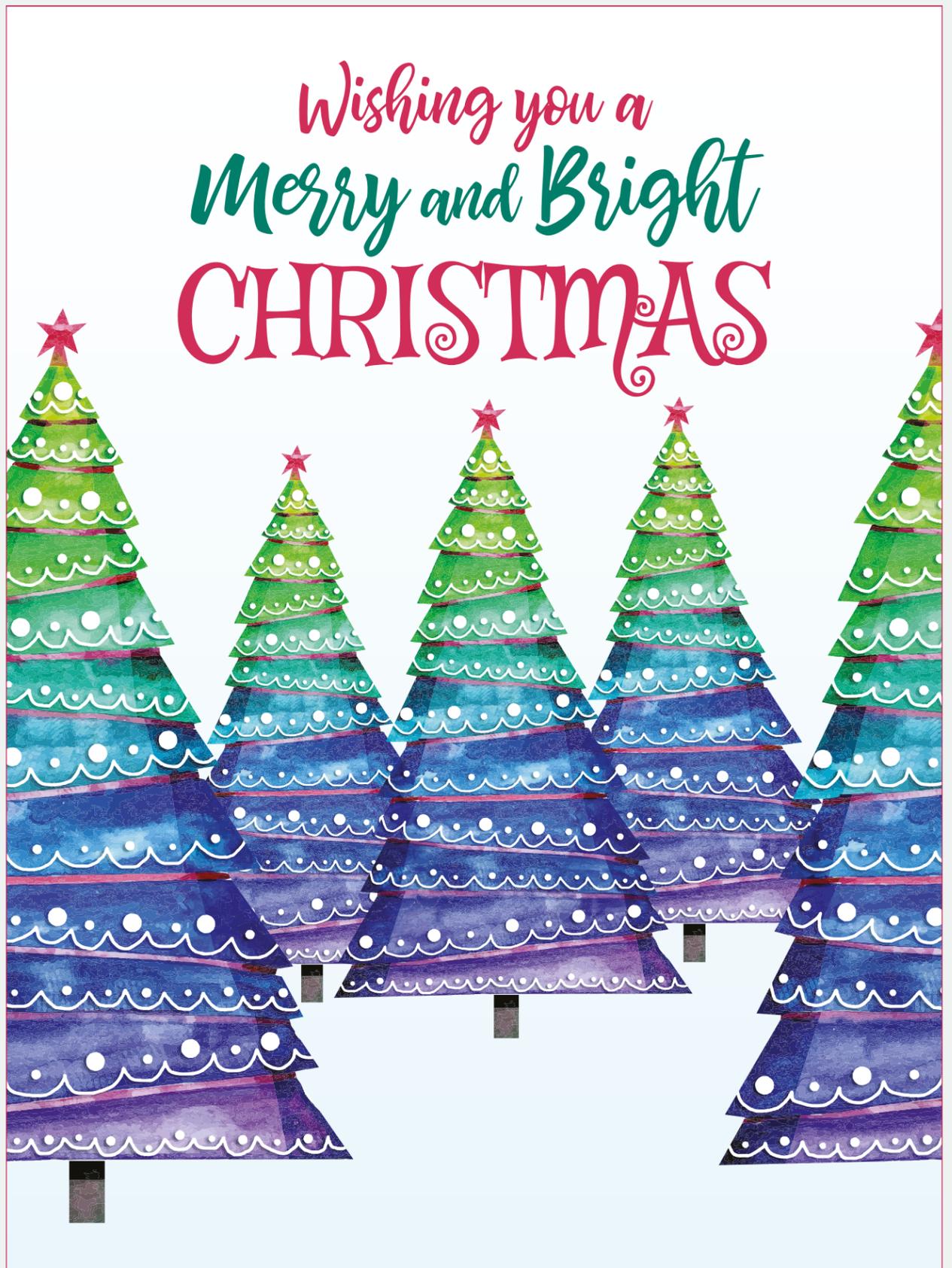


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Join Us for

LSCO SHOPPING TRIP & LIGHT TOUR
Shopping Trip: December 5
Shopping & Light Tour: December 11

LSCO CHRISTMAS HANDMADE CRAFT MARKET & BAKE SALE
Friday, December 14

LSCO FREE CHRISTMAS TURKEY DINNER
Tuesday, December 25

STAGE WEST DRINKING HABITS 2
Wednesday, February 27, 2019

LSCO 34th Annual Christmas Turkey Dinner

Join us for a free Christmas Dinner on Christmas Day
Tuesday, December 25th • 11:00 am ~ 1:00 pm
Dinner is open to everyone in the community.

Call us at 403-320-2222 for more information.



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Please remember to pass on the word to family and friends that LSCO will be hosting our 34th Annual Free Community Christmas Dinner from 11:00 AM to 1:00 PM on Christmas Day. Everyone is welcome to attend this wonderful event with us...rides are available, but you must call our office before December 18.

Please extend a warm welcome to Michelle Strain, our new Meals on Wheels Client & Volunteer Support Worker and Jamie Hillier, Fitness Instructor & Personal Trainer.

On behalf of our staff and Board of Directors, have a safe and merry Christmas and a prosperous New Year! ★



**Pre-Pay Punch Card
A Xmas Gift
for a Loved One**

The punch cards are purchased in advance for 5 meals, 10 meals or 20 meals. The punch cards offer the option of a nutritious meal to suit any person's individual needs. For more information about LSCO Meals on Wheels and the punch card program you can call

403-327-7990

E-mail: mow@lethseniors.com
www.mealsonwheelslethbridge.ca

A good conscience is a continual Christmas.

~ Benjamin Franklin



Interested in learning about your iPhone? We have a two-day course for you. Need help with your Android Smart phone or tablet? We have a class to help you use your technology. Want some help working with Windows 10? If you have general knowledge of how to use a computer, this is the class for you.

Check our website at www.lethseniors.com for upcoming classes.

With Philips Lifeline help is within reach.



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

Exclusively from Lifeline

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

SAVE ON LIFELINE

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

Quote code **574**

www.lifeline.ca

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

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

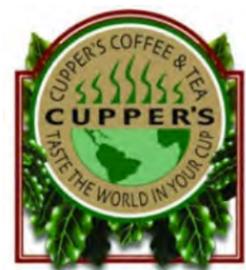


OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels



**DECEMBER 10 IS HUMAN RIGHTS DAY
UNIVERSAL DECLARATION OF
HUMAN RIGHTS**

#STANDUP4HUMANRIGHTS

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. Acting Board Members: Reg Dawson and Bob Morrow.

LSCO **403-320-2222**

Staff Members:

- Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
- Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
- Support Services Coordinator – Erin Vogt
evogt@lethseniors.com ext. 25
- LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306
- LSCO Case Worker & LEARN Coordinator
 Lavonn Mutch
lmutch@lethseniors.com ext. 57
- Volunteer Coordinator – Chelsea Sherbut
csherbut@lethseniors.com ext. 31
- Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30
- Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com ext. 33
- Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
- MoW Client & Volunteer Support Worker – Michelle Strain
mow@lethseniors.com ext. 34
- Fitness Instructor/Trainer – Jamie Hillier
 403-320-2222
- Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59
- Catering – Christine Toker
catering@lethseniors.com ext. 59
- Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
- Food Services Coordinator
 Francisco (Frank) Bruno ext. 27
- Cook I – 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.”



Jamie Hillier
 Fitness Instructor/Trainer

Jamie became a Certified Group Fitness Instructor and Certified Personal Trainer in B.C. in 2006. Since then she moved to Alberta about 3 years ago and became AFLCA Certified to be able to teach in Alberta. Jamie offers many different styles of classes from Power Walking, Cycling, Tabata, TRX and Strength

Circuit classes just to name a few. Jamie has years of experience working in the Fitness field and enjoys meeting new participants and building relationships.

When Jamie is not working she spends time with her family in the mountains of the Elk Valley where they enjoy their winter and summer activities. Fitness and outdoor activities are a big part of Jamie's life. Swing by a class or the Fitness Centre and say hello to Jamie as she is excited to be at LSCO Community Centre and can't wait to meet you.

Welcome New Members!

Derek Bennett	Shirley Flint
Linda Rose	Bob Smerek
Peter Rose	Edward Vogel
Ron Short	Lena Vogel
Laurie Short	Nasim Mangal
Elizabeth Wetheral	Carol Jones
Deirdre Churchill	Malcolm Jones
Donna Clark	Eleanor Bzdell

A Smile is the Universal Welcome.

Winter is not a season, it's an occupation.
 ~ Sinclair Lewis

yoga classes

chair yoga active yoga yoga blend
gentle yoga morning yoga
yin yoga yoga for men yoga noon

It's yoga practice, not yoga perfect.

Wishing you all the magic of Christmas peace and a season that sparkles.

LSCO will be closed

Monday, December 24 at 2:00 pm

Tuesday, December 26
 Boxing Day

Monday, December 31 at 2:00 pm

Monday, January 1, 2019
 New Year's Day

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
January 2019	December 14
February 2019	January 18
<i>Please have all ads and articles in by these dates to ensure inclusion in paper. Thank you.</i>	

Seasons Greetings!

This is the first opportunity I've had to publicly thank the Volunteers and Staff for staging "Titanic". It was a very enjoyable evening. I managed to get seats for opening night and from where I sat it looked like a sell out crowd who also enjoyed every moment of the performance. Cast and crew were deserving of the standing ovation they received! The Board hasn't seen the final numbers yet, but I suspect it was also a financial success for LSCO.

Reg Dawson and Bob Morrow have recently joined your Board of Directors as Acting Board Members. Reg has a housing and property management background, Bob comes to us from the retail automotive industry. I look forward to their input at Board meetings. As you see them around the Centre say hi and get to know them.



President's Message

Keith Sumner

Merri-Ann Ford is chairing a board policy review committee and is being assisted by Cliff Brown and Chris Lowings. A review hasn't been done for some time and I suspect the committee will be developing new policy to replace some of our outdated items. Once the committee has completed its work and the full Board approves the policies Rob and

staff will be able to review their staff policies and make any necessary changes. If you have any suggestions, please pass them along to Merri-Ann.

I was pleased to see Alberta Health Services presenting information about mindfulness at our centre. This subject has been receiving some attention in the last few years and is becoming a main stream topic in business. A mentor of mine developed a reading list with comments. I'm sure she wouldn't mind me sharing it with you. If you're interested let me know and I'll provide the list.

I'm looking forward to our annual Christmas dinner. I've attended the last couple of years and it has become a high point of my day. I hope you can participate.

