

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.6
 Volunteer & Fund Development . . p.9
 Community Support Groups . . . p.10
 LSCO Programs p.11
 Fitness Yoga Schedule p.15
 Adult Day Program Calendar . . . p.17
 LSCO Support Services p.19
 LEARN Case Manager p.24



~ Robert Louis Stevenson

Join Us for

TAX FREE SAVINGS ACCOUNTS & YOU
 Tuesday, March 12

FREE NECK & SHOULDER MESSAGES
 Tuesday, March 19

LSCO ANNUAL GENERAL MEETING
 Tuesday, March 26

3 C's
 Starts Thursday, March 28
 See page 18 for details

HEALTHY RELATIONSHIPS WITH OUR ADULT CHILDREN
 Starts Thursday, April 4



just **KEEP** moving

FEEES

The **FITNESS CENTRE** is open to the public 35 year plus!

FITNESS CENTRE HOURS

Monday – Friday 8:00 am - 4:15 pm
 Hours may change.

Members: \$18/months, \$99/6 months, \$180/12 months

Non Members: \$27/months, \$150/6 months

Drop In: \$6 LSCO member; \$7 non member per day

Please have your Fitness Centre Membership Tag visible every time you come to exercise.



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

I would like to remind LSCO members that our Annual General Meeting is on March 26 (1:15 PM in the Stage Area). The business portion of the meeting will be completed at approximately 1:45, at which time the Town Hall meeting will commence. Prior to the Q & A session with Members, Board and Staff we will have a presentation on the recently completed Civic Commons Master Plan. Councillor Belinda Crowson, Chair of the Civic Commons Planning Committee, will speak about the process to develop the Plan and she will explain the various features proposed. LSCO is part of the Civic Commons and this planning will have great influence on our organization.

Please keep your eyes open for different postings around the building regarding the AGM (election notices, Special Resolution notices, notices for the meeting itself). Remember, LSCO is an organization driven by our membership and we would like to see as many of you as possible in attendance at the AGM – we will even throw in some coffee and cookies! ★

NEW Evening Pound

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Be ready to have fun during this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

When: Wednesdays
March 6 – May 29
Time: 5:15 – 6:15 pm
Fee: \$78 LSCO M; \$104 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Tuesday, March 5
(to secure a spot)
Instructor: Jeannie Ng



Keith Sumner, LSCO Board President, accepts \$1,000 cheque for Meals on Wheels from Jeff Clarke at the Gord Laurie Foundation.

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.

~ Alan Cohen

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



PHILIPS

Lifeline

Medical Alert Service

Philips Lifeline has the right solution for you



HomeSafe standard

Help at the press of a button in and around your home.



HomeSafe with AutoAlert¹

The FIRST medical alert pendant that can call for help even when you can't**.



GoSafe with AutoAlert¹

If you lead an active lifestyle, choose our premium service, which allows you the freedom to go* where you want, when you want.

Wireless option available

For more information, please call:

Philips Lifeline
in partnership with
Lethbridge Senior Citizens Organization
1-800-LIFELINE (1-800-543-3546)

* Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. **AutoAlert does not detect 100% of falls. 1) Available at locally participating area.

www.lifeline.ca

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

~ John Quincy Adams



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

Layout, Advertising & Circulation. Lisette Cook (ext. 33)
 Printed by. Lethbridge Herald

The Officers of LSCO

Executive:

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

Board of Directors:

Clifford Brown, Merri-Ann Ford, Don McInnes and Vaughan Hembroff. Acting Board Members: Reg Dawson, Bob Morrow, Liz Iwaskiw and Karen Johnson.

LSCO 403-320-2222

Staff Members:

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

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

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

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

Visit us on Facebook!
<http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844>



Vector graphics designed by Freepick

LSCO Vision Statement

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

NEW EVENING POWER WALKING

Join Jerry for this energetic walking class. You will get an overall body workout, using weights and have a blast at the same time. Bring a yoga mat and water bottle. Bring a toonie each time you come.

When: Tuesdays &/or Thursdays
 Time: 6:30 – 7:30 pm
 Fee: \$2/class members & non-members
 Instructor: Jerry Brown

Welcome New Members!

Denny Morgan	Arleen Read
Carol Megaw	Jim Ross
Gladys Hagen	Helene BourGeois
Mark Nelson	Micheal Broadbent
James Logodin	Jane Senda
Dalyce Thacker	Delia de Winter
Trudy Williams	Bob Boudreau
Carol Leween	Lorne Petty
Melvin Smith	Jay Jacobson
Sabine Anderson	Andy Wisse
Tom McKenzie	Angela Luck
Graham Merrick	Janny Wisse

A Smile is the Universal Welcome.

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

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!

Publishing Schedule

Issue	Deadline
April 2019	March 15
May 2019	Thursday, April 18

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

Good day!

We survived that cold snap at the beginning of February. It seemed to me to be longer and colder than anything else I've experienced since moving to Lethbridge. Occasionally we lost a couple of parking spaces to snow piles. Several members have made comments to me about lack of parking at the Centre. I think the City and LSCO have done the most they can with the space we have with the redesign. We are land locked in our current location. Which leads me to one of my favourite subjects, alternate transportation.

I believe our car centric society is evolving. Consumers and automobile manufactures are realizing the average vehicle probably isn't used more than an hour a day. Motor vehicle ownership is very expensive on a per hour bases. In recent years we have seen the advent of car pooling, car shares and more recently Uber type taxis. Pretty soon autonomous cars will be a common sight on our streets.



President's Message

Keith Sumner

LSCO is part of the Go Friendly Shuttle service, you can book a ride through Diane or Kari at reception. LA Transit has Access A Ride and of course our regular bus system.

The City is working at making our streets safer in keeping with the walkable community concept. You'll notice changes have already been made to third and 6th avenue south.

Last summer the seventh avenue south bike boulevard was officially inaugurated. It gives cyclists and pedestrians a quieter, safer route from the Lethbridge Exhibition Grounds straight through to 4th street south. Fourth street now makes a safer connection with the Scenic Drive regional pathway.

If I'm not mistaken all LA Transit buses are equipped with bike racks which gives cyclists an option especially for crossing the river valley. And if you hadn't noticed, LSCO has a proper bike rack (not a wheel bender) although it is positioned incorrectly against our building.

We're into March. One of my annual resolutions is to do more walking and cycling as these are part of active living. Perhaps if there's interest we could start a cycling group. Contact me and let's see what we can put together.

Namaste! ★

Think you've been defrauded? What to do

Thousands of Canadians lose millions of dollars to fraudsters every year. Anyone — from teenagers to grandparents to corporate executives — can be a target. Yet, only 5 per cent of fraud is reported to the authorities.

If you've been the victim of fraud, the best thing you can do is report it, whatever the amount, to the appropriate authorities. Don't be embarrassed if you were taken in — you are not alone. By reporting it, you will help others avoid the same trap. And, in most cases, the financial institution will open an investigation and the money you lost will be returned to you.

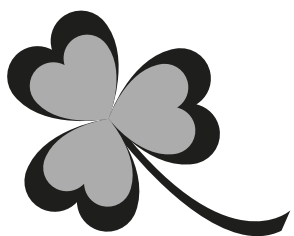
Remember, protecting your personal information is essential to avoiding fraud. If you see a suspicious or unusual transaction on one of your accounts:

- Change your PIN immediately and report the fraud to your financial institution and the Canadian Anti-Fraud Centre. Also let them know of any suspicious correspondence you receive regarding your account(s).
- When contacting your financial institution, make sure to use the telephone number found on your account statement or on the back of your credit or debit card.
- If you receive any deceptive emails, you can send a complaint to the Spam Reporting Centre. Financial scams often involve sales offers or promotions about financial products and services, such as pensions, managed investment funds, financial advice, insurance, or credit or deposit accounts.



