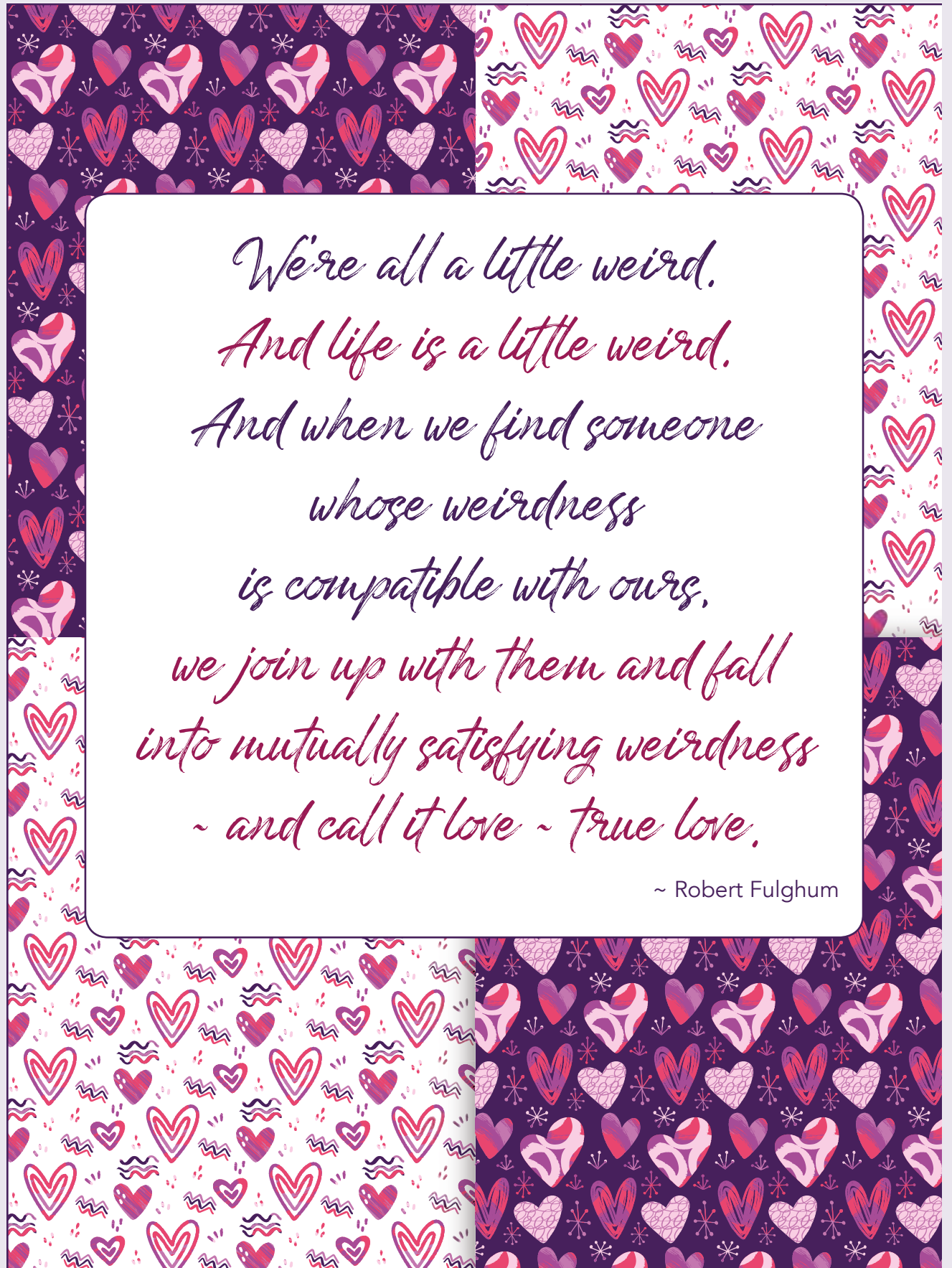


## INSIDE THIS ISSUE

*Executive Director* . . . . . p.2  
*LSCO Contacts* . . . . . p.3  
*From the Kitchen* . . . . . p.4  
*Message from the President* . . . . p.4  
*LSCO Case Worker* . . . . . p.7  
*Volunteer & Fund Development* . . p.9  
*LSCO Support Services* . . . . . p.10  
*LSCO Programs* . . . . . p.11  
*Community Support Groups* . . . p.15  
*Adult Day Program Calendar* . . . p.16  
*LEARN Case Manager* . . . . . p.22



*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

## Join Us for

### WINTER WALK DAY

Wednesday, February 6

### PRACTICING HAPPINESS

Starts February 6

### BETTER BUSINESS BUREAU FRAUD PREVENTION WORKSHOP

Tuesday, February 19

### FREE NECK & SHOULDER MASSAGES

Tuesday, February 26

### STAGE WEST DRINKING HABITS 2

Wednesday, February 27  
 Call to see if space is available.

**7th  
ANNUAL**

# Live Well Showcase

**A TRADE SHOW FOR ACTIVE AGING**  
 Lethbridge Senior Citizens Organization  
 See list of Exhibitors on page 5

**Thursday, May 2nd 10 am - 5 pm**  
**Friday, May 3rd 10 am - 3 pm**

**Booking Exhibitors Now**  
 Contact LSCO at 403-320-2222



## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

If it seems to you that LSCO is busier these days, your perception is correct. Due to the great programs implemented by LSCO Program Development Coordinator, Shawn Hamilton, LSCO is offering classes and activities of relevance to our adult community, not just our members. She has attended senior appropriate fitness training, teaches classes and recruits instructors to lead a number of classes in our Centre. It is important to

keep the program department current and safe for our participants. Helping Shawn on this exciting journey is Jamie Hillier, Fitness Instructor/Trainer. Jamie teaches classes in our gyms and Fitness Centre and can be booked for Personal Training.

The programs (including computer and art classes) have proven so successful that we are, literally, running out of room to house everything. In order to accommodate all of what we do, we have enclosed the stage area in the dining room and added hard surface vinyl flooring in Rooms A/B and C/D. This has created three new, much needed, program spaces. We have also created two pickle ball courts in Gym 2 to give the rapidly expanding pickleball group more playing time.

The Program Department has many more great ideas that we would love to implement...we will just have to figure out how and where to do it. Don't get me wrong, this is a positive problem not a negative one! ★

**LSCO ANNUAL GENERAL MEETING**  
**TUESDAY, MARCH 26, 2019**  
**STAGE AREA**

**BUSINESS MEETING**  
**1:15 P.M. ~ 1:45 P.M.**

☺

**TOWNHALL MEETING**  
**1:45 ~ 2:00 P.M.**

**FREE COFFEE & COOKIES**  
**DRAW FOR \$50 LSCO GIFT CARD FOR ALL ATTENDEES**



Strength Class at LSCO

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

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

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

**PHILIPS Lifeline**

## OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

**Lethbridge**  
HEARING CENTRE

**Cornerstone**  
Funeral Home & Crematorium

**Hosack**  
DENTURE CLINIC LTD.

**LOWE'S**  
NEVER STOP IMPROVING.

**AgeCare**

**FOX DENTURE CLINIC**

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

**teamworks**  
career centre

**SELECT**  
PEOPLE SOLUTIONS

**urban grocer**



## Chair Yoga

Chair yoga is suitable for all ages, fitness levels and physical conditions.

When: Wednesdays, January 9 – March 27  
Time: 9:35 – 10:25 am  
Drop In Fee: \$3.00 LSCO M; \$5.00 NM

# 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](http://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, Bob Morrow, Liz Iwaskiw and Karen Johnson.

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

### Staff Members:

- Executive Director – Rob Miyashiro  
[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com) . . . . . ext. 24
- Operations Manager – Jodie McDonnell  
[jmcdonnell@lethseniors.com](mailto:jmcdonnell@lethseniors.com) . . . . . ext. 23
- Support Services Coordinator – Erin Vogt  
[evogt@lethseniors.com](mailto:evogt@lethseniors.com) . . . . . ext. 25
- LEARN Case Manager – Joanne Blinco  
[learn@lethseniors.com](mailto:learn@lethseniors.com) . . . . . 403-394-0306
- LSCO Case Worker & LEARN Coordinator  
 Lavonn Mutch  
[lmutch@lethseniors.com](mailto:lmutch@lethseniors.com) . . . . . ext. 57
- Volunteer Coordinator – Chelsea Sherbut  
[csherbut@lethseniors.com](mailto:csherbut@lethseniors.com) . . . . . ext. 31
- Member Services Assistant – Diane Legault  
[dlegault@lethseniors.com](mailto:dlegault@lethseniors.com) . . . . . ext. 30
- Marketing & Media Coordinator – Lisette Cook  
[lcook@lethseniors.com](mailto:lcook@lethseniors.com) . . . . . ext. 33
- Program Development Coordinator – Shawn Hamilton  
[shamilton@lethseniors.com](mailto:shamilton@lethseniors.com) . . . . . ext. 26
- MoW Client & Volunteer Support Worker – Michelle Strain  
[mow@lethseniors.com](mailto:mow@lethseniors.com) . . . . . ext. 34
- Fitness Instructor/Trainer – Jamie Hillier  
[fitness@lethseniors.com](mailto:fitness@lethseniors.com) . . . . . 403-320-2222
- Accounting Technician – Christine Toker  
[finance@lethseniors.com](mailto:finance@lethseniors.com) . . . . . ext. 59
- Catering – Christine Toker  
[catering@lethseniors.com](mailto:catering@lethseniors.com) . . . . . ext. 59
- Administrative Support – Kari Martin  
[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) . . . . . ext. 21
- Food Services Coordinator  
 Stacey Gleeson. . . . . ext. 27
- Cook I – Janay Elder. . . . . ext. 27
- Food Service Cashier – Georgette Mortimer . . . . . ext. 27
- Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32
- Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK (5465) It's free!

*The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.*

*If anyone has any issues or concerns with any of the advertisers in LSCO Times, please let us know so we can address the issue.*

Visit us on Facebook!

<http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844>



## LSCO Vision Statement

*“An active, healthy community which is learning, growing and making a difference.”*

*Welcome New Members!*

Keith Langille Brad Bengry Shelly Lumley Morris Soenen Ruby Coyle Stella Whitt Edward Betts Karen Betts Cory Varzari Ruth Bakan Wilf Bakan Barney Heitman Jessie Douglas Gerry Fleckney Terry Fleckney Margaret Rumer Craig Rumer	Steve Mitchell Richard Wells Charles Guenther Lena Schalk Willy Dykslag Bill Latimer Patricia Latimer Dawn May Elizabeth Miller Brenda Pennington Janine Klys Susan Pasztor Gerrie Layton Linda Bissett Larry Crofts Randy Sweet Rosalyn Sweet
---	--

*A Smile is the Universal Welcome.*

LSCO will be  
**CLOSED**  
 Monday, February 18th  
 for Family Day

## Community Volunteer Income Tax Program

WE WILL BE BOOKING APPOINTMENTS  
**STARTING FEBRUARY 20TH.**  
 Appointments will not begin until **March 12th.**  
*Book your appointment at the Administration Desk or by calling 403-320-2222.*

**Do you qualify for this FREE service?**

**Volunteers DO NOT prepare returns for:**

Individuals who:

- report business or rental income and expenses;
- report capital gains or losses; • report employment expenses;
- filed for bankruptcy; or • died in the tax year.

Income thresholds for eligible individuals	
Taxpayer status	Annual income
Single person	up to \$35,000
Couple	up to \$45,000
One adult with one child	up to \$40,000
Each additional dependent	up to \$2,500
Interest income less than	\$1,000

### 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
March 2019 . . . . .	February 15
April 2019 . . . . .	March 15

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

Good day! February already and thankfully the days are getting a little longer. Like it or not next month we'll switch back to day light savings time.

