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~ Terri Guillemets

Join Us for

- LSCO CLOSED**
July 2nd for Canada Day
- FOOT CARE**
July 3
- LEGAL ADVICE**
July 11
- HEARING SCREENING**
July 12
- WHOO-UP DAYS**
Pancake Breakfast
August 22
- WHOO-UP DAYS**
Pulled Pork Lunch
August 24

We are planning ahead in hopes of filling the luxury Carefree Bus to Stage West!

Jersey Boys: The story of Frankie Valli and The Four Seasons begins November 16, 2018.

Drinking Habits 2: The Sequel begins February 8, 2019.

Tickets will be approximately \$95 - \$115 depending on whether travellers are members of LSCO or not.

If you are interested in either one of these, please leave your name at the Administration Desk so that we can contact you when dates are confirmed.





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

The City of Lethbridge recently completed a data collection project on the services and operations of our community's Senior Centres. Here are some things you might not know about LSCO (from 2017 data):

- LSCO has 1,729 members
 - 13% are 85 years old or older
 - 26% are 75 to 84 years old
 - 39% are 65 to 74 years old
 - 16% are 55 to 64 years old
 - 5% are younger than 55 years old

- The age is unknown for 1%;
- LSCO has 16 staff and an 11-person Board of Directors;
- LSCO has 3 professional Social Workers and 2 professional chefs on staff;
- Our Community Centre is leased from the City and is around 48,000 sq. ft. in size (LSCO paid for the two story, east side addition in 1992) ;
- LSCO received the 2012 Minister's Senior Services Award and has been nominated again in 2018;
- LSCO received the 2015 Immigrant Achievement Award for Organizational Diversity from Lethbridge Family Services;
- In 2016 Lethbridge Elder Abuse Response Network (LEARN), which is based at, and administered by LSCO, received a Provincial Inspiration Award for Leadership in the Prevention of Elder Abuse;
- LSCO merged with the Meals on Wheels (MoW) Society of Lethbridge in 2014 and

we have not raised meal prices for our MoW customers since the merger. This is a result of a hugely successful annual fundraising campaign by Teamworks Training/ Select People Solutions;

- We had over 59,000 documented visits to our Centre last year and approximately 11,000 more attended events, functions and/or meetings where attendance was not taken (240-250 documented daily visits);
- LSCO has a Welcome Policy that allows individuals with lower incomes to access membership and programs at LSCO at subsidized rates. A total of 54 individuals (3%) benefited from this Policy in 2017.

Please visit www.lethseniors.com for a full picture of what we do. You can also access our monthly newspaper on-line as well as our past annual reports and see how we are achieving our Vision: "An active, healthy community which is learning, growing and making a difference."

Please give a warm welcome to Erin Vogt, our new Support Services Coordinator. ★

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
July 3 – August 30
(no class July 17 & 19)
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$96 NM
Register by: Friday, June 29



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We never know how our small activities will affect others through the invisible fabric of our connectedness. In this exquisitely connected world, it's never a question of 'critical mass.' It's always about critical connections.

~ Grace Lee Boggs

LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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
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- 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!

Richard Sanderson	Roy Lutz
Don Plunkett	Nedra Lutz
Sandy Reichert	Priscilla (Pat) Lazarick
Liz Jackson	Judith Van Horne
Shirley Wilkinson	Sherry Schatz
Dale MacKay	Barbara Thorburn
Rika Snip	Gerald Thorburn
Gregg Hamilton	Audrey Kanegawa
Mary Lynne Hamilton	Stan Kanegawa
Lyle Piepgrass	Joyce Dahl

A Smile is the Universal Welcome.



LSCO Gym 1 & Gym 2 will be CLOSED from August 6 – 26 for maintenance




Register ONLINE



LSCO 2018 Classes
www.lethseniors.com

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

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 Joyce Furukawa & Lorraine Wolff


As per the Guinness Book of World Records - Jeanne Louise Calment was the oldest human who lived for 122 years and 164 days. She was born in France on February 21, 1875, and died at a nursing home in Arles, southern France, on August 4, 1997.




Happy Canada Day!




LSCO will be closed Monday, July 2nd in lieu of Canada Day



Publishing Schedule

Issue	Deadline
August 2018	July 20
September 2018	August 17

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



WHOOP-UP

PANCAKE BREAKFAST

Wednesday, August 22
 8:00 – 10:00 am
 \$4.00
 Pancakes, Sausages, Coffee & Juice

LSCO Parking Lot (under the awning)
 500 - 11th Street South
 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, 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
 July 4 – August 1

Time: 8:00 – 8:50 am

Fee: \$45 LSCO M; \$56 NM

Register by: Friday, June 29

Chair Yoga

This 12 week class is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

When: Wednesdays, June 6 – August 29
 (no class July 18)

Time: 9:35 – 10:35 am

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

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On May 30 Michelle Day, from Nikka Yuko Japanese Garden, interviewed Kaye Otsuka at her residence. Kaye is a longtime member of LSCO and taught watercolour classes for many years.

The Garden is documenting the history and progress of the garden and wanted to interview Kaye on her involvement and contributions. She presented Nikka Yuko with a watercolour and calligraphy certificate that she would do and present to committee members when they retired. This framed certificate will be included in the Nikka Yuko collections.

After the presentation Kaye and Michelle were joined by some of Kaye's watercolour students and friends Roy and Pat Sassa for refreshments. Many thanks to Kaye's daughter, Neva, and son-in-law who provided a lovely cake and fruit to enjoy while visiting.

Kaye is a very talented and special person and we are proud of her contributions to the history of our famous Nikka Yuko Japanese Garden.



World Elder Abuse Awareness Day Event

The Lethbridge Elder Abuse Response Network Soc Hop to recognize World Elder Abuse Awareness Day Event just completed June 15/2018. It was fantastic to see the support and the number of participants of all ages up dancing in our gym to our D.J. Just Crusin. It validated to me how important it is to keep active and moving. It is all part of staying well.

Another aspect of staying well and moving is to get outside during our summer months as much as you are able. Making time to connect with nature is a pleasant experience to boost our well-being. We have some of the most beautiful local parks in our community as well being in our own back yards to connect with nature plays an important role to staying healthy.



LSCO Case Worker/
LEARN Coordinator

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

Mental Floss.com article 60632 lists 11 Scientific Reasons Why Being in Nature is Relaxing.

1. Vitamin D helps your body function more efficiently
2. Natural light normalizes your sleep schedule

3. Being in nature causes you to unplug
4. A natural environment helps you to center your mind
5. It gives your brain the downtime it needs to recharge
6. It lowers stress hormone levels
7. Fresh air improves blood pressure
8. Breathing is your body's built in stress buster
9. Oxygen affects your sense of well-being
10. Bacteria in soil also boosts your serotonin levels
11. Physical activity pumps up your endorphins

I invite all you to read more on the reasons to stay active and certainly go outdoors as often as you can. Enjoy your July! ★

Experienced Line Dancing



If you are an experienced line dancer join us this summer for some fun! Please wear clean, non marking foot wear.

When: Thursdays, July 5 – 26
Time: 10:30 am – 12:00 pm
Fee: \$12 LSCO M; \$18 NM
Register by: Friday, June 29



LSCO FREE COMMUNITY MUSIC PROGRAM

JULY 6, 2018

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DID YOU KNOW? George Bernard Shaw was working on his last play, Why She Would Not, when he was 94.

Shannon Phillips, MLA Lethbridge West
402 8th St S
Lethbridge, AB T1J 2J7
lethbridge.west@assembly.ab.ca
403-329-4644

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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.

Lethbridge Stroke Recovery Association (LSRA) and Stroke Care Partner Support

These groups will be taking a summer break, reconvening in September. Dates TBA.

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, September 24th** at 7:15 pm in Room A.