Merry Christmas to all! ★

MENU ~ DECEMBER 2018

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Non-Members add 15% • Menu subject to change without notice

★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Entree: Ginger Beef & Peppers Potato: Rice Soup: Won Ton	Entree: Ham & Cheddar Quiche Potato: Hash Browns Soup: Italian Wedding	Entree: Lasagna Potato: Whole Wheat Bun Soup: Beef Vegetable	Entree: Fried Chicken Legs & Thighs Potato: Mashed with Gravy Soup: Chicken Rice	Entree: Honey Garlic Pork Loin Potato: Rice Soup: Manhattan Clam Chowder
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Entree: Baked Tuna Casserole Potato: Tomato Beef & Basil Soup: Tomato Beef & Basil	Entree: Roasted BBQ Chicken Potato: Mashed with Gravy Soup: Cream of Broccoli	Entree: Hot Beef Sandwich Potato: Roasted with Gravy Soup: Chicken Rice	Entree: Chicken Stir Fry Potato: Rice Soup: Beef Barley	Entree: Beer Battered Cod Potato: Mashed with Gravy Soup: Tomato Vegetable
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Entree: Chicken Cacciatore Potato: Rotini Soup: Minestrone	Entree: Meatloaf Potato: Mashed with Gravy Soup: Cream of Chicken	Entree: Chicken Fettuccini Alfredo Potato: Fettucini Noodles Soup: Butternut Squash	Entree: Shepherd's Pie Potato: Cream of Celery	Entree: Roasted Pork Loin with Apple Sauce Potato: Roasted with Gravy Soup: Chicken Noodle
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
Entree: Chicken à la King Potato: Rice Soup: Cream of Mushroom	LSCO Free Christmas Turkey Dinner	LSCO CLOSED for Boxing Day	Entree: Cabbage Rolls Potato: Perogies & Onions Soup: Turkey Rice	Entree: Teriyaki Beef Potato: Rice Soup: Hamburger Cabbage
Monday, December 31	<h3 style="margin: 0;">LSCO 34th Annual Christmas Turkey Dinner</h3> <p style="margin: 0;">Join us for a free Christmas Dinner on Christmas Day Tuesday, December 25 • 11:00 am ~ 1:00 pm</p> <p style="margin: 0;">Dinner is open to everyone in the community.</p>			
Entree: Salisbury Steak & Onions Potato: Mashed with Gravy Soup: Beef Vegetable				

Nutrition Should be Your First Priority

Years ago I began my fitness career as an instructor and personal trainer. I coached my clients to improve their health with physical activity. It was gratifying to witness their positive health changes.

However, after I studied nutrition and added nutrition coaching to their exercise programs, they improved even more. I particularly noticed their increase in energy. But more impressively, their dietary changes were positively affecting all aspects of their lives.

They were sleeping deeper and longer; their ability to concentrate improved; they were thinking more clearly; and they were calmer and less emotional. It became easier for some to lose weight, and several even said they felt "cleaner and lighter inside" (no more constipation!). Nutrition seemed a bigger factor for their good health than being physically active.

Recent research at UBC indicates exercise among older athletes is not reliable to lower cardiovascular risk factors. Some of the older athletes participating in this study still had high blood pressure or high cholesterol, increasing their risk for cardiovascular dis-

ease. This strongly suggests diet and lifestyle habits (and, yes, genetics too) are just as important – perhaps more so – than your exercise program.

This does not mean you should not exercise and focus on diet only. We need to move: many bodily processes that we can't voluntarily control are facilitated by movement. And it doesn't matter what activity you do – just do something regularly.

But first, we have to fuel those physical movements. Food is our "fuel," giving us the energy and the desire to move. And food also provides the "tools" (nutrients) that make our bodies function properly.

Without those nutrients, you may risk more than just low energy. You risk developing problems with sleeping, thinking clearly, dealing with stress, maintaining a healthy body weight, illness and many other symptoms of poor nutrition.

Nutrient-rich foods provide the foundation that everything else is built upon – and not just your physical needs. It's for your mental health as well: your brain

can't function without nutrition (food). Ergo, you will suffer from sleeping problems, difficulty focusing or concentrating, inability to handle stressful situations, you might even suffer depression (research confirms depression can be linked to poor nutrition).

Whole, unrefined foods contain far more nutrients than foods that are refined. More often, choose to eat these nutrient-rich foods that our bodies depend on: whole foods that aren't as tampered with or changed by humans. Choose an apple as a snack instead of a cookie or sports bar. Try to eat more vegetables and fruit. Include a moderate amount of root vegetables, nuts and seeds, cooked whole grains, as well as natural meat and dairy choices.

A common health complaint is, "I am so tired." Fuel and nourish your body sensibly and you will have the energy to get off the couch.

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

Go the Distance in December

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.
- **Drop in fees can be paid at the Administration Desk prior to attending classes.**
Please bring cash (correct change) to the instructor for classes held after 4:30 pm.

POWER WALKING

Power walking is much more than an easy walk. You will truly get an overall body workout, using weights appropriate to your ability. Join us for this 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 until December 13

Time: 12:05 – 12:55 pm

Drop In Fee: \$4 LSCO M; \$6 NM

Instructor: Jamie Hillier

PILATES PLUS

Join June for the last 2 pilates classes for 2018.

When: Monday, December 10 & 17

Time: 12:05 – 12:55 pm

Drop in Fee: Special Fee at \$5/class

Payable prior to the class at the front desk.

TABATA Mornings

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).

When: Mondays until December 17

Time: 9:15 – 10:15 am

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

Instructor: Jamie Hillier

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). Individuals 18 years of age and up welcome to attend. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Wednesdays until December 19

Time: 5:15 – 6:15 pm

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

Instructor: Jamie Hillier

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: Thursdays until December 13

Time: 10:45 – 11:30 am

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

Instructor: Tracy Simons

FIT FRIDAY (Instructor's 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 until December 21

Time: 12:10 – 12:55 pm

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

Instructor: Jamie Hillier

ZUMBA GOLD

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

When: Tuesdays, Nov. 27 – Dec. 18

Time: 11:00 – 11:45 am

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

Instructor: Nicole Stratychuk

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: Fridays, December 7 – 28

Time: 9:15 – 10:45 am

Fee: \$15 LSCO M; \$30 NM

Register by: Wednesday, December 5

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

Register by: Friday, November 30

Travel

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

Payment must accompany booking.

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!

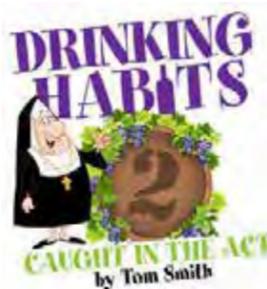
When: Tuesday, December 11

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

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

Payment must accompany booking!

Remember that LSCO Gift Cards make the perfect Christmas gift.



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-favourite Drinking Habits!

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.

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



DISCOVER YOUR INNER RESOURCES

PEACE EDUCATION PROGRAM

The purpose of the Peace Education Program (PEP) is to help participants discover their own inner resources – innate tools for living such as inner strength, choice and hope – and the possibility of personal peace.

This is a 10 week innovative education program, facilitated by volunteers, with a curriculum that consists of weekly videos, each focusing on a particular theme.

Monday, January 14, 2019 – Monday, March 25, 2019

2:00 – 3:00 pm

Fee: \$30

Local Volunteer Facilitators: Karen Howe & Mary Leah Holtman

Lethbridge Senior Citizens Organization (LSCO)

500 - 11th Street South

Room A/B



THE PREM RAWAT FOUNDATION
PEACE EDUCATION PROGRAM

Web: www.tprf.org
Email: pep@tprf.org

Christmas Carols

St. Patrick's
Fine Arts Choir,
under the direction of
Jessica Ens,
will be performing
Thursday
December 20
10:30 a.m.
Stage Area



The problem with winter sports is that - follow me closely here
- they generally take place in winter. ~ Dave Barry

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, Jan. 21 & 23

Time: 10:00 am – 12:00 pm

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

Instructor: Peter Harris

Register by: Friday, January 18

Rotary Club of Lethbridge Sunrise

Presents

IT'S A WONDERFUL LIFE A LIVE RADIO PLAY BY JOE LANDRY

**DIRECTED BY
FRAN RUDE**

CAST

Tony Deys
Morgan Day
Mark Campbell
Stephen Graham
McKade Hogg
Jordana Kohn
Sheila Matson



DECEMBER 6 & 7 ~ 7:30 pm

DECEMBER 8 ~ 2:00 pm

Doors open 30 minutes prior to
the performance

IMMANUEL LUTHERAN CHURCH

20 Rocky Mountain Blvd West
Lethbridge, Alberta

TICKETS

Individual ~ \$20
Available from Enmax Ticket
Centre or online at
www.enmaxcentre.ca/

Visit the Sunrise Rotary webpage
for more information
www.lethbridgesunrise.ca

Proceeds of this Rotary fund-raising event
will support local community projects



APARTMENT FOR RENT

413 12 Street S

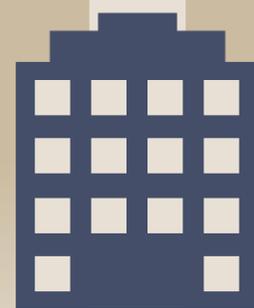
1 or 2 Bedrooms

Discounts For Seniors

Cats Welcome

Rent Starts At \$775/month

403-328-6156



GALTS MANAGEMENT

Volunteer & Fund Development

Last Christmas my brothers and I jointly purchased the *Settlers of Catan* board game to play together in lieu of buying gifts for each other. It was a lot of fun, and I am so looking forward to spending some time with my family near Calgary this year on Christmas. The trade off is that I won't be able to be at LSCO for the Christmas Dinner, but I know that the volunteers will have things well in hand (along with Rob, Frank and Lisette).

BAKING DONATIONS & VOLUNTEERING

A reminder that anyone doing baking for the Bake Sale on December 14th – your baking time counts as volunteer time! We are grateful for the contribution of your time and your delicious goodies ☺ If you aren't sure how to log your hours, please let me know and I will help you.

POTATO PEELING

Do you love to peel potatoes? That was a rhetorical question. No one LOVES peeling



Coordinator

Chelsea Sherbut

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

potatoes, however the LSCO Kitchen will use many, many pounds of potatoes in December for a variety of holiday events including the Christmas Dinner. To save the sanity of our Food Prep volunteers, I'm hoping a few special people would help out on a potato peeling shift in the afternoons of December 5th and December 12th (and maybe December 19th), 1:00 – 3:00 pm. Let me know if this "interests" you (i.e. you'd be willing to do it for the sake of your favourite community centre!).

CHRISTMAS DINNER

The volunteer spots are filling up, so if there was a particular job or shift time that you were interested in, please speak now!

THANK YOU

My job gives me a lot of opportunities to reflect and be grateful. It's a special thing to be part of an organization that is doing really important work, and I know that many people don't get to peek behind the scenes to understand all the ways LSCO helps seniors in our community. But I thank everyone who supports this centre with your time, with taking part in the programs, with bringing new people here to make new connections, and with contributing your kind words and your empathy to those around you to make this place feel so warm and welcoming. I hope you have a safe and love-filled holiday, and I look forward to seeing your smiles in the New Year. ★

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.

Zumba Toning

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). Move to the rhythm of the Latin-inspired dance and international music beats. The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class, however may not be as easy to use. Come give it a try!

When: Saturdays, January 12 – March 30
 Time: 11:00 – 11:45 am
 Fee: ★ \$72 LSCO M; \$84 NM ★
 Instructor: Sheila Mulgrew
 Register by: Friday, January 11

AN LSCO GIFT CARD

MAKES THE PERFECT CHRISTMAS GIFT!

Lethbridge Denture Clinic
Putting that sparkle back in your smile.

We offer complete quality denture care; A result of intention, effort, and professional skill

Kimberley Ankermann DD & Trisha Perverseff DD

#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142
www.lethbridgedentureclinic.com

alger zadeiks shapiro LLP
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www.azlawyers.ca

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NEW SERVICE
Lethbridge to Calgary DAILY

CALL 403-317-2077

We pickup/drop off at your door in Lethbridge.

Self-Care

Self-Care: Basic definition is showing ourselves the same love and care that we show to those nearest and dearest to us.

What self-care is not: Knowing what self-care is not might be more important. Self-care is not something we force ourselves to do, or something we don't enjoy doing. Agnes Wainmen explains self-care as "something that refuels us, rather than take from us."

This coming holiday season I encourage all of you to think about your self-care and by all means find what refuels you.

I am listing some of the tips that pop up on Self Care during the holiday season. I am sure that many of you have your own style. These tips are meant to give some thought to ways of practicing self-care as we head into the holiday season.

