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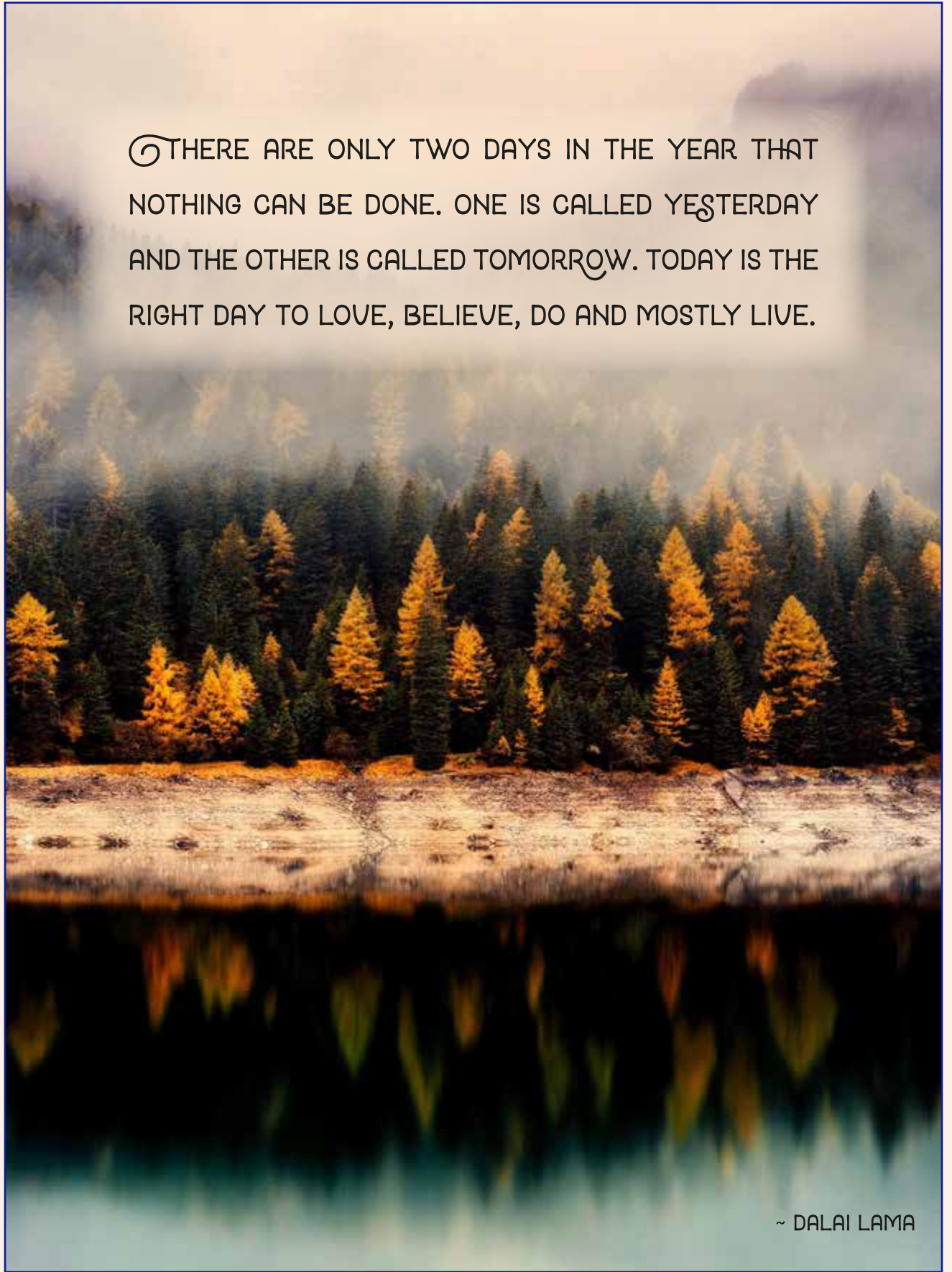
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☞ THERE ARE ONLY TWO DAYS IN THE YEAR THAT NOTHING CAN BE DONE. ONE IS CALLED YESTERDAY AND THE OTHER IS CALLED TOMORROW. TODAY IS THE RIGHT DAY TO LOVE, BELIEVE, DO AND MOSTLY LIVE.

~ DALAI LAMA

Join Us for

PRACTICING HAPPINESS

New session starts November 7

LSCO CLOSED

November 11 & 12

in lieu of Remembrance Day

FREE NECK & SHOULDER MASSAGES

November 14

LSCO SHOPPING TRIP & LIGHT TOUR

Shopping Trip: December 5

Shopping & Light Tour:

December 11

STAGE WEST

DRINKING HABITS 2

Wednesday, February 27, 2019

LSCO Christmas Handmade Craft Market & Bake Sale

FRIDAY, DECEMBER 14, 2018

9:30 am ~ 2:30 pm • Everyone Welcome! • Great Gift Giving Items & Christmas Goodies!

Baking donations requested by Thursday, December 13th. Please register a table at the administration desk.





Executive Director


Rob Miyashiro
rmiyashiro@lethseniors.com

At this writing, I have just watched the Saturday evening performance of Titanic: The Musical and all I can say is WOW! Just WOW! The professionalism of everyone involved was evident as the cast, orchestra and crew worked together flawlessly to present an epic musical tour de force that thrilled the audience in a sold out Yates Theatre. If you missed the show, imagine an orchestra, cast members and chorus all on stage simultaneously (over a hundred people), performing at an incredibly high level. On behalf of LSCO Board of Directors and staff, I would like to extend my deep appreciation and thanks to


everyone involved in this production as it is one of our major fundraisers of the year. I give special thanks to Fran Rude (Director), Ken Rogers (Musical Director), Nancy Graham (Stage Manager) and Joy Ackerman (Choreographer) for their leadership with this production which highlighted the skills and talent of our amazing performing arts community in Southern Alberta. I would also like to thank the many volunteers who assisted us with a wide variety of tasks and huge shout out to Chelsea Sherbut (LSCO Volunteer Coordinator) for making the herculean task of organizing the volunteer army look so effortless...and she did it with a smile. My thanks to our staff who pitched in where and they could (including our chefs, Frank and Nathan, who prepared a feast for the cast, musicians and crew after the final performance). And lastly, thank you to everyone who purchased a ticket to one of the 99% sold out performances and to our generous sponsors. It is because of your patronage of events such as this, that LSCO can offer activities, services and supports which are relevant to and necessary for our community. ★



LSCO WILL BE CLOSED SUNDAY, NOVEMBER 11TH & MONDAY, NOVEMBER 12TH IN HONOUR OF REMEMBRANCE DAY



FIT FRIDAY (Instructors Choice)
Each week participants will be lead through a variety of challenging fun workouts. Be prepared to work hard. Wear comfortable exercise gear, bring a water bottle, yoga/exercise mat for abdominal/core work and your enthusiasm. (Intermediate to advanced level class). Both men and women encouraged to attend.
When: Fridays, November 16 – December 21
Time: 12:10 – 12:55 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Thursday, November 15
Instructor: Jamie Hillier



POWER WALKING
This power walking class is much more than an easy walk. You will truly get an overall body workout, using weights appropriate to your ability. Join Jerry for a fun, energetic noon workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.
When: Thursdays, October 4 – December 13
Time: 12:05 – 12:55 pm
Drop In Fee: \$4 LSCO M; \$6 NM
Instructor: Jerry Brown

Experience is a hard teacher because she gives the test first, the lesson afterward. ~ Vern Law

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In recognition for the ongoing support of LSCO













In recognition for the ongoing support of LSCO Meals on Wheels











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

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 Catering – Christine Toker
catering@lethseniors.com ext. 59
 Administrative Support – Kari Martin
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 Food Services Coordinator
 Francisco (Frank) Bruno ext. 27
 Cook I – Nathan Morden 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!

Barb McFadden	Corry Hann
Cheryl Moore	Sydney Fandrick
Rhonda Hamilton	Dan Brooks
Erwin Mokosch	Lee Brooks
Shirley Christie	Terry Angstadt
Roberta Kindley	Hugh Mckee
John Baugh	Keith Lodermeier
Susan Colgan	Carole Virtue
Paul Maryancik	Annie Dostie
Anne Raslask	Sharon Exham
JoAnne Wilson	Janette Thomas
Peter Kramer	Marilynn Varty
Beverly Witzke	Dianne Wells
Klaus Witzke	James Varty
Karen Thomas	Diane Gyorfi
Fernando Chora	Lynda Dekens
Don Fuller	Roberta Pendergast
Lee Wiebe	Jim Carter
Bob Moffat	Ellen Carter
Charlene Kocker	Linda Klima
Marcella Cooper	Blaine Molde
Donna James	Steve Jones
Joan Senneker	Diane Gaudet
Glenda Lodermeir	Ray Cutts
Dirk Senneker	Joy Cutts
Jim Wilhelm	Vivian Couture
Donna Galloway	

A Smile is the Universal Welcome.

LSCO Gift Shop

The Boutique has a variety of handmade items for sale crafted by members. Beautiful blankets, pot holders, scarves, mittens, baby items to name a few. A selection of sport and activity items are also available. Hours of operation are Monday to Friday from 10:00 am – 3:00 pm. If you cannot make it during this time please ask the staff at the Administration Desk for assistance.

	Regular Price	Sale Price
Exercise/Yoga		
Yoga Mat Cleaner	\$18.00	\$14.00
Essential Mat	\$35.00	\$28.00
Cotton Blanket	\$46.00	\$38.95
Eye Pillow	\$22.00	\$18.95
6' Yoga Strap	\$13.00	\$10.95
Urban Poling		
300 Series	\$99.99	\$90.00
Activator	\$109.99	\$95.00
Adventure Series	\$119.99	\$115.00
Snow Baskets	\$20.00	\$15.00
Boot Tips	\$22.00	
Bell Tips	\$22.00	

Angel CARDS

starting in November

This one's for the children, as we approach the holiday season. LSCO is partnering with agencies across Lethbridge collecting Angel cards, to purchase a new gift for a child. The cards can be picked up at LSCO administration desk around mid November. *Thank you for your gracious support.*

GIFT CARD

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

LSCO would like to thank the Karaoke Group for all their efforts in holding the Fall Karaoke Concert. It was enjoyed by all who attended. Thanks again.