Parkinson’s Alberta Society Support Group

No summer meetings are scheduled. The next one will be in September. Date TBA.

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 **July 14th** at 2:00 pm in Room C & D.

Alcoholics Anonymous

Saturday Morning Eye Opener Group

This group meets every Saturday morning at 9:00 am in Rooms C & D.

Sunset Alcoholics Anonymous

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

The Heart of Yoga

After walking, yoga is one of the most popular leisure activities in Canada. Even though yoga has been regularly practiced for over 2,000 years in Eastern cultures, particularly India, it’s only in the last few decades it has become popular in Western cultures. Today, it’s becoming the top fitness trend across the globe. New studios and new styles (like goat yoga, hot yoga and SUP yoga) are popping up everywhere.

But Karuna Erickson from Nelson, BC, was practicing and teaching yoga well before the new trend started.

“I got into yoga in the ‘60s when I was in graduate school,” she says. “The philosophy of yoga inspired me – that it was possible to not be run by the busy mind, and instead settle into a more peaceful place of ease and well-being. I started teaching because I wanted to share the practice with other students who, like me, were very intellectual, but not so connected with their body, heart and spirit. It provided a beautiful path for the journey from head to heart, which some people say is the longest journey we’ll ever take!”

In 1970, when Karuna moved to the Yukon Territory with her partner, Paul, she took BKS Iyengar’s famous book *Light on Yoga* with her, calling it her initial inspiration. Since then, she has practiced yoga almost every day.

Karuna found her education at University of Berkeley as a psycho-therapist integrated nicely with her yoga practice.

“My background in psychology supports my exploration of the healing potential of yoga,” she says. “In my teaching, I invite students to not only be aware of their bodies, but to also listen to their hearts and be curious about what they are feeling.”

Along with her weekly yoga classes in a Nelson studio, Karuna sometimes teaches classes at other studios across Canada and internationally, as well as facilitating several workshops a year. She is known for her thoughtful weaving of Sufi poetry, Buddhist practices of mindfulness and loving-kindness meditations into her classes. Together with Paul, she also leads annual yoga retreats: one at an outdoor yoga tipi summer camp on the shores of the Kootenay Lake; and the other at a winter retreat in tropical Bali.

Although yoga practitioners have experienced the positive effects of yoga for thousands of years, there has been a dearth of evidence-based research supporting its positive effects. Recently, however, more research is being undertaken, evidencing yoga’s positive impact on anxiety and depression, pain, cardiovascular problems, autoimmune and immune conditions, and pregnancy.

According to Karuna, benefits are realized because yoga helps us in practicing awareness of the breath, health and flexibility in the body and finding a calm, peaceful place where the thoughts can settle, and the mind can be at rest.

“Learning to be present with whatever arises from a steady place of ease is a tremendous benefit of yoga,” she says.

Eager to pass on her yogic learnings as director of Heart Yoga Centre, a yoga training school registered with Yoga Alliance, Karuna has trained yoga teachers for over 20 years. She has also collaborated in teaching classes and workshops with other teachers like Rodney Yee of New York, and Andrew Harvey, founder-director of the Institute of Sacred Activism and renowned author of several books including co-authoring of *The Tibetan Book of Living and Dying*.

Karuna and Harvey also teamed up to co-author *Heart Yoga: The Sacred Marriage of Yoga and Mysticism*, published in 2010. This collaboration is a revolutionary approach to yoga, with an intention to inspire the yoga community (of which Harvey says there are now 50 million practitioners worldwide), “to become the crucible for the divinization of the body and the birth of the divine human.”

But despite teaching, workshops and books, the goal on Karuna’s yoga path has remained clear: “to keep returning to my yoga mat and to take the time to listen to myself and settle into more presence and steadiness. Then, I can move out into the world and be of service from this wellspring of courage, strength and inspiration, and act in creative and transformative ways to bring benefit to others.”

It’s easy to understand, then, why Karuna describes the highlights of her yoga career to be when someone expresses to her how much benefit they receive from their yoga practice.

“Often people will express to me how yoga has helped them feel more present in the moment and more peaceful in their lives. I feel so glad when people share how yoga has given them a sense of belonging, and a way to be kind and gentle with themselves. This has made me happier than writing a book or teaching in wonderful retreat centres.”

For more information, visit yogakaruna.com

by Kate Robertson
INSPIRED Senior Living magazine
www.seniorlivingmag.com

MENU ~ JULY 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, July 2

**LSCO CLOSED
in lieu of Canada Day**

Tuesday, July 3

Entree: Salisbury Steak & Onions
Potato: Mashed with Gravy
Soup: Chicken Rice

Wednesday, July 4

Entree: Chicken Cordon Swiss
Potato: Roasted with Gravy
Soup: Beef Vegetable

Thursday, July 5

Entree: Shepherd’s Pie
Potato:
Soup: Curry Chicken Rice

Friday, July 6

Entree: Roast Beef Dinner
Potato: Mashed with Gravy
Soup: Tomato Vegetable

Monday, July 9

Entree: Beef Stew
Potato: White or Whole Wheat Bun
Soup: Tomato Tortellini

Tuesday, July 10

Entree: Cream-o-Mushroom
Pork Chops
Potato: Rice
Soup: Cream of Broccoli

Wednesday, July 11

Entree: Chicken Kiev
Potato: Mashed with Gravy
Soup: Butternut Squash

Thursday, July 12

Entree: Liver & Onions
Potato: Roasted
Soup: Chicken Noodle

Friday, July 13

Entree: Chicken Stir Fry
Potato: Rice
Soup: Beef Barley

Monday, July 16

Entree: Turkey Pot Pie
Potato: Rice
Soup: Cream of Chicken

Tuesday, July 17

Entree: Meatloaf
Potato: Mashed with Gravy
Soup: Cream of Mushroom

Wednesday, July 18

Entree: Veal Cutlets
Potato: Roasted with Gravy
Soup: Chicken Noodle

Thursday, July 19

Entree: Spaghetti & Meat Sauce
Potato:
Soup: Beef Barley

Friday, July 20

Entree: Baked Ham
Potato: Scalloped
Soup: Clam Chowder

Monday, July 23

Entree: Cabbage Rolls
Potato: Perogies
Soup: Minestrone

Tuesday, July 24

Entree: Chicken Fettucini Alfredo
Potato:
Soup: Hamburger Cabbage

Wednesday, July 25

Entree: Roasted Pork Loin
Potato: Mashed with Gravy
Soup: Cream of Broccoli

Thursday, July 26

Entree: Ham & Cheddar Quiche
Potato: Baby Roasted
Soup: Corn Chowder

Friday, July 27

Entree: Chicken à la King
Potato: Rice
Soup: Manhattan Clam Chowder

Monday, July 30

Entree: Chicken Cacciatore
Potato: Rotini Pasta
Soup: Cream of Chicken

Tuesday, July 31

Entree: Battered Cod
Potato: Roasted
Soup: Pork Vegetable



Good day! A couple of items to pass on to you since the last newsletter.

Jodie and I met with representatives from the City to renew the “Go Friendly” contract for the bus shuttle. We’ve asked for an increase in service and at this time the City is working on the logistics of providing an extra trip or two per day. We’ll let you know the outcome of that request. If you haven’t tried the shuttle touch base with Diane or Kari at the front desk for details of the door to door service.

In December of 2017 City Council directed the Community Services Director to review the operations and funding models for delivery of senior services including those provided by our-



President’s Message

Keith Sumner

selves and Nord-Bridge Senior Citizens Association. The final report was delivered to City Council at the June 11th meeting. The review covered history, governance, programs, facilities


and funding. The conclusion was both organizations have served the Community well for over forty years but have chosen different paths to fulfill their goals. That being the case the report states, “it became clear that these organizations were significantly different and not readily comparable.” I believe the entire document will be available on the City’s website, www.lethbridge.ca. It’s worth a read. If you can’t locate it there give me a call and I’ll send you the PDF file.