I'm a follower of social media but try to be discerning about what I read. In January I received a post from a local funeral home asking for opinions about green burials. Tweaked my curiosity so I searched the internet and found an organization "Green Burial Society of Canada" www.greenburialcanada.ca. It defines "Green Burial" as "Simple and natural, green burial or natural burial, is a gentle way of leaving the world with minimal environmental impact." There's a significant amount of information on the subject at their website so if you're curious I'll leave it to you to do the research.

To my knowledge the only choices we have in Alberta for human remains are traditional burial and cremation. Perhaps our local funeral homes are simply trying to get ahead of the curve of change.



## President's Message

Keith Sumner

In my searches I also found the Alberta Funeral Services Regulatory Board. www.afsrb.ab.ca . The Board is a delegated regulatory organization of our Provincial government. If you go to their website and click on the heading Planning and Prearranging, there is a wealth of information about the subject of funerals.

Again, while searching I came across Service Alberta's website www.alberta.ca/ministry-service-alberta.aspx It has a subheading titled 'life

events' and when I clicked on 'Death' there was a list of services and information available to us.

I suspect some of you are thinking this is a depressing subject for Keith to be writing about, to me it's not. It's the way I approach each major consumer transaction I'm entering. I want to have unbiased information. If someone is trying to sell me something their information can hardly be said to be unbiased. Social media and the internet are great sources of information but always remember to question the source. Usually Governments' websites are reliable.

I'll leave you with one of my favourite quotes about investigating. Its by Herbert Spencer.

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation."

Hope February brings a smile to your face.

Namaste! ★



### Price Change Notification

(Effective March 1, 2019)

## FOOT CLINIC \$15.00

Beginning **March 1, 2019** Chinook Foot & Ankle Clinic (Dr. Bolokoski) out of office foot clinics (including LSCO) will have a price increase of **\$5.00**.

If you have any questions or concerns please call 403-331-3338.

### How to help a grieving friend or family member

Grief can be all-encompassing and is a form of loss that each of us will have to face at some point in our lives. If you've experienced it, you've likely found ways to cope and can recognize how personal the process is.

When a friend or family member is experiencing grief, there is a role you can play in helping them through the hard times. Consider these tips from Arbor Memorial:

**Ask how you can help.** Try to take a few tasks off their plate. Your loved ones might not know what they need and there are many ways you can help. Consider making meals and delivering them, shoveling their driveway or mowing their lawn. Even the smallest actions can go a long way when someone is grieving.

**Be respectful of their coping methods.** Reserve judgement. Whatever their reaction, grieving is normal and everyone experiences it differently. Listen and let them talk as much as they need to, but also be comfortable with silence.


**Be patient.** Grief doesn't fade with the funeral flowers. Let your loved one know on a regular basis that you're aware they're still in pain. Continue to be there for them for as long as they need.

"There's plenty of support following a loss, during the initial period of shock – but that support may dwindle long before the need for it fades," explains Sean Marenger, a branch manager at Arbor Memorial.

"In the weeks following a death, don't let the fear of saying the wrong thing keep you from reaching out – there is never a wrong time to help."

When offering your support, remember that grief is a process, not an event – and it takes time.

www.newscanada.com




## MENU ~ FEBRUARY 2019

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

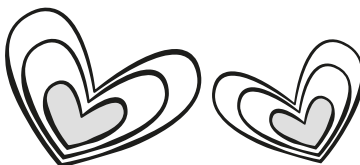
**The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards**

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

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



*Happy Valentine's*

Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
<b>Entree:</b> Pork Schnitzel <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Pan Fried Salmon <b>Potato:</b> Roasted <b>Soup:</b> Chef's Choice	<b>Entree:</b> Honey Garlic Roast Pork <b>Potato:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Meafloaf <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Cacciatore <b>Potato:</b> Rotini Pasta <b>Soup:</b> Chef's Choice
<b>Monday, February 11</b> <b>Entree:</b> Cabbage Rolls <b>Potato:</b> Perogies & Onions <b>Soup:</b> Chef's Choice	<b>Tuesday, February 12</b> <b>Entree:</b> Chicken Pot Pie <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice	<b>Wednesday, February 13</b> <b>Entree:</b> Shepherd's Pie <b>Potato:</b> <b>Soup:</b> Chef's Choice	<b>Thursday, February 14</b> <b>Entree:</b> Stuffed Chicken Breast <b>Potato:</b> Rice Pilaf <b>Soup:</b> Chef's Choice ♥ Bring your Valentine in for a 2 for 1 Special ♥	<b>Friday, February 15</b> <b>Entree:</b> Roast Pork Loin with Apple Sauce <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice
<b>LSCO CLOSED for Family Day</b>	<b>Tuesday, February 19</b> <b>Entree:</b> Cod <b>Potato:</b> Roasted Baby Potatoes <b>Soup:</b> Chef's Choice	<b>Wednesday, February 20</b> <b>Entree:</b> Lasagne <b>Potato:</b> Garlic Bun <b>Soup:</b> Chef's Choice	<b>Thursday, February 21</b> <b>Entree:</b> Liver & Onions <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice	<b>Friday, February 22</b> <b>Entree:</b> Roast Beef Dinner <b>Potato:</b> Roasted <b>Soup:</b> Chef's Choice
<b>Monday, February 25</b> <b>Entree:</b> Teriyaki Chicken <b>Potato:</b> Rice <b>Soup:</b> Chef's Choice	<b>Tuesday, February 26</b> <b>Entree:</b> Spaghetti & Meat Sauce <b>Potato:</b> Garlic Bun <b>Soup:</b> Chef's Choice	<b>Wednesday, February 27</b> <b>Entree:</b> Beef Stroganoff <b>Potato:</b> Egg Noodles <b>Soup:</b> Chef's Choice	<b>Thursday, February 28</b> <b>Entree:</b> Roasted BBQ Chicken <b>Potato:</b> Roasted Yams <b>Soup:</b> Chef's Choice	



**7th ANNUAL**

# Live Well Showcase

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

**Booking Exhibitors Now**

Contact LSCO  
500 ~ 11 Street South, Lethbridge  
www.lethseniors.com  
403-320-2222

**Thursday, May 3rd 10 am - 5 pm**  
**Friday, May 4th 10 am - 3 pm**

**Exhibitors** (registered as of January 21, 2019)

Adapt Chiropractic	Cornerstore Funeral Home	One Spirit - Regression Hypnosis
AE Cross Studio	Direct Dental Hygiene	Panache Boutique
Age Care – Columbia Assisted Living	Dying With Dignity Lethbridge	Psychologist's Association of Alberta
AHS - Health Link- Dementia	Elim Village	Radiology Associates
Advice Line	Gladium	Remax Real Estate – Lethridge
AHS – Population Health Promotion	Green Acres Foundation	Brent Black
Alberta Blue Cross	Hosack Denture Clinic	Save On Foods
Alberta Motor Association	J & L Shuttle Service	Season's Lethbridge Gardens
Alberta Supports Lethbridge (AB Gov't)	Kalispell Regional Healthcare	Taylor Made Outings
Alzheimer Society of AB & NWT (Lethbridge)	Ladybug Arborists	The View at Lethbridge
Audiology First	Leisters Home Care Equipment	Ultimate Freedom Plus
Avail CPA	Lethbridge Hearing Centre	Vibrant You – Oxygen Therapy
Canadian Tire	Martha's House	Visual Effects – Eye clinic
Chinook Respiratory Care	Naked Feet Mobile Foot Care	Vital Aire Canada
ComforTek Seating	NewRock Developments	Vitality Health Improvement Clinic
	Once Upon a Chocolate	VOXX Life
	Chocolatiers Inc.	

**Speakers sponsored by Hosack Denture Clinic**

## Morning Strength & Stretch

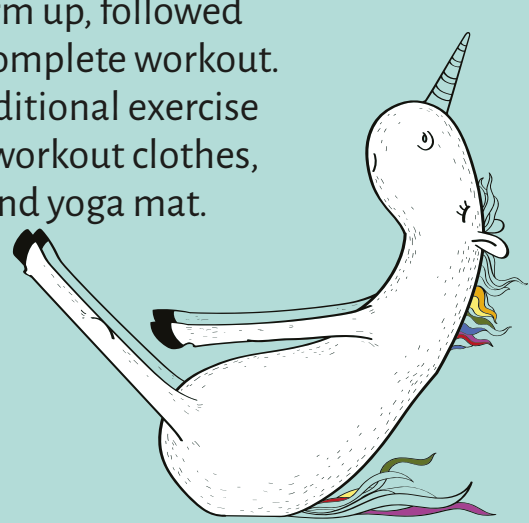
This class is designed to increase physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment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

When: Wednesdays  
February 20 – March 27

Time: 12:05 – 12:55 pm

Fee: \$33 LSCO M; \$50 NM

Register by: Friday, February 15



**Call Russell Raslask for all your real estate needs.**

**403-330-1540**

**A new year brings new opportunities. For many people this means reconsidering their housing needs to accommodate:**

- changes to family size
- retirement
- travel
- fewer yard and household chores.

**I can help you with:**

- understanding the current market
- home valuation
- moving services
- finding the “right sized” home.

**sutton group – lethbridge**  
suttleth@telus.net

**NEW**

## Free Chair Yoga/Exercises

For the month of February join Shawn as she guides you through a routine which may assist you to improve your strength, balance and flexibility. Props will be used.

When: Tuesdays, February 5 – 26  
Time: 10:30 – 11:15 am  
Fee: FREE

Registration not required. Arrive at least 5 minutes prior to start time.

**J & L SHUTTLE SERVICE**

Check out our website [jandlshuttle.com](http://jandlshuttle.com)

**NEW SERVICE**  
Lethbridge to Calgary **DAILY**



**CALL 403-317-2077**  
We pickup/drop off at your door in Lethbridge.



Are you tired  
of being sick and tired?  
**403-942-1411**  
Call Now!  
We are in Lethbridge

An easy, non-invasive Therapy to dramatically  
improve heart health and circulation  
to your organs, muscles and brain.

Scientifically supported!  
Results will last years!



**E**nhanced  
**E**xternal  
**C**ounter  
**P**ulsation

It's time to **LIVE AGAIN!**

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



*Gentle Yoga*

This 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  
January 8 - February 28  
Time: 9:30 - 10:30 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

When: **Session 2:** Tuesdays & Thursdays  
March 5 - April 25  
Time: 9:30 - 10:30 am  
Fee: \$70 LSCO M; \$88 NM  
Register by: Friday, March 1

*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, January 10 - March 28  
Time: 12:05 - 12:55 pm  
Drop In Fee: \$8.50 LSCO M; \$12.00 NM  
Instructor: Melanie Hillaby

# BINGO VOLUNTEERING SUCKS

See Chelsea's article on page 9 to see why Bingo volunteering really doesn't suck.

“Don't be afraid of  
being a beginner.”

**Eat anything you want...  
anytime, anywhere...**  
with the help of implant supported dentures.

Call us today for your  
complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251

## 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  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

When: Thursdays  
January 17 - March 28  
(no class Feb. 21)  
Time: 5:15 - 6:15 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

## Random Acts of Kindness

In searching the web, I came upon the *Random Acts of Kindness* website and I like their registered insert: **Make Kindness the Norm.** Brooke Jones is the Vice President of the Random Acts of Kindness Foundation, she suggests that kindness starts with one:

- One smile
- One compliment
- One cup of coffee
- One conversation
- One way for you to determine your kindness

The year 2019 will have many challenges for all of us, environmentally, politically, financially, family, health and spiritually just to name a few. Being kind was something I remember being taught as a young child



LSCO Case  
Worker/  
LEARN  
Coordinator

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

from many sources. Being kind is timeless, it never goes out of style, it is an important and a valuable action that keeps us human and connected.