LSCO Karaoke Club Fall Concert

LSCO Hours of Operation

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

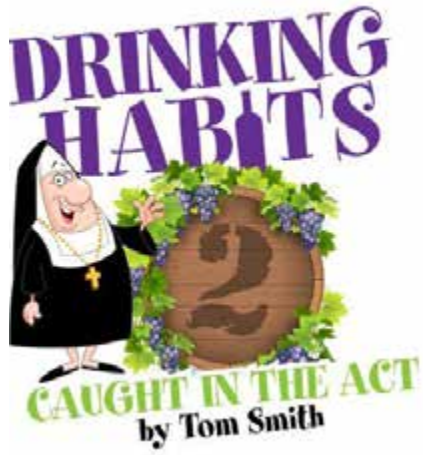
WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!

LSCO Times Publishing Schedule

Issue	Deadline
December 2018	November 16
January 2019	December 14

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

Travel to Stage West in Calgary with Us!



From the same Director of and featuring most of the same cast as 2016's "Drinking Habits"!

The Sisters of Perpetual Sewing miss the excitement of the old days when they were saving convents and reuniting long-lost families. So when they learn that the orphanage where Paul and Kate grew up is in peril, they can't wait to come to the rescue. Everyone pitches in to mount a play to raise money, but it's no easy feat when Kate is expecting any day, Sally is hiding from stage-fright-stricken Paul after another flight from the altar, Mother Superior's acting is unexpectedly narcoleptic, and the sisters' award-winning wine keeps getting switched with the grape juice. The merry mix-ups multiply in this warm and winsome sequel to the crowd-favorite Drinking Habits!

When: Wednesday, February 27, 2019
 Time: Bus begins to load at 8:15 am returning to Lethbridge approximately 5:00 pm.
 Fee: \$100 LSCO M; \$110 Non Members (includes travel meal, & show)

Payment must accompany booking and will not be processed until January 28, 2019. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After Friday, January 25, 2019 refunds are not available.

Deadline to Book Seat is Friday, January 25, 2019

Trip hosted by Donna Dobra.

"...the story is full of twists, turns and unexpected outcomes..." – Tri-County News
"...organized chaos..." – meetmeinthegreenroom.com

DEADLINE to book a seat is Friday, January 25, 2019
 Call LSCO at 403-320-2222 to book your seat.
 Payment can be made with Visa, MasterCard, Cash, Debit, Cheque.



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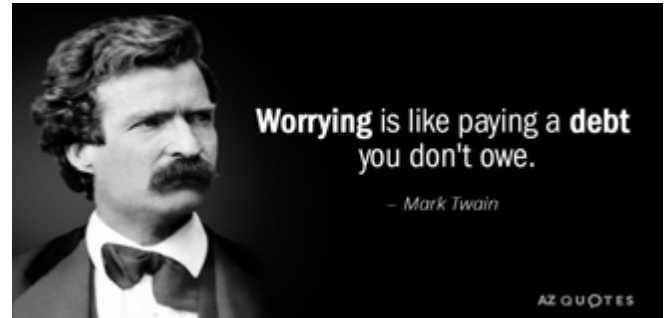
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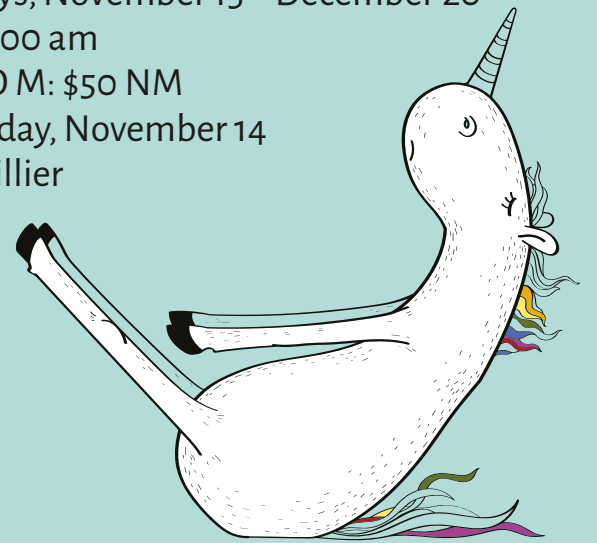
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Morning Strength & Stretch

This class is designed to increase physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment will be used. Wear comfortable exercise clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: Thursdays, November 15 – December 20
 Time: 8:00 – 9:00 am
 Fee: \$33 LSCO M: \$50 NM
 Register by: Wednesday, November 14
 Instructor: Jamie Hillier



My mom is one of those really angry moms who gets mad at absolutely everything. Once when I was a little kid, I accidentally knocked a Flintstones glass off the kitchen table. She said, 'Well, dammit, we can't have nice things.' ~ Paula Poundstone

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This 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: Session 2: Wednesdays, November 7 – December 19

Time: 9:35 – 10:35 am

Fee: \$18 LSCO M; \$30 NM

Register by: Monday, November 5

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Saturday ~ 10:00 am - 6:00 pm • Sunday ~ Noon - 5:00 pm

Thank You TITANIC THE MUSICAL

Many LSCO members contributed to making the show a tremendous success. In particular, we'd like to recognize:

Fran Rude (Director) and Ken Rogers (Music Director), proud LSCO members, who together are responsible for the show happening at all.

Helen Barber and several members of the Quilting and Knitting Groups devoted MANY hours to constructing, embellishing and repairing the absolutely stunning costumes that were used in the show. This was one of the most talked-about parts of the show, and we are so grateful to have had the help of so many talented and generous sewing experts.

The Radio Group for the loan of some fabulous items used as props in the ship's telegraphy office.

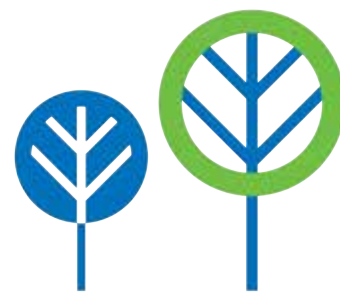
The Wood Shop members who shared space in the shop and those who helped with the construction of the set.

Our special event volunteers who stepped up to run the Front of House for the show.

All of you who supported the production by attending the show!

And finally, a show like this is a big financial investment, and we are very grateful for the businesses who contributed financially to make it happen:

- Fox Denture Clinic
- King of Trade
- Lethbridge Hearing Centre
- Mutch's Mobile Pressure Washing
- Servus Credit Union
- Warwick Printing Co. Ltd.



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I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~ Maya Angelou

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Good day! Finally, some fall weather to enjoy!

In September I had the opportunity to attend the Grey Matters Conference along with other colleagues from our organization. The theme was "Our Community Gathers, Listening/Learning/Leading/".

The message I heard throughout the sessions I attended was self care. If we don't look after ourselves first, we won't be able to care for family and friends when they are in need. I think self care requires a balanced lifestyle. I visualize balance as an equilateral triangle with spirituality at the base, mental and physical fitness at the sides. If one side gets short changed the triangle collapses in on itself. Spirituality in my mind doesn't necessarily mean religious affiliation (but it can). I prefer to think of myself as an earthling enjoying nature. Physical fitness



President's Message

Keith Sumner

is just that, staying active. A close friend of mine likes to say, "motion is lotion". And, of course, mental fitness is taking part in activities that challenge my mind such as further education classes or scrabble. We have lots of opportunities to build a balanced lifestyle for ourselves here at LSCO.

I also attended a couple of sessions on prevention of elder abuse which I could link back into self care. If a relationship just doesn't seem to be right or lopsided I have an obligation to examine the relationship and, if necessary, make some inquiries to get a second unbiased opinion on the situation. Telus attended the conference and spoke about empowering seniors to stay safe in a digital world. You can download a guide from their website at telus.com/wise. Alberta Securities Commission also attended and suggest before investing money visit their website www.CeckFirst.ca.

On a different subject: we'll be welcoming a couple of new Board members shortly and will introduce them to you in the upcoming *LSCO Times*.

Until then, Namaste. ★

Honouring and supporting those affected this National AIDS Awareness Week

This November 24 to December 1st marks Canadian National AIDS Awareness Week. It is an occasion to reflect on the progress made in overcoming the epidemic, honour those affected by the disease and raise awareness about HIV- and AIDS-related issues.

Many people choose to wear a red ribbon or red scarf during this period as a sign of support and solidarity. It also helps reignite the conversation about what still needs to be done.

Granted, much progress has been made since HIV was first identified decades ago. New medicines have meant that people living with HIV and AIDS can live longer, healthier lives. And global prevention efforts have meant that the number of people dying from AIDS-related deaths has declined over the years.

This is progress we can all be proud of and celebrate. But let's not lose sight that there remains much to be done. We are not yet where we need to be.

There are approximately 5,000 new HIV infections every day, about 64 per cent of which are in sub-Saharan Africa. Add gender inequality to the equation and the situation seems even bleaker.

According to UNAIDS, the United Nations' program on HIV and AIDS, structural and sociocultural inequalities such as lack of access to adequate education and early marriages have resulted in young women and girls in Africa being twice as likely to contract HIV than their male counterparts.

One charity that's tackling this issue head on is Beautiful World Canada. Founded in 2011, the charity works with local partners in Africa to identify girls who possess great potential but have no financial means to continue their education.

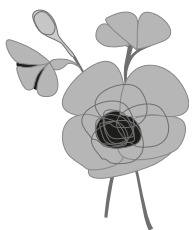
These students are matched with a mentor and are provided with comprehensive secondary and post-secondary scholarships that provide

everything they need to succeed in school, including tuition, housing, personal supplies and medical care. As all their needs are taken care of, the students are able to focus on their studies instead of worrying about finances and dropping out of school.

To date, Beautiful World Canada has provided 500 scholarships to marginalized girls in sub-Saharan Africa, but the need remains great. There are always more applicants than there are scholarships available.