I came across a quote from the Beatle John Lennon. Thought I’d share it with you. “Life is what happens to you when you’re busy making other plans.”

Til next time. Namaste! ★

Preventing injuries for

CAMPING & HIKING



TOP TIPS

Around the campsite

- Act and drink responsibly in a camping or hiking activity.
- Arrive at the campsite with enough daylight to properly set up and check for hazards.
- Hazards include: broken glass, sharp objects, poison ivy, bee hives, ants, etc.
- Choose a site of appropriate size to have enough room for your equipment.
- Clean your campsite regularly and properly dispose of all trash and recycling following visits in order to prevent attracting bears.

Campfire Safety

- Do not start a fire using flammable liquids; use paper or kindling instead.
- Build fires outdoors only. Light barbecues and grills on sand or within an approved campfire area. Keep flammable material at least two metres away.
- Be sure to have an appropriate clearing for the fire and never leave the fire unattended.
- Properly put out your fire and stay until the ashes are cool to the touch.
- Keep children away from the fire and explain the hazards of a fire to your camping party.
- Never place your hands into the fire to rearrange the wood. Use a long, smooth stick instead.
- Keep fire fighting equipment near the fire (e.g. shovels, bowl/pail of water, sand, etc.).

www.parachutecanada.org

Preventing injuries for

CAMPING & HIKING



Wildlife Safety

- Never approach wild animals.
- Never leave food out. Place food in sealed containers and place in a locked environment (e.g. a car or hanging from a tree downwind of the campsite).
- Do not eat unfamiliar vegetation.
- Do not drink unfamiliar water. Use water purifiers and/or boil water when using unknown water sources.

Hiking

- Never hike alone! Always travel with a companion and tell others where you are going.
- Follow marked trails and carry maps and orientation equipment if in an unfamiliar region.
- Take proper care in protecting against exposure to the heat, the cold, dehydration, and insects. This can be done by carrying water, dressing appropriately, and using sunscreen and insect repellents.
- Never overload yourself with equipment. Carry only the necessities and make sure that you don’t have too much in your pack.
- Wear appropriate footwear (e.g. hiking boots).
- Avoid alcohol, especially on unfamiliar or rough terrain.

For more information on this and other sport and recreation injury topics, please refer to the following text: Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated

Parachute is bringing attention to preventable injury and helping Canadians reduce their risk of injury and enjoy long lives lived to the fullest.

www.parachutecanada.org



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
July 30 & August 1

Time: 10:00 am – 12:00 pm

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

Instructor: Peter Harris

Register by: Friday, July 27



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
July 23 & 25

Time: 10:00 am – 12:00 pm

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

Instructor: Peter Harris

Register by: Friday, July 20



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Cooktop Confusion? Make a choice that's right for you

In the market for a new range? With so many options facing shoppers in every appliance store aisle, it can be overwhelming to consider all of the available features and benefits.

One key decision that you'll want to think through carefully is your choice of cooktop because there are very real differences between gas, induction and electric options.

"Choosing a cooktop is very much a matter of personal preference. Making this decision requires a bit of self-reflection – what kind of cook are you, and what are the things that will matter to you most once that new range is installed in your kitchen?" explains Bob Park of GE Appliances.

Here, he outlines some of the key differences between the different cooktop styles:

Cooking with gas. Speed and precision are the key benefits of a gas range. Not only can you actually see the heat level as soon as you turn on the burner, but temperature adjustments are essentially instantaneous, meaning no more waiting for a burner to heat up. Gas cooktops also give the kitchen a professional look, even if the most sophisticated cooking that will be happening in your kitchen involves boiling water. Of course, a gas range requires a gas hook-up in your kitchen, so you'll need to factor that into your planning.

All About electric. Electric range tops are available in a few styles, but smooth tops, which feature radiant burners under a layer of ceramic glass, are by far the most popular. Park explains that electric cooktops ensure even cooking, making it easy to maintain a consistent temperature, which is especially useful when simmering. And electric ranges are easy to wipe clean. GE Appliances' Edge-to-Edge cooktops, for example,

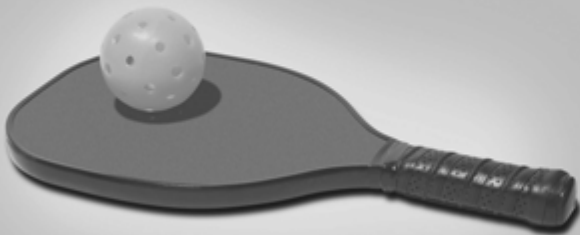
have no silicone or crevices to catch crumbs, making clean up a breeze.

Induction cooking. Although many of us are less familiar with this type of cooking, Park urges people to take a look at this unique cooktop style. "Induction cooking combines the temperature responsiveness of a gas cooktop and the ease of cleaning of an electric cooktop. Plus, you get a safer, cooler cooking surface."

Induction cooktops use electromagnetic elements to heat the pan directly, rather than transferring heat from a radiant element to the pan bottom. This means the surface of the cooktop stays relatively cool to the touch no matter how high you turn up the heat. Keep in mind, though, that the pots and pans you use on an induction cooktop need to be made of a magnetic-based material, like cast iron or magnetic stainless steel.

www.newscanada.com

play PICKLEBALL



Fees are not pro-rated. Drop In Fees must be paid prior to playing: \$2.50 M; \$3.50 NM

Pickleball players can purchase passes to play a number of times through the week. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied.

★ Note: Levels of ability vary, as a result it seems that individuals that have been playing for some time attend earlier in the day; beginner and intermediate play usually begins at 3:00 pm. This however, does not mean that you cannot attend at another time. Non-members dropping in will not be able to play until 3:00 pm during busy times (except June & July).

When: Mondays, Wednesdays, Fridays
7:30 – 9:30 am
Mondays & Fridays, 1:00 – 4:50 pm
Tuesdays 10:00 – 11:55 am
Tuesdays & Thursdays, 1:15 – 4:50 pm
Fee Monthly: \$15 LSCO M; \$30 NM

How is your hearing?



Do you need a Hearing Test?

Candice or Jake from **Lethbridge Hearing Centre** will be here **Thursday, July 12**

Book your free initial test at the admin desk or phone 403-320-2222

WINNERS



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Call the Hotline: 403-327-7454 or Email: winners.bingo@telus.net

One Size Does Not Fit All

If you had a choice of how you lived with a partner, what would it be?

For previous generations, there was a choice. In the 19th century, husbands and wives often had their own bedrooms. This option is still a possibility; some for a matter of comfort, others so they don't murder each other before dawn. If you have ever had a partner who flailed wildly while dreaming or sounded like a 747 getting ready for take off, this may be a viable option.

Another increasingly prevalent possibility, especially among people who have been on their own for a while and are comfortable with their own space, is the concept of LAT Living Apart Together.

Let's say, for example, we meet, date and decide a committed relationship is something we both want. Where do we live? My apartment is just fine for one, but not for two. I really don't want to give up the possessions that bring me joy. How about you? Wait a minute... I am not about to give up my special chair and my bed is mine, mine, mine. Plus, your building does not allow pets.

Do we give up on our relationship? No! Why not try something that has had favour in Europe for several decades and has been gaining popularity in Canada for the past five to 10 years? We each keep our space and, several evenings a week, we have a meal together, we run away on weekends or travel to places we both wish to see.

Benefits: we get to deal with habits on a part-time basis; the relationship stays fresh and is more exciting; we have less to argue about; and we both get to maintain the sense of self we've nurtured over the years.

Sharon Hyman, who has been studying this concept since 2015, is creating a documentary on the subject. If you want to know more about the concept and how other people approach it, visit Sharon's website for some great information, *Apart*ners: Living Happily Ever Apart*, <http://apartnersthemovie.com>

Let me know what you think of the idea. Are you already doing it? Is it something you would like to try?