The Competition Bureau of Canada has an excellent guide called The Little Black Book of Scams that provides a great deal of other useful information. Find more information, as well as advice and tools to protect yourself, at Canada.ca/money.

www.newscanada.com



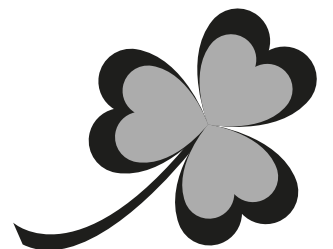
MENU ~ MARCH 2019

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 St. Patrick's DAY				17 MARCH	Friday, March 1
					Entree: Glazed Ham Potato: Scalloped Potatoes Soup: Chef's Choice
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8	
Entree: Beefy Macaroni Casserole Potato: Soup: Chef's Choice	Entree: Bacon Wrapped Chicken Thighs Potato: Roasted with Gravy Soup: Chef's Choice	Entree: Pan Fried Salmon Potato: Wild Rice Soup: Chef's Choice	Entree: Italian Sausages Potato: Mashed with Gravy Soup: Chef's Choice	Entree: Roast Beef Potato: Mashed Soup: Chef's Choice	
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15	
Entree: Glazed Meatloaf Potato: Mashed Soup: Chef's Choice	Entree: BBQ Pork Ribs Potato: Rice Pilaf Soup: Chef's Choice	Entree: Honey Garlic Chicken Potato: Mac & Cheese Soup: Chef's Choice	Entree: Beef Stew Potato: Egg Noodles Soup: Chef's Choice	Entree: Ginger Beef Potato: Fried Rice Soup: Chef's Choice	
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22	
Entree: Roasted Chicken Potato: Mashed Soup: Chef's Choice	Entree: Hungarian Goulash Potato: Egg Noodles Soup: Chef's Choice	Entree: Fried Pork Chops Potato: Roasted Baby Potatoes Soup: Chef's Choice	Entree: Chicken Alfredo Potato: Fettucini Soup: Chef's Choice	Entree: Roast Beef Potato: Mashed Soup: Chef's Choice	
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29	
Entree: Shepherd's Pie Potato: Dinner Roll Soup: Chef's Choice	Entree: Sweet & Sour Pork Potato: Rice Soup: Chef's Choice	Entree: Swiss Steak Potato: Rice Soup: Chef's Choice	Entree: Lemon Rosemary Roasted Chicken Potato: Greek Potatoes Soup: Chef's Choice	Entree: Pesto Crusted Pork Tenderloin Potato: Scalloped Potatoes Soup: Chef's Choice	

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



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

Go To Girl Solutions
conceirge/personal assistant services

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

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

NEW!

EARLY RISER STRENGTH CLASS

After warming up, participants will use weighted bars and plates, for an overall body workout. A great way to start the day! Wear indoor footwear and bring a water bottle. Eight registrants are needed for the class to run. As an added bonus we will buy you coffee afterwards!

When: Tuesdays, March 5 - 26
Time: 8:00 - 8:45 am
Fee: \$22 LSCO M; \$27 NM
Instructor: Tracy Simons
Register by: Monday, March 4

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

CYCLE COMBO EVENING CLASS



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. The cycling varies between sitting and standing as well as, the speed, resistance, and intensity levels, which can be adapted to your skill level. During these 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. Limited Space.

When: Mondays, March 4 - May 27 (no class April 22 or May 20)
Time: 5:15 - 6:15 pm
Fee: \$66 LSCO M; \$77 NM
Instructor: Jeannie Ng
Register by: Monday, March 4 - 12:00 pm



Tai Chi Simplified Sun Style

This class focuses on the Sun Style Tai Chi 11 form which has a mixture of Qi Gong and Tai Chi and is recognized by the Arthritis Society as a form of therapy. Additional energy building exercises will also be introduced. Suitable for beginner and experienced practitioners.

When: Tuesdays & Thursdays
April 2 - May 16
Time: 11:00 - 11:45 am
Fee: \$49 LSCO M; \$84 NM
Instructor: Dave Scotland
Register by: Friday, March 29



Painting Watercolour Skies

I don't think any other media can make as wonderful skies as watercolour can. So unique and beautiful and the blending is like no other. In this 6 week class we will uncover some great watercolour techniques to make these fantastic skies including clouds and different sky colours. Skies are not just blue but are made up of an array of many colours and colour combinations. This class is great for the beginner as well as the more seasoned student.

When: Wednesdays, April 24 - May 29
Time: 10:00 am - 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Thursday, April 18

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



A+ Certified



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: <i>More coming in 2019</i>		\$80 pp/dbl

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.

J & L SHUTTLE SERVICE

Check out our website
jandlshuttle.com

NEW SERVICE
Lethbridge
to Calgary
DAILY



CALL 403-317-2077

We pickup/drop off at your door in Lethbridge.

International Women's Day

With many dates to observe in March I chose to focus on March 8th which is International Women's Day. In googling the Canadian website, I found a tremendous list of names of women and their biography's that recognized their contributions to society in their field. The categories that these Canadian women are recognized for include science, math, technology, arts, politics, human rights and trail blazers. Just a few of the names that are on the website include: Chery Arrowsmith, May Chohen, Alac Muabit, Susan Aglikark, Margaret Atwood, Joy Kogawa and so many more hard working women. I encourage you all to take a minute to google the website and read some of the great work they have/are doing in their field.

I then went on to think of those influential women in my life that have given me leadership, and guidance, certainly my maternal grand-



LSCO Case Worker/
LEARN Coordinator

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

mother and great-grandmother and an aunt provided me with role models that was observed or shared in a story with me while growing up. How they lived and worked reminded of the words of Arthur Ashe: *Start Where You Are, Use What You Have, and Do What You Can.*

Maya Angelou is another name that comes up when I think of recognizing women and the

many contributions that are made to society. One of her many quotes that helps to move people forward includes: *Do the Best you can until you know better, then when you know better do better.*

I hope that each of us has/had an important person in our life that has provided leadership/role model at times when we needed it. Those important people from the past or the present may not even know how much of an impact they had on the contributions you are making today in your community. Mother Teresa stated: *I alone cannot change the world, but I can cast a stone across the waters to create many ripples.* I know Lethbridge has many strong, dedicated women who are out there making a difference and creating many ripples. I thank you and express gratitude for your contributions to our community. ★

*Thank you
to Harvest Yoga Studio
in Lethbridge for the donation
of gently used yoga mats.*

*We are very grateful
and put them to
use every day!*

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

www.foxdentureclinic.ca

NEW LOCATION!

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

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

WATER(COLOUR) POURS

Have you ever wondered how you can get an intense and bold color in watercolour? Well this is one way to do it. During this 2 week class we will approach watercolor in a different and exciting way. We will pour our watercolours onto our paper and let it run down, let it dry and do it again. This makes deep, rich and unique colors through this layering technique. Be prepared for surprises and fantastic results. You don't have to be an expert to achieve this kind of result.

When: Wednesdays, April 3 & 10
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$30 NM
Instructor: Donna Gallant
Register by: Friday, March 29

23 Days of Christmas

LSCO Meals on Wheels would like to say a GREAT BIG "THANK YOU!" to *Teamwork Training Ltd.* and *Select People Solutions* – the founders of "23 Days of Christmas".



Bob & Suzan Boudreau



Cargill Feed & Nutrition



CARSTAR



City – Old Courthouse



DBS Environmental



Elements Acupuncture



Evans HD Ltd.



Groenenboom Land & Cattle



Bruce & Jim Groenenboom



Headwater Equipment



HyTech Production Ltd.



KAL Tire



KB Heating & Air Conditioning



urban grocer



LAFARGE



Lethbridge Hearing Centre



Melcor



Peyton Mills & Bill Glaister



My Automotive



Pro Building Supplies



Service Master



Shaw & Associates



Street Wheelers



Sun Life Financial



Select, Teamworks & TTI



Lorraine & Tony Van Leuken



Glenn & Janice Varzari



Westwinds Management



Whisper Heating & Cooling



Windsor Plywood



Zero Gravity

No photo available for AVE Farms Ltd.

"The 23 Days of Christmas" December fundraiser for LSCO Meals on Wheels was a great success in 2018!! A Grand Total of over \$26,000 was donated by Lethbridge and surrounding area businesses. LSCO Meals on Wheels feels grateful to be a part of this caring and generous community!