Kindness does not cost. Giving and receiving kindness has a basis in brain chemistry that includes:

*Serotonin:* serotone helps with learning, memory, mood, sleep, health and digestion

*Oxytocin:* oxytocin reduces stress and lowers blood pressure

*Endorphins:* endorphins produce feelings of happiness and relaxation

To practice kindness, you do not need a special set of tools, there is no age requirement, no secondary school degree, it requires your own personal mindfulness and effort.

I see those acts of kindness being practiced by so many individuals at LSCO Community Centre on a regular basis and I want to say thank you. ★

### Which smartphone should I buy?

If it's time to upgrade your device, you could be overwhelmed by the number of choices and features on the market. But with a little bit of research and expert advice, the process can be simpler.

Here Paul Dayco, chief technology officer at Huawei, offers a few helpful pointers that will make finding your next smartphone a breeze.

"I think the best thing to do before you go shopping is to determine what you're going to use it for. If you want great photography, lightning-fast downloads, huge battery and the confidence that goes with those features, I would recommend the Mate 20 Pro. Smartphone reviewers have had nothing but praise for it."

Below is some more advice to help you make an informed purchasing decision:

- Check the IP rating. This number indicates what level of protection the phone has against both solids and liquids. Take for example an IP68 rating. The

first number (6) indicates that it is totally protected against dust. The second number (8) indicates that it is water resistant for up to 1.5 metres of water for 30 minutes. You want to be sure your phone will survive wet, wintery weather.

- Smartphones have all but supplanted dedicated point-and-shoot cameras as the way to capture day-to-day moments. A great all-around camera with good day and nighttime performance is a must-have for some. The ability to take ultra-wide angle shots can get all of what you see in frame, so you won't need to take multiple photos. Visit a dedicated, unbiased reviewing website that reviews and benchmarks smartphones and can give you great the best idea of which camera on which phone is better.
- One of the biggest pain points consumers face when it comes to their smartphone is battery. Choose a phone that's equipped with the biggest battery and

a fast-charging system. This way, on really heavy-usage days, you'll be confident that your smartphone won't give out before you do.

- Some manufacturers have trouble keeping up with security patches and updates, so it's important to choose a phone that has the latest and greatest software out of the box. A phone's operating system not only gives you the latest features, but also protects you. The latest version right now for most phones is Android 9, codenamed "Pie."
- Just like you would with any other computer, opt for a smartphone with the latest hardware and sufficient storage out of the box. Finally, large RAM helps consumers do more things at once and large storage means you can keep all your files in one convenient location.

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

University of  
Lethbridge



### Volunteer Opportunity NEW Research Study involving LEGO



Looking for volunteers 60 years or older to take part in a study from the University of Lethbridge.

Understanding the development of visuospatial abilities can be crucial in many situations; while driving, remembering where you parked or when locating yourself on a map.

The study will take place at LSCO in January and February. For further details call Daniela at 403-593-8502.

To sign up, contact the LSCO Admin. desk at 403-320-2222.

*You will be asked to do three tasks; replicate Lego models from an array of pieces, solve paper-based matching figure problems and without vision, search your hands in a small bin with for matching lego pieces. These tasks are very easy to complete and you will be at no risk of harm while doing so.*



## 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, April 4 – May 9**

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



## Fraud Prevention Workshop with Better Business Bureau

Information and tips on investment, house and home, windfall, heartstring and other scams aimed at boomers and zoomers.

**Tuesday, February 19, 2019**

10:00 am ~ Room A/B  
LSCO

Lethbridge Senior Citizens Organization  
500 - 11th Street South • 403-320-2222  
www.lethseniors.com



## 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

Drop In Fee: \$6.00 LSCO M; \$7.00 NM

Instructor: Tracy Simons

When: Thursdays, January 17 – March 28

Time: 5:15 – 6:00 pm

Drop In Fee: \$6.00 LSCO M; \$7.00 NM

Instructor: Tracy Simons

### February 27, 2019 is Pink Shirt Day ~ 2019 Focus: Cyberbullying

The dawn of social media brought with it a whole new way to interact, communicate, and even bully. But in this digital world where filtered photos and crafted messages can be posted in an instant, it often takes more time and effort to say something mean than it does to say something nice. Kindness requires no manipulation, no focusing on the negatives, and no filtering of yourself. It's simply, truly nice. For social media users, we want them to **THINK** before the post. We want them to ask themselves if it is: True, Helpful, Inspiring, Necessary and **KIND**.

### No income to report? File your taxes anyway or you could miss out

Doing your taxes can seem like a difficult task, but it's the key to getting the benefits and credits to which you're entitled. Even if you don't have any income to report for 2018 or your income is tax exempt, you can still claim helpful tax credits and benefit payments. Just remember to do your taxes by April 30, 2019.

The Canada Revenue Agency uses the information from your income tax and benefit return to calculate the benefit and credits to which you may be entitled. Some common payments include the Canada child benefit, child disability benefit, the GST/HST credit, Guaranteed Income Supplement, the working income tax benefit, and related provincial and territorial payments.

You only need to apply once for benefits and credits, but to continue getting your payments you need to do your taxes on time every year and keep your personal information, like your address and marital status, up to date. Make sure to keep your supporting documents for at least six years in case the CRA asks for them. Need help doing your taxes? If you have modest income and a simple tax situation, volunteers from the Community Volunteer Income Tax Program may be able to do your taxes for free.

There are also free tax preparation clinics all over Canada. If you live in Quebec, you can get help through the Income Tax Assistance Volunteer Program, offered in partnership with Revenu Quebec.

Find more information at [canada.ca/taxes-get-ready](http://canada.ca/taxes-get-ready).

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



## 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, February 4 - 13

Time: 10 am – 12:00 pm

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

Instructor: Peter Harris

Register by: Friday, February 1



### 10X PASS 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 (Some classes may be full with pre-registered participants) ask at the Administration Desk. Pass expire 6 months from the date of purchase. *Fee: \$55 LSCO Members; \$65 Non Members.* Present your pass to the instructor as you have access to the following classes: • Active Aging • Butts & Gutts • Cycling • Gentle Exercise • Pilates • Power Walking • Tabata • Yoga (all classes except Blend, Noon, Yin) • Zumba (all styles)

### Kris' Computer Repairs and Sales

All Makes & Models  
Desktops & Laptops  
Computer & Software Upgrades  
Virus Removal

### Now Offering InHome Service

by appointment only  
Lethbridge, AB

Tel: 403.329.6091  
www.kriscomputer.ca



**Cleaning/organizing  
House/pet sitting  
Shopping/errands**

**Go To Girl Solutions**  
concierge/personal assistant services

Kimberly Simon  
403 894 3264  
www.gotogirlsolutions.ca  
gotogirlsolutions@gmail.com

**Senior care/check ins  
To do lists...we help**

**PAULA'S PRISTINE  
CLEANING SERVICE**  
Residential & Commercial

I can do a little or a lot  
~ whatever your needs.

Move in, move out, post construction  
Windows inside & out too!

EXCELLENT SERVICE, REFERENCES AVAILABLE  
**CALL 403-331-8892**  
paulaspristine@gmail.com



# Volunteer & Fund Development

## BINGO VOLUNTEERING DOESN'T SUCK

But we sure do struggle to keep the volunteer positions filled! This has come into sharp focus for Kari and me in the past two months. We have had a few volunteers retire along with a few others taking some well-deserved vacation time. These events all together have caused us to be in a really difficult position (by no fault of the fabulous volunteers), and it has reminded us how small our team really is, and how poorly prepared we are for contingencies.

Participating in Winner's Bingo for two bingos each week nets the LSCO about \$130,000 a year, and we do not have a way to replace this revenue if we have to give up bingos.

This amount nearly covers the rent on our building, which benefits ALL of our programs and services. To put this in perspective, in order to replace this amount of funding, we would have to increase annual membership from \$50 to \$150!

Additionally, last year we had to say "no" to taking on additional bingos (sometimes when



## Coordinator

**Chelsea Sherbut**

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

other groups have to give up their bingo day, other groups are contacted to take over, and therefore make some extra money). We don't like leaving money on the table that could be used to improve programs and services here, but we don't have the volunteer interest to take on any more.

## NEW BINGO INCENTIVE

To try to alleviate our bingo volunteer shortage, Kari and I are trying out a pilot program for the rest of this year. Effective for all of 2019, every Winner's Bingo that you volunteer for,

for LSCO, will be worth \$5 towards your membership when you renew.

In other words, doing 10 bingos for the year gets you a free LSCO membership for next year, but even a commitment of 3-4 bingos would make a huge difference.

Not everyone can volunteer for bingo, and it can be a pretty big commitment (it's a 5 hour shift, the longest of any volunteer shift here at LSCO). We are hoping to be able to get all of our bingos filled with volunteers for the rest of the year!

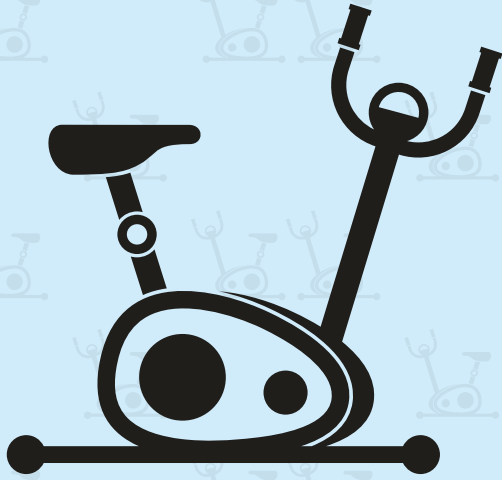
Please come and speak to me if you are interested in hearing more or signing up.

## PLANT CARE VOLUNTEER

We are also back to needing a Plant Care Helper who has a green thumb. Georgie is able to keep our atrium plants watered, but someone who knows when and how to re-pot, fertilize and prune would be gratefully welcomed.

Wishing all of you a beautiful month of love and family. ★

# 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 and muscle. 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. **Tuesday and Thursday Cycle Combo classes** you will be getting on and off your bike performing a number of exercises. You will want to wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle. Instructor: Jamie Hillier.

**When:** Mondays, January 7 - March 25  
(no class Feb. 18)  
**Time:** 12:10 - 12:50 pm  
**Drop In Fee:** \$6.00 LSCO M; \$7.00 NM

### Cycle Combo

**When:** Tuesdays, January 8 - March 26  
**Time:** 9:00 - 9:50 am  
**Drop In Fee:** \$6.00 LSCO M; \$7.00 NM

**When:** Tuesdays, January 8 - March 26  
**Time:** 12:10 - 12:50 pm  
**Drop In Fee:** \$6.00 LSCO M; \$7.00 NM

### Cycle Combo

**When:** Thursdays  
January 10 - March 28  
**Time:** 9:00 - 9:50 am  
**Drop In Fee:** \$6.00 LSCO M; \$7.00 NM



**PROUDLY SERVING  
THE CLIENTS OF  
KRUSHEL FARRINGTON**

The Paramount Building  
#260, 719 4th Avenue South  
Lethbridge, Alberta T1J 0P1

403.380.6005

If you are a present or former client of  
Krushel Farrington Law Firm  
please contact Alger Zadeiks Shapiro LLP

www.azlawyers.ca

The Eskimos had **fifty-two names for snow** because it was important to them: **there ought to be as many for love.**

~ Margaret Atwood



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.lethbridgetdentureclinic.com

## TRAVEL INSURANCE

Peace of mind at a nominal price



**Competitive  
Senior Rates**

Get your **FREE  
QUOTE** today!