Respect Your Budget: Again know your limits, wishing someone a Happy Holiday can send the message of caring, no one wants to have the regrets of overspending in January.



LSCO Case Worker/
LEARN
Coordinator

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

Eat well: Nourish your body with the right stuff.

Protect Your Sleep: Squeeze a nap in.

Stick to What Works: Your goal is to be able to appreciate and enjoy the celebration, too many unrealistic expectations increases stress and burn-out.

Be Kind to yourself: Practice saying no, listen to what is right for you.

Set realistic expectations: You know your budget, your home, your limits. Each family is unique and being realistic about what is truly important for your family celebration is something only you can determine.

Find your blessings: The holidays often bring up strong feelings for people around everything from family losses, new relationships, to meeting high expectations from visiting family. Most of us would rather avoid those difficult emotions, rather than just accepting that it is natural to feel them at this time of year. Give some thought to forgive and apologize if that is the situation, as no one wins if you always need to be right.

The next generation of younger people are watching us and seeing how we connect at this time of year and how we establish those healthy boundaries of self-care.

I encourage all of you to find your self-care and practice it when you know you need to. ★

**LSCO 34th Annual
Christmas Turkey Dinner**

Join us for a free
Christmas Dinner on Christmas Day
Tuesday, December 25th
11:00 am ~ 1:00 pm

Dinner is open to everyone in the community.

Rides to the dinner can be booked in advance.
If you are unable to attend, meals can be delivered to your home with advance booking.

Deadline to book a ride or delivery is December 18 at 4:00 pm.
Call us at 403-320-2222 for more information.

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Donations for the dinner are greatly appreciated.

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We're all a little weird. And life is a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall into mutually satisfying weirdness - and call it love - true love.
~Robert Fulghum

A Christmas to Remember

CARE THIS CHRISTMAS

3 WAYS you can show SENIORS that you care THIS CHRISTMAS

- * 1 REGISTER A SENIOR IN NEED
- * 2 BECOME A SECRET SANTA
- * 3 VOLUNTEER TO WRAP & DELIVER

www.CareThisChristmas.com

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INDOOR CYCLING



Indoor cycling is a low impact aerobic activity that gets your heart pumping and can improve your endurance, heart health, stress level, strengthen hip and leg muscles. While cycling classes are safe for most people you should get clearance from your doctor if you have a heart problem, injury, or any other serious medical conditions.

A workout typically involves cycling in a group while your instructor calls out instructions to simulate a real ride with climbing, sprinting, and coasting. The cycling varies between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level. You will want to wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle. Instructor: Jamie Hillier

When: Mondays, Jan. 7 - March 25
(no class Feb. 18)
Time: 12:10 - 12:50 pm
Fee: \$58 LSCO M; \$69 NM
Register by: Friday, Jan. 4

When: Tuesdays, Jan. 8 - March 26
Time: 9:00 - 9:50 am
Fee: \$63 LSCO M; \$75 NM
Register by: Monday, Jan. 7

When: Tuesdays, Jan. 8 - March 26
Time: 12:10 - 12:50 pm
Fee: \$63 LSCO M; \$75 NM
Register by: Monday, Jan. 7

When: Thursday, Jan. 10 - March 28
Time: 9:00 - 9:50 am
Fee: \$63 LSCO M; \$75 NM
Register by: Wednesday, Jan. 9

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"Please contact me
if I can be of any
assistance."



Stay Safe this Holiday Season

While some will say it's the most wonderful time of the year, the holiday season can also be the most stressful.

Bad weather, travelling families, cold and flu season can wreak havoc on the health and safety of seniors. This is the time of year when hospitals brace for the "Winter Surge" which is an increase in the number of patients coming to hospitals, especially the Emergency Departments. Plus with many hospital staff taking holidays, it can seem like a surge.

Patients who are returning home after staying in the hospital are often vulnerable to falls and unfortunately this could mean a return to hospital. Do you wish you had a means to stay safer or access help after you are discharged from hospital



and back home this winter season? When you return home from hospital, you need a way to get immediate help. A simple button, connected to a

24 hour Response Centre, can be the difference between returning home and returning to health.

This is where the Lifeline service can help. If you are concerned about falls, Lifeline with AutoAlert provides an added layer of protection because it can detect falls and automatically* call the Philips Lifeline Response Centre. Or for people who want to return to leading an active lifestyle, GoSafe can offer emergency assistance when you are out and about.

This winter, stay safe and protected with Philips Lifeline in partnership with Lethbridge Senior Citizens Organization.

Call 1-800-LIFELINE (1-800-543-3546) or www.lifeline.ca

This letter is, to some extent, written under protest. About a year ago, I was dragged into taking a "short term" position on the board of LSCO. I was advised by the BOSS that it was necessary to fill up some vacancies. After some painful arm twisting, I agreed with two very reasonable conditions. Firstly, it was to be temporary. (In my experience, there is nothing as permanent as that which is temporary.) My second condition was that I would not be prepared to run in the democratic way to obtain the position. The last time I did that, I got the BOOT.

To my horror, the BOSS accepted these conditions. If that was not enough, I had hardly taken my chair when I was instructed (not asked), to write one of the monthly letters from the Board. At that time, I asked for April, 2019 thinking that nobody would remember by now. WRONG AGAIN. So here goes.

Thinking about what I might say, it occurred to me that some of our members might be interested in the ruminations of a new board member as to our society.

Message from the Board of Directors

by Vaughan Hembroff

The first observation I would make is that this society is extremely well run. Our management and our employees do an outstanding job at running this very large, non-profit organization. Many of our key employees have been with us for a very long time which by itself, tells a good story. As well, we could not operate without our many volunteers who deserve our thanks.

Secondly, the dollars involved in keeping things going are really quite mind blowing. My first view of the well managed budget was astonishing. Our business management would match that of any successful business.

Perhaps, the most astonishing thing I observed was the extremely wide range of services. One

could and should take a complete tour of the facility. Most would assume we are about food services. WRONG. If you like rocks, or singing, or radio or computer stuff, you will find these and many more programs related to our physical well-being at our association's facility.

I could go on but generally, people get tired of hearing from me. I would however conclude by complimenting your board (not me). I would observe our members are very well served by this devoted and intelligent bunch of OLD CODGERS. You should be grateful to them and I would encourage you to get involved in the management of the LSCO as board members. You will be rewarded with personal satisfaction and free coffee once a month.

Your soon to be former Board Member, Vaughan Hembroff

P.S. On behalf of the Board, I should also like wish you a happy holidays season and all the best in the New Year. ★



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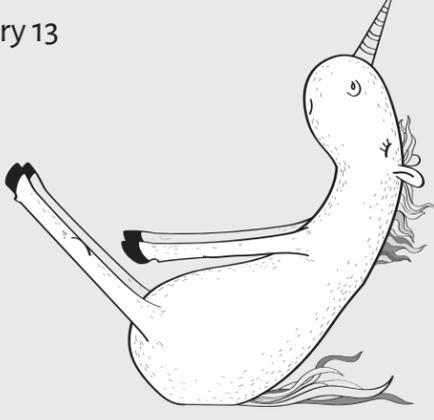
Call the Hotline: 403-327-7454
 or Email: winners_bingo@telus.net

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 workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: **Session 1:** Wednesdays, January 9 – February 13
 Time: 12:05 – 12:55 pm
 Fee: \$33 LSCO M; \$50 NM
 Register by: Monday, Jan. 7

When: **Session 2:** Wednesdays
 February 20 – March 27
 Time: 12:05 – 12:55 pm
 Fee: \$33 LSCO M; \$50 NM
 Register by: Friday, Feb. 15




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2019 Warm Up to Winter Classes

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 Member (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 contract 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.**
- If requesting a refund or credit due to medical reasons 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.
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- **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 \$50

ADULT 12 Month Memberships Individuals 35 – 54 years

- Renewal/New Member \$90

ULTIMATE FITNESS MEMBERSHIP

SENIOR Membership: Individuals 55 years +

ADULT Membership: Individuals 35 – 54 years

Information will be available soon regarding this membership opportunity.

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 18 - 35 years are able to participate in some evening classes offered. Ex: Yoga, Tabata, Movement Medicine. Please ask at the Administration Desk for more information.

10x Class/Fitness Pass

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Certain restrictions apply. Please ask for additional information. Passes expire 6 months from the date of purchase. Fee: \$55 LSCO Members; \$65 Non Members

CLASSES & PROGRAMS

If you are interested in participating in a class don't wait to register, many of them fill up before the register by date however, if you did miss the deadline check with us to see if space is available. Review the class information including the description to determine whether it is right for you. Once the class has started you will not be refunded. **At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.**

QiGong & Tai Chi

QIGONG

Qi means "life energy" and gong means "work"; together Qi Gong means working with life energy. The exercises are designed to improve flow and quality of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various QiGong exercises such as Tai Chi/ QiGong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. **Please Note:** We are not able to accommodate drop in participants or guests for this program. You must pre-register in order to participate.

When: Tuesdays & Thursdays
Jan. 8 – March 28
Time: 10:00 – 10:45 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, Jan. 4

TAI CHI YANG 16 FORM (a Continuation)

This class is for individuals who attended the fall session of Dave's class. If you have not taken Tai Chi for some time or are interested in starting, register in Tai Chi for the Beginner as shown below.

When: Tuesdays & Thursdays
Jan. 8 – March 28
Time: 11:00 – 11:45 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Dave Scotland
Register by: Friday, Jan. 4

TAI CHI for the BEGINNER

Beginners Tai Chi focuses on the Sun style Tai Chi 11 form. The Sun style Tai Chi has a mixture of Qi Gong and Tai Chi and is recognized by the Arthritis

Society as a form of therapy. Additional energy building exercises will also be introduced.

When: Wednesdays, Jan. 9 – March 27
Time: 10:30 – 11:15 am
Fee: \$42 LSCO M; \$72 NM
Instructor: Dave Scotland
Register by: Monday, Jan. 7

TAI CHI 108 Form

If you have taken Steve's Intermediate or Advanced Tai Chi class you are encouraged to register for this 16 week session. Note: this is not a lesson. The group will be following Steve's DVD.

When: Wednesdays, Jan. 9 – April 24
Time: 9:15 – 10:15 am
Fee: \$32 LSCO Members
Register by: Tuesday, Jan. 8

TAI CHI

LSCO Members with a great deal of Tai Chi experience may be interested in joining this Tai Chi session. **If you are unsure whether this is a good fit for you leave your phone number and you will be contacted.**

When: Mon./Wed./Fri.
Time: 8:30 – 9:30 am
Fee: \$20 & LSCO membership

Yoga & Pilates

CHAIR YOGA

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

When: Wednesdays, Jan. 9 – March 27
(no class Feb. 18)

Time: 9:35 – 10:25 am
Fee: \$30 LSCO M; \$55 NM
Register by: Monday, Jan. 7

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 1:** Tuesdays & Thursdays
Jan. 8 – Feb. 28
Time: 9:30 – 10:30 am
Fee: \$72 LSCO M; \$96 NM
Register by: Friday, Jan. 4

YIN YOGA

This challenging class is intended for those who have already practiced yoga. Yin Yoga focuses on the joints and connective tissue, especially in the hips, lower back and spine. Most of the poses are seated and last for 3-5 minutes, making the practice deeply meditative. Poses calm the mind, improve flexibility and joint mobility, decrease stress and anxiety, help balance energy (chi) in the internal organs through energy movement and meridian stimulation. Yin Yoga is a good compliment to other forms of vigorous exercise. Bring your yoga mat, a firm blanket and anything else you will need to be comfortable.