But this has not deterred the small charity, which has made it their mission to get 10,000 girls into higher-education institutions by 2022. And with a little help from you, they can make this happen. Learn how you can give the gift of higher education to at-risk girls at beautifulworldcanada.org.

www.newscanada.com



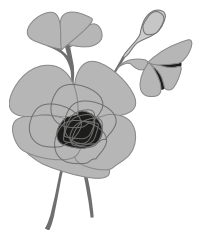
MENU ~ NOVEMBER 2018

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 ★



Autumn is a second spring when every leaf is a flower.
~ Albert Camus

Monday, November 5		Tuesday, November 6		Wednesday, November 7		Thursday, November 8		Friday, November 9						
Entree: Chicken à la King	Potato: Rice	Soup: Corn Chowder	Entree: Roasted Pork Chops	Potato: Mashed with Gravy	Soup: Loaded Potato Bacon	Entree: Chicken Stir Fry	Potato: Rice	Soup: Curry Chicken Rice	Entree: Liver & Onions	Potato: Roasted with Gravy	Soup: Minestrone	Entree: Turkey Dinner & Stuffing	Potato: Mashed with Gravy	Soup: Creamy Carrot Ginger
Monday, November 12		Tuesday, November 13		Wednesday, November 14		Thursday, November 15		Friday, November 16						
LSCO CLOSED in lieu of Remembrance Day		Entree: Beef Stroganoff	Potato: Bowtie Noodles	Soup: Broccoli Cheddar	Entree: Baked Ham Dinner	Potato: Scalloped	Soup: Turkey Rice	Entree: Pesto Chicken Alfredo	Potato: Linguini Noodles	Soup: Clam Chowder	Entree: Veal Cutlets	Potato: Mashed with Gravy	Soup: Chicken Noodle	
Monday, November 19		Tuesday, November 20		Wednesday, November 21		Thursday, November 22		Friday, November 23						
Entree: Cabbage Rolls	Potato: Perogies & Onions	Soup: Cream of Mushroom	Entree: Spaghetti & Meat Sauce	Potato: Garlic Bun	Soup: Hamburger Cabbage	Entree: Glazed Salmon Fillets	Potato: Roasted with Gravy	Soup: Split Pea & Ham	Entree: Chicken Parmesan	Potato: Rotini Noodles	Soup: Tomato Vegetable	Entree: Meatloaf	Potato: Mashed with Gravy	Soup: Chicken Vegetable
Monday, November 26		Tuesday, November 27		Wednesday, November 28		Thursday, November 29		Friday, November 30						
Entree: Salisbury Steak & Onions	Potato: Mashed with Gravy	Soup: Manhattan Clam Chowder	Entree: Pork Tenderloin & Apple Sauce	Potato: Roasted with Gravy	Soup: Beef Vegetable	Entree: Teriyaki Beef Bowl	Potato: Rice	Soup: Chicken Vegetable	Entree: Roast Beef Dinner	Potato: Mashed with Gravy	Soup: Cream of Cauliflower	Entree: Cream-o-Mushroom Pork Chops	Potato: Rice Pilaf	Soup: Beef Barley

Community Support Groups

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

Parkinson's Alberta Society

Parkinson's Alberta Society Support Group's next meeting is **Thursday, November 15th** at 2:00 pm in Room A.

Sunset Alcoholics Anonymous

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

Lethbridge Stroke Recovery Association (LSRA):

Wednesday, November 14th at 7:00 pm in Rooms A & B.

Stroke Care Partner Support Group

Stroke Care Partner Support Group is for Care Partners of stroke survivors only. This is a safe place to share experiences with a counseling emphasis and new topics explored each month. Next meeting is **Tuesday, November 13th** at 7:00 pm in Rooms C & D.

Alcoholics Anonymous Saturday Morning Eye Opener

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

Trigeminal Neuralgia Support Group

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



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Gentle Yoga



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. This is class may be perfect for the beginner or individual that hasn't practiced yoga for a while. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Session 2: Tuesdays & Thursdays
November 6 – December 20

Time: 9:30 – 10:30 am

Fee: \$70 LSCO M; \$88 NM

Register by: Friday, November 2

ZUMBA GOLD
Have fun and stay in shape for the holiday season. This is a 4 week session.

When: Tuesdays
November 27 – December 18

Time: 11:00 – 11:45 am

Fee: \$20 LSCO M; \$27 NM

Instructor: Nicole Stratychuk

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

KAREN'S KARE SERVICE Bonded, friendly, caring, professional mature Lady. Available for cleaning, meal prep, yard work or taxi to appointments. 3 years experience with seniors and their needs. Minimum 3-hour service. Hourly cost: \$25. Call Karen at 403-315-9025.

Speed Dating: are you interested in meeting new friends or a potential life partner? Speed Dating is a quick way to new possibilities. For more information: email: Speed.dating2001@gmail.com

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Don't let the noise of others' opinions drown out your own inner voice. ~ Steve Jobs

Second Stage Parenting

In recognition of November being the Prevention of Family Violence Month I wanted to add some info on families. One of the education groups that LSCO offers throughout the year is *Healthy Relationships with our Adult Children*.

Jane Adams, Ph.D. offers some information that might cause us to re-think our roles with our adult children. She suggests that; no matter how much domestic models and cultural norms change, one thing stays the same, and that is the importance of family. Because families are meaningful, the individuals in them “need to get along” and to find ways to communicate. It is a paradigm shift for many as both groups; parents and their adult children are trying to do the right thing but are educated differently on what the right thing is from a different time.

Second Stage Parenting is a time to get to know our children as adults. We are all learning and inventing together. No one size fits all families. Finding solutions to having a healthy relationship evolve over time and through



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

dialogue with our adult children. Our adult children are also learning how to be adults in their relationship with their parents.

Even good relationships have pitfalls. Frustrations run both ways and it is in the dialogue and setting ground rules and boundaries that you are able to work out the adult to adult relationship. If conflict starts to escalate, dial it down by listening without interrupting and then commenting in a neutral tone. If that is not possible, take a time out to calm down.

Forgiveness is the name of the game, be willing to apologize and forgive and keep moving forward to finding a solution for the issue.

Recognize that all families have challenges, these may include mental health concerns, addictions, or parenting grandchildren (child) which may increase the stress for all family members. If possible consider getting some support and counselling to help move your situation along.

As well, there are numerous reading books out that offer insight, ideas and suggestions for your situation and your family as well as counselling services to support you.

Some of the books that popped up on Amazon include; *How To Stop Enabling Your Adult Children* by Melody Devenish, *Setting Boundaries with Your Adult Children* by Allison Bottke, *When our Grown Kids Disappoint Us* by Jane Adams Ph. D. and *How to Really Love Your Adult Child* by Gary Chapman. ★

Plant-Based Focus for Long-Term Health

It's not a fad; all sources agree improving your health and lowering your risk for many diseases is as simple as eating more plant foods.

Does this mean you have to become a vegetarian or vegan? No. But there is a growing awareness that plant-based foods should be the main focus and have top priority when designing your snacks and meals.

Plant-based foods include vegetables, fruit, whole grains, beans, nuts and seeds: basically, anything that grows from the earth. Moderate amounts of lean protein, such as chicken and fish and low-fat dairy (or alternatives) can also be included in a healthy diet.

Prioritize eating the unprocessed, whole food versions of plant foods. You'll ensure a low consumption of added sugars, sodium and trans fats because fresh foods have none of these added to them.

VEGETABLES are low-calorie, low fat, but high in fibre. And they offer high amounts of antioxidants or “disease fighters.” Choose from a wide variety of vegetables (and a variety of colours) to guarantee you get the many different nutrients necessary for the most health benefits. Have at least five servings daily – and there is no limit to how much you have!

FRUIT also provides a rich source of antioxidants. And fruit can take the place of the not-so-healthy “sweets” providing far more nutrients and fewer calories. Aim for at least three servings of fruit daily.

WHOLE GRAINS offer fibre, which can lower risk of diabetes and control cholesterol levels. Fibre is also vital for contributing to balanced gut microbiota, which research suspects may be important for a strong immune system. Make the effort to eat your grains “whole” and not ground into flour. This means skipping the bread more often and, instead, eating whole grains cooked on the stove. Cook all “whole grains” exactly as you would cook rice: one part grain to two parts water.

BEANS also contain fibre and offer an excellent source of protein. Low in saturated fat, they can replace the higher saturated fat sources of animal protein. This can help lower the risk of developing high cholesterol levels and heart disease.

NUTS AND SEEDS are also good sources of fibre and protein. In addition, they offer a healthy source of fat essential for many bodily functions, including the health of your brain and your skin. Due to their fat and protein content, nuts can help you feel full, so they are a smart choice for a healthy snack. In fact, those who eat a small serving of nuts daily generally weigh less than those who don't. Enjoy one or two servings of nuts daily (one serving is about one ounce).

The next time you sit down to eat, be conscious of having lots of “plants,” especially vegetables, on your plate!

by Eve Lees
INSPIRED Senior Living magazine
www.seniorlivingmag.com

WINNERS



Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY
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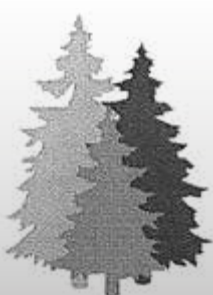
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REGISTRATION INFORMATION

- **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!
- LSCO M (LSCO M); Non Member (NM)
- 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. Register by the deadline to secure your spot.**
- 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

UNDER 35 NON-MEMBER PARTICIPATION

Individuals under age 35 are able to participate in some evening classes offered. Ex: Yoga, Tabata, Movement Medicine. Please ask at the Administration Desk for more information.

PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket.

- Renewal \$10 (when returning previous years pass)
- NEW \$13
- Day Parking Pass \$3

CLASSES & PROGRAMS

Members may choose to sign up for these programs. Non members are welcome to participate in some of them as indicated below. If you are unsure contact us at 403-320-2222. Certain restrictions do apply. **At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.**

Exercise & Fitness

MORNING POWER WALKING

This fast paced, short power walking class is much more than a walk in the park. You will truly get an overall body workout appropriate to your ability. Resistant equipment will be used. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle. Instructor: Jamie Hillier.