Together or apart, I hope your days are joyous.

by Pat Nichol
INSPIRED Senior Living magazine
www.seniorlivingmag.com

Did You Know? Alexander Graham Bell was 75 when he received a patent for his work on a hydrofoil boat.

Hip, Hip, Hooray for the Hot Summer Day!

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!
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.

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

Exercise, Dance & Movement

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, 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
July 4 – August 1
Time: 8:00 – 8:50 am
Fee: \$45 LSCO M; \$56 NM
Register by: Friday, June 29

NEW ACTIVE AGING STRENGTH, CORE & STRETCH

We know you want to keep active in August so here is your chance! After the warm-up the instructor will lead you through safe exercises that will work on your core, increase your overall body strength, followed by a stretch. A variety of exercise equipment will be used. The class will be held downstairs in the All Purpose Room. Wear comfortable workout clothes and indoor running shoes. Bring a water bottle, yoga/exercise mat.

When: Mondays & Wednesdays
August 8 – 29
Time: 8:15 – 9:00 am
Fee: \$35 LSCO M; \$44 NM
Instructor: Debbie Palmer
Register by: Friday, August 3

KEEP FIT

Staying active is important at any age. Start your day by participating in this gentle program. Everyone is welcome and encouraged to exercise at your own level. A variety of exercise equipment will be used. Wear comfortable clothes and clean, non-marking indoor footwear.

When: Wednesdays until July 25
Time: 10:00 – 10:45 am
Drop In Fee: \$2

EXPERIENCED LINE DANCING

If you are an experienced line dancer join us this summer for some fun! Please wear clean, non marking foot wear.

When: Thursdays, July 5 – 26
Time: 10:30 am – 12:00 pm
Fee: \$12 LSCO M; \$18 NM
Register by: Friday, June 29

BEGINNER LINE DANCING

This is the perfect class for the beginner or those that haven't line danced in awhile. Both men and women are encouraged to participate. Please wear clean, non marking foot wear. Bring a water bottle too!

When: Thursdays, July 5 – 26
Time: 2:00 pm – 3:00 pm
Fee: \$12 LSCO M; \$18 NM
Register by: Friday, June 29

Sports

PICKLEBALL

Pickleball players can purchase passes to play a number of times through the week. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied.

★ Note: Levels of ability vary, as a result it seems that individuals that have been playing for some time attend earlier in the day; beginner and intermediate play usually begins at 3:00 pm. This however, does not mean that you cannot attend at another time. Non members dropping in, will not be able to play until 3:00 pm during busy times except June & July.

When: Mondays, Wednesdays, Fridays
7:30 – 9:30 am
Mondays & Fridays 1:00 – 4:50 pm
Tuesdays 10:00 – 11:55 am
Tuesdays & Thursdays
1:15 – 4:50 pm

Fee Monthly: \$15 LSCO M; \$30 NM
Drop In Fees must be paid prior to playing: \$2.50 M; \$3.50 NM. **Fees are not pro-rated.**

Yoga & Pilates

NOON YOGA

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 until July 28
(no class July 2)
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

CHAIR YOGA

This 12 week class is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

When: Wednesdays, June 6 – August 29
(no class July 18)
Time: 9:35 – 10:35 am
Drop In Fee: \$6 LSCO M; \$7 NM

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
July 3 – August 30
(no class July 17 & 19)
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$96 NM
Register by: Friday, June 29

PILATES PLUS

This class involves a series of classical pilate exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning and body awareness. We will use resistance tubing and other props to be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle. Instructor is June Dow.

When: Mondays, July 16 – 30
Time: 12:05 – 12:55 PM
Fee: \$15 LSCO M; \$21 NM
Register by: Friday, July 13

CANCELLED

Technology

INTRODUCTION TO COMPUTERS

This class is designed for anyone learning to use a computer for the first time, or for anyone who feels lost in front of a modern computer. The class will guide you in the basics of using the computer, and allow you to navigate the computer more confidently.

We will cover topics such as: Safely powering the computer on and off; Using the mouse, keyboard, and other accessories; Getting around. How to get to places on the computer and online. Plenty of other tips, tricks, and information!

Bring your own computer if you have one that is portable, and feel free to ask questions along the way.

When: Mondays & Wednesdays, July 9 – 18
 Time: 10:00 am – 12:00 pm
 Fee: \$30 LSCO M; \$50 NM
 Instructor: Peter Harris
 Register by: Thursday, July 5

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, July 23 & 25
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$40 NM
 Instructor: Peter Harris
 Register by: Friday, July 20

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
 July 30 & August 1
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$40 NM
 Instructor: Peter Harris
 Register by: Friday, July 27

WORKING WITH WINDOWS 10

Have you recently purchased a new computer running *Windows 10*? Has your older computer updated itself to the newer *Windows 10*? Is *Windows 10* standing between you and using your computer? If you are familiar with the previous versions of *Windows* and need a hand with the new one, or if its been a while since you've last used a computer, this course is here to help you to become competent and confident. Sign up today to learn all of the following: Safely booting up, and shutting down; Accessing the internet; Installing programs and games; Communicating though Email, Skype, etc.; Writing documents and saving files; Accessing entertainment; Online best practices & more. Bring your portable computer if you have one. *This is the class for you if you have general knowledge of how to use a computer. If not, the Introduction to Computers class may be the right one for you.*

When: Mondays & Wednesdays
 August 13 – 29
 Time: 10:00 am – 12:00 pm
 Fee: \$30 LSCO M; \$50 NM
 Instructor: Peter Harris
 Register by: Thursday, August 9

INTERNET SECURITY & THE CLOUD

Learn about how to stay safe when using the internet. How to identify malicious websites and emails. Learn how to make a secure password

that is still easy to remember. What to do if your computer freezes on a webpage and alerts are on the screen. Than we will go into how the cloud works. Which cloud service is best for you and how it can make your computer life easier. Learn to protect yourself and become better at the internet use at the same time!

When: Tuesdays & Thursdays
 August 7 – 23
 Time: 1:30 – 3:30 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Rod Henriquez
 Register by: Friday, August 3

FACEBOOK & SOCIAL MEDIA

Learn how Facebook and Social media work. Learn what to avoid and how to make posts, save pictures and use on phones, tablets and computers. Learn how to use Pinterest, Instagram, Twitter and Snapchat. Get on top of your social media skills and enjoy staying in touch with your family and friends!

When: Tuesdays & Thursdays, July 10 – 19
 Time: 1:30 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Rod Henriquez
 Register by: Friday, July 6

EDIT PHOTOS ON YOUR MAC

Learn how to load pictures onto you MacBook or iMac using the Photos app. Then we go into how to resize and crop photos. Then learn how to adjust and edit your pictures to how ever you like! Learn how to send photos in email, text and through the cloud. Also how to transfer photos so you can take to a store and have them printed. Extend your photography skills and make your pictures even better! (Requires student to have an Apple Mac computer or laptop.)

When: Tuesdays & Thursdays
 July 24 – August 2
 Time: 1:30 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Rod Henriquez
 Register by: Friday, July 20

Creative Arts

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 coloured pencil, watercolour, 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

INTRODUCTION TO PAPER TOLE

If you would like to learn the art of Paper Tole please ask that your name be put on an interest list at the LSCO Administration Desk. If there are sufficient numbers a beginner class will be held in the fall. Dates and times will be determined.

Senior Golf Tournament

Thank you to all who participated in the tournament at Evergreen Golf Centre celebrating Seniors Week. Players enjoyed 9 holes of golf, followed by lunch and prizes. Numerous draws were made one of them being a 12 month membership at LSCO. The lucky winner was Donna Donnelly.