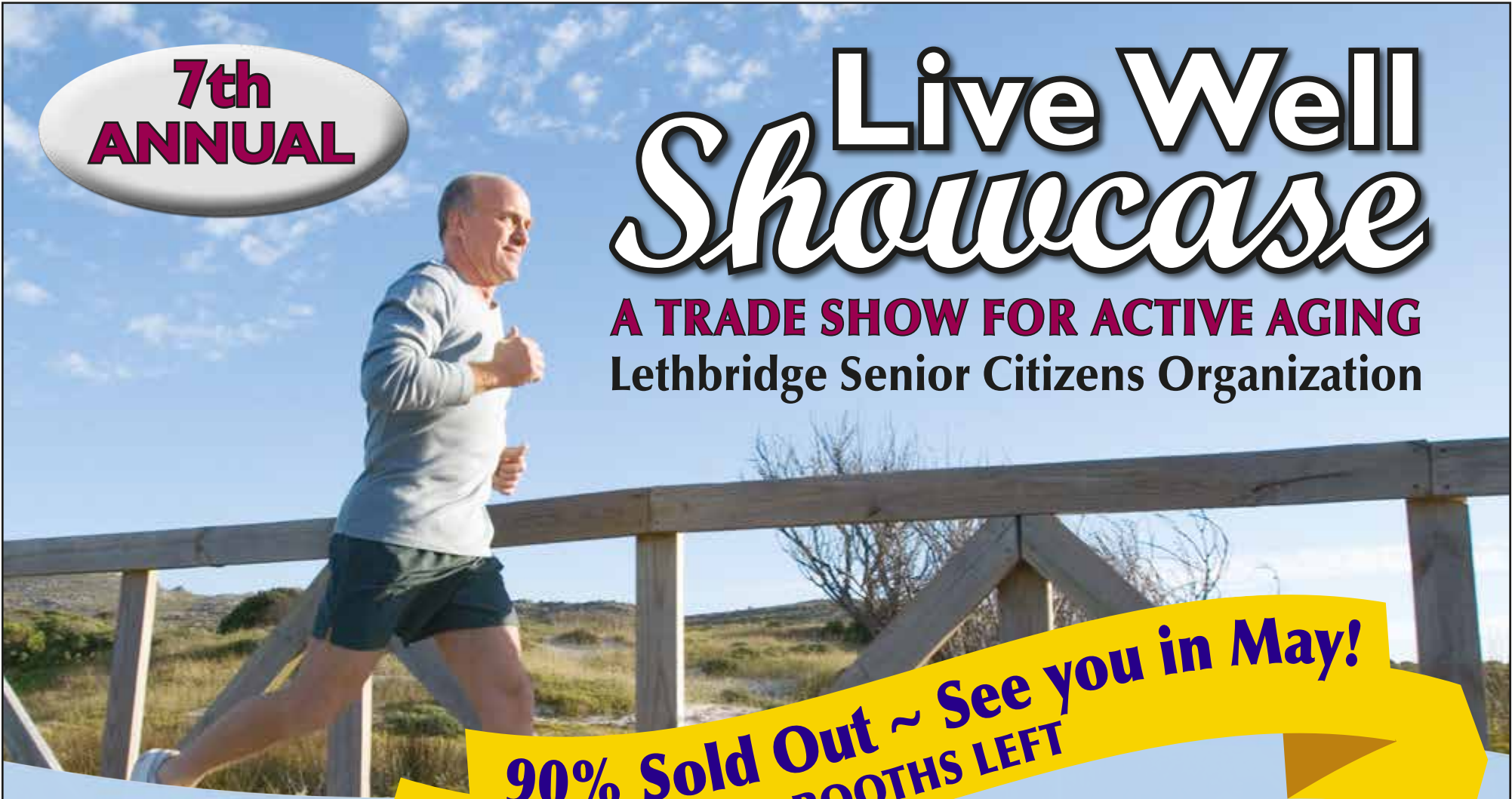
The campaign has made a huge contribution to the ongoing operation of Meals on Wheels – year after year. This campaign is so successful because of the involvement of our major sponsors. We offer our heartfelt thanks to Crazy Cakes, Cuppers Coffee and the Urban Grocer. We could not do this without them.

Thank you to ALL the businesses who donated as "Sous Chef" or "Head Chefs for the Day". Your generosity is so greatly appreciated!

**7th
ANNUAL**

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization



90% Sold Out ~ See you in May!
6 BOOTHS LEFT

Contact LSCO
500 ~ 11 Street South, Lethbridge
www.lethseniors.com



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

Free Admission

Over 70 Exhibitors ☆ Door Prizes
Speakers presented by Hosack Denture Clinic

Travis Zentner – Cornerstone Funeral Home

Robbin Gibb – U of L Neuroscience – The Changing Brain and Healthy Aging

Nadine Granson CPA and Doug Alger LLP – Proper Estate Planning



Live Well Door Prize

**CTM 3 Wheel
Travel Scooter HS 265**

courtesy of

Ultimate Freedom Plus
HOME MEDICAL EQUIPMENT



Volunteer & Fund Development

I am so hoping that you are reading this with the sunshine of a beautiful almost-spring day shining on you. I am looking forward to seeing all the bulbs I planted last fall coming up soon!

VOLUNTEER APPRECIATION 2019

Our annual Volunteer Appreciation dinner this year will be on April 10th. All currently active volunteers who logged at least 35 hours in 2018 are invited to attend for no charge. Volunteers with fewer than 35 hours (as well as guests) are welcome to attend for a cost of \$15. Please RSVP by April 2nd.

Also, rather than doing the Movie Mill screening (which hasn't really gained a lot of traction), we are going to try something a bit different and hold small volunteer appreciation potlucks for each of the volunteer teams through the year. We'll try it and see how it goes!

TRAINING: VOLUNTEER DATABASE

Michelle, Erin, Kari and I use a program for keeping track and scheduling volunteers, and it is called *Better Impact*. It is fantastic and it has a great feature – volunteers can log in to their own account, see their upcoming schedule, sign up for other shifts and see their hours! We have been testing it out with a few volunteers and I would love to show any interested



Coordinator

Chelsea Sherbut

csherbut@lethseniors.com

403-320-2222 ext. 31

volunteers how to log on and navigate it. Please come see me anytime.

SPRING RAFFLE IS HERE AGAIN

This is a good fundraiser for LSCO. The money made is restricted in how we can spend it (because it is a lottery), but we can use it towards rent on our building which is one of our major expenses each year.

Tickets are \$2 each, \$5 for 3 and \$20 for 20 and are available in the lobby anytime I have volunteers available, or you can get them from me if the ticket table is not set up.

The Prizes are not all finalized by the time I'm submitting this but some of the things you will see are: beautiful quilts handmade by the LSCO Quilting Group, a bottle of Auchen-

toshan Scotch, an \$85 Funky Petals gift certificate, goodies from Naturistas and a Calgary Flames basket.

Also, anyone who gets their tickets bought by May 3rd is eligible for the Early Bird prize draw as well. One winner from each draw box will get a pair of tickets to LSCO's Mother's Day Brunch, and winners will still be eligible for the original prize they entered for as well.

SEEDY SATURDAY

Seedy Saturday takes place at the LSCO on Saturday March 30th. It is put on by Environment Lethbridge, the Lethbridge Bee Enthusiasts and LSCO! This is a free community event where anyone can come and drop off or pick up extra seeds for their garden. If you have extra seeds leftover from a previous season, we would be happy to put them out for other gardeners.

ALSO – as a little bit of a fundraiser, LSCO sells pie and coffee at the event. I am looking for volunteers to help with the pie table as well as with the event itself. And if you're a green thumb, come and just check out the event, there are also exhibitors there to talk/teach about different garden topics as well as some speakers/workshops. It's my favourite event of the year! ★

Live Well Showcase Exhibitors

Exhibitors as of February 15, 2019

Adapt Chiropractic	Chiropractor	Leisters Home Care Equipment	Health care supplies & services – ie. scooters, chairs, beds etc.
Adaptive Technologies	Prosthetic and Orthotic specialists	Lethbridge Hearing Centre	Hearing aide specialists
AE Cross Studio	Photography Studio	Letourneau LLP	Lawyers
Age Care		Martha's House	Retirement home and senior living care
Columbia Assisted Living	Retirement home and senior living care	NewRock Developments	Retirement home and senior care options
AHS – Health Link		Once Upon a Chocolate	
Dementia Advice Line	Phone-in advise about dementia	Chocolatiers Inc	Chocolatier – yummy!
AHS		One Spirit - Regression Hypnosis	Deep Hypnosis to help you heal
Population Health Promotion	Alberta Health Services – health promotion	P.A.D.I.S. AHS	Poison & Drug Information Service
Alberta Motor Association	Automobile, Travel and Insurance services	Panache Boutique	Jewelry and clothing retailer
Alberta Supports Lethbridge	Alberta Gov. senior's support services	Philips Lifeline	Fall Detection System
Alzheimer Society of AB & NWT	Support and information about Alzheimers	Psychologist's Association of Alberta	Advocates for Psychology & Mental Health
Audiology First	Hearing aide specialist and audiologist	Radiology Associates	X-ray, Ultrasound & MRI services
Avail CPA	A Seniors accounting services	Remax Real Estate – Lethbridge	
Canadian Tire	Senior's Tricycle & exercise equipment	Brent Black	Realtor and senior relocation specialist
Chinook Respiratory Care	Respiratory care and supplies (CPAP etc.)	Reset Osteopathy	Individualized Osteopathy care
ComforTek Seating	Innovative chairs for easy seating	Save On Foods	Grocery and pharmacy
Cornerstore Funeral Home	Funeral, cremation and after-care services.	Season's Lethbridge Gardens	Retirement home and senior living care
Direct Dental Hygiene	Mobile dental hygiene care	Taylor Made Outings	Senior's driving & shuttle services
Dying With Dignity Lethbridge	Information about 'end-of-life' options	The View at Lethbridge	Retirement home and senior living care
Elim Village	Retirement home and senior living care	Ultimate Freedom Plus	Health care supplies & services – ie. scooters, chairs, beds etc
Fit Physio & OA	Physiotherapist specializing in Osteo Arthritis	United Conservative Party Lethbridge East	Nathan Neudorf – UPC Candidate for Lethbridge East
Gladium ome Health Care	Home care specialist	Vibrant You – Oxygen Therapy	Oxygen Therapy by using a Hyperbaric chamber
Green Acres Foundation	Retirement home and senior living care	Visual Effects – Eye Clinic	Vision and eye care specialists
Hearing Life Canada	Hearing Aide specialists	Vital Aire Canada	Oxygen supplies and respiratory care
Hosack Denture Clinic	Denturist care and supplies	Vitality Health Improvement Clinic	EECP -Enhanced External Counter Pulsation improves circulation
J and L Shuttle Service	Shuttle bus service throughout Southern Alberta	VOXX Life	Voxx Socks retailer
Kalispell Regional Healthcare	Medical Tourism		
Ladybug Arborists	Garden and tree care specialist		

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, March 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, March 12th** at 7:00 pm in Rooms C and 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, March 9th** at 2:00 pm in Rooms C & D.