### Maritime Travel

We Know Travel Best.  
www.maritimetravel.ca

921 - 3rd Ave S - Lethbridge  
P: 403-329-3373  
E: 122@maritimetravel.ca



## Life Time Highs

cathymunro@lifetimelifehighs.club

www.lifetimelifehighs.club

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>	
Bonnars 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
China	April 6-23, 2020 Shanghai, Beijing, 18 days	Pricing TBA Soon

Stoney Nakoda Kananaskis Overnight Trips: More coming in 2019 \$80 pp/dbl  
Please call for dates - Price based on Calgary departure

### SERVING SOUTHERN ALBERTA

Calgary, Lethbridge - Pincher Creek and MORE  
Let us arrange your group tour. Call with destination ideas.  
Tours depart from Lethbridge or Calgary. Other pick ups available.

Remember that the best  
relationship is one in which  
your love for each other exceeds  
your need for each other.

~ Dalai Lama

I hope you had an enjoyable start to your new year. As we jump into February, mark these dates on your calendar as we ride out another month of mild winter (here's hoping it continues!)

Friday, February 1: Friday Music Program, Hank Wiebe, 11:45 am - 1:30 pm\*

Tuesday, February 5: Serenity Foot Care, 9:00 am - 3:45 pm

Wednesday, February 6: Dr. Bolokoski Podiatry, 8:30 am - 12:30 pm (a few spots remain)

Friday, February 8: Friday Music Program, Classic Legends, 11:45 am - 1:30 pm

Monday, February 11: Direct Dental Hygiene (Mobile dental services): 9:00 am - 3:00 pm

Wednesday, February 13: Alger Zadeiks Shapiro (Free 15-minute legal consultation), 10:00 am - 12:00 pm

Thursday, February 14: Lethbridge Hearing Services (Hearing Screening): 10:00 am - 12:00 pm

Friday, February 15: Reflexology, 9:00 am - 3:00 pm

Friday, February 15: Friday Music Program, Carl Sigurdson DJ, 11:45 am - 1:30 pm

Friday, February 22: Andrea's Massage, 9:00 am - 2:30 pm



## Support Services Coordinator

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

Friday, February 22: Friday Music Program, Tom Wolsey, 11:45 am - 1:30 pm

\*Note: 2019 time change for Friday Music

### Fraud Prevention Workshop

With March being Fraud Awareness Month we are getting a jump on it mid February. As we know, fraud affects seniors at an alarming rate. It is the number one crime against older Canadians. Though people of all ages can be victims of fraud, older people get targeted more than others. Some of the reasons are that they are often home during the day to answer the door or phone, they can be more trusting and they may not have family or friends close by to ask for a second opinion.\*

Better Business Bureau will be here to share tips and strategies to fight against scams involving investments, windfalls, house and

home, among others. Join us for a free workshop on **Tuesday, February 19th** at 10:00 am in Room A/B. All are welcome.

\*Source: What every older Canadian should know about: Fraud and Scams, Government of Canada.

### Community Volunteer Income Tax Program

Appointment bookings will start **Wednesday, February 20th** for appointments, beginning Tuesday, March 12th.

### Practicing Happiness

Group facilitators from Alberta Health Services will be covering mindfulness techniques which can help free us from stress, anxiousness and depression. This popular program is nearly full for the coming session running February 6th to March 13th, 10:00 - 11:30 am in Room C/D. The next session is **March 27 to May 1st**. Contact Diane or Kari at 403-320-2222 to sign-up for the spring.

### \*New\* University of Lethbridge Study involving LEGO

Seniors 60+ years of age needed to participate in an exciting study: *An Investigation on the development of Visuospatial Abilities*. Contact Erin at 403-320-2222 ext. 25 to sign up.

*Have a fantastic February. Stay warm and keep smiling!*

## Dance for Good Health

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

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

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

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

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

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

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

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

Love is the force. the energy that animates creativity and peace in each one of us. -Salle Merrill Redfield



## 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  
 January 14 - March 25  
 (no class Feb. 18)  
 Time: 9:30 - 10:30 am  
 Fee: \$6.00 LSCO M; \$7.00 NM

When: Wednesdays  
 January 9 - March 27  
 Time: 10:00 - 11:00 am  
 Fee: \$6.00 LSCO M; \$7.00 NM

*If you judge people, you have no time to love them. ~Mother Teresa*



**EVERGREEN**  
**Cremation Services**  
*Because Cost Is An Option*

**Phone: 403-329-4934**  
 www.evergreenfh.ca

A division of the Caring Group Corp.

*We Lessen the Expense  
 ~ Not the Care*

# Feel Fabulously Fit in February

## REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online at [www.lethseniors.com](http://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](http://www.lethseniors.com).

## IMPORTANT

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

## FITNESS CENTRE

### LSCO Member Fees

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

### Non-Member Fee

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

## ULTIMATE FITNESS MEMBERSHIP

Note: LSCO has launched a Pilot Project to determine whether the Ultimate Fitness Membership is feasible for individuals and the organization. The project

will be reviewed mid 2019. If LSCO chooses to adjust or terminate the program all Ultimate Fitness Memberships will be honored until their expiry date (6 months from date of purchase). Visit [www.lethseniors.com](http://www.lethseniors.com) under Memberships & Programs for detailed 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 (Some classes may be full with pre-registered participants) ask at the Administration Desk. Pass expire 6 months from the date of purchase.

Fee: \$55 LSCO Members; \$65 Non Members

Present your pass to the instructor as you have access to the following classes:

- Active Aging
- Butts & Gutts
- Cycling
- Gentle Exercise
- Pilates
- Power Walking
- Tabata
- Yoga (all classes except Blend, Noon, Yin)
- Zumba (all styles)

### NEW Facility Day Pass

This pass is perfect for individuals that want to spend all day at LSCO!

You may want to go to a class in the morning, have a snack and coffee (at the discounted member price of 15 % off) then attend another class, play some cards or workout in the Fitness Centre. Fee: \$15/day

Present your pass to the instructor as you have access to the following classes (if space is available) and the Fitness Centre as well as to play badminton, billiards, basketball and pickleball:

- Active Aging
- Butts & Gutts
- Cycling
- Gentle Exercise
- Pilates
- Power Walking
- Tabata
- Yoga (all classes)
- Zumba (all styles)

### 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.

## 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.**

## WINTER WALK DAY

Walking is great for our health, the environment, reducing traffic and building community! Winter Walk Day celebrates our Alberta winter while promoting the year-round health benefits of walking. Join us and many other Albertans in celebrating winter and GETTING ACTIVE OUTDOORS! We will meet in the lobby of LSCO. Wear warm clothing, your winter walking footwear, bring poles if you have them. The length of time you/we walk will be determined by the weather and how you feel that day.

When: Wednesday, February 6

Start Time: 1:30 pm

Fee: FREE

Register by: Monday, February 4

and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: **Session 1:** Tuesdays & Thursdays  
January 8 – February 28

Time: 9:30 – 10:30 am

Drop In Fee: \$6.00 LSCO M; \$7.00 NM

When: **Session 2:** Tuesdays & Thursdays  
March 5 – April 25

Time: 9:30 – 10:30 am

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

Register by: Friday, March 1

## CHAIR YOGA

Chair yoga is suitable for all ages, fitness levels and physical conditions.

When: Wednesdays, January 9 – March 27

Time: 9:35 – 10:25 am

Drop In Fee: \$3.00 LSCO M; \$5.00 NM

## 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. 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

Drop In Fee: \$10.00 LSCO M; \$15.00 NM

Instructor: Karen Toohey

## 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, January 14 – March 25  
(no class Feb. 18)

Time: 9:30 – 10:30 am

Fee: \$6.00 LSCO M; \$7.00 NM

When: Wednesdays, January 9 – March 27

Time: 10:00 – 11:00 am

Fee: \$6.00 LSCO M; \$7.00 NM

## 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, January 9 – March 27

Time: 8:30 – 9:30 am

Drop In Fee: \$6.00 LSCO M; \$7.00 NM

## 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, January 8 – March 26

Time: 12:05 – 12:55 pm

Drop In Fee: \$8.50 LSCO M; \$12.00 NM

Instructor: Melanie Hillaby

## Yoga & Pilates

### NEW FREE CHAIR YOGA/ EXERCISES

For the month of February join Shawn as she guides you through a routine which may assist you to improve your strength, balance and flexibility. Props will be used. Held in Stage Area of Dining Room.

When: Tuesdays, February 5 – 26

Time: 10:30 – 11:15 am

Fee: FREE

Registration not required. Arrive at least 5 minutes prior to start time.

## GENTLE YOGA

This class may be perfect for the beginner or individual that hasn't practiced yoga for a while. Wear comfortable clothing; bring a mat, blanket

**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, January 10 – March 28  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$8.50 LSCO M; \$12.00 NM  
Instructor: Melanie Hillaby

**ACTIVE YOGA & STRETCH**

Individuals participating in this yoga inspired class will move through a series of poses to help improve balance, strength, and flexibility. 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, January 11 – March 29  
Time: 9:00 – 10:00 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

**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, January 7 – March 25  
(no class Feb. 18)  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: June Dow

When: Wednesdays, January 9 – March 27  
(no class Feb. 20)  
Time: 1:15 – 2:15 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: June Dow

**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. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! *All fitness levels welcome.*

When: **Session 1:** Mondays & Wednesdays  
January 7 – February 27  
(no class Feb. 18)  
Time: 8:00 – 8:50 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

When: **Session 2:** Mondays & Wednesdays  
March 4 – April 24 (no class Apr. 22)  
Time: 8:00 – 8:50 am  
Fee: \$79 LSCO M; \$98 NM  
Register by: Friday, March 1

**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, January 7 – March 25  
(no class Feb. 18)  
Time: 9:15 – 10:10 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 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). Wear comfortable exercise clothes and bring your water bottle (*intermediate to advanced level class*).

When: Wednesdays, January 9 – March 27  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Jamie Hillier

**POWER WALKING**

This power walking class is much more than an easy walk. You will truly get an overall body workout, using weights appropriate to your ability. Join 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 (*intermediate to advanced level class*).

When: Wednesdays, January 9 – March 27  
Time: 9:10 – 9:50 am  
Drop In Fee: \$4.00 LSCO M; \$6.00 NM  
Instructor: Jamie Hillier

**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 (*intermediate to advanced level class*).

When: Thursdays, January 10 – March 27  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$4.00 LSCO M; \$6.00 NM  
Instructor: Jamie Hillier/Jerry Brown

**CIRCUIT TRAINING**

During this 4-week session participants will work on improving strength, their cardiovascular system, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (*beginner & intermediate*). Instructor is Jamie Hillier. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

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

When: **Session 3:** Tuesdays & Thursdays  
March 5 – 28  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, March 1

**CIRCUIT TRAINING 3X**

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

When: **Session 2:** Mondays, Wednesdays,  
Thursdays, February 4 – 28  
(no class Feb. 18)  
Time: 1:30 – 2:30 pm  
**(Thursday class is 2:40 – 3:40 pm)**  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, February 1

When: **Session 3:** Mondays, Wednesdays,  
Thursdays, March 4 – 28  
Time: 1:30 – 2:30 pm  
**(Thursday class is 2:40 – 3:40 pm)**  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, March 1

\*\* NOTE: If you have previously taken Circuit Training from Jamie, and the present sessions are not full, you may want to pay the drop in fee of \$6 (member) \$7 (non member) and join in the class. Ask at the Admin. Desk if space is available.

**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, January 14 – March 25  
(no class Feb. 18)  
Time: 10:30 – 11:15 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Tracy Simons

When: Thursdays, January 16 – March 28  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Tracy Simons

**NEW**

When: Thursdays, February 7 – March 28  
Time: 12:10 – 12:50 pm  
Fee: \$44 LSCO M; \$52 NM  
Instructor: Tracy Simons

**FIT BALL & MORE**

Join in on the fun while working hard to improve your balance, strength and flexibility – using a variety of resistance equipment. We will be doing some exercises on the floor too. Wear comfortable clothing, indoor footwear and bring a yoga mat if you have one.