Winners: Ladies

1st Place: Roz Morris
 2nd Place: Roberta Harvie

Winners: Mens

1st Place: Lloyd Banbury
 2nd Place: Richard Walters



KEEP FIT

Staying active is important at any age. Start your day by participating in this gentle program. Everyone is welcome and encouraged to exercise at your own level. A variety of exercise equipment will be used. Wear comfortable clothes and clean, non-marking indoor footwear.

When: Wednesdays until July 25
 Time: 10:00 – 10:45 am
 Drop In Fee: \$2

DROP IN FEES

LSCO offers an opportunity to drop in to some of the many programs. Fees must be paid prior to attending the program. Contact us for additional information at 403-320-2222.

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Badminton	\$2.50	\$3.50
Billiards	\$6.00	\$7.00
Chair Yoga	\$3.00	\$5.00
Crib	\$2.00	\$2.00
Fitness Centre	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Keep Fit	\$2.00	\$2.00
Line Dance	\$4.00	\$6.00
Yoga Noon	\$8.50	\$12.00
Yoga for Men	\$6.00	\$7.50
Pickleball	\$2.50	\$3.50
Pilates	\$6.00	\$7.00
Scottish Dance	\$2.00	\$3.00
Scrabble	\$2.00	\$2.00
Table Tennis	\$2.00	\$2.00
Zumba Gold	\$6.00	\$7.00

<div style="text-align: center;">  <h1 style="color: red; margin: 0;">July Weekly Activity Schedule</h1> </div>				
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	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	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Digital Photography 9:00 am Paper Tole 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	
	Advanced Photography 10:00 am Lapidary 10:00 am Golden Mile Singers 10:00	Keep Fit 10:00 am Yoga 10:00 am		Walking 9:30 am (Gym 1) Digital Photography 10:00 am
	Pickleball 10:00 am		Badminton 10:30 am Line Dance 10:30 am	Scottish Country Dance 10:15 am
Badminton 11:10 am		Badminton 11:10 am		Badminton 11:10 am
Pilates Plus 12:00 pm	Quilting 12:00 pm Yoga Noon Hour 12:05 pm			
				FREE Community Music Program 12:30 pm
Pickleball 12:45 pm				Pickleball 12:45 pm
Computer Club 1:00 pm	Adult Day Program 1:00 pm (Music, Outings, Activities & Chair Exercises)	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
			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 and register online.

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EDIT PHOTOS ON YOUR MAC

Learn how to load pictures onto you MacBook or iMac using the Photos app. Then we go into how to resize and crop photos. Then learn how to adjust and edit your pictures to how ever you like! Learn how to send photos in email, text and through the cloud. Also how to transfer photos so you can take to a store and have them printed. Extend your photography skills and make your pictures even better! (Requires student to have an Apple Mac computer or laptop.)

When: Tuesdays & Thursdays
 July 24 – August 2
 Time: 1:30 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Rod Henriquez
 Register by: Friday, July 20



Pilates Plus

This class involves a series of classical pilate exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle. Instructor is June Dow.

CANCELLED

When: Mondays, July 16 – 30
 Time: 12:05 – 12:55 PM
 Fee: \$15 LSCO M; \$21 NM
 Register by: Friday, July 13

FITNESS IS LIKE A RELATIONSHIP



YOU CAN'T CHEAT AND EXPECT IT TO WORK.

INTRODUCTION TO COMPUTERS

This class is designed for anyone learning to use a computer for the first time, or for anyone who feels lost in front of a modern computer. The class will guide you in the basics of using the computer, and allow you to navigate the computer more confidently.

We will cover topics such as: Safely powering the computer on and off; using the mouse, keyboard, and other accessories; getting around. We will also cover how to get to places on the computer and online. Plenty of other tips, tricks, and information! Bring your own computer if you have one that is portable, and feel free to ask questions along the way.

When: Mondays & Wednesdays, July 9 – 18
 Time: 10:00 am – 12:00 pm
 Fee: \$30 LSCO M; \$50 NM
 Instructor: Peter Harris
 Register by: Thursday, July 5

Register online at www.lethseniors.com or call 403-320-2222.
 LSCO - 500 - 11th Street South



FACEBOOK & SOCIAL MEDIA

Learn how Facebook and Social media work. Learn what to avoid and how to make posts, save pictures and use on phones, tablets and computers. Learn how to use Pinterest, Instagram, Twitter and Snapchat. Get on top of your social media skills and enjoy staying in touch with your family and friends!

When: Tuesdays & Thursdays, July 10 – 19
 Time: 1:30 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Rod Henriquez
 Register by: Friday, July 6



Internet Security & the Cloud

Learn about how to stay safe when using the internet. How to identify malicious websites and emails. Learn how to make a secure password that is still easy to remember. What to do if your computer freezes on a webpage and alerts are on the screen. Then we will go into how the cloud works. Which cloud service is best for you and how it can make your computer life easier. Learn to protect yourself and become better at the internet use at the same time!

When: Tuesdays & Thursdays, August 7 – 23
 Time: 1:30 – 3:30 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Rod Henriquez
 Register by: Friday, August 3

Today's world seems to be so confusing with media and electronic devices reporting happenings from everywhere, many times contradicting each other, and I sometimes wonder what is really going on. There was a time I felt that world leaders were trying to get along and it gave me a feeling of comfort and stability. There was a time when you walked from your home without locking the doors and left your vehicles and possessions open and accessible. In days past, neighbours were welcome to visit without prior notice or appointment. I could probably be safe in saying those days are gone and anything we have worth keeping is under tight security and locked. Even then I read of intrusion and vandalism. I have happy memories of days past where most everyone was trustful and life was pretty simple with good friends close by.

Message from the Board of Directors

by Clifford (Charlie) Brown

At LSCO, we want you to have that feeling of safety and meeting new and past friends in an environment that brings back pleasant memories with a friendly atmosphere. We have such good staff in place to help with all your questions and queries and they do portray the feeling of trust and confidence.

We will miss Marlene however, who added such a calming influence with her knowledge and wonderful smile, who has moved on to

help and assist others. We will surely miss her with her knowledge and caring personality.


Other than the above mentioned, there are many activities offered on a daily basis, hopefully to add to your health, wellness, pleasure and knowledge.

I know that sunshine is upon us now but I would like to invite everyone to come and see for yourself what is available at LSCO. It might be just what you're looking for on that cloudy or gloomy day and hopefully you will find something or someone that will brighten your day and add to your family fun.

Please be safe on your holidays and do hope your summer is filled with fun and family activities. ★

Program Schedule	LSCO Adult Day Program	Benefits
<p>Tuesday, Wednesday & Thursday 1:00 pm – 4:00 pm Cost: \$5 per visit Attend 1, 2 or 3 days a week</p> <p>.....</p> <p>Transportation to and from the program are the responsibility of participant or caregiver.</p>	<p>Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.</p>	<p>The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.</p>

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July
At a Glance

museum admission fee applies | free to annual pass holders

Sun JUL 01 Canada Day
Community Day | 1–4:30 pm
All Ages | Free Admission

Tue JUL 03 Who are Important Blackfoot Historical Figures?
Summer Family Fun | 1–3 pm | Families

Wed JUL 04 Potato Growers of Alberta
Wednesdays at the Galt | 2–3 pm | Adults & Seniors

JUL 09–12 Teacher Development
Professional Development
10–noon and 1–3 pm
Educational Staff

Tue JUL 10 Flip Book Animation
Summer Family Fun | 1–3 pm | Families

Sun JUL 15 Pinhole Cameras
Evening Galt Workshops | 7–9 pm | Adults & Seniors

Tue JUL 17 Drive-in Movies
Summer Family Fun | 1–3 pm | Families

Tue JUL 17 St. Patrick's Cemetery Tour
Tour | 7–8:30 pm | Adults

Wed JUL 18 Young Canadians in the Great War
Wednesdays at the Galt | 2–3 pm | Adults & Seniors

Wed JUL 18 Mountain View Cemetery Tour
Tour | 7–8:30 pm | Adults

Sat JUL 21 Blackfoot Crossing Bus Tour
Tour | 8–6 pm | Adults

JUL 23–27 Coulees & Culture
Day Camp | Ages 6–10

Tue JUL 24 Felted Soap
Summer Family Fun | 1–3 pm | Families

Thu JUL 26 Beware, This Can Happen to You!
Archives Programs | 7–9 pm | Adults & Seniors

Tue JUL 31 All About the Buffalo
Summer Family Fun | 1–3 pm | Families

Tue JUL 31 Mountain View Cemetery Tour
Tour | 7–8:30 pm | Adults

galtmuseum.com

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An LSCO Gift Card can be used for breakfast, lunch, the fitness centre, creative art classes, yoga, tai chi, pickleball or any class. Give a gift to last any time of the year!