Alcoholics Anonymous Saturday Morning Eye Opener

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

Sunset Alcoholics Anonymous

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

Lethbridge Stroke Recovery Association (LSRA)

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

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.

C.T.M. Mini Power Chair \$2300. 19" mid back seat w/adjustable headrest & seat belt. Adjustable armrests (width & height). 10" Drive Wheels. Extended foot plate. Only used for 3 month to go for meals. **Lift Chair:** 7 ½ years old. Reclines to flat position. Wine coloured. \$800. **Small Lift Chair:** 10 years old. \$400. **T.V. Stand:** \$40. Call Cheryl at 403-328-4052.



SHUTTLE ON THE GO

403-393-2899

www.shuttleonthego.ca

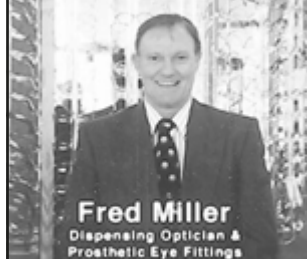
shuttlebiz2018@gmail.com

Let Us Drive You!

Lethbridge to Calgary

Locally Owned: Tony Tietz

SOUTHERN OPTICAL LTD.



We now do sight testing, or bring in your own doctor's prescription!

ATTENTION SENIORS

Did you know? The Alberta Government is once again offering benefits on eye glasses!

Come down to **SOUTHERN OPTICAL** for all the details.

1011 - 3rd Avenue South (2 blocks north of LSCO)

403-327-4145

COFFEE IS ALWAYS ON AT **LSCO**



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**

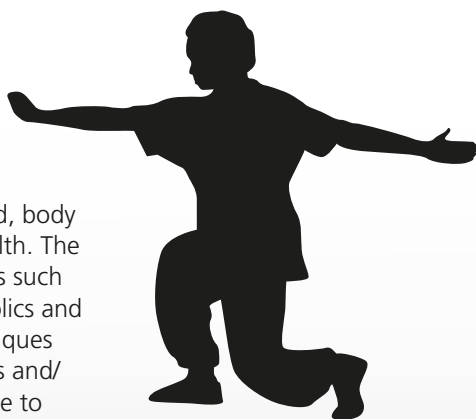
Friday Nights **FREE \$500 GAME**

Sunday Afternoons **FREE \$200 GAME**

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

Qigong

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



When: Tuesdays & Thursdays
April 2 – May 16
Time: 10:05 – 10:50 am
Fee: \$49 LSCO M; \$84 NM
Instructor: Dave Scotland
Register by: Friday, March 29



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*

We ♥ March 'cause Spring is "almost" in the air

REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222 or online at www.lethseniors.com
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards and visit www.lethseniors.com.

IMPORTANT

- Please sign up before the register by date to receive the sale price listed. **Classes are subject to a \$5 increase after this date.**
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!
- LSCO Member (LSCO M); Non-Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contract you prior to your class.

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit.

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

SENIOR Ultimate Fitness Memberships

Individuals 55 years +

In addition to the regular LSCO 12 month \$50 Membership, there will be a fee of \$60/month.

*Note:

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments
Option #1: Pay full 6 month fee of \$324 (which is a 10% discount)
Option #2: \$60/month for 6 months = \$360
- 12 month commitment - not available at this time

Membership Benefits

- Individuals will have unlimited access to the Fitness Centre during hours of operation.
- Individuals will have an opportunity to attend a variety of exercise and movement classes without having to pay an additional class fee.

Note:

1. Certain class restrictions do apply.

2. Pre-register for classes you want to participate in so that we can add you to the attendance sheet.

Visit www.lethseniors.com for class listings/details or ask for a copy at the Administration Desk.

ADULT Ultimate Fitness Memberships

Individuals 35 – 54 years

In addition to the regular LSCO 12 month \$90 Membership, there will be a fee of \$65/month.

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments
Option #1: Pay full 6 month fee of \$351 (which is a 10% discount)
Option #2: \$65/month for 6 months = \$390
- 12 month commitment – not available at this time

Membership Benefits

- Individuals will have unlimited access to the Fitness Centre during hours of operation.
- Individuals will have an opportunity to attend a variety of exercise and movement classes without having to pay an additional fee.

Note:

1. Certain class restrictions do apply.
2. Pre-register for classes you want to participate in so that we can add you to the attendance sheet.

Visit www.lethseniors.com for class listings/details or ask for a copy at the Administration Desk.

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
- Fit Fridays
- 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
- Fit Fridays
- 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.

There are a number of classes that started in January running until the end of March, however; don't let this stop you from participating. We have a number of options for you to choose from to make it happen. Come see us at the Administration Desk. There is limited space in some so make sure you arrive 10 – 15 minutes prior to start of the class.

See the Fitness Yoga Schedule on page 15.

Special Interest/Events

TAX FREE SAVINGS ACCOUNTS AND YOU!

Think you don't need one? Am I TOO old to have one? Think again!!! Door Prizes to be won. Sign up today at Administration Desk or call 403-320-2222 and ask to be put on the list.

When: Tuesday, March 12th
Time: 1:00 – 2:00 pm
Fee: Free

SATURDAY PICKLEBALL

We are renting the gym from the City. Please join us for a few games of Pickleball. All levels welcome. Please sign up at the Administration Desk by 4:00 pm Wednesday, March 20.

When: Saturday, March 23
Time: 4:45 – 6:30 pm
Fee: \$3 LSCO M; \$5 NM

KARAOKE SPRING SOCIAL

The Karaoke Singers will be hosting a social and are looking forward to meeting you there. Entertainment and refreshments during the afternoon.

When: Wednesday, April 17
Time: Doors open at 1:00 pm
Social ends at 3:30 pm

Donation at the door. Proceeds to LSCO.

PLEASE NOTE: Not all LSCO programs and spring classes are shown here. Please visit www.lethseniors.com for more information.

Fitness Classes

NEW EARLY RISER STRENGTH CLASS

After warming up, participants will use weighted bars and plates, for an overall body workout. A great way to start the day! Wear indoor footwear and bring a water bottle. Eight registrants are needed for the class to run. As an added bonus we will buy you coffee afterwards!

When: Tuesdays, March 5 – 26
Time: 8:00 – 8:45 am
Fee: \$22 LSCO M; \$27 NM
Instructor: Tracy Simons
Register by: Monday, March 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: Mondays & Wednesdays
March 4 – April 24
(no class April 22)

Time: 8:00 – 8:50 am

Fee: \$79 LSCO M; \$98 NM

Instructor: Debbie Palmer

Register by: Friday, March 1

NEW EVENING CARDIO/ STRENGTH

End your day with this aerobic and strength class. A variety of equipment will be used. Bring a yoga mat, water bottle, wear comfortable workout clothes and indoor shoes. (Intermediate to advanced level.)

When: Tuesdays, March 5 – April 30

Time: 5:15 – 6:15 pm

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

Instructor: Elizabeth Wong

Register by: Monday, March 4

NEW SATURDAY MORNING STRENGTH & STRETCH

Participants will use bars and plates working to increase strength. Bring a yoga mat, water bottle, wear comfortable workout clothes and indoor shoes. All levels welcome.

When: Saturdays, March 9 – April 13

Time: 9:15 – 10:15 am

Fee: \$34 LSCO M; \$40 NM

Instructor: Elizabeth Wong

Register by: Friday, March 8

NEW CYCLE COMBO EVENING CLASS

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. The cycling varies between sitting and standing as well as, the speed, resistance, and intensity levels, which can be adapted to your skill level. During these 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. Limited Space.

When: Mondays, March 4 – May 27
(no class April 22 or May 20)

Time: 5:15 – 6:15 pm

Fee: \$66 LSCO M; \$77 NM

Instructor: Jeannie Ng

Register by: Monday, March 4 – 12:00 pm

CYCLING COMBO MORNING

When: Tuesdays and/or Thursdays
until March 28

Time: 9:00 – 9:50 am

Drop in Fee: \$8 LSCO M; \$10 NM

Instructor: Jamie Hillier

CYCLING COMBO Spring Session

Pre-registration secures your bike.