When: Wednesdays
November 21 – December 19
Time: 9:10 – 9:50 am
Fee: \$12 LSCO M; \$25 NM

POWER WALKING

This power walking class is much more than an easy walk. You will truly get an overall body workout, using weights appropriate to your ability. Join Jerry for a fun, energetic noon workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.

When: Thursdays
October 4 – December 13
Time: 12:05 – 12:55 pm
Drop In Fee: \$4 LSCO M; \$6 NM
Instructor: Jerry Brown

BUTTS & GUTTS

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, glute muscles and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: **Session 2:** Mondays
November 19 – December 17
Time: 10:30 – 11:15 am
Fee: \$30 LSCO M; \$40 NM

Register by: Thursday, November 15
Instructor: Tracy Simons

MORNING STRENGTH & STRETCH

This class is designed to increase physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: Thursdays
November 15 – December 20
Time: 8:00 – 9:00 am
Fee: \$33 LSCO M; \$50 NM
Register by: Wednesday, November 14
Instructor: Jamie Hillier

NEW FIT FRIDAY (Instructors Choice)

Each week participants will be lead through a variety of challenging fun workouts. Be prepared to work hard. Wear comfortable exercise gear, bring a water bottle, yoga/exercise mat for abdominal/core work and your enthusiasm. (Intermediate to advanced level class). Both men and women encouraged to attend.

When: Fridays
November 16 – December 21
Time: 12:10 – 12:55 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Thursday, November 15
Instructor: Jamie Hillier

NEW TABATA

This high energy fitness class will bring out the best in guys and gals while performing a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Mondays
November 19 – December 17
Time: 9:15 – 10:10 am
Fee: \$25 LSCO M; \$31 NM
Register by: Friday, November 16
Instructor: Jamie Hillier

NEW TABATA (Early Evening)

This high energy fitness class is perfect for both men and women looking for a challenge. Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Young adults 18 years of age and older welcome to participate.

When: Wednesdays
November 21 – December 19
Time: 5:15 – 6:15 pm
Fee: \$25 LSCO M; \$31 NM
Register by: Tuesday, November 20
Instructor: Jamie Hillier

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during these training sessions. You will work to improve cardiovascular fitness, 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, indoor shoes; bring a water bottle. Instructor: Jamie Hillier.

When: Tuesdays & Thursdays
November 20 – December 20
Time: 1:30 – 2:30 pm
Fee: \$50 LSCO M; \$75 NM
Register by: Friday, November 16

CIRCUIT TRAINING 3X

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

When: Mondays, Wednesdays, Fridays
November 19 – December 14
Time: 1:30 – 2:30 pm
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, November 16

GENTLE EXERCISE

This program is designed for individuals who would like to have the option of sitting and/or standing when exercising. Participants with limited mobility, arthritis, injuries, etc. This class may even be enjoyed by those suffering from Parkinson's Disease, Multiple Sclerosis, Fibromyalgia, etc. however; everyone is welcome. You will work on strength and flexibility, within your limitations. Wear loose clothing and bring a water bottle.

When: **Session 2:** Fridays
November 2 – December 7
Time: 9:15 – 10:00 am
Fee: \$20 LSCO M; \$35 NM
Register by: Thursday, November 1
Instructor: Tracy Simons

DEMO POUND CLASS

This energizing seated workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair. POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout.

When: Monday, December 3
Time: 12:05 – 12:55 pm
Fee: Free
Register by: Monday, December 3

MORNING EXERCISE

This gentle exercise program will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and movements to help with your flexibility. Chairs and a variety of exercise equipment will be used. You will also be led through some stretches. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays, December 3 – 17
Time: 10:00 – 10:45 am
Fee: \$10 LSCO M; \$15 NM
Register by: Friday, November 30

Dance & Movement

MOVEMENT MEDICINE

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Movement Medicine increases flexibility, breathe, agility, strength, and mobility. Andrea Hertz instructs these classes.

When: **Session 2:** Tuesdays
November 6 – December 11
(no class Nov. 13)
Time: 5:15 – 6:15 pm
Fee: \$35 LSCO M; \$50 NM
Register by: Friday, November 2

ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays until November 20
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Nicole Stratychuk

ZUMBA GOLD

Have fun and stay in shape for the holiday season. This is a 4 week session.

When: Tuesdays
November 27 – December 18
Time: 11:00 – 11:45 am
Fee: \$20 LSCO M; \$27 NM
Instructor: Nicole Stratychuk

Yoga

CHAIR YOGA

This 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: **Session 2:** Wednesdays
November 7 – December 19
Time: 9:35 – 10:35 am
Fee: \$18 LSCO M; \$30 NM
Register by: Monday, November 5

GENTLE YOGA

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. This is class may be perfect for the beginner or individual that hasn't practiced yoga for a while. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: **Session 2:** Tuesdays & Thursdays
November 6 – December 20
Time: 9:30 – 10:30 am
Fee: \$70 LSCO M; \$88 NM
Register by: Friday, November 2

YOGA for MEN

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

When: Wednesdays until December 12
Time: 8:30 – 9:30 am
Drop In Fee: \$6 LSCO Members; \$7 NM

Creative Arts & Special Interest

REVERSE COLLAGE PAINTING – A BRIGHT SPOT ON A WINTER'S DAY

Winter is the perfect time to cozy up in your studio with a cup of something hot and unleash your creativity. When the weather outside is frightful, I find that is the best time to grab my bucket full of cheerful papers and get to work. Come along with me to create a winter-themed piece that celebrates the season while adding a bright spot to your day. For this project we will use a combination of brightly colored papers with dark paint to create a dramatic

and unique look that will brighten even the darkest winter days.

When: Thursday, December 6 (1 hour lunch)
Time: 10:00 am – 3:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant

Sports

PICKLEBALL LESSONS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.

When: **Session 4:** Fridays
December 7 – 28
Time: 9:15 – 10:45 am
Fee: \$15 LSCO M; \$30 NM
Register by: Wednesday, December 5

Technology

APPLE COMPUTERS

Basic and simple instructions on how to use Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Thursdays
November 1 – December 6
Time: 9:30 – 10:30 am
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez
Register by: Wednesday, October 31 by 3:00 pm

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: Wednesdays, November 7 & 14
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Monday, November 5

iPHONES

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

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

PICKLEBALL CANCELLATION

Please Note: Due to Project Connect
Pickleball will be CANCELLED

Friday, November 23 from 1:00 – 4:50 pm

Thank you.



Travel

STAGE WEST

DRINKING HABITS... "2" Caught in the Act

From the same Director of and featuring most of the same cast as 2016's "Drinking Habits"! by Tom Smith

"...the story is full of twists, turns and unexpected outcomes..." – Tri-County News

"...organized chaos." – meetmeinthegreenroom.com

The Sisters of Perpetual Sewing miss the excitement of the old days when they were saving convents and reuniting long-lost families. So when they learn that the orphanage where Paul and Kate grew up is in peril, they can't wait to come to the rescue. Everyone pitches in to mount a play to raise money, but it's no easy feat when Kate is expecting any day, Sally is hiding from stage-fright-stricken Paul after another flight from the altar, Mother Superior's acting is unexpectedly narcoleptic, and the sisters' award-winning wine keeps getting switched with the grape juice. The merry mix-ups multiply in this warm and winsome sequel to the crowd-favorite *Drinking Habits!*

When: Wednesday, February 27, 2019

Time: Bus begins to load at 8:15 am returning to Lethbridge approximately 5:00 pm.

Fee: \$100 LSCO M; \$110 NM (includes travel meal, & show)

Payment must accompany booking and will not be processed until January 28, 2019. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After Friday, January 25, 2019 refunds are not available.

Deadline to Book Seat is Friday, January 25, 2019

Trips hosted by Donna Dobra. (I have to check with her again about this date)

LSCO CROSS IRON MILLS SHOPPING TRIP & LIGHT TOUR SHOPPING ONLY

Travelers will enjoy a comfortable bus ride to Cross Iron Mills where you can shop until you drop, have some lunch and maybe even meet up with friends that live in Calgary and area. We will not be doing a specific light tour this day however; you will see the big city lights on your way home! Sign up early to secure your seat!

When: Wednesday, December 5

Time: Bus begins to load at 8:15 am returning to Lethbridge approximately 5:00 pm.

Fee: \$45 LSCO M; \$55 NM

Deadline to Book Seat is Monday, November 5 Payment must accompany booking and will not be processed until November 5. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After November 5 refunds are not available.

SHOPPING & LIGHT TOUR

Join us for a day trip to Cross Iron Mills Shopping Centre followed by a Christmas Light Tour to Spruce Meadows. Sign up early to secure your seat!

When: Tuesday, December 11

Time: Bus begins to load at 8:15 am return time approximately 7:30 pm.

Fee: \$50 LSCO M; \$60 NM

Deadline to Book Seat is Tuesday, November 13 Payment must accompany booking and will not be processed until November 13. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After November 13 refunds are not available.

Trips hosted by Donna Dobra.

Christmas Market & Bake Sale

CHRISTMAS HANDMADE CRAFT MARKET & BAKE SALE

BAKE SALE

LSCO will be hosting the popular event again Friday, December 14th from 10:00 am – 3:00 pm. We are very grateful for the donation of baking and homemade preserves. We hope you will consider donating baking and preserves again this year. Please drop off items Thursday, December 13th between 8:30 am and 4:00 pm. Feel free to let us know that you will be donating by calling 403-320-2222 or speak to the staff at the Administration Desk.

HANDMADE CRAFT MARKET

Members and nonmembers are welcome to book a table to sell homemade items only. Unfortunately, we will not be able to accept bookings from individuals selling plants or from small businesses.

Tables are reserved for LSCO Members until Friday, November 16th for \$15/table.

After this time NON Members may book for \$25/table. Payment must accompany booking. Forms are available at LSCO.

LSCO FITNESS CENTRE

Hours

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

FITNESS CENTRE CLOSED SATURDAYS & HOLIDAYS

Hours may change.