“The Perfect Ending”

When we devote ourselves to a series of books, a television series, or a movie, we will often judge the piece of entertainment by how it all ends. If the beginning of a piece of entertainment is good, we will continue to watch, listen, or read. However if the ending turns out bad or not what you expected, you judge the time it took to consume that entertainment as a waste of time. I recently watched a television series that ran for six seasons, with each season having at least 10 episodes; that is approximately 60 hours of television. Throughout the course of watching these seasons, I hoped that the central characters of the show, would get their just desserts. They did so many horrible things to so many people and the only way I thought the series would end would be to see the central characters go down in a hail of bullets. Well, as you can guess, the series did not end that way. Instead the evil characters basically got away with everything and I was extremely frustrated. I considered all the watching I had done prior to this a waste of time.

Much the same can be said as we watch the saga that is administration of President Trump. I have never seen such a watchable train wreck that is President Trump. Everyday he seems to say something so outlandish, so provocative, that it defies all common sense. If Donald Trump tried to apply for any other job or tried to apply to get into a professional school, he would be turned down flat. My son is in the process of applying to a professional faculty. The hoops that he has to jump through are considerable. You basically have to be excessively intelligent,



Legal Tips and Information

Douglas Alger

a great leader, a person with an enormous heart, or in short a saint in the making. Can you imagine if Donald Trump had to apply for any job, when integrity was the key thing that the job required? But I digress, I am sure that whether you support Trump or not, you are looking for a perfect ending to this saga. If you don't support Trump, you are hoping that Robert Mueller finds Trump guilty of high crimes and treason and the sooner this happens the better.

Remember the O J Simpson trial and how we were glued to our television sets for a year and a half watching this unfold? The perfect ending would have been Simpson being found guilty and sent to jail for the rest of his life. Remember how you felt when that didn't happen and in fact the opposite happened?

Life rarely works out, like a great piece of entertainment. The other fact is that we as regular citizens have very little say in how the ending is written. When it comes to Donald Trump, we as Canadians, have no say.

We can watch the news, read his Tweets, and form opinions, but we cannot change the fact that he is still President and may be President for another 6 years.

I am torn between turning the Trump news cycle off and continuing to watch. It seems that there is no perfect ending coming, even though it is playing out like a great story. Going back further in time, we saw the perfect ending, when Richard Nixon resigned the Presidency. That was a sweet moment in time, when the ideals of justice and good government mixed together and the perfect ending was achieved. I think what Trump reveals to us, is the fatal flaws in our human nature. How soon we forget the mistakes of the past and give in to our baser instincts and accept strong men as our leaders. You would think that in this day and age with information at our fingertips, we would be smarter, but in essence we are still the same basic flawed humans who came out of Africa 75,000 years ago. Sure we are little wiser and have achieved a great deal since then, but we always have to be on guard that we don't slip into the abyss of ignorance and tyranny.

The perfect ending sometimes does happen in real life, but remember that life is not a series of endings and everyday we have to work on achieving the perfect ending for the next day, week, month, and year. The perfect ending is only a step to a new beginning and the cycle goes on. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

5 home products you didn't know could connect to the internet

More of us are discovering the convenience of a connected home. But while smart thermostats and voice-controlled assistants grab headlines, many others can also make your home run more efficiently and effectively. Here are five to consider:

1. **Your light bulbs.** Turning off the light in your kitchen while you're tucked into bed is just the beginning. With wireless light bulbs, you can pre-set the desired brightness of the lights in each room, create light timers around the house to coincide with sunrise or sunset, and even change the colour of the lights around the house.
2. **Your oven.** If you've ever arrived home from work late only to have to wait patiently for the oven to heat up before you can get dinner underway, you'll immediately understand the benefits of a connected oven. GE Appliances, a leader in wireless connectivity, offers a whole suite of WiFi Connect appliances, which means you can use your smartphone to control your range, dishwasher, fridge or your laundry pair.
3. **Your doorbell.** Never wonder who's at the door with a new smart doorbell. High-definition cameras connect directly to your smartphone to let you see who's ringing your bell — no matter where you are in the world. Features like built-in motion sensor detectors can also send alerts to your phone if someone even approaches your door.
4. **Your sprinkler.** With a WiFi-connected sprinkler, schedule watering times from your smartphone to save on watering bills all summer long. Some models can even adapt to local weather, automatically skipping a scheduled watering cycle if rain is predicted. The future of lawn care is available now.
5. **Your window shades.** Even your window dressings can connect to the internet. With automatic shades, you can integrate your blinds with other smart home gadgets like your light bulbs, scheduling when you'd like the blinds to open and close.

Find more information online about WiFi connected appliances at geappliances.ca/connect.

www.newscanada.com

DID YOU KNOW?

On the day of his death, at the age of 78, Galileo was said to be planning a new kind of clock that would tell time — in minutes and seconds, not just hours — using a pendulum swing instead of movement of water or sand.

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How to plan a luxury staycation

With the beautiful weather giving us more reasons to spend time outside, expenses can really add up over the summer. A getaway might not be in the budget, but there's no reason you can't have a fabulous time in your own city. Here's how:

Book a special hotel. Treat yourself with a night or two in luxury property you'd never dream of staying in while away on vacation. You'll save on transportation and get to enjoy stellar amenities, like a spa, pool and fitness facilities. Some even include breakfast, so you'll save a bit on meals. This is also an affordable way to have an extravagant but affordable bachelorette weekend. The Douglas in Vancouver or Marriott Markham are great options if you're in those areas.

Go on walking tour. Have you ever really explored every corner of your city? No matter how long you've lived somewhere, there are always some hidden gems to check out and lesser-known history to learn. Walking tours are often offered for free or as pay-what-you-can by museums or local organizations, and are the perfect way to see your hometown through new eyes. Find out what that car dealership used to be, who that street's named after and what alleyway served as the backdrop to your favourite film.

Use your points. You've been remembering to collect those rewards points, and a staycation is the perfect time to cash in on them. Consider spending your points on an exciting experience like a play, tourist attraction or day trip tour to a nearby spot. You can even use them to book your hotel. If you're a member of a hotel rewards program, beginning in August all the brands under the Marriott umbrella are combining for more chances to earn and redeem. Members will now have access to over 19 brands and 225 hotels in Canada to choose from.

www.newscanada.com

New Kid on the Block

Hello and spring greetings to you all! As you can see, this section has changed with another face in the crowd. My name is Erin Vogt, and I am the new Support Services Coordinator. It is my pleasure to join the vibrant team at LSCO, carrying forward the very experienced hands of Marlene, including the programs she coordinated all these years. Already I have met wonderful staff, volunteers and members at LSCO, and the fun is just beginning.

I come to LSCO with a Bachelor of Social Work, majoring in Aging Studies, from University of Manitoba. My passion for the not-for-profit sector has given me experience in amateur sports and recreation and community development initiatives through United Way of Northern BC and The Community Foundation of Lethbridge and Southwestern Alberta. My roots stem from a close-knit farm village in southern Alberta. Perhaps you have heard of Milo, in the County of Vulcan?