When: Tuesdays, April 2 – June 25

Time: 9:00 – 9:50 am

Fee: \$72 LSCO M; \$88 NM

And/or

When: Thursdays, April 4 – June 27
(no class May 2)

Time: 9:00 – 9:50 am

Fee: \$66 LSCO M; \$81 NM

Instructor: Jamie Hillier

NOON CYCLING

This indoor cycling workout, is where you will discover your athlete within. Take on the terrain with your inspiring instructor who leads the pack

through hills, flats, mountain peaks, time trials, and interval training. Instructor: Jamie Hillier

When: Mondays until March 25

Time: 12:10 – 12:50 pm

Drop in Fee: \$8 LSCO M; \$10 NM

NOON CYCLING Spring Session

Pre-registration secures your bike.

When: Mondays, April 1 – June 24
(no class April 22, May 20)

Time: 12:10 – 12:50 pm

Fee: \$60 LSCO M; \$74 NM

Register by: Friday, March 29

NEW EVENING POUND CLASS

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Be ready to have fun during this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

When: Wednesdays, March 6 – May 29

Time: 5:15 – 6:15 pm

Fee: \$72 LSCO M; \$85 NM

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

Instructor: Jeannie Ng

Register by: Tuesday, March 5 (to secure a spot)

POUND CLASS

This energizing seated and/or standing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair. A variety of drumsticks will be used; some may be weighted This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. Try it out! Space is limited.

When: Mondays, March 18 – April 29
(no class April 22)

Time: 11:45 am – 12:30 pm

Fee: \$39 LSCO M; \$46 NM

Instructor: Melanie Hillaby

Register by: Friday, March 15

NEW EVENING POWER WALKING

Join Jerry for this energetic walking class. You will get an overall body workout, using weights and have a blast at the same time. Bring a yoga mat, water bottle and a toonie each time you come. Note: This class is ongoing until further notice.

When: Tuesdays &/or Thursdays

Time: 6:30 – 7:30 pm

Fee: \$2/class members & non-members

Instructor: Jerry Brown

BUTTs & GUTTs

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, 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. Instructor: Tracy Simons.

When: Thursdays until March 28

Time: 5:15 – 6:15 pm

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

BUTTs & GUTTs Spring Session

When: Mondays, April 1 – June 24
(no class April 22 and May 20)

Time: 10:30 – 11:15 am

Fee: \$63 LSCO M; \$74 NM

Register by: Friday, March 29

When: Thursdays, April 4 – May 30
(no class April 18)

Time: 5:15 – 6:15 pm

Fee: \$46 LSCO M; \$54 NM

Register by: Wednesday, April 3

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: 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: Mondays, Wednesdays, Thursdays
March 6 – 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.

FIT FRIDAYS

A great way to finish the week off strong. You will be lead through a variety of challenging, fun workouts. Ex: Tabata, weights, and more. Instructor: Tracy Simons.

When: Fridays, until March 29

Time: 12:10 – 12:55 pm

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

FIT FRIDAYS Spring Session

When: Fridays, April 5 – June 28
(no class April 19 and May 3)

Time: 12:10 – 12:55 pm

Fee: \$61 LSCO M; \$72 NM

Register by: Wednesday, April 3

TABATA

Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Instructor: Jamie Hillier

When: Mondays until March 25

Time: 9:15 – 10:10 am

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

TABATA Spring Session

When: Mondays, April 1 – June 24
(no class April 22 and May 20)

Time: 9:15 – 10:10 am

Fee: \$61 LSCO M; \$72 NM

Register by: Friday, March 29

TABATA (Evening)

This high energy fitness class is perfect for both men and women looking for a challenge. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Wednesdays until March 27

Time: 5:15 – 6:15 pm

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

TABATA Spring Session (Evening)

When: Wednesdays, April 3 – June 26

Time: 5:15 – 6:15 pm

Fee: \$72 LSCO M; \$85 NM

Register by: Monday, April 2

POWER WALKING

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). Instructor: Jamie Hillier

When: Wednesdays until March 27
Time: 9:10 – 9:50 am
Drop in Fee: \$6 LSCO M; \$7 NM

POWER WALKING Spring Session

When: Wednesdays, April 3 – June 26
Time: 9:10 – 9:50 am
Fee: \$66 LSCO M; \$78 NM
Register by: Monday, April 2

NOON POWER WALKING

Join us for a fun, energetic noon workout. Remember to bring an exercise mat and water bottle. (intermediate to advanced level class).

When: Thursdays until March 27
Time: 12:05 – 12:55 pm
Drop in Fee: \$4 LSCO M; \$6 NM

NOON POWER WALKING Spring Session

When: Thursdays, April 4 – June 27
(no class May 2)
Time: 12:05 – 12:55 pm
Fee: \$72 LSCO M; \$85 NM
Register by: Tuesday, April 2

ZUMBA GOLD

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

When: Tuesdays & Thursdays until March 28
Time: 11:00 – 11:45 am
Drop in Fee: \$6 LSCO M; \$7 NM

ZUMBA TONING

When: Saturdays until March 30
Time: 11:00 – 11:45 am
Drop in Fee: \$6 LSCO M; \$7 NM

Yoga

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

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 until April 15
Time: 9:00 – 10:30 am
Drop in Fee: \$10 LSCO M; \$15 NM
Instructor: Karen Toohey

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, April 2 – June 11
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Monday, April 1

And/Or

When: Thursdays, April 4 – June 13
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Wednesday, April 3

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 until March 27
Time: 8:30 – 9:30 am
Drop in Fee: \$6 LSCO M; \$7 NM

QiGong/Tai Chi

QIGONG

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

When: Tuesdays & Thursdays April 2 – May 16
Time: 10:05 – 10:50 am
Fee: \$49 LSCO M; \$84 NM
Instructor: Dave Scotland
Register by: Friday, March 29

TAI CHI SIMPLIFIED SUN STYLE

This class focuses on the Sun Style Tai Chi 11 form which has a mixture of Qi Gong and Tai Chi and is recognized by the Arthritis Society as a form of therapy. Additional energy building exercises will also be introduced. Suitable for beginner and experienced practitioners.

When: Tuesdays & Thursdays April 2 – May 16
Time: 11:00 – 11:45 am
Fee: \$49 LSCO M; \$84 NM
Instructor: Dave Scotland
Register by: Friday, March 29

Dance

LINE DANCING

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

When: Mondays, April 29 – June 24
(no class May 20)
Time: 10:30 am – 12:00 pm

Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Friday, April 26

LINE DANCING Intermediate to Experienced

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

When: Thursdays, May 9 – June 27
Time: 10:30 am – 12:00 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

BEGINNER LINE DANCING

This is the perfect class for the beginner. If you have always wanted to learn how to line dance this is the class for you. Wear indoor, non marking soled shoes, comfortable clothes and bring a water bottle.

When: Thursdays, May 9 – June 27
Time: 1:15 pm – 2:15 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

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 at the Administration Desk.

When: Fridays, January 4 – May 31
(no class April 19)
Time: 10:15 – 11:45 am
Drop in Fee: \$2 LSCO M; \$3 NM

Sports

PICKLEBALL LESSONS

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

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

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 LSCO M; \$7 NM

Creative Arts

PAINTING ACRYLIC LANDSCAPES

This class is for the acrylic painters who like to paint landscapes and is really designed for students who are already familiar with painting in acrylics. We will not cover the beginning techniques, so be prepared to start painting on your first class. We will study different types of scenery and their color schemes like the four seasons and how the light affects the landscape.

When: Thursdays, March 28 – May 2
Time: 1:00 – 3:00 pm

Fee: \$40 LSCO M; \$60 NM
 Instructor: Donna Gallant
 Register by: Monday, March 25

WATERCOLOUR POURS

Have you ever wondered how you can get an intense and bold color in watercolour? Well this is one way to do it. During this 2 week class we will approach watercolor in a different and exciting way. We will pour our watercolours onto our paper and let it run down, let it dry and do it again. This makes deep, rich and unique colors through this layering technique. Be prepared for surprises and fantastic results. You don't have to be an expert to achieve this kind of result.

When: Wednesdays, April 3 & 10
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$30 NM
 Instructor: Donna Gallant
 Register by: Friday, March 29

PAINTING WATERCOLOUR SKIES

I don't think any other media can make as wonderful skies as watercolour can. So unique and beautiful and the blending is like no other. In this 6 week class we will uncover some great watercolour techniques to make these fantastic skies including clouds and different sky colours. Skies are not just blue but are made up of an array of many colours and colour combinations. This class is great for the beginner as well as the more seasoned student.

When: Wednesdays, April 24 – May 29
 Time: 10:00 am – 12:00 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Donna Gallant
 Register by: Thursday, April 18

Technology

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
 Register by: Friday, March 1

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 11 & 13
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$40 NM
 Instructor: Peter Harris
 Register by: Friday, March 8

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
 March 18 & 20
 Time: 10:00 am – 12:00 pm
 Fee: \$20 LSCO M; \$40 NM
 Instructor: Peter Harris
 Register by: Friday, March 15

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

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

Zumbathon

Save the date!