When: Mondays, Jan. 14 – April 15
(no class Feb 18)
Time: 9:00 – 10:30 am
Fee: \$104 LSCO M; \$156 NM
Instructor: Karen Toohey
Register by: Friday, Jan. 11

MORNING YOGA

During this beginner/intermediate yoga class you will be lead through basic yoga poses to help you improve your strength, posture and flexibility. We will use chairs and other props followed by rest and relaxation. Wear comfortable clothing; bring a mat, blanket and water bottle.

When: Mondays, Jan. 14 – March 25
(no class Feb. 18)

Time: 9:30 – 10:30 am
Fee: \$53 LSCO Members; \$67 NM
Register by: Friday, Jan. 4

When: Wednesdays, Jan. 9 – March 27

Time: 10:00 – 11:00 am
Fee: \$60 LSCO Members; \$84 NM
Register by: Monday, Jan. 7

YOGA for MEN

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 is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, Jan. 9 – March 27

Time: 8:30 – 9:30 am
Fee: \$54 LSCO Members; \$75 NM
Register by: Tuesday, Jan. 8

YOGA Noon Hour

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

When: Tuesdays, Jan. 8 – March 26

Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$90 NM
Instructor: Melanie Hillaby
Register by: Friday, Jan. 4

YOGA BLEND

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

When: Thursdays, Jan. 10 – March 28

Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$90 NM
Instructor: Melanie Hillaby
Register by: Tuesday, January 8

ACTIVE YOGA & STRETCH

Individuals participating in this yoga inspired class will move through a series of poses to help improve balance, strength, and flexibility while being conscious of the breath as we move. At times we will be moving up and down off the mat; options are given and all participants are encouraged to do what is right for them. A variety of props may be used. Wear comfortable clothes; bring a yoga mat & water bottle.

When: Fridays, Jan. 11 – March 29

Time: 9:00 – 10:00 am
Fee: \$66 LSCO M; \$78 NM
Register by: Thursday, Jan. 10

PILATES PLUS

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

stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, Jan. 7 – March 25
(no class Feb. 18)

Time: 12:05 – 12:55 pm
Fee: \$64 LSCO M; \$77 NM
Instructor: June Dow
Register by: Friday, Jan. 4

When: Wednesdays, Jan. 9 – March 27
(no class Feb. 20)

Time: 1:15 – 2:15 pm
Fee: \$64 LSCO M; \$77 NM
Instructor: June Dow
Register by: Monday, Jan. 7

Exercise & Fitness**ACTIVE AGING STRENGTH & LOW IMPACT CLASSES**

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

When: Mondays & Wednesdays
Jan. 7 – Feb. 27 (no class Feb. 18)

Time: 8:00 – 8:50 am
Fee: \$79 LSCO M; 98 NM
Register by: Friday, Jan. 4

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, Jan. 7 – March 25
(no class Feb. 18)

Time: 9:15 – 10:10 am
Fee: \$58 LSCO M; \$70 NM
Instructor: Jamie Hillier
Register by: Friday, Jan. 4

GENTLE EXERCISE CLASS (Monday)

Start the week out right with this gentle exercise program. The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles. 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, Jan. 7 – March 25
(no class Feb. 18)

Time: 10:00 – 10:45 am
Fee: \$33 LSCO M; \$55 NM
Instructor: June Dow
Register by: Friday, Jan. 4

GENTLE EXERCISE CLASS (Friday)

This program is designed for individuals who would like to have the option of sitting and/or standing when exercising. You will work on strength and flexibility, within your limitations. Participants with limited mobility, arthritis, injuries, etc. may enjoy this class. Chairs and a variety of exercise equipment will be used. All levels of ability encouraged to attend. Wear loose clothing and bring a water bottle.

When: Fridays, Jan. 11 – March 29

Time: 10:15 – 10:45 am
Fee: \$33 LSCO M; \$55 NM
Instructor: Tracy Simons
Register by: Thursday, Jan. 10

KEEP FIT

Staying active is important at any age. Everyone is welcome and encouraged to exercise at your own level. Modifications will be given. Chairs and a variety of resistance equipment will be used. Ex. weights, tubing. Wear comfortable clothes and clean, non-marking indoor footwear. Members can pay drop in of \$2/class. Non-members \$3/class.

When: Wednesdays, Jan. 9 – April 24

Time: 10:00 – 10:45 am
Fee: \$28 LSCO M; \$48 NM
Instructor: Jamie Hillier
Register by: Tuesday, Jan. 8

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).

When: Wednesdays, Jan. 9 – March 27

Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$78 NM
Instructor: Jamie Hillier
Register by: Tuesday, Jan. 8

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 in on the fun for an energetic workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring an exercise mat and water bottle.

When: Wednesdays, Jan. 9 – March 27

Time: 9:10 – 9:50 am
Fee: \$30 LSCO M; \$50 NM
Instructor: Jamie Hillier
Register by: Tuesdays, Jan. 8

NOON 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 us 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, Jan. 10 – March 28

Time: 12:05 – 12:55 pm
Fee: \$30 LSCO M; \$50 NM
Instructor: Jamie Hillier/Jerry Brown
Register by: Wednesday, Jan. 9

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre. Instructor is Jamie Hillier.

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.

When: **Session 1:** Tuesdays & Thursdays
Jan. 8 – 31

Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Jan. 4

When: **Session 2:** Tuesdays & Thursdays
Feb. 5 – 28
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, Feb. 1

CIRCUIT TRAINING 3X

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

When: Mondays, Wednesdays, Thursdays
Jan. 7 – Feb. 1
Time: 1:30 – 2:30 pm
Mondays & Wednesdays
2:40 – 3:40 pm Thursdays
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, Jan. 4

BUTTs & GUTTs

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

When: Mondays, Jan. 14 – March 25
(no class Feb. 18)
Time: 10:30 – 11:15 am
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, Jan. 11

When: Thursdays, Jan. 17 – March 28
Time: 5:15 – 6:00 pm
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, Jan. 11

FIT BALL & MORE

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! You must be comfortable getting up and down off the floor. A variety of resistance equipment is also used. Wear comfortable clothing and footwear. Don't forget to bring a yoga mat and water bottle.

When: Tuesdays & Thursdays
Jan. 8 – Feb. 28
Time: 9:00 – 9:50 am
Fee: \$50 LSCO M; \$96 NM
Register by: Friday, Jan. 4

INDOOR CYCLING

Indoor cycling is a low impact aerobic activity that gets your heart pumping and can improve your endurance, heart health, stress level, strengthen hip and leg muscles. While cycling classes are safe for most people you should get clearance from your doctor if you have a heart problem, injury, or any other serious medical conditions.

A workout typically involves cycling in a group while your instructor calls out instructions to simulate a real ride with climbing, sprinting, and coasting. The cycling varies between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level. You will want to wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle. Instructor: Jamie Hillier

When: Mondays, Jan. 7 – March 25
(no class Feb. 18)
Time: 12:10 – 12:50 pm
Fee: \$58 LSCO M; \$69 NM
Register by: Friday, Jan. 4

When: Tuesdays, Jan. 8 – March 26
Time: 9:00 – 9:50 am

Fee: \$63 LSCO M; \$75 NM
Register by: Monday, Jan. 7

When: Tuesdays, Jan. 8 – March 26
Time: 12:10 – 12:50 pm
Fee: \$63 LSCO M; \$75 NM
Register by: Monday, Jan. 7

When: Thursdays, Jan. 10 – March 28
Time: 9:00 – 9:50 am
Fee: \$63 LSCO M; \$75 NM
Register by: Wednesday, Jan. 9

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 workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: **Session 1:** Wednesdays
Jan. 9 – Feb. 13
Time: 12:05 – 12:55 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Monday, Jan. 7

When: **Session 2:** Wednesdays
Feb. 20 – March 27
Time: 12:05 – 12:55 pm
Fee: \$33 LSCO M; \$50 NM
Register by: Friday, Feb. 15

FIT FRIDAY

Each week participants will be lead through a variety of challenging yet fun workouts. Ex: Tabata, Weights & Bars, High Intensity Training & more. 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, Jan. 11 – March 29
Time: 12:10 – 12:55 pm
Fee: \$66 LSCO M; \$78 NM
Instructor: Tracy Simons
Register by: Thursday, Jan. 10

Dance & Movement

COUPLE DANCE

Join in on the fun with your partner to learn the *Clarksville Shuffle*, *2 Step* and *Jive* through easy progressions. Every lesson promotes fun in an inviting atmosphere no matter what your dance experience is. Wear comfortable clothes and non-marking soled shoes that you like to dance in. You do not have to be a member of LSCO to participate. *Note: Fees are per person.

When: Mondays, Jan. 21 – March 18
(no class Feb. 18)
Time: 6:45 – 7:45 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, Jan. 17
Location: LSCO Gym 2

EVENING LINE DANCE

Designed for the beginner, line dance routines will be taught containing short sequences of steps, with easy to follow instructions. No previous dance experience or partner required. Come join the fun! You will be glad you did. Wear non-marking soled shoes. *You do not have to be a member of LSCO to participate.*

When: Mondays, Jan. 21 – March 18
(no class Feb. 18)

Time: 8:00 – 9:00 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, Jan. 17
Location: LSCO Gym 2

LINE DANCING

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

When: Mondays, Jan. 7 – April 15
Time: 10:30 am – 12:00 pm
Fee: \$24 LSCO M; \$40 NM
Instructor: Diane Holstine
Register by: Friday, Jan. 4

Intermediate to Experienced LINE DANCING

If you have been in the beginner class for a while or have had some line dance experience, but aren't quite ready to join the advanced dancers, join us for some fun!

When: Thursdays, Jan. 10 – April 18
Time: 10:30 am – 12:00 pm
Fee: \$45 LSCO M; \$75 NM
Instructor: Diane Holstine
Register by: Monday, Jan. 7

BEGINNER LINE DANCING

This is the perfect class for the beginner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that's reason enough for men and women to get their dancing shoes on.

When: Thursdays, Jan. 10 – April 18
Time: 1:15 pm – 2:15 pm
Fee: \$45 LSCO M; \$75 NM
Instructor: Diane Holstine
Register by: Monday, Jan. 7

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. Andrea Hertz instructs these classes.

When: Tuesdays, Jan. 8 – March 26
(no class Feb. 19)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Friday, Jan. 11

When: Thursdays, Jan. 17 – March 28
(no class Feb. 21)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Tuesday, Jan. 15

SCOTTISH COUNTRY DANCE

Both men and women are welcome to participate in this low impact style of dance. Wear comfortable clothes and non-marking soled shoes. Please register at the Administration Desk.

When: Fridays, Jan. 11 – June 28
(no class April 19)
Time: 10:15 am – 11:45 am
Fee: \$48 LSCO M; \$72 NM

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, Jan. 8 – March 26
Time: 11:00 – 11:45 am
Fee: \$55 LSCO M; \$78 NM

Instructor: Sheila Mulgrew/Nicole Stratychuk
Register by: Friday, Jan. 4

When: Thursdays, Jan. 10 – March 28
Time: 11:00 – 11:45 am
Fee: \$55 LSCO M; \$78 NM

Instructor: Sheila Mulgrew/Nicole Stratychuk
Register by: Tuesday, Jan. 8

ZUMBA

Are you ready for a fun “feel happy” workout that is both for the body and mind? If so, then Zumba is for you! A fusion of Latin and International music and dance combinations will have you moving to a blend of fast and slow rhythms that tone and sculpt the body. Add a little Latin flavor to your workout! Bring your water bottle and dress appropriately to glow (sweat).