Growing up country I learned the strong values of community, volunteerism and caring for our neighbours, at a very young age. These same values I work hard to pass on to our family. I'm married with two little girls, ages 2 and 6, and Lethbridge has happily become our settled home. Admittedly, a favourite hobby is meeting new people and doing jigsaw puzzles (wasn't it a long winter!?) I'm also an avid curler and sports fan. Don't be surprised if I ask to sit down and chat with you in the dining room, that's the farm girl in me!

In my experience, Lethbridge is a significantly collaborative city who cares about its citizens, through its many volunteer networks and agencies striving to meet common goals. Seniors issues are part of this collaborative effort. As Support Services Coordinator I invite you to share your interests and needs, where further support can be explored. My door is always open!



Support Services Coordinator

Erin Vogt

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

I look forward to meeting you as our paths cross. Please feel free to stop me on my travels or drop me a line where I can be of assistance to you. Given our intensely cold winter, I hope you enjoy ample sunshine and time with your loved ones throughout the summer. Happy Canada Day!

July Friday Music Program

July 6 – Ray Sauer, Rock Legends and Impersonations. July 13th – Classic Legends. July 20th – Celtic Routes. July 27th – Tom Wolsey.

We want to thank our volunteer musicians for their time and talent they donate to LSCO. Come on out for some fun in our Stage Area.

Wellness

Reflexology Appointments

Reflexologists, Brenda & Linda, will be here on **Friday, July 20th**. 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, July 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.

Direct Dental Hygiene

Direct Dental Hygiene, a mobile dental hygienist service, service will be here at LSCO on **Monday, July 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.

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, July 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.

Community Partnerships

Legal Advice

Doug Alger from the law firm of *Alger Zadeiks Shapiro* will be here on **Wednesday, July 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.

Dance for Good Health

Dancing is a great workout for the mind and body. A 150-pound adult can burn about 150 calories doing 30 minutes of moderate social dancing. And by concentrating on your dance steps, you'll boost brain power by improving memory skills. Dancing builds confidence, reduces stress and tension and provides the social opportunity to meet others.

Dancing can be quite a workout – just watch the reality television show *Dancing With The Stars* to see the physiques and fitness levels dancers can obtain. If you are less fit, you can vary the level of physical exertion.

Dancing improves agility, balance and coordination. Its multidirectional movements benefit joint mobility and it's a weight-bearing activity that helps thicken bone density. Dancing can be a mild aerobic workout with the more aggressive dance styles offering excellent cardiovascular benefits. It helps people of all ages and physical abilities get and stay in shape.

In a recent study reported in the *Journal of Aging & Physical Activity* (July 2013), 40 people in their sixties participated in a dance program twice a week for 12 weeks. At the study's end, all participants experienced sig-

nificant health benefits, including lower levels of depression and disability limitations, and marked increases in physical function.

There are many types of dance to explore, from creative ballet to fast-paced Scottish Country Dancing, which is a great aerobic workout. There's rumba, foxtrot, tango, aerobic dance, square dancing, swing, line dancing, folk (or ethnic) dancing, salsa, flamenco, jazz, hip hop, tap, modern, clogging, and even belly dancing, to name just a few. Ballroom dance is another rigorous activity that uses the larger muscle groups. It's even a recognized Olympic sport, and may possibly become a medal sport in the Olympic Games.

You can find dance classes at dance schools, health clubs, community recreation centres, YMCAs and even some churches. Also, consider doing your own thing by putting on some music or checking out a dance video on YouTube and dancing around the house. And don't forget the evening hot spots with a good dance band!

by Eve Lees

INSPIRED Senior Living magazine
www.seniorlivingmag.com

Eat well and be active today and every day!

Take a step today

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends.
- ✓ Take time to eat and savour every bite.

For more information, interactive tools, or copies of the Canada Food Guide visit Canada's Food Guide on-line at: www.healthcanada.gc.ca/foodguide

LSCO FREE COMMUNITY MUSIC PROGRAM

JULY 2018

July 6: Ray Sauer
Rock Legends & Impersonations

July 13: Classic Legends

July 20: Celtic Routes

July 27: Tom Wolsey

Lunch served 11:00 am ~ 1:00 pm
Lunch Special available
Music Program 12:30 ~ 2:00 pm
LSCO Stage Area

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

Age should not have its face lifted, but it should rather teach the world to admire wrinkles as the etchings of experience and the firm line of character.

~ Ralph B. Perry

NEW Active Aging Strength, Core & Stretch

We know you want to keep active in August so here is your chance! After the warm-up the instructor will lead you through safe exercises that will work on your core, increase your overall body strength, followed by a stretch. A variety of exercise equipment will be used. The class will be held downstairs in the All Purpose Room. Wear comfortable workout clothes and indoor running shoes. Bring a water bottle, yoga/exercise mat.

When: Mondays & Wednesdays
August 8 – 29

Time: 8:15 – 9:00 am

Fee: \$35 LSCO M; \$44 NM

Instructor: Debbie Palmer

Register by: Friday, August 3



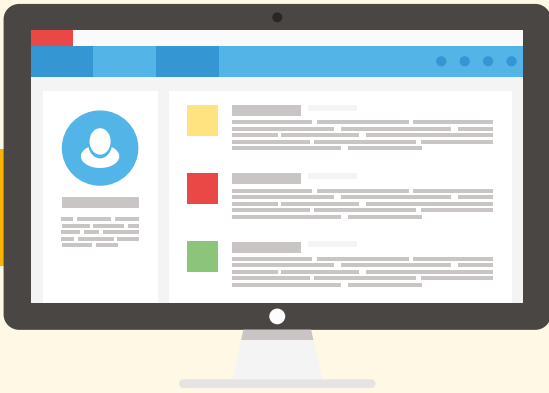
Yoga Noon Hour

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 until July 28
(no class July 2)

Time: 12:05 – 12:55 pm

Drop In Fee: \$8.50 LSCO M; \$12 NM



Working with Windows 10

Have you recently purchased a new computer running Windows 10? Has your older computer updated itself to the newer Windows 10? Is Windows 10 standing between you and using your computer? If you are familiar with the previous versions of Windows and need a hand with the new one, or if it's been a while since you've last used a computer, this course is here to help you to become competent and confident. Sign up today to learn all of the following: Safely booting up, and shutting down; accessing the internet; installing programs and games; communicating through Email, Skype, etc.; writing documents and saving files; accessing entertainment; online best practices & more. Bring your portable computer if you have one. **This is the class for you if you have general knowledge of how to use a computer. If not, the Introduction to Computers class may be the right one for you.**

When: Mondays & Wednesdays, August 13 – 29

Time: 10:00 am – 12:00 pm

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

Instructor: Peter Harris

Register by: Thursday, August 9



Lois Friesen
403-634-9713

Independent Associate
voxxlife.com/loisfriesen
loisefriesen@gmail.com



Anne Indenbosch
403-330-1811

Independent Associate
voxxlife.com/anneindenbosch
toosjeanne@yahoo.ca

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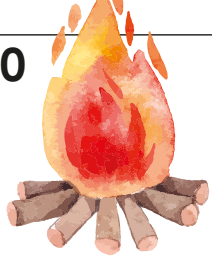

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July 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 2 LSCO CLOSED in lieu of Canada Day	3 Classic Legends 1:00 pm Room C/D Chair Exercises 2:45 pm	4 Fun with Wii 1:00 pm Room C/D	5 Sandy Gervais 1:00 pm Room A/B	6 Free Community Music in Stage Area Ray Sauer 12:30 ~ 2:00 pm Lunch Special		7
8	9 	10 Hank Wiebe 1:00 pm Room C/D Chair Exercises 2:45 pm	11 Horse Racing 1:00 pm Room A/B	12 Floyd Sillito 1:00 pm Room A/B	13 Free Community Music in Stage Area Classic Legends 12:30 ~ 2:00 pm Lunch Special	14
15	17 Movie Time 1:00 pm Room C/D	18 Fun with Wii 1:00 pm Room C/D	19 Tom Wolsey 1:00 pm Room A/B	20 Free Community Music in Stage Area Celtic Routes 12:30 ~ 2:00 pm Lunch Special		21
22 	23	24 Day Outing 1:00 - 4:00 pm	25 Horse Racing 1:00 pm Room A/B	26 Country Grass 1:00 pm Room C/D	27 Free Community Music in Stage Area Tom Wolsey 12:30 ~ 2:00 pm Lunch Special	28
29	30 	31 Fun with Wii 1:00 pm Room C/D				

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$3 LSCO M & \$5 NM per visit.