**Friday, April 12
for a Spring Dance Party!**

Sheila Mulgrew and Nicole Stratyckuk will be hosting a Master Class from 6:00 – 7:30 pm in support of LSCO. Tickets are \$10 if purchased before April 11 or \$15 at the door. All levels very welcome.

LSCO Gym 2 ~ 500 11th Street South

Door prizes and more!

Welcome

**We are excited to have
Jeannie Ng and Elizabeth Wong
join us as Fitness Instructors.**

They will be leading evening and weekend classes.

Please consider participating in their classes.

You will be glad you did!



Fitness Yoga Schedule

January 7 – March 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Active Aging 8:00 – 8:50 am Deb: Gym 2	Strength 8:00 – 8:45 am Tracy: Gym 2	Active Aging 8:00 – 8:50 am Deb: Gym 2 Yoga for Men 8:30 – 9:30 am Skip: APR			Strength & Stretch 9:15 – 10:15 am Elizabeth: Gym 2 (starts March 9)
Yin Yoga 9:00 – 10:30 am Karen: Room G (ends April 15) Tabata 9:15 – 10:10 am Jamie: Gym 2 Yoga 9:30 – 10:30 am Shawn: Room A/B	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 am APR	Power Walk 9:10 – 9:50 am Jamie: Gym 1 Chair Yoga 9:35 – 10:25 am Stage Area	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 APR	Active Yoga & Stretch 9:00 – 10:00 am Shawn: APR	
Gentle Exercise 10:00 – 10:45 am June: Gym 1		Keep Fit 10:00 – 10:45 am Jamie: Gym 1 Yoga 10:00 – 11:00 am Shawn: APR		Gentle Exercise 10:15 – 11:00 am Tracy: Gym 2	
Butts & Gutts 10:30 – 11:15 am Tracy: APR	Zumba Gold 11:00 – 11:45 am Sheila: APR		Zumba Gold 11:00 – 11:45 am Sheila: APR		Zumba Toning 11:00 – 11:45 am Sheila: Gym 2
Pound Class 12:05 – 12:55 pm Melanie (no class March 11) Pilates Plus 12:05 – 12:55 pm June: APR Indoor Cycling 12:10 – 12:50 Jamie: Gym 2	Yoga 12:05 – 12:55 pm Melanie: APR Indoor Cycling 12:10 – 12:50 pm Jamie: Gym 2	Strength Stretch 12:05 – 12:55 pm Shawn: Gym 2 Pilates Plus 1:15 – 2:15 pm June: APR	Yoga 12:05 – 12:55 pm Melanie: APR Power Walk 12:05 – 12:55 pm Jamie: Gym 1	Fit Fridays 12:10 – 12:50 pm Tracy: Gym 2	
Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm & 2:40 – 3:40 pm Jamie: Fit Centre		
	Cardio/Strength 5:15 – 6:15 pm Gym 2	Tabata 5:15 – 6:15 pm Jamie: Gym 2	Butts & Gutts 5:15 – 6:00 pm Tracy: APR		
Cycling Combo 5:15 – 6:15 pm Jeannie: Gym 2	Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: APR	Pound 5:15 – 6:15 pm Jeannie: TBA	Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: Gym 2		
	Power Walking 6:30 – 7:30 pm Jerry: Gym 2		Power Walking 6:30 – 7:30 pm Jerry: Gym 2		

Note: * Pre-registration is required for some programs.

If space is available drop-ins are welcome.

Classes may be canceled if insufficient registrations or low interest.

Many of the classes will continue until June. Dates to be confirmed.

500 – 11th Street South • 403-320-2222 • www.lethseniors.com

seedy SATURDAY



March 30, 2019 1-4 pm
LSCO Gym
500-11 St S, Lethbridge

FREE ADMISSION

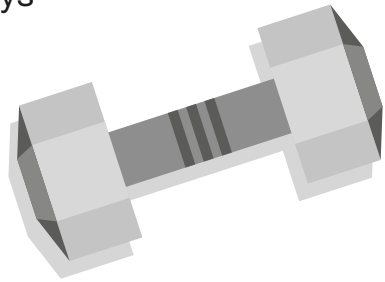
WORKSHOPS ~ EXHIBITS ~ ACTIVITIES

www.environmentlethbridge.ca

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



LSCO Gift Shop

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



Pickleball Paddles

Selkirk Maxima Compostie (7.3 oz).....	\$112.00
Selkirk Epic Composite (7.8 oz)	\$100.00
Selkirk Latitude Composite (7.1 oz)	\$89.00

Exercise/Yoga

	Regular Price	Sale Price
Yoga Mat Cleaner	\$18.00	\$14.00
Essential Mat	\$35.00	\$28.00
Cotton Blanket	\$46.00	\$38.95
Eye Pillow	\$22.00	\$18.95

Urban Poling

300 Series	\$99.99	\$90.00
Activator	\$109.99	\$95.00
Adventure Series	\$119.99	\$115.00
Snow Baskets	\$20.00	\$15.00
Boot Tips	\$22.00	
Bell Tips	\$22.00	



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 **March 27 – May 1**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us.

~ Bill Watterson

Lethbridge Denture Clinic
Putting that sparkle back in your smile.

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

Kimberley Ankermann DD & Trisha Perverseff DD

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

March 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Free Community Music in Stage Area Joe Lawlor 11:45 am ~ 1:30 pm Lunch Special	2
3	4 	5 Classic Legends 1:00 pm Chair Exercises 2:45 pm	6 Fun with Wii 1:00 pm Room C/D Pickleball/ Table Tennis	7 Music with Sandy 1:00 pm Room A/B	8 Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	9
10		12 Music with Hank 1:00 pm Chair Exercises 2:45 pm	13 Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	14 Floyd Sillito 1:00 pm Room A/B	15 Free Community Music in Stage Area Floyd Sillito 11:45 am ~ 1:30 pm Lunch Special	16
17 	18	19 Pet Therapy with Kyra 1:00 pm Room C/D	20 Horse Racing 1:00 pm Room A/B Pickleball/ Table Tennis	21 Los Gringos 1:00 pm Room C/D	22 Free Community Music in Stage Area Los Gringos 11:45 am ~ 1:30 pm Lunch Special	23
24 	25 	26 Movie Time 1:00 pm Room C/D	27 Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	28 Don Robb & Randy Epp 1:00 pm Room A/B	29 Free Community Music in Stage Area TBD 11:45 am ~ 1:30 pm Lunch Special	30

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

alger zadeiks shapiro LLP
 CLIENT CENTRED

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



Thank you

servus credit union

and individuals that joined us for the Winter Walk Day! It was a chilly afternoon but we certainly enjoyed the company and warm drinks afterwards!



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

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

roost 2 roost LIMITED

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




Cooking Classes are back!

Come Join Us for the

3C's

Cooking, Conversation & Companionship

A five week cooking class for individuals who live alone.

Instruction will be given each week to create simple, healthy meals to be taken home. The five week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Thursdays, March 28 – April 25
 Time: 2:30 – 4:00 pm
 Where: McKillop United Church
 2329 15th Avenue South
 Register by: Friday, March 22, 2019

This is a joint partnership between McKillop United Church and LSCO.

LSCO Chef **Stacey Gleeson** will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the 3 C's is \$40 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration.

Call Erin at Lethbridge Senior Citizens Organization to register.
403-320-2222 ext. 25

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
Yoga Classes		
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



BUTTS & GUTTS SPRING SESSION

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. Instructor: Tracy Simons.

When: Mondays, April 1 – June 24
 (no class April 22 and May 20)
 Time: 10:30 – 11:15 am
 Fee: \$63 LSCO M; \$74 NM
 Register by: Friday, March 29

When: Thursdays, April 4 – May 30 (no class April 18)
 Time: 5:15 – 6:15 pm
 Fee: \$46 LSCO M; \$54 NM
 Register by: Wednesday, April 3



FIT FRIDAYS

A great way to finish the week off strong. You will be lead through a variety of challenging, fun workouts. Eg: Tabata, weights, and more. Instructor: Tracy Simons.

When: Fridays until March 29
 Time: 12:10 – 12:55 pm
 Drop in Fee: \$6 LSCO M; \$7 NM

Spring Session

When: Fridays
 April 5 – June 28
 (no class April 19 & May 3)
 Time: 12:10 – 12:55 pm
 Fee: \$61 LSCO M; \$72 NM
 Register by: Wednesday, April 3

Recently I served my girls a tea party with my late grandmother's China. I was fortunate to inherit a full set from her and know Grandma would want me to be using it more. Having people over for tea; taking time to go to a friend's home and visiting was the norm for generations before me. Social connection involved visiting, not texting or leaving social media comments in order to have a conversation. It does not feel that long ago we used the phone or dropped in on our neighbour, yet we have seemingly decreased in ability to listen to one another face to face.