When: Tuesdays, Jan. 8 – March 26
Time: 6:30 – 7:30 pm
Fee: \$72 LSCO M; \$84 NM

Instructor: Sheila Mulgrew
Register by: Friday, Jan. 4

ZUMBA TONING

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). Move to the rhythm of the Latin-inspired dance and international music beats. The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class, however may not be as easy to use. Come give it a try!

When: Saturdays, Jan. 12 – March 30
Time: 11:00 – 11:45 am
Fee: \$72 LSCO M; \$84 NM

Instructor: Sheila Mulgrew
Register by: Friday, Jan. 11

Sports

BADMINTON

Everyone of all skill levels is welcome to play badminton weekdays; however, many have been playing for awhile and at times, games become more competitive. **Drop in fee is \$3.50 for non members.** Pay at the Administration Desk prior to playing.

When: Mon./Wed./Fri.
Time: 11:10 am – 12:30 pm
When: Thursdays
Time: 10:00 am – 12:00 pm
Fee: \$66 & LSCO membership

BASKETBALL

Enjoy playing basketball! Join this noon hour group for friendly yet competitive games. Showers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, Jan. 8 – April 30
Time: 12:00 – 1:00 pm
Fee: \$68
Register by: Monday, Jan. 7

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 1:** Fridays, Jan. 4 – 25
Time: 9:15 – 10:45 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, Jan. 2

When: **Session 2:** Fridays, Feb. 1 – 22
Time: 9:15 – 10:45 am
Fee: \$25 LSCO M; \$45 NM
Register by: Wednesday, Jan. 30

PICKLEBALL

If you have taken lessons or have played Pickleball and know the rules you can purchase a pass to play during the week. Due to the high volume of players (as a suggestion) we have designated times for play. This may give players an opportunity to have more playing time and encourage players to play with others who are at similar skill levels. Bring a water bottle, wear comfortable exercise clothes and clean, indoor court shoes. Some equipment is supplied. Paddles and balls are available for purchase in our Gift/Boutique Shop.

Intermediate/Advanced

Mondays, Wednesdays, Fridays: 7:00 – 9:00 am
Mondays: 1:00 – 3:00 pm
Tuesdays: 10:00 am – 11:55 pm & 1:15 – 3:00 pm
Thursdays: 1:15 – 3:00 pm
Fridays: 1:00 – 3:00 pm

Novice/Recreational

Mondays, Tuesdays, Thursdays, Fridays
3:00 – 4:50 pm

All Skill Levels

Wednesdays Open Play: 1:00 – 3:30 pm

Monthly Fee: \$20 LSCO M; \$45 NM
12 month Fee: \$180 (\$15/month) LSCO M
Drop In Fees must be paid prior to playing:
\$3.00 M; \$5.00 NM

Fees are not pro-rated.

Note: A few times a year that the gym is not available due to special events, tradeshow, holidays and floor re-surfacing.

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet. **Non-member drop in fee is \$2.** Pay at the Administration Desk prior to playing.

When: Mondays, Wednesdays, Fridays
Time: 3:00 – 4:30 pm
Fee: \$44 & LSCO membership

Special Interest

PEACE EDUCATION PROGRAM

This program consists of 10 weekly DVD sessions, each focusing on a particular theme (inner resource): Peace, Appreciation, Inner Strength, Self Awareness, Clarity, Understanding, Dignity, Choice, Hope and Contentment. These customized, interactive workshops are non religious and non sectarian and focus on accessing Inner Peace with each individual. A small fee for program handouts is payable to the facilitators. Bring a journal for reflection.

When: Mondays, Jan. 14 – March 25
Time: 2:00 – 3:00 pm
Fee: \$30 per person
Facilitators: Karen Howe & Mary Leah Holtman

ADVANCED PHOTOGRAPHY

If you are an experienced photographer & enjoy going on outings to take photos you will enjoy participating in this group. The group may take a break from the program during the summer.

When: Tuesdays
Time: 9:30 – 12:00 pm
Fee: \$22/12 months & LSCO membership

AMATEUR HAM RADIO

This group meets daily to socialize, provide emergency communication services and provide other assistance as required. Newcomers welcome.

When: Monday – Friday
Time: 9:00 am – 12:00 pm
Fee: \$28/12 months & LSCO membership

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member. Fee: \$6 M; \$7 NM.

When: Monday – Friday
Time: 8:15 am – 4:00 pm
Fee: \$53/12 months & LSCO membership

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in expertise. This group does take trips outside of LSCO.

When: Fridays
Time: 9:00 am
Fee: \$10/12 months & LSCO Membership

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desktop computer for use however; it is recommended that you bring along your laptop. Newcomers are welcome.

When: Wednesdays
Time: 10:00 am – 3:00 pm
Fee: \$20/12 months & LSCO membership

GOLDEN MILE SINGERS

If singing and entertaining are passions of yours, we welcome you. Throughout the year performances are given at a variety of locations. You must register at the Administration Desk. This group is presently looking for a pianist.

When: Tuesdays
Time: 10:00 – 11:30 am
Fee: \$10/12 months & LSCO membership
Non Mem Fee: \$2/day

KARAOKE

The Karaoke singers meet weekly at LSCO and twice a year produce wonderful concerts for the community to enjoy. This group may take a break over the summer.

When: Tuesdays
Time: 1:00 – 3:00 pm
Fee: \$20/12 month & LSCO membership
Non Mem: \$2/day

Creative Arts

HOW TO MATCH COLOUR WORKSHOP

Do you ever get stuck trying to figure out how to match a colour you need without buying another tube of paint that you may only use once? In this 2.5 hour class you will learn how to analyze colour and mix up your own colour. You will only need 8 basic colours to achieve a multitude of colours and ultimately learn how to use your colour wheel to make your painting experience easier.

When: Thursday, Jan. 24
Time: 1:00 – 3:30 pm
Fee: \$15 LSCO M; \$25 NM
Instructor: Donna Gallant
Register by: Monday, Jan. 21

Healthy isn't a goal, it's a way of living.

DRAWING FROM LIFE

Drawing from life means drawing from actual objects or subjects that you can see, touch and smell. We will cover the basics of all drawing like line, shape, value, texture and perspective. We will cover everything from quick sketches to detailed drawings. This is a great class for the beginner as well as a refresher for the more experienced drawer.

When: Thursday, Jan. 31 – March 7
 Time: 1:00 – 3:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Donna Gallant
 Register by: Monday, January 28

BEGINNERS ANIMAL PORTRAITS in Coloured Pencil

After covering watercolour, drawing and acrylic animal portraits in this class we'll be using colored pencil as our medium. This class will be great for either a beginner or a more experienced student. We will be working with specific lesson plans and because this medium takes a while to complete, we may only end up with only a few finished pictures. With this medium, you can achieve a more realistic result and image which I think students may appreciate.

When: Wednesday, Jan. 30 – March 13
 Time: 1:00 – 3:30 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Donna Gallant
 Register by: Friday, January 25

ARTS & CRAFTING WORKSHOP

Time has been set aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found. Please watch for notices.

When: Thursdays
 Time: 9:00 am – 12:00 pm
 Fee: \$22/12 months & LSCO membership

KNIT, CROCHET, NEEDLEWORK

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome. LSCO Membership is required.

When: Thursdays
 Time: 1:00 – 4:00 PM
 Fee: \$10/12 months & LSCO membership

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. Newcomers are welcome; times for instruction will be arranged. Supply costs extra.

When: Tuesdays, 10:00 am – 12:00 pm
 Wednesdays, 1:00 – 3:00 pm
 Fee: \$35/12 months & LSCO membership

PAPER TOLE WORKSHOP

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared; however, no formal instruction is given. If you are interested in learning this art please leave your name on the interest list at the Administration Desk.

When: Fridays
 Time: 9:00 am – 3:00 pm
 Fee: \$22/12 months & LSCO membership

QUILTING

Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Administration Desk.

When: Tuesdays
 Time: 12:00 – 3:00 pm
 Fee: LSCO membership

WOOD CARVING

Wood carving is a form of working with wood using cutting tools. If you are interested in learning this craft pay \$5 at the Administration Desk. Newcomers will be loaned equipment needed to complete a small project. If you choose to continue you will be required to purchase your own tools, wood, etc. and pay the remainder of the fee (\$15).

When: Thursdays
 Time: 12:30 – 2:30 pm
 Fee: \$20/12 months & LSCO membership

WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
 Time: 8:00 am – 4:00 pm
 Fee: \$44/12 months & LSCO membership

CREATIVE ZEN-ART CLASS

Join Gladys Larson as she takes you through this amazing class. It really is "Yoga for the Brain". Zen Art creates a sense of calm, lowers stress, increases focus and concentration. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil. Beginners are welcome. If you have taken classes in the past, don't worry Gladys will keep you busy!

When: Mondays, Jan. 14 – March 25
 (no class Feb. 18)
 Time: 1:00 – 4:00 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Thursday, January 10

Technology

COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. A variety of workshops are offered through out the year. The Computer Lab is available for club members 2 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays & Wednesdays
 Time: 1:00 – 4:00 pm
 Fee: \$20/12 months & LSCO membership

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
 Jan. 21 & 23
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$40 NM
 Instructor: Peter Harris.
 Register by: Friday, January 18

ANDROID SMART PHONES & TABLETS

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

When: Monday & Wednesday
 Jan. 28 & 30
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$40 NM
 Instructor: Peter Harris
 Register by: Friday, January 25

WORKING WITH WINDOWS 10

If you are familiar with the previous versions of Windows and need a hand with the new one, or if

it's been a while since you've last used a computer, this course is here to help you to become competent and confident. Sign up today to learn all of the following: Safely booting up, and shutting down; Accessing the internet; Installing programs and games; Communicating through Email, etc.; Writing documents and saving files; Accessing entertainment; Online best practices & more. Bring your portable computer if you have one. This is the class for you if you have general knowledge of how to use a computer.

When: Mondays & Wednesdays
 Feb. 4 – 13
 Time: 10:00 am – 12:00 pm
 Fee: \$30 LSCO M; \$50 NM
 Instructor: Peter Harris
 Register by: Friday, February 1

INTERNET SECURITY & the CLOUD

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

When: Mondays & Fridays
 January 14 – February 1
 Time: 1:45 – 3:45 pm
 Fee: \$50 LSCO M; \$76 NM
 Instructor: Ron Henriquez
 Register by: Friday, January 11

ENERGY FLOWS WHERE Attention Goes

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	\$7.00
Badminton	\$2.50	\$3.50
Basketball	\$5.00	\$7.00
Chair Yoga	\$3.00	\$5.00
Crib	\$2.00	\$2.00
Fitness Centre	\$6.00	\$7.00
Golden Mile	\$2.00	\$2.00
Karaoke	\$2.00	\$2.00
Keep Fit	\$2.00	\$3.00
Nia	\$8.50	\$12.00
Power Walking	\$4.00	\$6.00
Active Yoga	\$6.00	\$7.00
Chair Yoga	\$3.00	\$5.00
Yoga Blend	\$8.50	\$12.00
Gentle Yoga	\$6.00	\$7.00
Men's Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Zumba Gold	\$6.00	\$7.00
Tabata	\$6.00	\$7.00
Fit Friday	\$6.00	\$7.00

December 2018 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3	4 Classic Legends 1:00 pm Room C/D Chair Exercises 2:45 pm	5 Fun with Wii 1:00 pm Room C/D Pickleball	6 Sandy Gervais 1:00 pm Room A/B	7 Free Community Music in Stage Area Hank Wiebe 12:30 ~ 2:00 pm Lunch Special	8 
9 	10	11 Hank Wiebe 1:00 pm Room C/D Chair Exercises 2:45 pm	12 Bowling Holiday Bowl 1:00 pm Pickleball 2:30 pm	13 Marg & Maureen Christmas Music 1:00 pm Room A/B	14 Free Community Music in Stage Area E&L Entertainment 11:30 ~ 1:30 pm Lunch Special	15
16 	17	18 Fun with Wii 1:00 pm Room C/D	19 Horse Racing 1:00 pm Room C/D Pickleball	20 Music with Floyd Sillito 1:00 pm Room C/D	21 Free Community Music in Stage Area Ray Sauer 12:30 ~ 2:00 pm Lunch Special	22 
23 	24 LSCO Closing at 2:00 pm	25 Merry Christmas Free Turkey Dinner 11 am - 1 pm	26 LSCO Closed for Boxing Day	27 Movie Time 1:00 pm Room C/D	28 Free Community Music in Stage Area Open Mic Stage 12:30 ~ 2:00 pm Lunch Special	29
30 	31 LSCO Closing at 2:00 pm	Jan. 1 Happy New Year LSCO Closed	MERRY Christmas 			

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.