When: Tuesdays & Thursdays  
March 5 – April 25  
Time: 9:00 – 9:50 am  
Fee: \$50 LSCO M; \$96 NM  
Register by: Friday, March 1

**INTRODUCTION TO CYCLING**

This class is a light to moderate ride designed for the beginner or individual who hasn't been on a bicycle for quite sometime or for those looking for an alternative way to get some exercise. People recovering from orthopedic injuries often participate in indoor cycling as part of the rehabilitation protocol. If cycling is done correctly, there is minimal impact on the hip, knee, and ankle joints. A person, whether recovering from injury or not, avoids the pounding associated with other activities. Join us for the ride! You will be glad you did.

When: Tuesdays, February 19 – March 19  
Time: 5:15 – 6:00 pm  
Fee: \$28.00 LSCO M; \$35.00 NM  
Instructor: Sydney Wakaruk  
Register by: Friday, February 15

**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 and muscle. 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. **Tuesday and Thursday Cycle Combo classes** you will be getting on and off your bike performing a number of exercises. You will want to wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle. Instructor: Jamie Hillier

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

Time: 12:10 – 12:50 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

### Cycle Combo

When: Tuesdays, January 8 – March 26  
Time: 9:00 – 9:50 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

When: Tuesdays, January 8 – March 26  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

### Cycle Combo

When: Thursdays, January 10 – March 28  
Time: 9:00 – 9:50 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

## 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: Wednesdays  
February 20 – March 27  
Time: 12:05 – 12:55 pm  
Fee: \$33 LSCO M; \$50 NM  
Register by: Friday, February 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, January 11 – March 29  
Time: 12:10 – 12:55 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Tracy Simons

## Dance & Movement

### MOVEMENT MEDICINE

Movement Medicine (Nia) a blend of dance, sing a long music, martial and healing arts, that create a playful practice of moving your body comfortably (you are getting exercise in a fantastic way). Andrea Hertz instructs these classes.

When: Tuesdays, January 8 – March 26  
(no class Feb. 19)

Time: 5:15 – 6:15 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

When: Thursdays, January 17 – March 28  
(no class Feb. 21)

Time: 5:15 – 6:15 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM

### 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. Non members pay \$3 drop in fee at Administration Desk.

When: Fridays, January 4 – May 31  
(no class April 19)

Time: 10:15 am – 11:45 am  
Fee: \$40 LSCO M; \$60 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, January 8 – March 26

Time: 11:00 – 11:45 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Sheila Mulgrew

When: Thursdays, January 10 – March 28

Time: 11:00 – 11:45 am  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Sheila Mulgrew

### 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  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Sheila Mulgrew

## Sports

### BADMINTON

Everyone of all skill levels are 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: Monday, Wednesday, Friday  
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, January 8 – April 30  
Time: 12:00 – 1:00 pm  
Drop In Fee: \$5.00 LSCO M; \$7.00 NM

### 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 2:** Fridays, February 1 – 22

Time: 9:15 – 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, January 30  
When: **Session 3:** Fridays, March 8 – 29  
Time: 9:15 – 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, February 27

### 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, 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 – 12:00 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 M; \$5 NM

*Fees are not pro-rated.*

**Note:** A few times a year 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. 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

### 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 lap top. 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.

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

## Creative Arts

### 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.

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 Admin. 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 Admin. 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

## Technology

### COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. A variety of workshops are offered throughout 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  
February 25 & 27  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Friday, February 22

### ANDROID SMART PHONES & TABLETS

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

When: Monday & Wednesday, March 4 & 6  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Friday, March 1

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

### INTRODUCTION TO YOUR IPAD

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Mondays & Fridays, March 4 – 22  
Time: 1:45 – 3:45 pm  
Fee: \$50 LSCO M; \$76 NM  
Instructor: Ron Henriquez

## Cards

Members and invited guests are welcome to play Crib and Scrabble in the card area throughout the day. From time to time the area may be needed for other LSCO activities and services. If so, play will be moved to another location or canceled for that time period.

### CRIB

When: Thursdays  
Time: 1:00 – 3:00 pm  
Fee: \$11 per 12 months  
& LSCO membership  
Non-member drop in fee is \$2

### SCRABBLE

When: Wednesdays & Thursdays  
Time: 9:30 – 11:30 am  
Fee: \$11 per 12 months  
& LSCO membership  
Non-member drop in fee is \$2

### BINGO

Every Wednesday afternoon from 1:00 – 3:00 pm volunteers lead In-House Bingo. Interested individuals are welcome to join in. Please arrive approximately 12:30 pm to purchase your bingo cards. Bingo is held in the Stage Area of the Dining Room.

Package of 8 for \$5.00.

Intermission and Bonanza \$1 each.

**Fitness is not about being better than someone else. It's about being better than you used to be.**

# Community Support Groups

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

## Parkinson's Alberta Society Support Group

The next meeting is **Thursday, February 21st** at 2:00 pm in Room A.

## 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 counsel-

ing emphasis and new topics explored each month. Next meeting is **Tuesday, February 12th** 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, February 9th** at 2:00 pm in Room C & D.

## Alcoholics Anonymous

### Saturday Morning Eye Opener

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

### Sunset Alcoholics Anonymous

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

## Lethbridge Stroke Recovery Association (LSRA)

**Wednesday, February 13th** at 7:00 pm in Rooms A & B.

## WINNERS



Two blocks west of the casino on Crowsnest Trail

## EVERY THURSDAY IS SENIORS DAY!

**Half Price On All Regular, Gold and Combo Cards**

Come support LSCO and have fun at the same time ~ play Bingo on Thursdays!



Every Wednesday  
**HALF PRICE REGULAR CARDS**  
Friday Nights  
**FREE \$500 GAME**  
Sunday Afternoons  
**FREE \$200 GAME**

Call the Hotline: **403-327-7454**  
or Email: [winners\\_bingo@telus.net](mailto:winners_bingo@telus.net)

## 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 (*intermediate to advanced level class*).

When: Wednesdays  
January 9 - March 27  
Time: 9:10 - 9:50 am  
Drop In Fee: \$4.00 LSCO M; \$6.00 NM  
Instructor: Jamie Hillier



## CLASSIFIED ADS

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

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

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

**CERTIFIED ELECTRICIAN.** Member of LSCO. Small Jobs for Reasonable Rates. Lights, Fans, Switches, Receptacles or general cleanup of unsafe wiring. Ph/Text Bill at 403.394.1958.

## DROP IN PROGRAMS

If you are unable to commit to a program or activity you may want to drop in every now and then. Fees are listed below. Feel free to call ahead to find out if space is available particularly for the exercise/fitness classes. Call 403-320-2222.

Program	Member	Non-Member
Active Aging	\$6.00	\$7.00
Badminton	\$2.50	\$3.50
Basketball	\$5.00	\$7.00
Billiards	\$6.00	\$7.00
Bridge/Other Cards (Free with Membership)		\$2.00
Butts & Gutts	\$6.00	\$7.00
Crib	\$2.00	\$2.00
Cycling	\$8.00	\$10.00
Fit Fridays	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00
Fitball	\$6.00	\$7.00
Gentle Exercise	\$4.00	\$5.00
Golden Mile Singers	\$2.00	\$2.00
Karaoke	\$2.00	\$2.00
Keep Fit	\$2.00	\$3.00
Movement Medicine (Nia)	\$8.50	\$12.00
Pickleball	\$3.00	\$5.00
Pilates Plus	\$6.00	\$7.00
Power Walking	\$4.00	\$6.00
Scottish Country Dance	\$2.00	\$3.00
Scrabble	\$2.00	\$2.00
Tabata	\$6.00	\$7.00
Table Tennis	\$2.00	\$2.00
<b>Yoga Classes</b>		
Active Yoga	\$6.00	\$7.00
Chair Yoga	\$3.00	\$5.00
Monday Morning	\$6.00	\$7.00
Wednesday Morning	\$6.00	\$7.00
Gentle Yoga (Tue. or Thur.)	\$6.00	\$7.00
Tues Noon Yoga	\$8.50	\$12.00
Thurs Noon Yoga	\$8.50	\$12.00
Men's Yoga	\$6.00	\$7.00
Yin Yoga	\$10.00	\$15.00
Zumba (All Styles)	\$6.00	\$7.00



## NOON YOGA

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

When: Tuesdays, January 8 - March 26  
Time: 12:05 - 12:55 pm  
Drop In Fee: \$8.50 LSCO M; \$12.00 NM  
Instructor: Melanie Hillaby



## Introduction to Your iPad

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Mondays & Fridays, March 4 – 22  
 Time: 1:45 – 3:45 pm  
 Fee: \$50 LSCO M; \$76 NM  
 Instructor: Ron Henriquez

## FIT BALL AND MORE

Join in on the fun while working hard to improve your balance, strength and flexibility - using a variety of resistance equipment. We will be doing some exercises on the floor too. Wear comfortable clothing, indoor footwear and bring a yoga mat if you have one.

When: Tuesdays & Thursdays  
 March 5 - April 25  
 Time: 9:00 - 9:50 am  
 Fee: \$50 LSCO M; \$96 NM  
 Register by: Friday, March 1



## How to Live to 100: Tips from the World's Oldest People

Living to 100 is easier than ever before. In the UK, while the percentage of centenarians is small, they are the fastest-growing age group in the country. With over 14,910 100-year-olds in the UK (and counting!), it's more likely than ever that a Briton in their 90s will get their telegram from the Queen.

Of course, even with all our modern technology, reaching this milestone is no mean feat. So, how can it be done? Doctors have their advice, but so do some of the world's oldest people.

### 1. "Don't worry about it"

We live in a world dominated by getting things done. When one to-do list is complete, another to-do list begins. The cycle continues and – sometimes – this can make us prone to stress over the little things. If something blocks our path, we get very concerned. We brainstorm, we protest, and we fight until we can move the immovable. Failing that, we become panicked about the undone thing and the fact that it remains undone makes us sad.

Jeanne Calment, who passed away in 1997, was the oldest woman who ever lived. Reaching 122, she attributed her long life to a simple maxim: "If you can't do anything about it, don't worry about it." People who knew her observed that she was also a cool and collected person.

Born in 1875, she would have lived through the turn of the century, the invention of the car, two World Wars, the Cold War, and many other world-changing events. Despite all

this, Jeanne remained relaxed. Life can be difficult, but there's a lot to gain if you can rise above the noise.

### 2. Leave your husband

Emma Morano of Italy lived to be one of the world's oldest people and claimed that one of the reasons she lived so long was that she left her abusive husband. While it was frowned upon at the time, it ended up being the right decision, as Emma lived to 117.

Social support is vital for any person who reaches an age where they need others to look after them. However, Emma proved that she didn't need a man in her life to receive that social support. Instead, Emma relied on her family, friends, and the people of her close-knit local village to care for her in her later years.

Emma's diet was also quite unconventional. After being diagnosed as anaemic, she survived on a breakfast of raw eggs, an omelette for dinner, and some raw minced meat every now and again.

### 3. "Eating delicious things and sleeping well"

The NHS recommends between six and nine hours of sleep a night, but the most important thing is that you sleep well and feel well rested. This echoes the advice of the oldest Japanese woman who ever lived, Nabi Tajima. She attributes her long life to "eating delicious things and sleeping well".

The "delicious things" in the Japanese diet have long been praised for their healthiness. The low fat and high protein content of a fish and rice meal is the sort of thing that any doctor would approve of.

### 4. Avoid drinking and smoking?

Susannah Mushatt Jones died at 116 in New York City. She was the granddaughter of a slave and believed that her long life was due to abstinence. She didn't smoke and she didn't drink.

Then again, Jeanne Calment, mentioned above, was the oldest person who ever lived at 122. She is reported to have enjoyed a couple cigarettes and a glass of port every day. So, perhaps the best advice is not abstinence, but everything in moderation.

