated in Dallas, Texas.

I had just returned home from having coffee with a neighbor. I set up the ironing board so I could get to work after Cass, my 2 year old, and I had lunch. The phone rang and it was Sami, the neighbor I had just been visiting. She ask if I was watching the news and I said I hadn't had time to turn on the TV or radio. Then she told me that the President had just been shot and I should start watching the news to see if he was going to live. Of course, we now know that he didn't and Lyndon B. Johnson was sworn in as President before Air Force One left Dallas that day. For almost a week most people (including us) were watching the sad events on TV as they took place in Texas and Washington, D.C. The whole country (U.S.A.) was in mourning and our world was put on hold.

January 28, 1986, 11:40 AM – the Space Shuttle Challenger disaster.

The Challenger exploded just 73 seconds after it launched killing all 7 crew members. About the time that this disaster happened I was flying from Slave Lake to Bonnyville for a meeting. As soon as we landed the housing staff I was meeting with told us what had happened and whisked us off to have lunch at a local bar

that had a large-screen TV. While the "boys" were eating their lunch the screen showed the explosion over and over again. I couldn't choke down my hamburger knowing that seven people, including Christa McAuliffe, the teacher who was the first civilian selected to go up into space, had died in that exploding space capsule, probably terrified until the lights went out. I wasn't exactly eager to fly back to Slave Lake that day, either, but it was the only way to get home.

September 11, 2001, 8:45 AM – Attack on the World Trade Centre and the Pentagon.

I went down the stairs that morning to check on Mom before I left for my morning class. At that time my Mom was living in our basement suite in Edmonton and I was attending school at the University of Calgary Social Work program. As I opened the door to her suite I wondered what she was watching on television. Then she told me that she had been watching what was happening in New York, Washington D.C., and the crash site in Pennsylvania. It took me more than a few minutes to take in what was happening and I was also fearful of what historic dangers loomed ahead. A traumatic event like that takes time to absorb but, in the meantime, our lives have to continue. So what did I do that morning? Probably what almost everyone else did in the western part of North America. I went to school, and everyone else carried on the normal business of living, even though we had no idea what would come next. In the next few days, months and years we learned about the "war on terror" and became familiar with very unfamiliar words such as Jihad, al-Qaeda and a man named Osama bin Laden.

Our world will never feel as safe again as it did before 9/11. We just have to learn to live with traumatic events as they happen. ★

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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

The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.

~ Michael Pollan