Expressive Art

Join Sharon for this 10 week Expressive Art Therapy ADP Class! You don't need to be talented or an artist to participate. The creative process of making art improves a person's physical, mental, and emotional well-being. Caregivers are encouraged to bring their clients. Supplies are provided. Sharon Appelt will lead this program.

When: Mondays, January 7 – March 25 (no class Feb. 18)

Time: 1:00 – 2:30 pm

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

Register by: Wednesday, January 2

LSCO Adult Day Program

Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.

Program Schedule

Tuesday, Wednesday & Thursday
1:00 pm – 4:00 pm
Cost: \$3 per visit LSCO M; \$5 per visit NM
Attend 1, 2 or 3 days a week

Benefits

The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Transportation to and from the program are the responsibility of participant or caregiver.

FRIDAY MUSIC

LSCO FREE COMMUNITY MUSIC PROGRAM ~ DECEMBER 2018

DECEMBER 7: HANK WIEBE
DECEMBER 14: E & L ENTERTAINMENT
11:30 – 1:30 PM

DECEMBER 21: RAY SAUER CHRISTMAS MUSIC
DECEMBER 28: OPEN MIC STAGE
LUNCH SERVED 11:00 AM – 1:00 PM

LSCO ~ 500 - 11TH STREET SOUTH • 403-320-2222

Decking the Halls at LSCO

What a glorious time of year to spread the joy of the holiday season. People are drawn closer together and it is magical to watch and be part of. It's important we remember those in our community who are in need of food, warm clothing and toys. At LSCO we are offering a free Christmas Day Turkey Dinner where E & L Entertainment will be performing. Please invite any seniors who do not have family close by. On our Christmas tree you can choose an Angel Card and return a new unwrapped toy for a child which will be sent to community agencies offering family support.

November was another busy month at LSCO with activities and a staff change in our Meals on Wheels program. Natasha Elder has moved on from LSCO and we wish her all the very best. We sincerely thank Natasha for all the care and passion she provided our clients and dedicated volunteers with such organized ease and a smile.

Our new Meals on Wheels Coordinator, Michelle Strain, has joined our staff ranks. Michelle hails from Winnipeg and brings extensive experience working in a community centre supporting families, seniors and newcomers. Welcome Michelle!



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

Thank you to everybody who came out a second free massage by the Lethbridge College Massage Therapy students on November 14th. I heard a relaxing time was had by many!

Being my first Christmas at LSCO I am looking forward to experiencing the festive season with you all. I wish you and your family a warm, safe and merry holiday season.

December Support Services Programs

- Tuesday, December 4: Serenity Foot Care 9:00 am – 3:45 pm
- Friday, December 7: Hank Wiebe Friday Music Program, 12:30 pm – 2:00 pm
- Monday, December 10: Direct Dental Hygiene (Mobile dental services): 9:00 am – 3:00 pm

- Wednesday, December 12: Alger Zadeiks Shapiro (Free 15-minute legal consultation) 10:00 am – 12:00 pm
- Wednesday, December 12: Dr. Bolokoski Podiatry, 8:30 am – 12:30 pm (a few early morning spots remain)
- Thursday, December 13: Lethbridge Hearing (Hearing Screening): 10:00 am – 12:00 pm
- Friday, December 14: Christmas Handmade Craft Market, 9:30 am – 5:00 pm (Gym 2)
- Music by E & L Entertainment 11:30 am – 1:30 pm in dining room
- Friday, December 14: Reflexology 9:00 am – 3:00 pm (Clinic Room)
- Thursday, December 20: St. Patrick's School Choir 10:30 am, LSCO Stage Area
- Friday, December 21: Friday Music Program Ray Sauer Christmas Show, 12:30 – 2:00 pm
- Tuesday, December 25: LSCO Free Christmas Turkey Dinner, 11:00 am – 1:00 pm
- Friday, December 28: Andrea's Massage 9:00 am – 2:30 pm
- Friday, December 28: Open Mic Stage*
 *We will not have a Friday Music performer. For our members who are musicians, the stage is open to you. There will be a microphone and piano set up. Please feel free to share your talents.

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A lot of people like snow. I find it to be an unnecessary freezing of water. ~ Carl Reiner



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 587-223-0203
 ~ Travelling Together ~

Coeur D'Alene, ID	March 24-28, 2019 Spring Fling Break	\$575 pp/dbl
<i>Trip offers: Sightseeing, wine tasting, cultural tours</i>		
Edmonton, AB	Jan. 13-15, 2019 River Cree + GST	\$280 pp/dbl
Bonners Ferry, ID	Feb. 3-6, June 23 – 26, 2019	\$380 pp/dbl
Moose Jaw, SK	April 23-26, 2019 Temple Gardens GST included	\$425 pp/dbl
Camrose, AB	May 5-7, 2019 + GST	\$229 pp/dbl
Polson-Kalispell, MT	May 27-30, 2019 Sights, Shopping & More	\$475 pp/dbl
Winnipeg, MB	August 11-17, 2019 GST included. Call for details.	\$820 pp/dbl
Deadwood, SD	Sept. 29-Oct. 5, 2019	\$665 pp/dbl
Stoney Nakoda Kananaskis Overnight Trips:	Jan. 21-22, 2019	\$80 pp/dbl (based on Calgary departure)

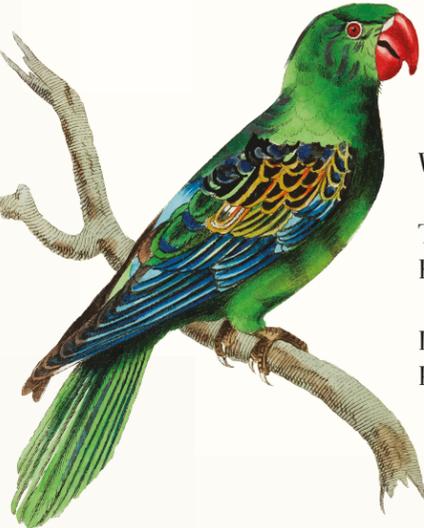
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Creative Arts *Creative Arts Classes this Winter*

- How to Match Colour
- Drawing from Life
- Beginning Animal Portraits in Coloured Pencils

BEGINNERS ANIMAL PORTRAITS in Coloured Pencil

After covering watercolour, drawing and acrylic animal portraits, this class we'll be using colored pencil as our medium. This class will be great for either a beginner or a more experienced student. We will be working with specific lesson plans and because this medium takes a while to complete, we may only end up with only a few finished pictures. With this medium, you can achieve a more realistic result and image which I think students may appreciate.



When: Wednesday
 January 30 – March 13
 Time: 1:00 – 3:30 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Donna Gallant
 Register by: Friday, Jan. 25

COUPLE DANCE

Join in on the fun with your partner to learn the Clarksville Shuffle, 2 Step and Jive through easy progressions. Every lesson promotes fun in an inviting atmosphere no matter what your dance experience is. Wear comfortable clothes and non-marking soled shoes that you like to dance in. You do not have to be a member of LSCO to participate. *Note: Fees are per person.

When: Mondays, Jan. 21 – March 18 (no class Feb. 18)
 Time: 6:45 – 7:45 pm
 Fee: \$56 LSCO M; \$70 NM
 Instructor: Gloria-Rose Puurveen
 Register by: Thursday, Jan. 17
 Location: LSCO Gym 2

Community Support Groups

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

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, December 11th** at 7:00 pm in Rooms 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, December 8th** at 2:00 pm in Room C & D.

Parkinson's Alberta Society

The next meeting is **Thursday, December 13th** 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, December 12th at 7:00 pm in Rooms A & B.

Alcoholics Anonymous

Saturday Morning Eye Opener

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

HOW TO MATCH COLOUR WORKSHOP

Do you ever get stuck trying to figure out how to match a colour you need without buying another tube of paint that you may only use once? In this 2.5 hour class you will learn how to analyze colour and mix up your own colour. You will only need 8 basic colours to achieve a multitude of colours and ultimately learn how to use your colour wheel to make your painting experience easier.



When: Thursday, January 24
Time: 1:00 – 3:30 pm
Fee: \$15 LSCO M; \$25 NM
Instructor: Donna Gallant
Register by: Monday, January 21

Internet Security & the Cloud

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

When: Mondays & Fridays
January 14 – February 1
Time: 1:45 – 3:45 pm
Fee: \$50 LSCO M; \$76 NM
Instructor: Ron Henriquez
Register by: Friday, January 11

\$6⁰⁰ BREAKFAST

8:00 am ~ 1:00 pm Weekdays

Wilber: “What If....”

Wilber was always in Sunday School when he was a boy. The lady keeping the Sunday School records was a big farm girl in her thirties, named Bertha. She was single, and big; probably tipping the scales at 200-250 pounds of solid muscle. Now Bertha did not like the boys in Wilber's class and was always insulting them. She hinted that the boys were less than normal in brain power and that some of them were not too well brought up. She was fond of saying that if she was their mother, there would be certain changes. Needless to say, that did not do a thing for the boys' attitudes. They called her “Big Bertha”. She didn't like them and it was no secret.

The boys' Sunday school class was located across the hall from the Sunday School office. The office was used by the ushers when they

counted the offerings and so had an old type of Yale lock on the door. It locked on the outside of the door. Now our story background is set...

On this particular Sunday, Bertha headed to the office to complete the Sunday School records. On her way in she made a nasty comment about the boys in class that could easily be heard all over the area and then slammed the door to emphasize her point. She shouldn't have done that.

Wilber wondered, “What if we flip the lock on her office door?” The boys took little time to decide and Wilber slipped quietly across the hallway and flipped the lock. He then returned to the classroom and waited with the other boys along with the young man who was their teacher (who might have encouraged them, as he did not have much love for Big Bertha either).

They didn't have long to wait. Soon the door rattled a few times as she tried to open it. The rattling got louder and then the air began to turn blue – and the language got louder. First the door jamb broke and then the door fell outward, immediately followed by the two hundred plus pounds of pure muscle that was Big Bertha. She threatened to discontinue their young lives and then loudly suggested that they were related to the devil – probably even direct descendants.

This was a small church and everyone could hear the ruckus. Wilber's mother was upstairs and turned to the lady sitting next to her in the choir and remarked, “I wonder what Wilber did this time?”