### 5. "This is what God has given me"

Whether or not you are religious is a personal choice, but there is a lot to be said about being thankful for the life you've had. This is the lesson that Violet – the world's oldest person when she died in 2017 – would like us all to learn.

Born and bred in Jamaica, she worked hard most of her life, and she was a devout Christian as well. She attributed her long life to both of these things, saying "this is what God has given me, so I have to take it".

Posted by Ian Willis  
 INSPIRED Senior Living magazine  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)

## Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Tuesday, February 26** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

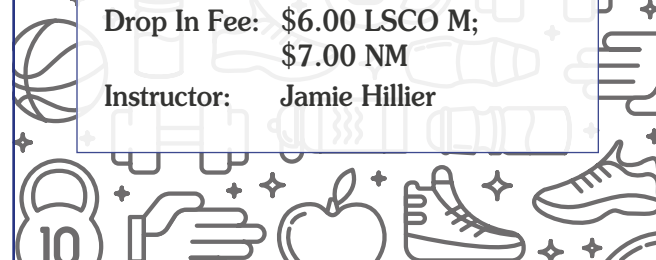
The students will provide free neck and shoulder massages on a first come, first served basis.



## 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  
 January 9 – March 27  
 Time: 5:15 – 6:15 pm  
 Drop In Fee: \$6.00 LSCO M;  
 \$7.00 NM  
 Instructor: Jamie Hillier





# February 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>February 18th is Family Day</b> Share the Day with those you Love</p>			<p><b>1</b> Free Community Music in Stage Area Hank Wiebe 11:45 am ~ 1:30 pm Lunch Special</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b> Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D</p>	<p><b>6</b> Fun with Wii 1:00 pm Room C/D Pickleball</p>	<p><b>7</b> Music with Sandy 1:00 pm</p>	<p><b>8</b> Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special</p>	
<p><b>10</b></p>		<p><b>12</b> Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D</p>	<p><b>13</b> Bowling Holiday Bowl 1:00 pm Pickleball</p>	<p><b>14</b> Floyd Sillito 1:00 pm</p>	<p><b>15</b> Free Community Music in Stage Area Carl Sigurdson DJ 11:45 am ~ 1:30 pm Lunch Special</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b> <b>LSCO Closed for Family Day</b></p>	<p><b>19</b> Fun with Wii 1:00 pm Room C/D</p>	<p><b>20</b> Horse Racing 1:00 pm Room A/B Pickleball</p>	<p><b>21</b> Music with Tom Wolsey 1:00 pm Room C/D</p>	<p><b>22</b> Free Community Music in Stage Area Tom Wolsey 11:45 am ~ 1:30 pm Lunch Special</p>	<p><b>23</b></p>
<p><b>24</b></p>		<p><b>26</b> Pet Therapy 1:00 pm Chair Exercises 2:45 pm Room C/D</p>	<p><b>27</b> Bowling Holiday Bowl 1:00 pm Pickleball</p>	<p><b>28</b> Movie Time 1:00 pm Room C/D</p>		

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.



## PERSONAL FITNESS TRAINING



Get Active ~ Feel Great!

500 - 11th Street South  
Lethbridge, AB T1J 4G7  
Phone: 403-320-2222  
www.lethseniors.com

## Did you know?

- LSCO has a Fitness Centre
- The Fitness Centre is open to the public 35+ years

Equipment includes:

- Abdominal Curl; Chest Press
- Fly/Deltoid Raise; Lateral Raise
- Lat/High Row
- Leg Extension; Leg Press
- Seated Row; Shoulder Press
- Tricep Pull Down; Strength Machine
- 2 Ellipticals
- 3 Treadmills
- 5 Recumbent Bikes
- 1 Upright Bike
- 2 Vibration Trainers
- Rower

There are free weights, fit balls and stretching area.

### FITNESS CENTRE HOURS

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

Note: Times may vary in 2019

Fitness Centre users must display shoe tags at all times.

## Lifestyle need a bit of a change?

- Set some goals.
- Day-by-day take small steps to a lifetime of health and fitness.
- Gain control of your body, mind and spirit.
- Prepare yourself for the best that life has to offer.

## What is the best time for you to exercise?

Morning? Afternoon? Evening?

Make it a habit. When it comes to exercising, find the time of day which best suits your unique needs and schedule. Try working out at the same time each day and you are more likely to make exercise part of your normal routine.

An active, healthy community which is learning, growing and making a difference.

See you soon!

# LSCO PERSONAL TRAINING Opportunities

## Package "A"

1 Hour Personal Training Session ..... \$50

Includes:

- Review of Pre-screening of PAR-Q (Physical Activity Readiness Questionnaire)
- Your own Personal Training Program. Developed just for you!
- One 1 hour hands on session with your Trainer to teach you the program developed for you.
- 1 Follow up from your Trainer. In person at LSCO, by phone, email or text. Your Choice!

## Package "B"

(x3) 1 Hour Personal Training Sessions ..... \$135

Includes:

- Review of Pre-screening of PAR-Q (Physical Activity Readiness Questionnaire)
- (x3) 1 Hour Personal Training Sessions
- Every 4 – 6 weeks, learn a new and progressed program. Or if you prefer use these session for review of techniques or extra motivation.
- 3 Follow ups from your Trainer. In person at LSCO, by phone, email or text. Your Choice!

## Package "C"

(x5) 1 Hour Personal Training Sessions/Programs ..... \$190

Includes:

- Review of Pre-screening of PAR-Q (Physical Activity Readiness Questionnaire)
- 5 Follow ups from your Trainer

## Benefits of exercising with a Trainer

If you are wanting to make a change but need the extra little push, make an appointment to meet with one of the staff from the LSCO Fitness Centre.

They will help to:

- motivate you
- educate you
- ensure you workout safely and efficiently
- keep you on track.

## Make a lifestyle Change



Jamie Hillier  
Fitness  
Instructor/  
Trainer

Visit our website at  
[www.lethseniors.com](http://www.lethseniors.com)

# Commit!

### 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, January 11 – March 29  
Time: 12:10 – 12:55 pm  
Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
Instructor: Tracy Simons



LIFE IS  
BETTER  
*in running shoes*



# HIGH INTENSITY FITNESS TRAINING



Are you training for an upcoming race or competition and need/want to improve your flexibility, speed and agility. Book your Personal Training sessions with Jamie. She is available for individual or group trainings. Perfect for runners, cyclists, tri-athletes, golfers, pickleball players, swimmers as well as other sports/activities. Contact Jamie at [fitness@lethseniors.com](mailto:fitness@lethseniors.com)

## Experience **All-Inclusive** Retirement Living for one affordable monthly fee:



- ✓ Bright, private suites with kitchenettes
- ✓ Weekly housekeeping & maintenance
- ✓ 3 meals daily plus coffee, tea & snacks
- ✓ Fitness & wellness programs
- ✓ 24-hour emergency response
- ✓ Social & recreational activities
- ✓ Indoor & outdoor gathering spaces
- ✓ Utilities (heat, electricity, water, sewer)
- ✓ Transportation for outings
- ✓ Pet friendly community
- ✓ And much more to meet your retirement needs!



**One Bedroom Suites**  
Market Rate **\$2,300**  
Subsidized Rate **\$1,950**



**Studio Suites**  
Market Rate **\$1,950**  
Subsidized Rate **\$1,687**



785 Columbia Blvd W, Lethbridge

**Book a FREE Lunch & Tour!**  
(403) 320-9363 | [www.agecare.ca/RetireColumbia](http://www.agecare.ca/RetireColumbia)



Discover how to use your iPad. You will learn how to connect to the internet and how to find and install "Apps." If you want to set up your e-mail on your iPhone, we have the class for you. Need help with your Android Smart phone or tablet? Need help in becoming

competent and confident working with Windows 10? We have a class to help you use your technology. Check our website at [www.lethseniors.com](http://www.lethseniors.com) for upcoming classes.

## LSCO GIFT CARD

Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, facility day pass, 10x class/fitness pass, drop-in fees, memberships fees and meals in the Dining Room.

### 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!

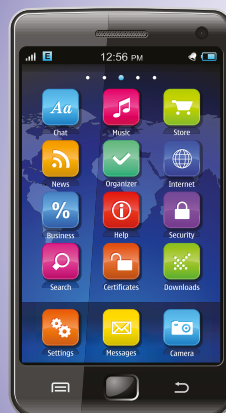
When: Monday & Wednesday  
February 25 & 27  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Friday, February 22



### Android Smart Phones & Tablets

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

When: Monday & Wednesday, March 4 & 6  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Friday, March 1



# Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **February 6 – March 13**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization  
500 - 11th Street South



**Downsizing Dilemma?  
Need to move on?**

We can help....

- Sorting • Organizing
- Selling Unneeded Furniture
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts

**Call Wendy Gillett for your complimentary in-home consultation and free estimate.**

**Cell: 403-315-1729**



## ACCOMPANY You

Provides Freedom and Transportation for Seniors

- Medical Appointments
- Recreational Outings
- Curb to Door Assistance
- Banking and Paying Bills
- Visiting Friends
- Shopping
- Grocery Shopping
- Genuine Companionship
- Lethbridge to Calgary Service
- Accompanied Appointments

**CALL NOW to schedule your appointment.**

**403-380-9072 or 403-380-3450**  
[www.accompanyyou.ca](http://www.accompanyyou.ca)

Wednesday February 6, 2019



Join us at LSCO!

500 - 11th Street S at 1:15 pm



*Open the door and go for it!*

Get more active outdoors this winter.

winterwalkday.ca WinterWalkDay @WinterWalkDay #WinterWalkDay

**Walking is great for our health, the environment, reducing traffic and building community!**

Winter Walk Day celebrates our Alberta winter while promoting the year-round health benefits of walking. Join us and many other Albertans in celebrating winter and GETTING ACTIVE OUTDOORS! We will meet in the lobby of LSCO. Wear warm clothing, your winter walking footwear, bring poles if you have them. The length of time you/we walk will be determined by the weather and how you feel that day.

When: Wednesday, February 6  
 Start Time: 1:30 pm  
 Fee: FREE  
 Register by: Monday, February 4



**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. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun! *All fitness levels welcome.*

When: Session 1: Mondays & Wednesdays, January 7 – February 27 (no class Feb. 18)  
 Time: 8:00 – 8:50 am  
 Drop In Fee: \$6.00 LSCO M; \$7.00 NM  
 When: Session 2: Mondays & Wednesdays, March 4 – April 24 (no class Apr. 22)  
 Time: 8:00 – 8:50 am  
 Fee: \$79 LSCO M; \$98 NM  
 Register by: Friday, March 1



**Moving More in Old Age May Be Linked to Sharper Memory**

Older adults who move more, either with daily exercise or simple routine physical activity like housework, may preserve more of their memory and thinking skills, even if they have brain lesions or biomarkers linked to dementia, according to a study published in Neurology.

“Our research team measured levels of physical activity in study participants an average of 2 years prior to death, and then examined their brain tissue after death, and found that moving more may have a protective effect on the brain,” said Aron S. Buchman, MD, Rush University Medical Center, Chicago, Illinois. “We found movement may essentially provide a reserve to help maintain thinking and memory skills when there are signs of dementia present in the brain.”

For the study, Dr. Buchman and colleagues studied 454 older adults; 191 had dementia and 263 did not. All participants were given physical exams, thinking tests, and memory tests every year for 20 years. Participants agreed to donate their brains for research upon death.

At an average of 2 years before death, researchers gave each participant an activity monitor. The wrist-worn device monitored physical activity around the clock, everything from small movements such as walking around the house to more vigorous movements like exercise routines. Researchers collected and evaluated 7 days of movement data for each participant and calculated an average daily activity score.