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
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

TABATA (Early Evening)

This high energy fitness class is perfect for both men and women looking for a challenge. Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Young adults 18 years of age and older welcome to participate.

When: Wednesdays, November 21– December 19

Time: 5:15 – 6:15 pm

Fee: \$25 LSCO M; \$31 NM

Register by: Tuesday, November 20

Instructor: Jamie Hillier

DEMO POUND CLASS

This energizing seated workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair. POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout.

When: Monday, December 3



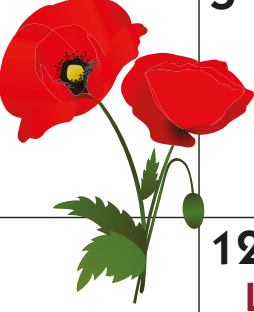


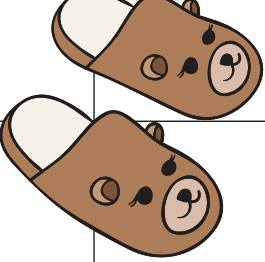

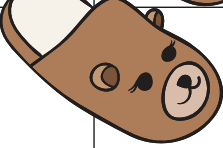
Time: 12:05 – 12:55 pm

Fee: Free

Register by: Monday, December 3



November 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Sandy Gervais 1:00 pm Room A/B	2 Free Community Music in Stage Area Ray Sauer 12:30 ~ 2:00 pm Lunch Special	3 
4 	5	6 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	7 Galt Museum 1:00 pm	8 Floyd Sillito 1:00 pm Room A/B	9 Free Community Music in Stage Area Classic Legends 12:30 ~ 2:00 pm Lunch Special	10 
11 Remembrance Day	12 LSCO Closed in lieu of Remembrance Day	13 Hank Wiebe 1:00 pm Chair Exercises 2:45 pm Room C/D	14 Bowling Holiday Bowl 1:00 pm Pickleball 2:30 pm	15 Movie Time 1:00 pm Room C/D	16 Free Community Music in Stage Area Celtic Routes 12:30 ~ 2:00 pm Lunch Special	17 
18	19 	20 Table Tennis 1:00 pm Pickleball 1:30 pm Chair Exercises 2:45 pm Room C/D	21 Horse Racing 1:00 pm Carlann Players of Lethbridge 2:15 pm	22 Don Robb & Randy Epp 1:00 pm Room A/B	23 Free Community Music in Stage Area LSCO Jammers 12:30 ~ 2:00 pm Lunch Special	24 
25 		27 Pet Therapy 1:00 pm Chair Exercises 2:45 pm Room C/D	28 Bowling Holiday Bowl 1:00 pm Pickleball 2:30 pm	29 Los Gringos 1:00 pm Room A/B	30 Free Community Music in Stage Area TJ Waltho 12:30 ~ 2:00 pm Lunch Special	

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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In every adult there lurks a child — an eternal child, something that is always becoming, is never completed, and calls for unceasing care, attention, and education. That is the part of the personality which wants to develop and become whole. ~ Carl Jung

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MORNING POWER WALKING
This fast paced, short power walking class is much more than a walk in the park. You will truly get an overall body workout appropriate to your ability. Resistant equipment will be used. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.
When: Wednesdays
November 21 - December 19
Time: 9:10 - 9:50 am
Fee: \$12 LSCO M; \$25 NM
Instructor: Jamie Hillier


Volunteer & Fund Development

TITANIC – THANK YOU!

I am almost at a loss for words about how I feel about this production. If you attended, I'm sure you could see and feel how much passion and hard work went into making it such a success. Three of the four shows sold out, with only 18 seats remaining unsold (on opening night), a testament to the quality of the production. It is humbling to think of everything that had to happen to make this happen, ultimately all in support of LSCO. It would take my whole column to thank everyone I should (I'm still writing thank you cards), but I do want to personally and publicly thank Fran Rude, Ken Rogers and Nancy Graham for pouring all their hearts into this. We are grateful that you think so highly of this organization and the work done here to devote more than a year of your time to this stunning effort.

Also, a hearty thank you to all of the Front of House volunteers (who were mostly LSCO special events volunteers). I'm grateful for your professionalism and good judgment – we relied on those qualities many times during the run, and I felt very fortunate to have you there.

CHRISTMAS DECORATING

We will plan to decorate the LSCO on *Monday, December 3rd starting at 1:00 pm*. If anyone out there feels extra fit, I could use some help bringing the decorations down from the storage room at about noon on that day. If you think you can help at any point that afternoon, please let me know. It's easier to plan how



Coordinator

Chelsea Sherbut

csherbut@lethseniors.com

403-320-2222 ext. 31

much we can do if I have a rough idea of how many helpers there will be.

CHRISTMAS DINNER

Every year, LSCO hosts a free turkey dinner on Christmas Day for anyone in the community who would like to be in festive company and have a hot, delicious meal. Last year 580 people either attended or had a meal delivered (for those who are homebound and physically cannot get to the centre). This is such a special LSCO event, and I am so proud that we do it, and so proud of our members who support it each year.

The schedule for volunteering at Christmas dinner is now put together, so if you would like to sign up, I am happy to do that with you!

On a related note - did you know that Christmas Dinner is our most popular volunteer day in the whole year? We commonly get many more offers of help than we can possibly put to use. We certainly don't want to turn folks away from helping though, and I will do my

best to find a job for everyone who wants to be part of it.

Besides volunteering, there are many other ways you can support this very special day.

- *Attend:* bring your festive spirit and come and just be part of it! It wouldn't be a community dinner without the community.
- *Make a donation or Sponsor a Table:* if it fits within your budget, consider supporting this event with a few dollars, or for \$100, sponsor a table! We'll put a sign on a table wishing everyone who sits there a Merry Christmas from YOU.
- *Tell someone about it:* perhaps invite someone from your building or your neighbourhood to come with you to the dinner. Sometimes folks are reluctant or unable to attend something like this on their own, and an invitation to join could go a long way.

FALL RAFFLE

There are some fabulous raffle prizes for the Fall Raffle this year; a traditional Crazy Patchwork Quilt donated by the LSCO Quilting Group and Gemma Gagne, an I Spy Quilt for kids with \$30 to Cineplex, a "Spoiled Driver" package that includes a 3 month membership for Mint Smartwash and other goodies for car and driver, a Cozy package with chocolate cookies, body products and \$50 to Indigo and a Treats at Home basket that includes a \$50 Safeway/Sobey's gift card. Tickets are \$2 each, 3 for \$5 or 20 for \$20, and the draw date is December 14th at 3pm (the same day as our Craft and Bake Sale). ★



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

When: Wednesdays until December 12
Time: 8:30 – 9:30 am
Drop In Fee: \$6 LSCO Members; \$7 NM

Free Neck & Shoulder MASSAGES!

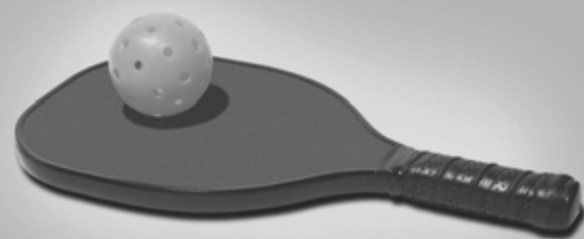
The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, November 14** from 10:00 am until 12:00 pm in the Card Area, LSCO Dining Room.

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



PICKLEBALL LESSONS

If you are interested in learning the game of pickleball register for this 4 week course. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.



When: **Session 4:** Fridays
December 7 – 28
Time: 9:15 – 10:45 am
Fee: \$15 LSCO M; \$30 NM
Register by: Wednesday, December 5

play
PICKLEBALL



Achieving Balance

I hope you had an enjoyable Thanksgiving. Thank you to everyone who participated in our many events in October: AMA Mature Drivers' Course, Lethbridge College Massage Clinic and CNIB Vision Loss and Aging talk. Also, to those who attended the Alberta Seniors Benefits presentation with Danielle Burger from Alberta Seniors and Housing. Room A/B was packed that morning, it was great to see such a solid turn-out! We thank Save-On Foods and The Medicine Shoppe for each running two flu-shots clinics preparing us for the winter season.

At the end of September I was fortunate to attend the Grey Matters Conference in Calgary. This was a gathering of Senior Centres from across the province where we shared innovative ideas, what's working, what isn't, and how to better support seniors and their families in an ever-growing and changing society. One of my favorite presentations was by Alberta Blue Cross. They shared their new online wellness platform for tracking healthy behaviours and setting goals. It is called *Balance*.

As a senior 65 years and older you receive Alberta Blue Cross Seniors Benefits. *Balance* is an additional option for tracking every part of your health and wellness. It allows you to remain connected with family members or caregivers on the same online platform. *Balance* starts with a confidential personalized Health Risk Assessment giving you a snapshot of where you're at. Your results report



Support Services Coordinator

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

offers a roadmap for how to tackle your health challenges and goals in the coming months. Tracking medications, doctor appointment reminders, records of exercise, 30-day challenges and goal setting guides are now at your fingertips. There is a recipe library and you can earn points for a chance to win retail gift cards, among other options.

In the new year, LSCO will host an Alberta Blue Cross Balance workshop, including a live computer demo to showcase how you can navigate the site. There is a short video clip on the LSCO website explaining how to get started in the meantime. Please stay tuned for upcoming information about the *Balance* program.

What's happening in November

Friday, November 2: Friday Music Program
 Ray Sauer, 12:30 – 2:00 pm

Tuesday, November 6: Serenity Foot Care
 9:00 am – 3:45pm

Friday, Nov 9: Friday Music Program
 Classic Legends, 12:30 – 2:00 pm

Monday, November 12: Direct Dental Hygiene (Mobile dental services)
 9:00 am – 3:00 pm

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

Friday, November 16: Reflexology
 9:00 am-3:00 pm (Clinic Room)

Friday, November 16: Friday Music Program
 Celtic Routes, 12:30 – 2:00 pm

Friday, November 23
Andrea's Massage Therapy
 9:00 am – 2:30pm

Friday, November 23: Friday Music Program
 LSCO Jammers, 12:30 – 2:00 pm

Friday, November 30: Friday Music Program
 TJ Waltho (Pianist), 12:30 – 2:00 pm

Note: There will be no Lethbridge Hearing Services appointment this month.