That is Wilber's “What If....”

by Stan Coxson



BUTTS AND GUTTS

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

When: Mondays, January 14 – March 25
(no class Feb. 18)
Time: 10:30 – 11:15 am
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, January 11

When: Thursdays, January 17 – March 28
Time: 5:15 – 6:00 pm
Fee: \$60 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: Friday, January 11

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. Andrea Hertz instructs these classes.



When: Tuesdays
January 8 – March 26
(no class Feb. 19)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Friday, Jan. 11

When: Thursdays
January 17 – March 28
(no class Feb. 21)
Time: 5:15 – 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Tuesday, Jan. 15

DRAWING FROM LIFE

Drawing from life means drawing from actual objects or subjects that you can see, touch and smell. We will cover the basics of all drawing like line, shape, value, texture and perspective. We will cover everything from quick sketches to detailed drawings. This is a great class for the beginner as well as a refresher for the more experienced drawer.

When: Thursday
January 31 – March 7
Time: 1:00 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, January 28



Yin Yoga

This challenging class is intended for those who have already practiced yoga. Yin Yoga focuses on the joints and connective tissue, especially in the hips, lower back and spine. Most of the poses are seated and last for 3-5 minutes, making the practice deeply meditative. Poses calm the mind, improve flexibility and joint mobility, decrease stress and anxiety, help balance energy (chi) in the internal organs through energy movement and meridian stimulation. Yin Yoga is a good compliment to other forms of vigorous exercise. Bring your yoga mat, a firm blanket and anything else you will need to be comfortable.

When: Mondays, January 14 – April 15
(no class Feb 18)
Time: 9:00 – 10:30 am
Fee: \$104 LSCO M; \$156 NM
Instructor: Karen Toohey
Register by: Friday, January 11

FIT BALL AND MORE

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! You must be comfortable getting up and down off the floor. A variety of resistance equipment is also used. Wear comfortable clothing and footwear. Don't forget to bring a yoga mat and water bottle.

When: Tuesdays & Thursdays, January 8 - February 28
Time: 9:00 - 9:50 am
Fee: \$50 LSCO M; \$96 NM
Register by: Friday, January 4



*Donated by LSCO Paper Tole
to raise money for LSCO*

Starting bid \$500
Bids accepted until December 14
Open to viewing at Administration Desk



Healthy Relationships with our Adult Children

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

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

Thursdays, January 10 – February 14
10:00 – 11:15 am • LSCO Board Room

Topics include:
Communication • Boundaries
Roles & Relationships

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



BHUTANESE CULTURE

Do you want to learn about Seniors Bhutanese culture?

Lethbridge Family Services is offering the opportunity to learn about Bhutanese culture and family life. If this would be something of interest to you, please RSVP to Charlene Kocken by December 3, 2018.



Do you want to learn more about Seniors Bhutanese culture?

Everyone is welcome!

December 5, 2018

An opportunity to learn about customs, beliefs and practices.

RSVP by December 3, 2018

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December 5, 2018

Evening Line Dancing



Designed for the beginner, line dance routines will be taught containing short sequences of steps, with easy to follow instructions. No previous dance experience or partner required. Come join the fun! You will be glad you did. Wear non-marking soled shoes. *You do not have to be a member of LSCO to participate.*

When: Mondays, January 21 – March 18
(no class February 18)

Time: 8:00 – 9:00 pm

Fee: \$56 LSCO M; \$70 NM

Instructor: Gloria-Rose Puurveen

Register by: Thursday, January 17

Location: LSCO Gym 2

CIRCUIT TRAINING

Participants will enjoy a variety of workouts during this 4-week session, offered twice per week including strength, cardiovascular training, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (beginner & intermediate). Classes will be held in the Fitness Centre. Instructor is Jamie Hillier.

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.

When: **Session 1:** Tuesdays & Thursdays
January 8 – 31

Time: 1:30 – 2:30 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Friday, January 4

When: **Session 2:** Tuesdays & Thursdays
February 5 – 28

Time: 1:30 – 2:30 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Friday, February 1

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What Can Be Done?

It seems lately that the Lethbridge of old, the one we grew up with, the one where walking downtown was not an exercise in keeping your wits about you, does not exist anymore. The safe injection site, the infamous ranking by *Macleans* magazine, the new meters in downtown Lethbridge (only half kidding, they are terrible), add up to a feeling of despair amongst our citizens. All of us would like to live in a community where taxes are low, the government services are good, its citizens are happy, everyone who wants to work can have meaningful employment.

Lethbridge is a great place to live, but we are on the verge of losing what makes our community a great place. Ask anyone whether they want to go downtown, and the answer is not if I don't have to. The recent installation of the high-tech parking system that confounds even the techiest person, is an example of what makes downtown an inaccessible, unfriendly place to be. Can you imagine trying to feed one of the yellow beasts in the middle of winter and you are fumbling for coins and pushing buttons with your gloves off?

Then there is the supervised consumption site. I was completely floored when I read that since it opened in February and until the end of October there were 90,000 plus uses of the facility. In case you're counting that is close



Legal Tips and Information

Douglas Alger

to the population of the City of Lethbridge. Absolutely incredible. Basically, someone who is consuming these drugs has become a non-functioning member of society. It would be interesting to note how many of these visits are by the same individuals. I have read that the opioid crisis is rampant across North America and it is has turned into an epidemic that is big as any major disease. The fatalities from this epidemic are staggering and if they continue at the present rate, they will surpass anything we have seen.

The question is what is to be done. It is easy not to have sympathy for the users of these drugs and how they are a major drain on our society. They make regular tax paying citizens resentful. They create fear in our downtown. The answers are not easy to this problem and

something that requires more than just meetings at City Hall or having a place for users to safely inject themselves. The problem requires the equivalent of a moon shot, one where all levels of government, law enforcement, medical, sociologists, and others, combine their skills to come up with a nation-wide system to combat this scourge. I think that our made in Lethbridge solution should have been part of such an effort.

I have written in the past about what is the function of good government and clearly dealing with this epidemic should be one of the prime functions of our local, provincial and federal governments. It was too much to ask our City leaders to deal with this problem on its own. Perhaps I am misinformed on this subject, but when was the last time you heard Justin Trudeau or Rachel Notley speak on this issue? The opioid crisis has created a sense of dread in our communities and affects our quality of life. It is time that that this country, that is consistently ranked one of the best places to live in this world, deals with this issue head on.

Let's hope that 2019 brings some progress on this issue and to that end, I wish you a joyous holiday season and a happy new year. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

THIS IS THE SEASON TO BE AWARE OF THE TINY MAGIC EVERYWHERE.



December At a Glance

museum admission fee applies | free to annual pass holders

<p>Sat DEC 01 Holiday Cards Saturdays at 1:00 1-2 pm Families</p> <p>Sun DEC 02 The Botany of Christmas Café Galt 2-3 pm Adults & Seniors</p> <p>Wed DEC 05 Holiday Ornaments Daytime Galt Workshops 10:30-noon Adults & Seniors</p> <p>Wed DEC 05 Women, War and Witchcraft Wednesdays at the Galt 2-3 pm Adults & Seniors</p> <p>Fri DEC 07 Holiday Ornaments First Friday Fun 1:30-3 pm All Ages</p> <p>Sat DEC 08 Button Trees Saturdays at 1:00 1-2 pm Families</p> <p>Thu DEC 13 Honeycomb Wreath Evening Galt Workshops 7-9 pm Adults & Seniors</p> <p>Sat DEC 15 What do Treaties Really Mean? Saturdays at 1:00 1-2 pm Families</p>	<p>Wed DEC 19 Holiday Music Wednesdays at the Galt 2-3 pm Adults & Seniors</p> <p>Fri DEC 21 Fort Winter Open House Special Event 1-4 pm All Ages</p> <p>Sat DEC 22 Christmas Stockings Saturdays at 1:00 1-2 pm Families</p> <p>Wed JAN 02 New Year's Manner Tea Top 5 of 2018 1-3 pm Families</p> <p>Thu JAN 03 Painted Rocks Top 5 of 2018 1-3 pm Families</p> <p>Fri JAN 04 Rag Dolls Top 5 of 2018 1-3 pm Families</p> <p>Sat JAN 05 Flip Book Animation Top 5 of 2018 1-3 pm Families</p> <p>Sun JAN 06 Herb Gardens Top 5 of 2018 1-3 pm Families</p>
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Christmas Arrangements

It's amazing how the simple question of who to spend Christmas with bane so many of us year on year. Whilst these might look like straightforward it all gets more complicated when family members have different ideas about who all these important nearest and dearest actually are.

Deciding who to spend Christmas with is often a major source of tension in relationships, especially where families are trying to cover all bases. This is never truer than for step families or blended families where there might be competing agendas, very far distances and especially where children, grandchildren are concerned.

Often problems about Christmas arrangements arise when after years of going along with the same tried and tested routine, someone wants to make changes. This is often the result of life stage themes such as the kids leaving home, one family member feeling fragile following ill health, or where mobility is an issue. A change of scene at Christmas may be just what the family needs, but do it too suddenly and it can also create difficult dilemmas which are often made worse if people don't communicate effectively.

At the bottom of much of this distress is often the genuine concern that if we make changes to our plans, someone who may have previously relied on us is going to be hurt and pos-



LEARN
Case
Manager

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

sibly alone. The fear of loneliness at this time of year is heightened.

However, there are some pointers that can often make this particular problem a little easier. Firstly, be realistic. You can't please everyone. Neither can you or should you take on vast swathes of extra work trying to achieve the impossible. So, if it falls to you to do most of the sorting out, it might be helpful to start talking about what feels do-able sooner rather than later. This often means that more people's opinions can be canvassed and considered before a decision is made.

Secondly, it's usually better to make change gradually. People can often accept minor differences which before they (and you) know it, become part of a new way of doing Christmas so it's all less of a shock to the system. Thirdly, if you have a difficult relationship,

it helps to have tricky conversations about any arrangement away from other stressors. So, finding time to connect, talk and listen to their thoughts and feelings within a neutral environment can be a really powerful way of reaching a reasonable agreement.

Finally, and most importantly, do recognize it's OK to take control of the Christmas arrangements. People have a choice about how they react to new arrangements but the old adage "Do unto others what you would have them do unto you" isn't a bad one to think about, especially at this time of year.

Article – Monday 16 November 2015 - Amanda Major is a trained Relate Counsellor and senior consultant.

I hope this article has provided some valuable information about managing the upcoming season.

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.

Computer Corner

by Sjoerd Schaafsma

The December Techie Stocking Stuffer Edition

Shopping for the techies on your Christmas list doesn't have to be expensive. My backpack is full of inexpensive and handy gizmos I've found over the years. Stocking stuff implies it will fit into a stretchy sock.

Here's a list of stuff, and what it might be used for. Sources range from online stores like Amazon or eBay, to local big box stores, dollar stores, specialized computer shops and thrift stores. Prices range from a few dollars to a few hundred.