After death, the researchers examined the brain tissue of each participant, looking for lesions and biomarkers of dementia and Alzheimer’s disease.

The study found that higher levels of daily movement were linked to better thinking and memory skills. The researchers also found that people who had better motor skills also had better thinking and memory skills.

For every increase in physical activity by 1 standard deviation, participants were 31% less likely to develop dementia. For every increase in motor ability by 1 standard deviation, participants were 55% less likely to develop dementia.

The analysis showed that physical activity and motor abilities accounted for 8% of the difference among participant’s scores on the thinking and memory tests, according to Dr. Buchman.

The relationship between activity and test scores was consistent even when researchers adjusted for the severity of participants’ brain lesions. They also found that the relationship was consistent in participants who had dementia and those who did not.

The link between a higher level of physical activity and better thinking and memory skills was unrelated to the presence of biomarkers of Alzheimer’s disease and related disorders.

A limitation of the study was that it did not have data on how active participants were over the course of their lives, just during 1 period later in life, so it is unknown if physical activity in early life also may have played a role. Also, the study did not include the type of physical activity, so it is difficult to determine if 1 physical activity may be more beneficial than another.

“Exercise is an inexpensive way to improve health, and our study shows it may have a protective effect on the brain,” concluded Dr. Buchman. “But it is important to note that our study does not show cause and effect. It may also be possible that as people lose memory and thinking skills, they reduce their physical activity. More studies are needed to determine if moving more is truly beneficial to the brain.”

SOURCE: American Academy of Neurology (DG News – Doctor’s Guide Publishing)

# The Dawn of Artificial Intelligence (AI)

I recently watched a segment on *60 Minutes* about the coming age of artificial intelligence and by coming, I mean just around the corner. Think how quickly we adopted automobiles into our daily lives or the use of smart phones.

The Thomas Edison of artificial intelligence is Kai-fu Lee. He was born in Taiwan and spent his formative years in the United States. He now works in China with a group of computer science engineers who work around the clock to develop computer A.I. There is no lack of talent working with Lee on this project. When Lee was asked how big A.I. would be in the history of the world, he confidently said it would be bigger than electricity.

Artificial Intelligence depends on the gathering of data and using super computers to use that data to analyze something. For example, figuring out from school children's facial expressions whether they are paying attention in class and more importantly whether they are actually learning anything.

Artificial Intelligence will have the ability to replace many jobs that humans do from general labour to professional tasks. Bear in mind that very little is going to be done to stop AI from taking these jobs away. Has there ever been a point in human history, where government has stood in the way of technological advancement for the sake of preserving work for its citizens? The consequences of many people being without work will have pro-



## Legal Tips and Information

Douglas Alger

found effects for our world and I am not sure that even the most intelligent thinkers can comprehend how this will play out.


Many of you are familiar with the flowchart way of analyzing an issue. You ask a series of questions and by answering yes or no to those questions you end up with an answer to that issue. The progression of the law in many countries, especially in Canada, has been based on making things more certain and simpler. Think of the Federal Child Support Guidelines, you take the income of the paying parent and the number of children and you get an amount for monthly child support. A lot of what lawyers do, is to ask questions of a client and take the answers and plug those into a form. It won't be far off that a computer can ask those questions and then plug the answers into a form. It won't be long before a computer could be given a set of facts and interpret those facts and provide a suggested outcome

to those facts. Such an outcome would be close to what a judge would say about those facts. Think of a supercomputer being fed all the data about every criminal case in Canada and then using that data to figure out appropriate sentencing guidelines for a convicted accused. Any job that requires someone to sit at a desk and punch out documents, could eventually be replaced by AI.

The biggest challenge is going to be what are all those people who are displaced by AI going to do and how are they going to earn a living? Just think what Amazon has done to retail shopping and how many brick and mortar stores have been displaced by online shopping. The challenge is immense, and this is where our leaders and great thinkers have to step up and provide solutions and put some restraints on this. It is going to be hard for us to judge whether some jobs should be saved for humans and others be given over to AI and I doubt that anyone is going to be up to the task to stop "progress".

Artificial Intelligence will be one of the biggest challenges that our young people will face in the future. If AI takes away our humanity and humans finding meaning in their lives through work, it could turn the world into a cold place indeed, climate change notwithstanding. ★

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








**Martin Brothers**  
Funeral Services  
a division of The Caring Group Corp.


# Serving


Southern Alberta Families


for over **100**  
YEARS








  
Dale Martin Jr.

  
Chris Martin Jong


  
Daryl Lockyer

  
Bruce Small

  
Brienne Kempe

  
Sandy Regier

**People you know. Friends you trust.**

**Martin Brothers Funeral Services**    [www.mbfunerals.com](http://www.mbfunerals.com) 

Toll Free: 1.800.382.2901    403.328.2361    610-4 Street South Lethbridge, AB



**GALT**  
MUSEUM  
& ARCHIVES  
*stories unfolding...*

# February

## At a Glance

See website for additional details

**Fri FEB 01** Valentines  
First Friday Fun, 1:30–3 pm, All Ages

**Sat FEB 02** Home Sweet Home  
Saturdays at 1:00, 1–2 pm, Families

**Sat FEB 02** Friends Winter Barn Dance  
Featuring the Great Canadian Barn Dance Band  
Special Events, 7–11 pm, All Ages

**Sun FEB 03** The Stories Were Not Told:  
Canada's First World War Internment Camps  
Café Galt, 2–4 pm, Adults

**Wed FEB 06** House Signs  
Daytime Galt Workshops, 10:30–noon, Adults

**Wed FEB 06** Songs of Home  
Wednesdays at the Galt, 2–3 pm, Adults

**Thu FEB 07** Blackfoot Language Week 1  
Class, 7–8 pm, Adults

**Sat FEB 09** Valentine Decorations  
Saturdays at 1:00, 1–2 pm, Families

**Wed FEB 13** Heart Ornaments  
Daytime Galt Workshops, 10:30–noon, Adults

**Thu FEB 14** Film Night  
Archives Programs, 7–9 pm, Adults

**Thu FEB 14** Blackfoot Language Week 2  
Class, 7–8 pm, Adults

**Sat FEB 16** Button Bowls  
Saturdays at 1:00, 1–2 pm, Families

**Mon FEB 18** Family Day Brunch  
Museum Community Day, 10–1 pm, Free Admission

**Wed FEB 20** Door Hangers  
Daytime Galt Workshops, 10:30–noon, Adults

**Wed FEB 20** Home: Beyond Four Walls  
Wednesdays at the Galt, 2–3 pm, Adults

**Thu FEB 21** Blackfoot Language Week 3  
Class, 7–8 pm, Adults

**Sat FEB 23** Animal Silhouettes  
Saturdays at 1:00, 1–2 pm, Families

**Wed FEB 27** Art with Oil Pastels  
Daytime Galt Workshops, 10:30–noon, Adults

**Thu FEB 28** Blackfoot Language Week 4  
Class, 7–8 pm, Adults

**Thu FEB 28** Felted Pot Holders  
Evening Galt Workshops, 7–9 pm, Adults



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

403.320.3954

**Psychology Month** is celebrated every February to highlight the contributions of Canadian psychology and to teach Canadians how psychology works to help them live healthy and happy lives, help their communities flourish, help their employers create effective workplaces, and help their governments develop good policies.

## Relationships: Age 65+

*"Being connected to people is good for your soul, your mind, your body, your emotions. It's good for everything about you. We are genetically designed to be connected to people."*

~ Marriage and family therapist  
Tina Tessina, PhD

Given increases in longevity, today's older adults face the possibility of acquiring and maintaining relationships far longer than during any other time in modern history. For instance, nearly 1 in 10 adults over the age of 65 has a child who is also within the older adult age range. Nurturing long-term family relationships can be both rewarding and challenging. While middle and older adults may enjoy the peaceful relationships that develop over the decades in place of sibling rivalry, younger adults may feel the strain of trying to care for their aging and ailing parents, grandparents, and other relatives. Even so, most young people report that they have satisfying relationships with their older family members.

### Stay connected

One of the greatest challenges of aging is maintaining your support network. Staying connected isn't always easy as you grow older – even for those who have always had an active social life. Career changes, retirement, illness, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or



### LEARN Case Manager

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

not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people, you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you find ways to get out of the house (if possible) and socialize:

**Connect regularly with friends and family.** Spend time with people you enjoy and who make you feel upbeat. It may be a neighbour who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

**Make an effort to make new friends.** As you lose people in your circle, it is vital to make new connections so your social life doesn't decline. Make it a point to befriend people who are younger than you. Younger friends

can reenergize you and help you see life from a fresh perspective.

**Spend time with at least one person every day.** Whatever your living or work situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive.

**Volunteer.** Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

**Find support groups in times of change.** If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

February, let it be the month to review who are the people that are important in your life.

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.**

*Article in Houghton Mifflin Harcourt*

*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

### Making the Best of your Mouse

There are shortcuts that are faster than using a mouse, and then there are times and jobs when a mouse is the better choice. Most people know the basic mouse commands; left click to select, right click to bring up a context menu, double click to activate, and using a mouse wheel to scroll down a page or list. If these basic commands are new to you, check out a mouse tutorial online.

<http://www.skillfulsenior.com/skills/mouse/> or <https://edu.gcfglobal.org/en/mousetutorial/>  
or download a free tutorial: <https://basics-4-beginners-mouse-tutorial.soft112.com/>

Catch 22 because you can't follow the above directions? Take a course at the LSCO or join the computer club to learn how.

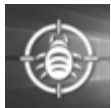
Right Click: brings up a context menu which lets you do a lot of things, depending on the item selected.

Your menu may look different depending on what you clicked, and the program you are using. The following options are some of the most useful: Cut, Copy, Paste, Create shortcut, Delete, Rename, Scan for viruses, New, and Properties. The mouse settings in control panel or settings include controls for mouse speed, choice of icons, and depending on the type of mouse, the functions of the buttons. Sometimes mice come with software to enhance their performance. This was long a function of Logitech mice. A free third party program is available from the following website. I use XMouseButtonControl because the Logitech option didn't work on my PC.

<http://vps2.highrez.co.uk/downloads/XMouseButtonControl.htm>

### The Monthly Tidbit:

This image signifies a bug in Windows.



### 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: ComputerLab-Guest

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

## Computer Club WORKSHOPS & Events

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. These are low key sharing events geared for seniors and beginners, we are here to help, not speak "High Geek".

### February

Monday 4	Updates & computer maintenance
Wednesday 6	Backup and Restore PC, iPhones, iPads: Sjoerd
Monday 11	Sharing & help session
Monday 18	Sharing & help session
Wednesday 20	Building a Computer: Terry
Monday 25	Planning, sharing & help session

Suggestions for other workshops are welcomed. Check the bulletin boards in main lobby and beside the computer lab for last minute changes.

Updates to the schedule can be found at:  
<https://sites.google.com/site/oldfolkscomputers/workshop-calendar> or <https://tinyurl.com/y9hrad5g>

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

I went to a bookstore and asked the saleswoman, 'Where's the self-help section?' She said if she told me, it would defeat the purpose. ~ George Carlin



**PREARRANGING PROVIDES**  
*Peace of Mind*

It's simple, it's easy and spares the family members from making emotional decisions that may not be consistent with your own wishes.

And what many people don't know is that you need not prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone.