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How to meaningfully honour a loved one

Friends and family are our support systems and role models. After losing someone close to you, it is common to want to honour their memory. If you are feeling affected by a recent loss, it can be a powerful and healing experience to regularly commemorate your loved one.

Donating your time or money in someone's name is a beautiful way to continue their legacy. Supporting a charity can celebrate a generous, caring person. Choose an organization that represents a cause they were passionate about. For example, if they cared about global women's issues or education, check out Beautiful World Canada, a non-profit that provides comprehensive scholarships to women in Africa.

There are several different ways to support a charity. If you are short on time, consider establishing a monthly donation. You can also volunteer regularly or hold fundraising events.

Make sure to tell the non-profit you choose about the person you are memorializing. If you show continued support, they might publish something about your loved one in a newsletter or name a fund after them.

Find more information at www.beautifulworldcanada.org/donate.

www.newscanada.com

"Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these."

~ Dr. Robert H. Goddard
(American rocket engineer 1882-1945)

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Coeur D'Alene, ID	Oct. 26-29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2-5, 2018 Xmas Tour w/Boat Cruise	\$400 pp/dbl
	March 24-28, 2019 Spring Break Shopping, Wine Tour, Tribal Dinner & Show	\$575 pp/dbl
Edmonton, AB	Jan. 13-15, 2019 River Cree	\$280 pp/dbl
Bonnors Ferry, ID	Feb. 3-6, 2019 Super Bowl	\$410 pp/dbl
Moose Jaw, SK	April 23-26, 2019 Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5-9, 2019	\$240 pp/dbl
Polson-Kalispell, MT	May 27-30, 2019 Sights, Shopping & More	\$475 pp/dbl

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Volunteer & Fund Development

I'm writing these words three days before I leave on my week-long vacation, so I can't yet share all my Vegas hijinks and adventures. By the time you are reading this, I'm sure I have some stories! Thanks to everyone who gave me travel tips. Among the gems my LSCO friends shared with me: take the monorail if I have to travel a long distance, Gold Coast has the best bingo, check out M&M World and avoid being tempted by the Girls of Glitter Gulch.

Volunteer position-wise, I'd like to highlight a few unique opportunities this month, if you've been keeping your eye out for something special just like you:

NEWSPAPER AND POSTER DELIVERY VOLUNTEER

We currently have two regular volunteers who help us out with delivering the LSCO Times around town once each month (and a couple more who help us out when we are stuck!), we occasionally have reason to put up some posters for events that are pertinent to the broader community (i.e. Mother's Day Brunch, Christmas Dinner), or deliveries that happen when one of our other volunteers is unable to make it. I'd love to tell you more if you might be interested!



Coordinator

Chelsea Sherbut

csherbut@lethseniors.com

403-320-2222 ext. 31

POP CAN RECYCLING VOLUNTEERS

This is a big ask, but I know I won't find it if I don't look for it. I'm seeking two fit volunteers (one of whom has a truck or van) who would be willing to help us take our cans and bottles to the depot once/month. It's quite a lot of loading and unloading, which is why a super two-person team is what I'm aiming to put together.

PLANT CARE VOLUNTEER SOUGHT

We are looking for a green thumb to help care for the plant collection in the atrium! If you're great at caring for houseplants, maybe you'd be interested in helping us keep the LSCO plants healthy and beautiful. No strict

schedule required, perhaps an hour or two each week for various tasks including fertilizing, pruning, trimming, re-potting, staking, etc. This is a fairly self-directed job (as none of us on staff are plant pros, although we can do the watering if you like), but I will support you in whatever way I can.

SPECIAL EVENTS & CATERING VOLUNTEER EMAIL LISTS

I now have two email lists set up for sending call-outs when there are volunteer opportunities for special events (like the Live Well Showcase) and for catering functions. If you are on one or both of these lists, you should have received an email from me indicating such! If you have not, please let me know and I'd be happy to add you. I recognize that not everyone is on email and I will continue to do my best to make phone calls to keep everyone in the loop.

Keep on soaking up the warm weather (taking all your SPF precautions) and see you around soon! ★

"Old places and old persons in their turn, when spirit dwells in them, have an intrinsic vitality of which youth is incapable, precisely, the balance and wisdom that come from long perspectives and broad foundations" ~ George Santayana (Spanish born American Philosopher, Poet and Humanist)

Computer Corner

by Sjoerd Schaafsma

Free Software of the Month

But first, a Tech Term: **FAQ** means Frequently Asked Questions

There is some great free software on internet. My favorites are those that are lightweight, efficient, free of advertising, useful, and easy to download safely. Too many download sites make it very hard to determine which of the 'DOWNLOAD HERE' buttons will download the program you want.

This month I'll direct you to one of my recent favorites; the search program, "Everything".

Note, that this is not an internet search engine.

From the Everything FAQ page: (<http://voidtools.com/faq/>)

"Everything" is search engine that locates files and folders by filename instantly for Windows.

Unlike Windows search "Everything" initially displays every file and folder on your computer (hence the name "Everything").

You type in a search filter to limit what files and folders are displayed.

It takes a little getting used to and as with many good tools; it helps to read the instructions. The FAQ page is a good place to start. Yes, it is extremely fast! I find it much more useful than the built in Windows search function.

The Monthly Tip: *Did you buy a computer with both English and French keyboard layouts?*

Most of us don't care about the extra characters on the keyboard until we don't get the character we expect. Pressing a *Control - Shift* combination in Windows will change between keyboard layouts, and hopefully let you print what you expect.

Club Notes

LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1 - 4 pm. This time may be pre-empted for other events. The LSCOCC will be taking a break from workshops for the summer months. The lab will be available at the usual times. If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: LSCO-computer_lab_guest

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 workshops are welcomed.

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

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Hi, my name is Jasna and I operate a small private **house cleaning** business here in Lethbridge. My main focus is on providing **quality service to senior citizens and the community**. For more information please call 403-929-2868.

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One of the most important phases of maturing is that of growth from self-centering to an understanding relationship to others. A person is not mature until he has both an ability and a willingness to see himself as one among others and to do unto those others as he would have them do to him.~ Harry A. Overstreet



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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

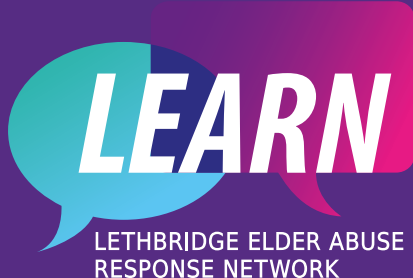
Instructor: Donna Gallant

Register by: Friday, June 29



World Elder Abuse Awareness Day Sock Hop

Thank you to all of you who came out, our volunteers and sponsors who helped recognize and support World Elder Abuse Awareness Day. Thank you to Fairway Plaza Safeway, Save on Foods North, Pepsico Foods Canada and Seasons Lethbridge Retirement Community for making the 2018 Sock Hop a success.



As always, if you, or someone you know is experiencing abuse, please give me a call 403 394-0306. When it comes to Elder Abuse, Silence is not an Option.

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