Well, not at LSCO! One impressive aspect of working here is being part of a real community. Watching members and volunteer crews give their time to serve others is quite remarkable. There is a ripple effect of positivity when peers look out for one another if somebody is sick, has car trouble or may be grieving a loss. Though not everyone has nearby family or a circle of friends, we can all work to make this a possibility for those who are seeking companionship. Invite someone to an educational workshop or a drop-in fitness class. Come by for breakfast or lunch and take in our Friday afternoon music.

LSCO Free Community Music Program

March's Friday Music schedule is 11:45 am – 1:30 pm on the following days:

March 1: Joe Lawlor



Support Services Coordinator

Erin Vogt

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

March 8: Classic Legends

March 15: Floyd Sillito

March 22: Los Gringos

March 29: To be decided

Free Neck & Shoulder Massages

Lethbridge College FREE Massage: On **Tuesday, March 19th** join us for another round of 15 minute massages by students. Time: 10:00 am – 12:00 pm, LSCO Dining Room.

Income Tax Program

Community Volunteer Income Tax Program begins Tuesday March 12th. Diane has the sign-up sheet with specific dates and times, at the front counter. Contact Diane at 403-320-2222 ext. 30. Thank you to all the volunteers who make this program possible.

3 C's

Session #2 of 3 C's: *Cooking, Conversation and Companionship*, starts **Thursday March 28th**. See poster on page 18 for further details.

Practicing Happiness

Group facilitators from Alberta Health Services will be covering mindfulness techniques which can help free us from stress, anxiousness and depression. The next session runs March 27-May 1st. Contact Diane or Kari to sign up at 403-320-2222.

Wellness Programs

Tuesday, March 5: Serenity Foot Care with Mercy Lar, 9:00 am - 3:45 pm

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

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

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

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

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

Here's to enjoyable coffee dates with friends, and the promise of warmer temperatures headed our way.



TABATA

Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class). Instructor: Jamie Hillier.

When: Mondays until March 25
Time: 9:15 – 10:10 am
Drop in Fee: \$6 LSCO M; \$7 NM

Spring Session

When: Mondays, April 1 – June 24 (no class April 22 and May 20)
Time: 9:15 – 10:10 am
Fee: \$61 LSCO M; \$72 NM
Register by: Friday, March 29

Evening

This high energy fitness class is perfect for both men and women looking for a challenge. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Wednesdays until March 27
Time: 5:15 – 6:15 pm
Drop in Fee: \$6 LSCO M; \$7 NM

Evening Spring Session

When: Wednesdays, April 3 – June 26
Time: 5:15 – 6:15 pm
Fee: \$72 LSCO M; \$85 NM

International Women's Day is March 8, 2019

Innovation and technology can help empower women and girls. Yet a growing digital divide means that women are under-represented in fields like science, technology, engineering, and math (STEM). Let's reverse this trend and innovate for change! This year's theme for International Women's Day, **#InnovateForChange**, is a call to action, asking everyone to harness the power of technology to create a more equal world.

NOON POWER WALKING SPRING SESSION

Join us for a fun, energetic noon workout. Remember to bring an exercise mat and water bottle. (Intermediate to advanced level class.)

When: Thursdays, April 4 – June 27 (no class May 2)

Time: 12:05 – 12:55 pm

Fee: \$72 LSCO M; \$85 NM

Register by: Tuesday, April 2

100 Years of Stories

The Lethbridge Public Library is celebrating 100 years in the community in 2019, and we want you to tell us about your most memorable library experiences and what the library means to you.

Email your story to indie@lethlib.ca or bring it to our table at the LSCO on March 12, 18, or 26 between 1 and 3 p.m.



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
- ✓ And much more!



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

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 LSCO M; \$7 NM

No amount of reading or memorizing will make you successful in life. It is the understanding and application of wise thought which counts.

~ Bob Proctor

LETOURNEAU

LAWYERS | ARBITRATORS | MEDIATORS

Probate | Wills | Powers of Attorneys
Personal Directives | Real Estate
Corporate Law

Devin C. Wallace, B.Mgt. J.D.
Barrister and Solicitor
Partner
403.329.4311
devin@lelaw.ca



Contact me today for a [free](#) consultation and quote

Painting Acrylic Landscapes

This class is for the acrylic painters who like to paint landscapes and is really designed for students who are already familiar with painting in acrylics. We will not cover the beginning techniques, so be prepared to start painting on your first class. We will study different types of scenery and their color schemes like the four seasons and how the light affects the landscape.

When: Thursdays, March 28 – May 2
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, March 25

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Tuesday, March 19** 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.



Upcoming Concerts!

Mark your calendar and save these dates!

March 9, 2019
Music from the Silver Screen
Lethbridge Community Brass Choir
7 pm – College Drive Community Church

March 16, 2019
The Spirit of Spring
Lethbridge Community Silver Band
7 pm – College Drive Community Church

March 30, 2019
Great Music with New Friends
Lethbridge Community Gold Band
7 pm – College Drive Community Church

lcbs.ca "...for the love of music." LETHBRIDGE COMMUNITY BAND SOCIETY

Legal Tips for 2019

By the time this article is published for the month of March I hope to have dusted off my golf clubs and at least had a swing or two outdoors. We were blessed with great weather in January and then February hit like the winters of old. Not sure what March may bring and we have no say in that department anyway.

I thought I would go back to writing articles of legal interest to the readership of the *LSCO Times*. The only issue here is that there is only so many things one can write about when it comes to law. The law is a huge subject to be sure, but the best legal systems, in my opinion run in the background, without the average citizen knowing they are running. Think to yourself how many times you actually need the direct assistance of the law in your life and compare that to the number of times you need medical assistance. This should be a compliment to the society we live in. In most cases it is a smooth machine that runs that way due to the framework under which it is set up and the continual dedication of people who work in the administration of justice in our society.

So on with some legal tips or red flags.

Joint Ownership of Property to Avoid Probate

Many times, I am asked to place a home title or bank account into joint names with one family member to avoid the cost and hassle of pro-



Legal Tips and Information

Douglas Alger

bate. I am happy to assist in this regard, but always like to caution people against doing so. I would say that 70% of the time, the decision to do so works out, but 30% of the time it doesn't. The problem is predicting what category you would fall into, as the future consequences of doing so, can be difficult to predict.

Guardianship and Trusteeship vs. Enduring Powers of Attorney (EPA) and Personal Directives (PD)

Prior to the 1990's, the only way to take care of someone who had lost their capacity to make decisions regarding their finances and personal decisions was to be appointed as a trustee and guardian by the courts. Now that we have EPAs and PDs we can avoid going to court. The only issue is that you can't have an EPA and PD done up if you have lost your capacity to make one. The moral here is get these

documents done, before you can't make one. The cost is much less than you think. Hopefully you never have to use them during your lifetime, but if do, they are invaluable. If you don't do them, the expense and time of getting a court order is much higher and sometimes that is the only option.

Enduring Power of Attorney and Personal Directives Appointments

If you are appointed as someone's attorney and or agent under the PD, it is a task where you must exercise abundant good judgment and diplomacy. Essentially when you are charged with looking after your wife or parent, they become like a child to you, which means you have to give them the maximum amount of freedom they can handle, but also help them make the right decision when they need help. Of course, some people have no capacity at all and that is where you as the appointed one have a difficult long road ahead and I applaud those silent people who, everyday, take care of their loved ones. It is a difficult task, but a task that shows the better part of our humanity.

I invite any suggestions you might have for future articles. Please send me your inquiries to alger@azlawyers.ca. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

You cannot do yoga. Yoga is your natural state. ~ Sharon Gannon



March At a Glance

See website for additional details

- Fri **MAR 01** Spring Paintings
First Friday Fun, 1:30–3 pm, All Ages
- Sat **MAR 02** Spool Race Cars
Saturdays at 1:00, 1–2 pm, Families
- Wed **MAR 06** Blackfoot Homes
Daytime Galt Workshops, 10:30–noon, Adults
- Wed **MAR 06** Tiny Living: Living BIG in a Little Way
Wednesdays at the Galt, 2–3 pm, Adults
- Thu **MAR 07** Blackfoot Language Week 5 Class, 7–8 pm, Adults
- Thu **MAR 07** Nothing Unusual Occurred: Crime and Punishment in the NWMP 1873-1886
Café Galt, 7–8 pm, Adults
- Sat **MAR 09** Painted Plates
Saturdays at 1:00, 1–2 pm, Families
- Wed **MAR 13** Mixed Media Collage
Daytime Galt Workshops, 10:30–noon, Adults
- Thu **MAR 14** Searching for Images
Archives Programs, 7–9 pm, Adults
- Thu **MAR 14** Blackfoot Language Week 6 Class, 7–8 pm, Adults
- Sat **MAR 16** Shamrock Pins
Saturdays at 1:00, 1–2 pm, Families
- Wed **MAR 20** Painted Mugs
Daytime Galt Workshops, 10:30–noon, Adults
- Wed **MAR 20** YWCA History and Services
Wednesdays at the Galt, 2–3 pm, Adults

- Thu **MAR 21** Blackfoot Language Week 7 Class, 7–8 pm, Adults
- Thu **MAR 21** History of Home Styles
Café Galt, 7–8 pm, Adults
- Sat **MAR 23** Lethbridge History Trivia
Saturdays at 1:00, 1–2 pm, Families
- Wed **MAR 27** Paper Plate Weaving
Daytime Galt Workshops, 10:30–noon, Adults
- Thu **MAR 28** Blackfoot Language Week 8 Class, 7–8 pm, Adults
- Thu **MAR 28** Embroidered Tea Towels
Evening Galt Workshops, 7–9 pm, Adults
- Sat **MAR 30** Mini Tepees
Saturdays at 1:00, 1–2 pm, Families



Serving

Southern Alberta Families

for over **100** YEARS

People you know. Friends you trust.