**100% GUARANTEE**  
NO INCREASED COST services are applied in the future.

**CORNERSTONE FUNERAL HOME Ltd.**  
Honoured to Serve

**403-381-7777**  
[www.cornerstonefuneralhome.com](http://www.cornerstonefuneralhome.com)  
2825 - 32 STREET SOUTH  
LETHBRIDGE ALBERTA T1K 7B1



**SHUTTLE ON THE GO**  
**403-393-2899**  
[www.shuttleonthego.ca](http://www.shuttleonthego.ca)  
shuttlebiz2018@gmail.com

Let Us Drive You!  
Lethbridge to Calgary  
Locally Owned: Tony Tietz



**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. 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  
Drop In Fee: \$10.00 LSCO M; \$15.00 NM  
Instructor: Karen Toohey



**Lethbridge HEARING CENTRE**

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

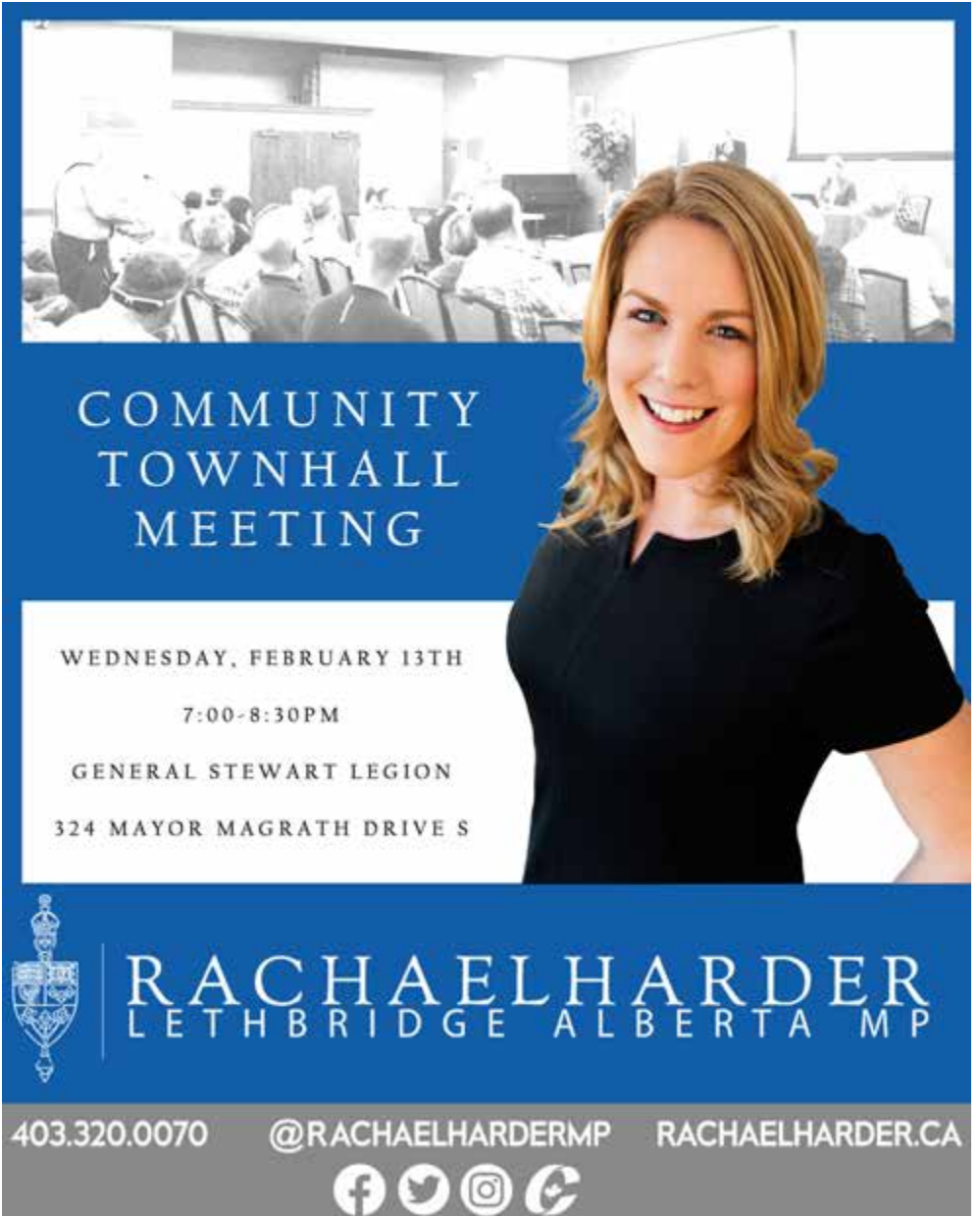
- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking

**403.320.6000**  
[www.lethbridgehearing.ca](http://www.lethbridgehearing.ca)

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

**Jake Boldt**  
Hearing Technician

120, 2037 Mayor Magrath Dr. S.  
Lethbridge, AB



**COMMUNITY TOWNHALL MEETING**

WEDNESDAY, FEBRUARY 13TH  
7:00-8:30PM  
GENERAL STEWART LEGION  
324 MAYOR MAGRATH DRIVE S

**RACHAEL HARDER**  
LETHBRIDGE ALBERTA MP

403.320.0070 @RACHAELHARDERMP RACHAELHARDER.CA



**CIRCUIT TRAINING 3X**

This 3 times a week training program will sure to please you. During this 4-week session participants will work on improving strength, their cardiovascular system, flexibility and more. Classes are designed for those who are new to exercising with weights and those who have some experience (*beginner & intermediate*). Instructor is Jamie Hillier. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: **Session 2:** Mondays, Wednesdays, Thursdays, February 4 – 28 (no class Feb. 18)  
Time: 1:30 – 2:30 pm  
(Thursday class is 2:40 – 3:40 pm)  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, February 1

When: **Session 3:** Mondays, Wednesdays, Thursdays, March 4 – 28  
Time: 1:30 – 2:30 pm  
(Thursday class is 2:40 – 3:40 pm)  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, March 1



**FOX DENTURE CLINIC**

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

**Brett J. Fox DD**  
Denture Specialist, 4th Generation

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Mouth Guards / Night Guards

**Free Consultation**  
**403.327.6565**  
30 - 4012 4th Ave S Lethbridge, Alberta T1J 5M6

**NEW LOCATION!**

Member of the College of Alberta Denturists  
Member of the Denturist Association of Alberta

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

# News Flash: “The Sky is Falling”, says Chicken Little

One of the most important things for us humans is to know what we face.

~ Dr. Scott, The Vet on the Hill

Chicken Little was right except that he was looking in the wrong direction. Had he looked down at the earth he would have realized that we are in for a rough ride in the next eleven years. Last October the UN Intergovernmental Panel on Climate Change released a report which says that global temperatures are going to rise at a catastrophic rate in the next century and 12 years into the future (now 11 years) the earth will likely become unlivable for most sentient beings. If we're still able to survive we will be very uncomfortable. Many Pacific islanders will be relocating and much of the pricey coastline property will simply disappear under the sea/ocean waters. The sea levels will rise, our economy will be threatened, our oceans will be choked with plastic and other debris, and we will continue to see more frequent and intense weather and climate-changing events.

We're in trouble, folks, and the president of the United States refuses to believe the facts and will not take steps to halt the scientifically, predicted damage that's coming. I, for one, refuse to bury my head in the sand and I've been researching the subject, ongoing. At my age I might not be here to see it, but I fear for my grand and great-grandchildren. I do hope that I can stick around to see some of these life changing predictions take place (or not), and I count my blessings that I live in Lethbridge, Alberta, far from oceans, seas and large bodies of water.

I have been reading a great book, *The Descendants*, by Kauai Hart Hemmings. It is about a family that lives in Hawaii, descendants of Hawaiian royalty, who are going through a very bad time. This quote jumped off of page 160, right at me, "Am I shaping the life of a bunch of people who haven't been born?" Because, yes we are, people. Not necessarily us, per se, but the small piece of humanity that we are a part of, right here and now. Referring back to the U.N. report – we may only have 11 years left to watch the destruction of our world and all who live on it. Even I, at my ripe old age, may get a chance to see the beginning of the end, and I weep for all of our descendants.



## The Widow's Walk

Kay Long, BSW, RSW

Eighty percent of our ocean debris is plastic and parts of our oceans are being overtaken by Crown of Thorns starfish that eat coral (Bye, Bye Great Barrier Reef). To my knowledge there are no stats to tell us the effects of the contamination of the land environment but it is interesting to read about the debris (including human feces) that has been left at the camps at the foot of Mt. Everest in the Himalayas. It is surprising that there have been so many "tourists" visiting Nepal in recent history and that the tourists are allowed to leave the garbage that they bring with them.

From the highest peaks in the world to the seas and oceans, we have left plastic and other garbage which can lead to the death of the local living beings. Bisphenol A (B.P.A.) is only one plastic additive which is detrimental to our health and can be absorbed via touch through our skin. Thermal paper is one carrying agent which pollutes those who touch it with bare hands, tongue or mouth. Most manufacturers have now removed this product from baby bottles, sippy cups, water bottles and other plastic containers. Lucky us if we don't happen to come in contact with this additive in our lifetime but what about our neighbours?

So what can we do to help the situation? I read the lists of remedies just as everyone else does and think, "Some I'm already doing, some items would be impossible to delete from my life and what about the rest of the world?" Every time we watch the news about disasters (i.e. hurricanes, cyclones, floods, fires, mud slides) the first items we see being unloaded for survivors are plastic

water bottles and Styrofoam food containers. For some strange reason we are reassured that those poor people are being helped. So then, how are those plastic/Styrofoam containers being disposed of? In the local land fill? In the closest sea? Ocean? Lake? Or just tossed on the side of the road out of a vehicle window?

To really understand what has happened to our world, we need to follow the money. Who makes a fortune from the manufacturing of plastics and Styrofoam? And the value of recycling is a myth that does not begin to cure the problem. Those who make the "disposables" (think diapers, think food courts, think hospitals) could really care less where these products go and what they contaminate. Remember, 80% of our ocean debris is plastic and only 30% of plastic/Styrofoam makes it to the recycling systems. The only way to cut down on the plastics is to **stop producing plastic**. Or at least non-biodegradable plastics. At my age I can remember a world without plastic. I can remember glass, pottery, and metal in my Mother's kitchen. I can remember paper lunch sacks and paper grocery bags. And I know that many of my cohorts have those same memories. Can we do it? Can we return to days when plastic and Styrofoam were not a part of our lives? Can we, at least, slow down the use of plastics that are not biodegradable?

The answers to my questions are maybe, maybe not. It will take a concerted effort on everyone's part to even make a dent, but a dent will be a start. Unfortunately we may run out of time before we make enough progress to save the world that we know, love and live in. Let us all hope that everyone, everywhere, will take this threat seriously. Especially those who have made a fortune at all of our expense. ★

*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.

**STUBBS PHARMACY**  
Serving Southern Alberta for 60 Years  
**FREE CITYWIDE DELIVERY AND PICKUP**  
OPEN 'TIL 7 EVERY WEEK NIGHT  
SATURDAYS 10 A.M. - 5 P.M., HOLIDAYS 12-5PM  
**FREE Compliance packaging**  
Let us help you manage your medications.  
**403-328-5512 Fax: 403-328-9128**  
1506 - 9TH AVE. S., LETHBRIDGE  
"Your Everyday Neighbourhood Drugstore"

Hearing Instruments Don't Make You Old, They Make You Smart.  
**GET SMART. COME HEAR...**  
**EXPERIENCE COUNTS!**  
55 YEARS of SERVICE to Southern Alberta  
www.trinityhearinglethbridge.com  
403-327-3877 | Toll FREE: 1-888-327-7868  
#214-740-4 Ave. S. Professional Bldg.  
(Downtown, next door to Post Office)

Unitron  
TV-EARS  
PHONAK

Michael B. Golia, BC-HIS, RHAP-Alberta  
Beth Golia - Office Manager

**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  
January 9 – March 27  
Time: 8:30 – 9:30 am  
Drop In Fee: \$6.00 LSCO M;  
\$7.00 NM

*My husband melted my heart the day he asked me, "Can I participate in your wonder?" In whose wonder do you get to participate today? ~Mary Anne Radmacher*