- | | |
|----------------------------|--|
| Battery pack and charger | charge your mobile device away from an electrical outlet |
| Bluetooth headphones | wireless, and get a Bluetooth adapter if you don't have one |
| Cable holders and wraps | keep that collection of cables from becoming a tangle |
| Card Reader | older computers might not read your newer camera cards |
| Hard drive - SSD | get more speed out of your computer by replacing your hard drive with a faster solid state drive |
| Hard drive – external | don't lose your files, back up to an external drive |
| Micro SD card | one more place to store files, photos or videos, |
| Network Switch | hook up more computers and devices to your home network |
| RAM memory | speed up your computer with more 'brains' |
| Raspberry Pi | strictly for the tinkerer, a computer about the size of a cigarette package |
| Wifi Booster | get better wifi coverage throughout your entire house |
| Wifi adapter | no wifi in your computer? Plug an adapter into a USB port |
| Cables – network | don't like wifi? Wire your house. |
| Laptop power supply | before your power supply dies, get a spare universal replacement |
| Mobile protection | invest in a case or clear protective cover for your cell phone or tablet |
| Subscription | Wikipedia, or any of the web based help publications |
| Tablet or cell phone stand | hands free reading at a better angle |
| Usb cable extension | who can't use a longer extension cord sometimes? |
| Usb to Ethernet adapter | in case your built-in network adapter dies |
| Usb3 hub | faster file transfers if you use multiple USB storage devices |
| Usb3 thumb drive | much faster file transfers |

If you don't know what some of this is, Google it or consider a gift card to your favourite technology store.

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. 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

ATB PRESENTS 27TH ANNUAL MAYOR'S CHRISTMAS CONCERT SOUTHMINSTER UNITED CHURCH 7 PM DECEMBER 8, 2018

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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.

December

Monday 3	Updates and computer maintenance
Wednesday 5	Sharing favourite websites
Monday 10	Sharing & help session
Monday 17	Sharing & help session
Wednesday 19	Social media sharing, Facebook, Instagram, Twitter, Snapchat, Instagram

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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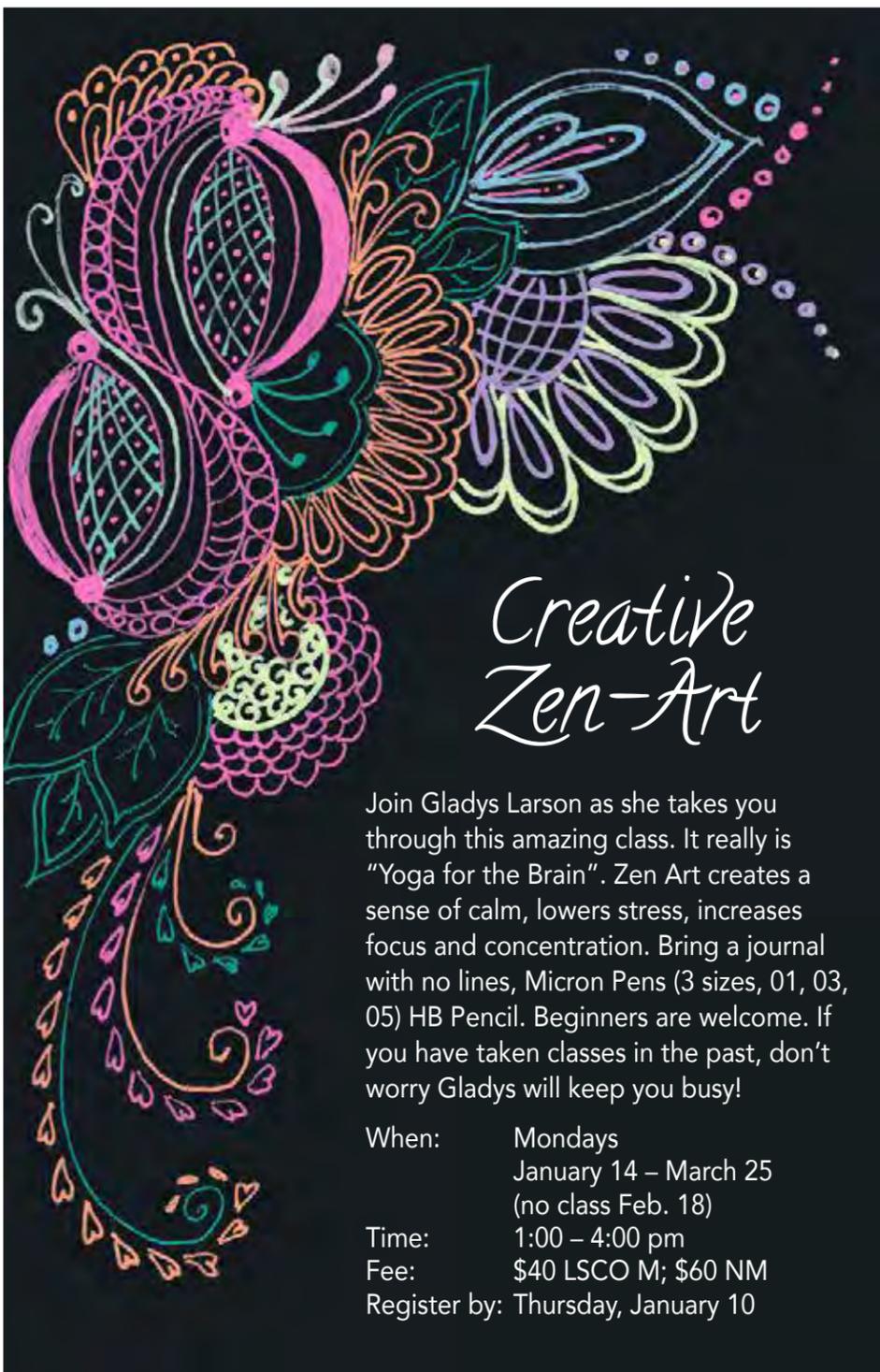
You're Invited!

FAMILY CHRISTMAS OPEN HOUSE

Saturday, December 15th
1:00-4:00pm
Old Paramount Theatre
719 4 Ave South, Lethbridge



RACHAELHARDER.CA 403.320.0070 @RACHAELHARDERMP



Creative Zen-Art

Join Gladys Larson as she takes you through this amazing class. It really is "Yoga for the Brain". Zen Art creates a sense of calm, lowers stress, increases focus and concentration. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil. Beginners are welcome. If you have taken classes in the past, don't worry Gladys will keep you busy!

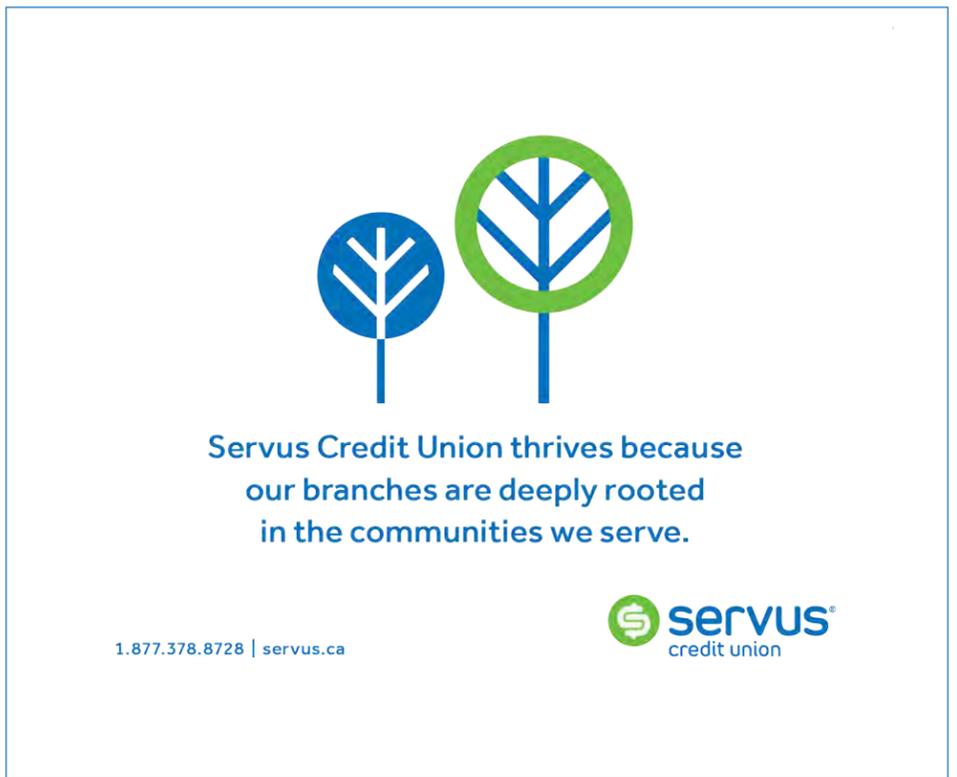
When: Mondays
January 14 – March 25
(no class Feb. 18)

Time: 1:00 – 4:00 pm

Fee: \$40 LSCO M; \$60 NM

Register by: Thursday, January 10

Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance. ~ Yoko Ono



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Battle Hymn

I feel the dirt on my grave.

~ Theresa Caputo, *the Long Island Medium*

Recently I have been feeling as though I am walking through a battlefield. There are casualties all around me, some still fighting for their life and others that have already lost the battle. The truth is that we will all be fighting the good fight to forestall our own deaths someday. The enemies of life seem to surround the life path I walk recently. There are wars, accidents, crimes, illnesses and some who have recently made it to the end of a long, long life. Most of us would not want to know what our lifespan will be, nor do we want to know what will take us out. Our family, and myself in particular, have experienced the loss of loved ones at an extraordinary rate in the last few years. It seems that I have just recovered from the grief of losing one person and then another one goes. I'm sure many of you have felt the same way at times. While I am not depressed about the death of those I've lost, I do wish the losses would slow down just a little. Other than a few distant cousins my Mother's family is all gone. There were 10 children in their "my kids, your kids and our kids" family. My Dad's family of nine is down to one 97-year-old aunt who is still living by herself and has not lost her positive nature.

Death of loved ones, family and friends, usually comes as a shock, even if that loved one is suffering from a fatal illness. In such cases a forecast life expectancy of a year, six months, even one month translates to feeling like forever when you are closely affected. When you know that a loved one is close to leaving we try



The Widow's Walk

Kay Long, BSW, RSW

to count each day, every minute, as a blessing, and continue with life as normally as possible.

So many of the casualties I have known suffer from some form of cancer (commonly called the Big C in our household) and go through horrible treatments before they either survive the treatment or die. Someone recently remarked that the day will come when we look upon cancer treatments as barbaric just as they once used bleeding the ill as a cure for everything. Sometimes to their death. If you have ever closely witnessed someone who endures chemotherapy and radiation you understand what I mean when I say that sometimes the cure is worse than the disease. Especially if they lose the battle for life. My late husband lost his battle over twenty years ago now but I still remember how badly he wanted to live and how he suffered through the treatments. He never was a good gambler and that proved to be the case in the gamble for his life.

Age doesn't always make a difference as to who will be struck down with the Big C. Our family's most recent casualty was only 23 years old when he lost his battle. He was diagnosed

when he was in junior high school and managed to make it through to get his high school diploma between treatments.

In his case the world lost a wonderful, bright young man, and we are the poorer because of it.

I'm a firm believer that we, the people, have managed to poison our environment, and one of the results is the prevalence of the victims of Big C, the autoimmune diseases and the rise in numbers of people who suffer some form of dementia. At the rate we are going our earth will soon become an environment where no one wants to live. Unfortunately, at this point in time we have no other choice. I hope that people and future generations will eventually realize that we need to stop dirtying our own nest.

I know that there are many of you that also experience the death and tragedies of people we care for. For some strange reason the illnesses and deaths seem to come in clusters. We have peaceful times and then we get a phone call telling us that someone close to us is gone. Soon after we hear of another crisis in our extended family and at times another follows quickly. Maybe, (especially in my case) it's a combination of the numbers of people that I count as family (blood, extended and adopted) in my life or it is just that I'm getting to be such an elder. The longer we live the more chance of losing those we love.

Have a wonderful and safe holiday, my friends and loyal readers, and we will look forward to a more tranquil 2019. ★

The Widow's Walk: A Survivor's Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

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