Massage Time!

Wednesday, November 14
 If you missed the last one or would like another, come enjoy a FREE relaxing 15-minute massage by students from the Lethbridge College Massage Therapy program, 10am-12pm, Dining Room.



November At a Glance

museum admission fee applies | free to annual pass holders

- Thu **NOV 01** Blackfoot Language Classes Week 7
7-8 pm | Adults & Seniors
- Thu **NOV 01** The Last Round of the First World War Archives Programs | 7-9 pm | Adults & Seniors
- Fri **NOV 02** Day of the Dead
First Friday Fun | 1:30-3 pm | All Ages
- Sat **NOV 03** When the Settlers Came
Saturdays at 1:00 | 1-2 pm | Families
- Sun **NOV 04** Journeys with Fruit
Café Galt | 2-3 pm | Adults & Seniors
- Tue **NOV 06** Blackfoot Historical Figures
Indigenous History | 10:30-noon | Adults & Seniors
- Wed **NOV 07** Poppy Art
Daytime Galt Workshops | 10:30-noon | Adults & Seniors
- Wed **NOV 07** Coming to Alberta
Wednesdays at the Galt | 2-3 pm | Adults & Seniors
- Thu **NOV 08** Blackfoot Language Classes Week 8
7-8 pm | Adults & Seniors
- Thu **NOV 08** Painted Tile Coasters
Evening Galt Workshops | 7-9 pm | Adults & Seniors
- Sat **NOV 10** Poppy Art
Saturdays at 1:00 | 1-2 pm | Families
- Tue **NOV 13** Blackfoot Family Structure
Indigenous History | 10:30-noon | Adults & Seniors
- Wed **NOV 14** Adornment of the Blackfoot People
Daytime Galt Workshops | 10:30-noon | Adults & Seniors
- Thu **NOV 15** Blackfoot Language Classes Week 9
7-8 pm | Adults & Seniors

- Sat **NOV 17** Printmaking
Saturdays at 1:00 | 1-2 pm | families
- Tue **NOV 20** Residential Schools
Indigenous History | 10:30-noon | Adults & Seniors
- Wed **NOV 21** Printmaking
Daytime Galt Workshops | 10:30-noon | Adults & Seniors
- Wed **NOV 21** Bruce Bairnsfather
Wednesdays at the Galt | 2-3 pm | Adults & Seniors
- Thu **NOV 22** Blackfoot Language Classes Week 10
7-8 pm | Adults & Seniors
- Thu **NOV 22** Research Your House
Archives Programs | 7-9 pm | Adults & Seniors
- Sat **NOV 24** Movember
Saturdays at 1:00 | 1-2 pm | Families
- Wed **NOV 28** Card Making
Daytime Galt Workshops | 10:30-noon | Adults & Seniors

Thu NOV 29 Night at the Museum Shopping Event
 Special Events | 4-9 pm | Special Event



galtmuseum.com 403.320-3954



LSCO FREE COMMUNITY MUSIC PROGRAM
 November 2018

- November 2**
 Ray Sauer
 BBQ Pork Back Ribs
- November 9**
 Classic Legends
 Turkey Dinner & Stuffing
- November 16**
 Celtic Routes
 Veal Cutlets
- November 23**
 LSCO Jammers
 Meatloaf
- November 30**
 TJ Waltho
 Cream-o-Mushroom
 Pork Chops

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

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

Law for Everyday Albertans

The administration of justice has many facets in our society and lawyers play a part in this. If we think of law like medicine, lawyers would be the doctors and like doctors there are different kinds of lawyers.

Every year, the two law schools in Alberta turn out about 250 lawyers. Most people who want to become lawyers have to face at least 6 years of University, just to get their law degree and when they graduate they have to do one year of apprenticeship or articles at a law firm and then pass the bar exam. By the time someone is admitted to the Law Society of Alberta, they have spent 8 to 10 years of their post high school life getting qualified to practice law. Even once you are admitted to the Law Society you face the daunting task of having to build a practice.

The Law Society of Alberta is the governing body that monitors the conduct of the 10,000 lawyers in the Province. 10,000 lawyers represent one lawyer for every 400 Albertans. That rough statistic is a little misleading, because not all lawyers are in private practice. It would be the case that of the 10,000 lawyers, there are only 5000 of those in private practice and of those lawyers only 4000 service the needs of everyday Albertans.

Sure, if you are a big company you will have the big law firm representing your interests, but what if you're the little person and what



Legal Tips and Information

Douglas Alger

sort of things does the little person need a lawyer for?

Let me break down the categories of everyday Albertan's legal needs.

- 1) Real Estate – the buying and selling of land
- 2) Wills and Estates
- 3) Family and Divorce Law
- 4) Small Business Law
- 5) Litigation

Each one of these types of law can involve a component that involves litigation or going to or threatening to go to court to settle ones differences. In Lethbridge, it would not be far-fetched to say that a lot of the legal work done centers around real estate, criminal law, and family law. There are about 130 lawyers in Lethbridge, so rough numbers about one law-

yer for every 1000 people. That seems like a lot when you consider that not everyone needs a lawyer and very few people need a lawyer for more than just a few things in their life. That makes the competition between lawyers for business a fierce one. Not only are we trained to be adversaries with our fellow lawyers, but we must also compete for business. Not the ideal way to foster a healthy work environment is it?

Which gets me to the point of this article, I write these articles because I enjoy writing them, but I also write them because I hope you will remember Alger Zadeiks Shapiro when you need a lawyer to help you with a legal matter. The members of Lethbridge Seniors Citizens Organization are exactly the type of everyday Albertans that we serve and would like you to be our clients. We would like you to think of Alger Zadeiks Shapiro as your first phone call when you have a legal problem or even think you might have a legal problem. As well we can help you at our monthly legal clinics at LSCO on the second Wednesday of every month. Lawyers find meaning in their work, when they help clients with their concerns. We hope you will trust and honor us by making that appointment to see one of our lawyers. Thank-you. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

A Man of Many Talents

From carpentry and woodworking to painting and intarsia, this busy retiree does it all!

As a young boy, our dad Allan Bryant moved out west from Ontario with his parents and three other siblings to farm in the community of Retlaw in southern Alberta. Both during and following his school days, he held many jobs including delivering fuel and grain, driving a school van and working in a garage. When he eventually owned his own farm in Hays, Alta., he built a house for our family with the help of friends and relatives.

His talent for carpentry continued to serve him well over the years. He has helped people build garages, decks and fences, and even made a playhouse for his grandchildren in his backyard in Lethbridge, Alta. When asked how he got interested in carpentry, he credits a couple of people he refers to as "carpenter mentors" over the years.

Nearing retirement from his job at the Palliser Distillery in Lethbridge, and wanting to keep busy, he became interested in more intricate woodworking projects. These included wishing wells, wagons, carts, yard decorations, a doghouse, many types of clocks and a variety of bird houses for family and friends.

One favourite project was a tall, corner-stacking bird house that consisted of ten smaller bird houses. He also made more intricate pieces such as Christmas tree ornaments and decorations, trays, bowls, a Model A car and more.

After his retirement, Dad took woodcarving lessons at the Lethbridge senior centre, where he made carvings of various birds, bears, dogs, coyotes and even people. He has won many awards at the Lethbridge and District fair for his work. Dad also won a few local awards for best decorated yard in his retirement village.

He sells his woodworking projects either on consignment or at various craft stores as well as at craft shows.

Family and friends as far away as Norway, England, Pennsylvania and British Columbia have travelled home with precious souvenirs that they purchased or were given as gifts by Dad.

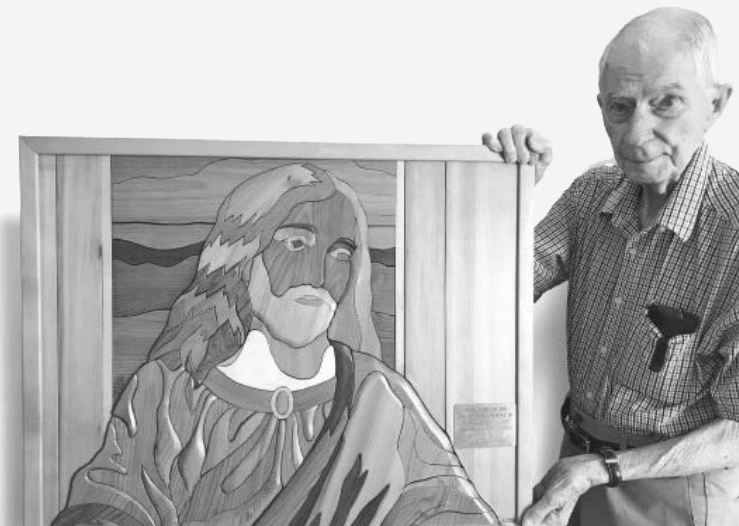
When he decided to expand his interests, Dad took lessons in paper tole art (a paper craft with a 3D effect), as well as acrylic painting – mostly scenery and flowers.

Taking up wood burning, he used soldering tools to decorate wooden tables, saws, chairs and animal carvings.

Dad says of them all, his favourite craft is intarsia. It's a woodworking technique that uses varied shapes, sizes and types of wood fitted together to create a mosaic-like picture with an illusion of depth. Dad learned how to do this craft by watching his neighbour and then borrowing his scroll saw. He enjoyed it so much that he eventually bought his own saw. His favourite intarsia piece is one of a cowboy, but he also enjoyed creating animal pieces, which included birds, dogs and horses.

In 1997, in memory of his parents, Dad donated his intarsia of Jesus called "The Last Supper" to the United Church of Canada in Vauxhall, Alta. It was a beautiful work of artistry and his most complicated intarsia project so far.

Dad is now 94 and still doing woodworking and wood burning, travelling by shuttle to the carpentry shop at the Lethbridge senior centre to receive orders to complete his projects.