Martin Brothers Funeral Services www.mbfunerals.com

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

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.
 ~ Robert H. Schuller



Join Us!

Tuesday, March 12th, 2019

1:00 pm in Room A/B

at LSCO – 500 11th Street South

TAX FREE SAVINGS ACCOUNTS AND YOU!

Think you don't need one?
Am I TOO old to have one? Think again!!!

Door Prizes to be Won

Sign up today at
LSCO Administration Desk or call 403-320-2222
and ask to be put on the list.



**PROFIT SHARE – DOES YOUR BANK
PAY YOU TO DO YOUR BANKING?**
480 Scenic Drive South

I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen. ~ Anne Lamott

Computer Corner

by Sjoerd Schaafsma

Managing your Photos

The question has come up a few times in the Computer lab, "How do I keep track of my pictures?"

I was searching for fodder for the corner and came across this site. <https://pc.net/tips/> The author kindly gave me permission to quote from his articles.

https://pc.net/tips/2018-04/dont_keep_all_your_photos is the link to the entire article.

His first piece of advice is classic. Don't keep all your pictures, keep the best ones and delete the rest. Chances are good that you'll never get through them all. I'm in the process of wading through old family slides and doing the same, keeping a few, scanning them, and tossing the rest. If you're going to store them anyway, put them on an external hard drive so they don't take up space on your main system. The rest of the managing business is relatively straight forward. Create folders, and organize your pictures by date and subject.

The Monthly Hint: On an iPad or iPhone, double tapping on a website increases the text size. The key combination Ctrl + does the same on a computer.

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 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

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, April 2 – June 11
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Monday, April 1
And/Or

When: Thursdays, April 4 – June 13
Time: 12:05 – 12:55 pm
Fee: \$66 LSCO M; \$83 NM
Instructor: Melanie Hillaby
Register by: Wednesday, April 3

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 until March 27
Time: 8:30 – 9:30 am
Drop in Fee: \$6 LSCO M; \$7 NM

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".

March

From March 4 – 22 the Computer Lab will not be available Monday afternoons to accommodate the Intro to iPad class.

- Tuesday 5 Sharing & help session
- Wednesday 6 *Remote Storage Part 2: Some review if you missed session 1 with Sjoerd*
- Tuesday 12 Sharing & help session
- Wednesday 13 Open for sharing & help
- Tuesday 19 Sharing & help session
- Wednesday 20 *London Drugs presents: What is Google Home? What are smart plugs? What can they do for me?*
- Monday 25 Planning, sharing & help session
- Wednesday 27 *Using Video Capture with Eric Marshall*

An HD Video Capture Device converts 1080p HDMI or Component video output from a cable or satellite box to digital MP4 files on a USB memory stick.

HD Video Capture is similar to VCR recording, but instead of recording onto a low quality analog cassette tape, it records full 1080p HD onto a USB memory stick. Once movies or TV shows are on the memory stick, the digital files can then be copied to a PC, tablet or smartphone for viewing, sharing with friends, or editing.

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 to be added to the email list or to ask for help from the computer club.

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
Honoured to Serve

403-381-7777
www.cornerstonefuneralhome.com
2825 - 32 STREET SOUTH
LETHBRIDGE ALBERTA T1K 7B1

"HERE TO SERVE"



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

403.320.0070 RACHAELHARDER.CA @RACHAELHARDERMP

SHUTTLE ON THE GO
403-393-2899
www.shuttleonthego.ca
shuttlebiz2018@gmail.com

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



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

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


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

Jake Boldt
Hearing Technician




Vitality Clinic
EECP

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!

Enanced
External
Counter
Pulsation



It's time to **LIVE AGAIN!**
www.vitalityhealthimprovementclinic.com

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

Call us today for your complete denture care needs

Hosack DENTURE CLINIC LTD.
Giving you something to smile about!

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



Saturday Morning Strength & Stretch

Participants will use bars and plates working to increase strength. Bring a yoga mat, water bottle, wear comfortable workout clothes and indoor shoes. All levels welcome.

When: Saturdays, March 9 – April 13
Time: 9:15 – 10:15 am
Fee: \$34 LSCO M; \$40 NM
Instructor: Elizabeth Wong
Register by: Friday, March 8



March is scams and fraud month

March is scams and fraud month – I would like to look at an article that deals with emotional and financial injury caused by a scam.

Dating and romance scams often take place through online dating websites, but scammers may also use social media or email to make contact. They have even been known to telephone their victims as a first introduction. These scams are also known as ‘catfishing’.

Scammers typically create fake online profiles designed to lure you in. They may use a fictional name, or falsely take on the identities of real, trusted people such as military personnel, aid workers or professionals working abroad.

Dating and romance scammers will express strong emotions for you in a relatively short period of time, and will suggest you move the relationship away from the website to a more private channel, such as phone, email or instant messaging. They often claim to be from another country and are travelling or working overseas.

Scammers will go to great lengths to gain your interest and trust, such as showering you with loving words, sharing ‘personal information’ and even sending you gifts. They may take months to build what may feel like the romance of a lifetime and may even pretend to book flights to visit you, but never actually come.

Once they have gained your trust and your defenses are down, they will ask you (either subtly or directly) for money, gifts or your banking/credit card details. They may also ask you to send pictures or videos of yourself, possibly of an intimate nature.

Often the scammer will pretend to need the money for some sort of personal emergency. For example, they may claim to have a severely ill family member who requires immediate medical attention such as an expensive operation, or they may claim financial hardship due



LEARN
Case
Manager

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

to an unfortunate run of bad luck such as a failed business or mugging in the street. The scammer may also claim they want to travel to visit you, but cannot afford it unless you are able to lend them money to cover flights or other travel expenses.

Sometimes the scammer will send you valuable items such as laptop computers and mobile phones, and ask you to resend them somewhere. They will invent some reason why they need you to send the goods but this is just a way for them to cover up their criminal activity. Alternatively, they may ask you to buy the goods yourself and send them somewhere. You might even be asked to accept money into your bank account and then transfer it to someone else.

Sometimes the scammer will tell you about a large amount of money or gold they need to transfer out of their country, and offer you a share of it. They will tell you they need your money to cover administrative fees or taxes.

Dating and romance scammers can also pose a risk to your personal safety as they can be part of international criminal networks. Scammers may attempt to lure their victims overseas, putting you in dangerous situations that can have tragic consequences.

Regardless of how you are scammed, you could end up losing a lot of money. Online

dating and romance scams cheat people out of millions every year. The money you send to scammers is almost always impossible to recover and, in addition, you may feel long-lasting emotional betrayal at the hands of someone you thought loved you.

Canadians lost a reported \$19 million to romance scammers last year.

“That’s maybe five per cent reporting, especially when it comes to online dating, people are ashamed that they’ve been taken advantage of like this and they don’t want to be identified.”

“It doesn’t matter how old you are, it doesn’t matter what your sexual orientation or gender is – everybody is a susceptible target when it comes to romance scams.”

“When it comes to online dating, it comes down to us being able to recognize the fake ones from legitimate ones – that means just doing more homework.”

How to help

If your family member agrees, you should ensure that all contact with the scammer stops. Find out exactly what personal information has been revealed.

Block the scammer’s email address or ‘unfriend’ them from any social media sites or apps. Consider changing your family member’s email address and phone number, especially if contact from the scammer continues. Their telephone provider may agree to change their number for free. If a physical address has been given, seek advice from local police.

Your ability to help will be made harder if your family member is in denial and does not accept they are being scammed. Try searching online for the scammer’s details, which will often lead to anti-scam websites where the scammer is already known. Show these results to your family member. You can also show them how many people get scammed every year by using the ‘types of scams’ data on websites or by referring them to other real life stories.

A representative of your local police or scam victim support group may also be willing to talk things through.

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

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

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
unitron
TV-EARS
PHONAK
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)

Ladybug Arborists
PRUNING & CONSULTING
WINTER IS THE BEST TIME FOR
DECIDUOUS TREE AND SHRUB PRUNING
How Can We Help Your Trees Today?
403~634~3062
ladybugarborists@gmail.com
www.ladybugarborists.com