Of all his pursuits, Allan's favourite craft is intarsia. One piece in particular, which he is shown displaying, is special. He created this intarsia of Jesus, called "The Last Supper," and donated it to the United Church of Canada in Vauxhall, Alta., in memory of his parents.

Dad is proud that he has been able to make special pieces such as doll furniture, small benches, sets of table and chairs, rocking chairs and especially motorcycle rockers for his great-grandchildren to treasure and pass down to their own children some day.

My siblings and I are so proud of our talented and crafty dad, whose hobbies have certainly kept him busy, especially during retirement.

by Sheryl Dyson

Reprinted from Our *Canada*

Crafty Canadians

October/November 2018

CROSS IRON MILLS

LSCO SHOPPING TRIP & LIGHT TOUR SHOPPING ONLY

Travelers will enjoy a comfortable bus ride to Cross Iron Mills where you can shop until you drop, have some lunch and maybe even meet up with friends that live in Calgary and area. We will not be doing a specific light tour this day however; you will see the big city lights on your way home! Sign up early to secure your seat!

When: Wednesday, December 5
Time: Bus begins to load at 8:15 am returning to Lethbridge approximately 5:00 pm.
Fee: \$45 LSCO M; \$55 NM
Deadline: Book seat by Monday, November 5

Payment must accompany booking and will not be processed until November 5. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After November 5 refunds are not available.

SHOPPING AND LIGHT TOUR

Join us for a day trip to Cross Iron Mills Shopping Centre followed by a Christmas Light Tour to Spruce Meadows. Sign up early to secure your seat!

When: Tuesday, December 11
Time: Bus begins to load at 8:15 am return time approximately 7:30 pm.
Fee: \$50 LSCO M; \$60 NM
Deadline: Book seat by Tuesday, November 13

Payment must accompany booking and will not be processed until November 13. To ensure the trip will take place a minimum of 50 pre-paid bookings must be made. You will only be contacted if the trip is cancelled upon which time full payment will be returned. After November 13 refunds are not available.

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	March 24-28, 2019 Spring Fling Break	\$575 pp/dbl
Edmonton, AB	Jan. 13-15, 2019 River Cree	\$280 pp/dbl
Bonners Ferry, ID	Feb. 3-6, June 23 - 26, 2019	\$410 pp/dbl
Moose Jaw, SK	April 23-26, 2019 Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5-7, 2019	\$229 pp/dbl
Polson-Kalispell, MT	May 27-30, 2019 Sights, Shopping & More	\$475 pp/dbl
Winnipeg	August 11 - 17, 2019 GST Included	\$820 pp/dbl
Deadwood, SD	Sept. 29-Oct. 5, 2019	\$665 pp/dbl
Stoney Nakoda Kananaskis Overnight Trips: Nov. 4-5, 2018		\$80 pp/dbl

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CIRCUIT TRAINING



Participants will enjoy a variety of workouts during these training sessions. You will work to improve cardiovascular fitness, 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, indoor shoes; bring a water bottle. Instructor: Jamie Hillier.

When: Tuesdays & Thursdays, November 20 - December 20
Time: 1:30 - 2:30 pm
Fee: \$50 LSCO M; \$75 NM
Register by: Friday, November 16

CIRCUIT TRAINING 3X

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

When: Mondays, Wednesdays, Fridays
November 19 - December 14
Time: 1:30 - 2:30 pm
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, November 16

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www.azlawyers.ca

Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.

~ Mahatma Gandhi

Did you know?

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

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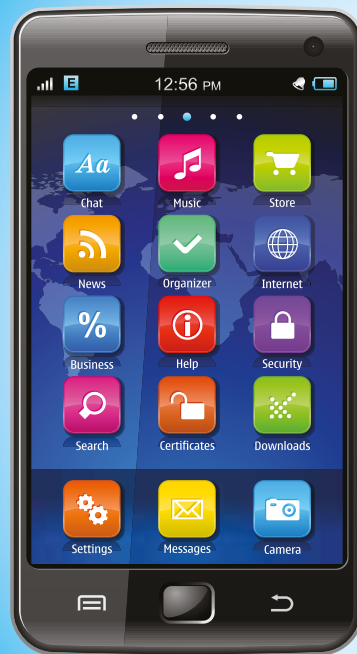
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iPHONES

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
November 19 & 21
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, November 16



Android Smart Phones & Tablets

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

When: Wednesdays
November 7 & 14
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Monday, November 5



LSCO Christmas Handmade Craft Market

Friday, December 14, 2018
9:30 am – 5:00 pm
Handmade Items Only

Things to know!

Items must be handmade. Baking is not permitted at personal tables as LSCO is hosting their annual fundraising Bake Sale. If you would like to donate baked items for the sale we would appreciate it. Feel free to price items and bring that morning. Thank you.

- Set up time begins at 8:30 am. Exhibitors may unload at the north doors along fire lane. Please be considerate of other exhibitors and move your vehicle as soon as possible.
- Parking is limited. Please keep parking lot open to the public.
- Exhibitors are responsible for their own table coverings.
- Please ensure you have a sufficient cash float. (An ATM machine is available in the lobby).
- Refreshments/lunch may be purchased at the LSCO Dining Room.
- Registration must be done in person.
- Admission is FREE!
- LSCO will not be held responsible or liable for any manner of loss or damage that may occur to property or persons during set up, take down or while sale is on.

Book a Table: During regular business hours 8:00 am – 4:00 pm.

Fee: \$15 LSCO members. \$25 Non members. Includes 1-8ft table & 2 chairs; Tables are not confirmed until payment is made. Note: Table size may be dependent on availability.

Payment: Cash, Visa or MasterCard, Cheques/Money Orders payable to Lethbridge Senior Citizens Organization.

Refunds: Available if sale is cancelled.

Please remember to tell everyone you know about the Sale!

PROVIDE US WITH YOUR EMAIL!

WE WILL SEND YOU A POSTER TO FORWARD TO YOUR CONTACTS!



LSCO Christmas Handmade Craft Market

Friday, December 14, 2018
9:30 am – 5:00 pm

EXHIBITOR REGISTRATION FORM

Non-members can book tables after November 16, 2018

Contact Name: _____

LSCO Member: \$15 Non-Member: \$25 Parking Pass: \$3

Example of handmade items: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Exhibitor Comments:

Note: The sale will run until 5:00 pm. If you would like to close your table at 2:30 pm please indicate here.

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Practicing Happiness

How mindfulness can help free us from stress, anxiousness and depression.

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **November 7 – December 12**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



SLOW progress IS **BETTER**
than no **PROGRESS**

Computer Corner

by Sjoerd Schaafsma

Don't be too Hasty ... to Update or Upgrade

There are differing philosophies about upgrading or updating. One line of thought is, "if it's newer it must be better," the other, "if it aint broke don't fix it".

Today's column definitely leans towards the latter. Microsoft recently pulled one of its Windows 10 updates after it was found to be deleting some users' personal files. They've since repaired the fault. The main story can be found at the following web site which includes links to sites with more details of what happened. <https://www.howtogeek.com/fyi/microsoft-pulls-the-windows-10-october-2018-update-for-deleting-files/> Microsoft has offered a utility to recover the lost files, but that won't recover lost time for those affected by this bug. It's like an auto manufacturer offering a free recall due to a problem with your car. They'll fix the mistake, but you won't get your time back.

Other updates have disabled sound in both windows 7 and 10. Drivers are programs that allow the various parts of a computer to work together. The broken sound issue is usually the result of an incorrect driver having been installed. Sometimes an updated driver is not compatible with the hardware in your PC. An updated HP keyboard driver resulted a BSOD (Blue Screen of Death) leaving some computers in an endless reboot cycle.

The following site provides information about the latest patches (updates) for windows and which are safe. <https://www.askwoody.com/> Reading some of these help articles can seem like reading a medical report, lots of jargon and maybes.

The best advice I've found is to wait a week or a month and see if any major problems have been found by other users, and of course: **A complete backup is always recommended before any updates.** Failing that you may end up scouring the internet for a solution or bringing your PC to a repair shop.

The Monthly Hint: In Apple or Android mobile devices, a long press, holding your finger on a location for 'a while' drops a pin, or marker in a Google map. This lets you easily find your desired location in the future.

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.

Proposed workshops include: How to install and use the *WaytoPark* parking app used by the City of Lethbridge, a demo of *Google Home* by London Drugs, the *File Extender* program, and an *Introduction to the Mac Mini*.

If the lab is closed ask for the key at the reception desk.

Wireless internet access is available at: LSCO-computer_lab_guest

For 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

Negative Effects of Farmed Fish

Most health experts agree that fish is a healthy and often delicious form of protein. As consumers, we need to be careful and keep in mind that not all fish is created equally, and where the fish comes from is a critical factor in making the decision to eat it.

As fish consumption and the world population increased, people began to farm fish, as opposed to catching it wild, to cut down on the costs associated with mass fishing. It's becoming harder than ever to avoid farmed fish as the global production of farmed fish has more than tripled in the last 15 years – and is predicted to account for 39 per cent of all seafood.

So, what is it about farmed fish that makes it a potential issue for your health?

Outside of the fish not being able to swim free, to keep costs down and produce the best quality fish, aqua farmers rely on formulated feed, antibiotics, antifungals and other chemicals to sustain their "crop." This changes the way fish are fed versus how they would eat in their natural environment.

According to Dr. Joseph Mercola, levels of omega-3 fatty acid, a significant health benefit of eating fish, can be reduced by up to 50 per cent in farmed salmon. Farmed fish are fed more grains, which results in fattier fish than wild salmon, but far less omega-3, and less protein.

The use of antibiotics in farmed fish is necessary. Having so many fish in a small contained area makes the spread of harmful diseases unavoidable. The tight confines, increased waste and uneaten food create the perfect storm for disease growth.

The fear with increased antibiotic use is that it creates germs and diseases that are antibiotic-resistant, which then leads to more usage. This cycle results in negative overall effects on the fish and their eventual biological lineage. According to Hansa Done from the Arizona State University's Center for Environmental Security "...oxytetracycline could lead to spinal deformities in rainbow trout, if it's fed to them during their growth stages." Done points out, however, that more research needs to be done in this area.

Massive fish farms, particularly salmon farms, commonly need to deal with the issue of sea lice. According to Ben Greenfield, as most of these salmon farms are situated in the ocean near areas where wild salmon often pass by, there is the risk of sea lice moving into wild salmon populations and spreading.

When you add all this up, it becomes obvious that farmed fish can pose a significant threat to the environment, the fish and anyone who eats it. While it isn't always easy, eating only wild-caught fish is by far the best way to go.

by Lorne Marr, INSPIRED Senior Living magazine
www.seniorlivingmag.com

Computer Club WORKSHOPS

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.

November

Monday 5 - Updates and computer maintenance

Wednesday 7 - *Filebox eXtender* get to your files faster from wherever on your PC

Monday 12 - Sharing session

Monday 19 - Sharing session

Wednesday 21 - Computer gadgets, software, and cool ideas sharing session

Monday 26 - Club planning, meeting and sharing session

Suggestions for other workshops are welcomed.

Check the bulletin boards in main lobby and beside the computer lab for last minute changes

Updates to the schedule can be found at:

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

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



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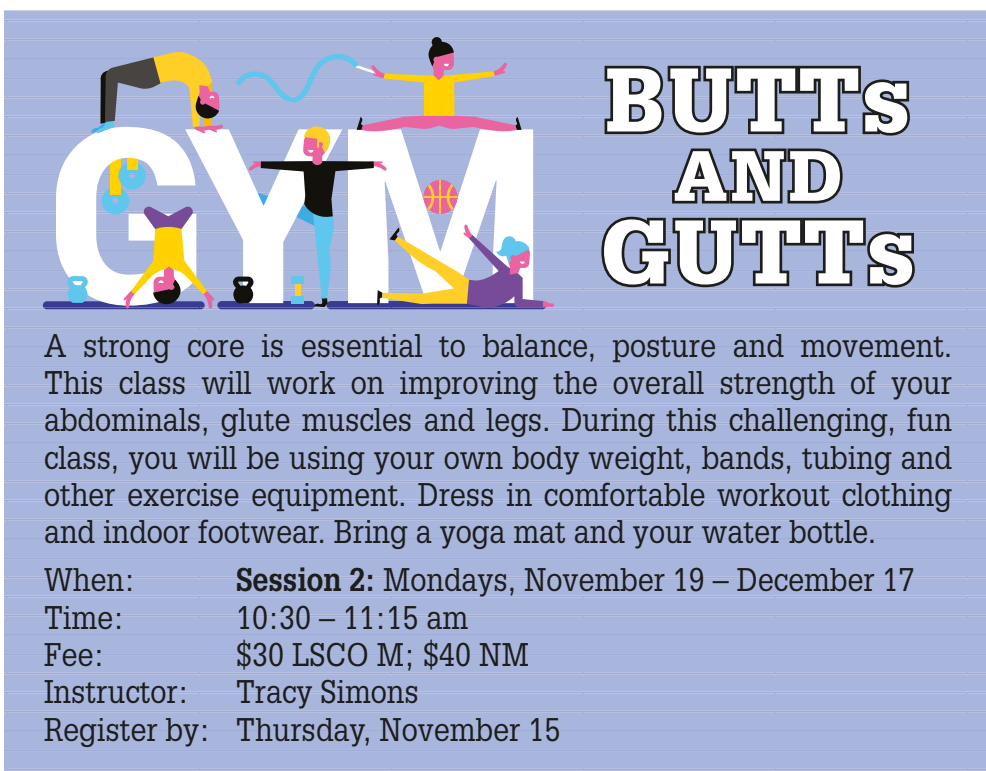
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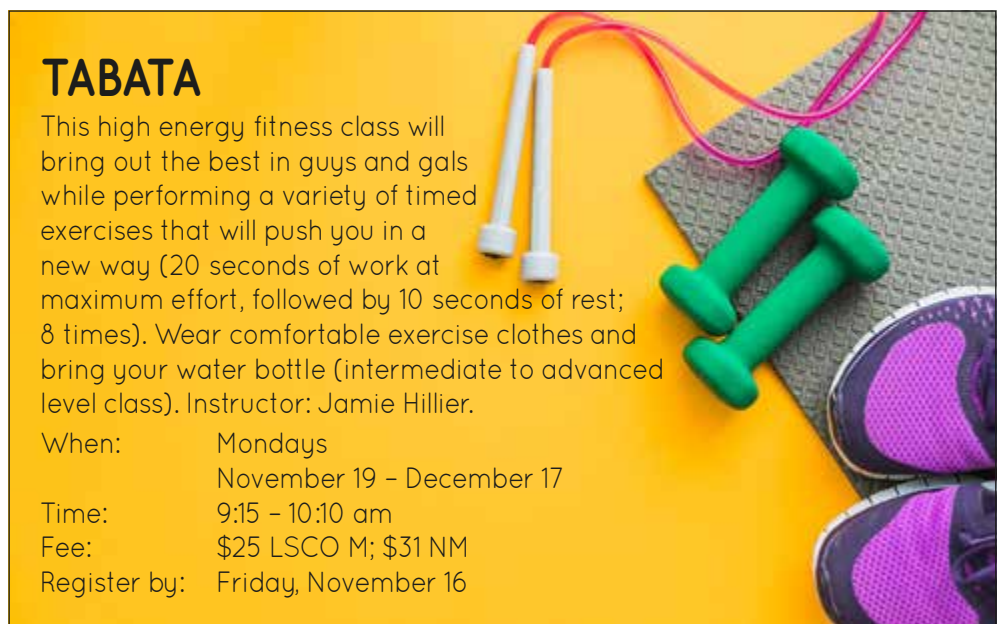
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GYM BUTT'S AND GUTT'S

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, glute muscles and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: **Session 2:** Mondays, November 19 – December 17
Time: 10:30 – 11:15 am
Fee: \$30 LSCO M; \$40 NM
Instructor: Tracy Simons
Register by: Thursday, November 15



TABATA

This high energy fitness class will bring out the best in guys and gals while performing a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Instructor: Jamie Hillier.


When: Mondays
November 19 – December 17
Time: 9:15 – 10:10 am
Fee: \$25 LSCO M; \$31 NM
Register by: Friday, November 16

REVERSE COLLAGE PAINTING
A BRIGHT SPOT ON A WINTER'S DAY

Winter is the perfect time to cozy up in your studio with a cup of something hot and unleash your creativity. When the weather outside is frightful, I find that is the best time to grab my bucket full of cheerful papers and get to work. Come along with me to create a winter-themed piece that celebrates the season while adding a bright spot to your day. For this project we will use a combination of brightly coloured papers with dark paint to create a dramatic and unique look that will brighten even the darkest winter days.

When: Thursday, December 6
Time: 10:00 am – 3:00 pm
(1 hour lunch)
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, November 30

APPLE COMPUTERS



Basic and simple instructions on how to use Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Thursdays, November 1 – December 6
Time: 9:30 – 10:30 am
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez
Register by: Wednesday, October 31 by 3:00 pm

November Is Family Violence Prevention Month in Alberta

History in Alberta

Family Violence Prevention Month started in 1986 as a local initiative in the town of Hinton where four remarkable Albertans, Katherine Kennedy, Sonja Bennett, Faye Wheeler and Glenda Carter, formed The Hinton Society for the Prevention of Family Violence and launched Alberta's very first family violence education and prevention campaign.

The Society's goals were to draw public attention to the issue and to evoke positive change in their community. This led to expanding local supports and services for individuals and families in the areas of prevention, protection and rehabilitation.

At a time when family violence was never talked about publicly, these courageous women inspired the Alberta Legislature to recognize every November, Family Violence Prevention Month in Alberta. Today their legacy continues. Hundreds of Alberta communities and thousands of individuals are actively involved in preventing family violence by providing public education and services. The colour purple has been used for many years, all over the world, in support of family violence prevention. It's also the colour of our campaign here in Alberta. Watch for our *Go Purple* information booth posters at LSCO.

What is family violence?

Certain behaviors are considered family violence when they are used to harm or control members of their family or their intimate partner. Often times, these types of behaviors create direct and indirect impacts on health.

Family violence can come in the form of child abuse, elderly abuse or any type of family violence listed below between family members.



LEARN
Case
Manager

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

Types of family violence

- Financial abuse: the intent to misuse someone's finances or property.
- Emotional abuse/physiological abuse: using words or actions to affect someone's emotions.
- Neglect: not providing basic human needs such as food, shelter, clothing, health care and protection from harm.
- Medication abuse: giving too much or withholding medication
- Verbal abuse: is a way of attacking or negatively defining another person using words – or silence – as a weapon. It can take a variety of forms ranging from loud rants to passive-aggressive remarks.
- Physical abuse: physical acts such as striking, pushing, slapping, or choking.
- Sexual abuse: any type of forced sexual activity or coercion.

The AEAAC-Alberta Elder Abuse Awareness Council supports *It's Not Right! – Neighbours, Friends and Families for Older Adults*.

Neighbours, friends and family members can learn to do three things:

1. **SEE it! "It's not right!"** Recognize the warning signs of abuse.
2. **NAME it! "I am concerned about you."** Talk to the older adult.
3. **CHECK it! "Are you ok? What can I do to help?"** Ask questions, check with experts about what to do next, check for danger – help with safety planning.

SEE it! Take your concerns seriously, learn the warning signs. *I am worried about my friend who hasn't been to the Centre for weeks. The last time I saw her, she seemed very anxious.*

NAME it! Overcome your hesitation to help. Talk to the older adult you think may be abused (without the person you think is abusive present) about what you have seen or heard. Use non-judgmental language. *I haven't seen you at the Centre for some time now, and I know how important it is to you. You seem upset. I miss seeing you.*

CHECK it! Ask questions. *Are you ok? Do you feel safe? Is there anyone hurting you or making you feel uncomfortable? What do you want to do? How can I help? If you have immediate concerns about safety, call the police.*

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

The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Joanne Blinco 403-394-0306 or e-mail: learn@lethseniors.

Sign up today to volunteer at our Annual Christmas Dinner on December 25th.

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