



LETHBRIDGE
Senior Citizens
ORGANIZATION

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

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7th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization

94% Sold Out • Free Admission
Over 70 Exhibitors

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

Presented by
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FUNERAL HOME Ltd.
Honoured to Serve

LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION

Join Us for

USING THE WAY PARKING APP
Wednesday, April 3
City of Lethbridge Presentation

HEALTHY RELATIONSHIPS WITH OUR ADULT CHILDREN
Starts Thursday, April 4

VOLUNTEER APPRECIATION SUPPER
Monday, April 8

ZUMBA FUNDRAISING PARTY
Friday, April 12

MOTHER'S DAY BRUNCH
Sunday, May 12

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*
 Bruce Stewart, MSc Physical Therapy – *Osteoarthritis: Our Joints Can Be a Pain*



Live Well Door Prize
CTM 3 Wheel
Travel Scooter HS 265
courtesy of



Ultimate Freedom Plus
HOME MEDICAL EQUIPMENT

ZUMBA FUNDRAISING PARTY

Friday, April 12

Doors open 5:30 pm
Zumba 6:00 – 7:30 pm
Advance Admission \$10 or \$15 at the door

Join hosts Sheila Mulgrew and Nicole Stratyckuk for an incredible evening of dance and fitness. Nine fabulous Zumba instructors from Lethbridge are generously donating their time and talents to bring a FABULOUS fitness PARTY to help raise funds to enhance the LSCO fitness programs. 100% of the proceeds are being donated. There will be some local small business owners/vendors with some of their incredible products and ZUMBA Wear (NEW and GENTLY used) available for purchase. This fitness party will include Zumba Gold...Zumba Toning and regular Zumba fitness... something for everyone!! Door prizes and lots of fun connecting with our vibrant Zumba community!!

This event is for EVERYBODY...NO EXPERIENCE NECESSARY.
Guaranteed FUN!!



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

At this writing we are heading into our Annual General Meeting and the selection of a new Board of Directors. Eleven people with a wide variety of experiences and knowledge are allowing their names to stand to be the governing body of LSCO. If you weren't aware, LSCO is a federally registered charity and is a provincially registered society. As such, the Board of Directors, acting in the best interests of LSCO members and the organization itself, is the sole governing authority for LSCO. The Board has one direct employee, the Executive Director, for whom the Board provides strategic and policy-based guidance. The strategic planning for LSCO will be developed this spring and will be our organiza-

tional roadmap for the next three years or so. The names of our newly ratified Board will be published in the May edition of *LSCO Times*.

Part of the information utilized to develop our strategic plan will be the data we collected from our recent Member survey. I will report on the survey results next month. Many thanks to Chelsea and her awesome volunteers for entering the survey data into Survey Monkey.

I would like to welcome back Natasha Elder to her former position as Meals on Wheels Support Worker. Natasha will also be the key staff support for our new Subsidized Seniors Homemaking service. Also, please welcome Brenda Fettig to her new role in our Food Services department. This is a homecoming of sorts as well, as Brenda worked in our kitchen years ago. Brenda and Stacey (LSCO Food Services Coordinator) have become a very strong cooking duo...as evidenced by the high quality of food coming out of the kitchen.

Lastly, thank you to Councillor Belinda Crowson who, at our AGM, gave a presentation on the Civic Commons Master Plan. Belinda was Chair of the Civic Commons Committee and we appreciate having her bring us up to date on the plan and process. ★

Welcome New Members!

- | | |
|------------------|----------------------|
| Evelyn Sutton | Jan Langford |
| Sandi Mutter | Susan Giffen |
| Shirley Charters | Michele Vanderkooi |
| Dianne Fulton | Louise Hutchinson |
| Rai Brown | Bernie Wikdahl |
| Ken Mercer | Sheila Matson |
| Mary Dieser | Greg Van Vaerenbergh |
| Cavell Eloff | Valerie Black |
| Gerald Mezei | Gary Harmon |
| Laraine Stuart | Gordon Fisher |
| Shirley Slanisky | Christa Fisher |
| Jonas Slanisky | Clarence Haitisma |
| Jim Cherewick | Vi Armstrong |
| Kelly Thoma | Barbara Lea |
| Rick Goodfellow | Steve Lea |

A Smile is the Universal Welcome.

I sometimes wonder if the manufacturers of foolproof items keep a fool or two on their payroll to test things. ~ Alan Coren

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge
HEARING CENTRE



In recognition for the ongoing support of LSCO Meals on Wheels



Philips Lifeline has the right solution for you



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



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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

The twelfth annual World Autism Awareness Day is April 2, 2019

Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world, light blue in recognition of people living with autism. Autism-friendly events and educational activities take place all month to increase understanding and acceptance and foster worldwide support.



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
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evogt@lethseniors.com ext. 25
- LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306
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lmutch@lethseniors.com ext. 57
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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
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fitness@lethseniors.com 403-320-2222
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kmartin@lethseniors.com ext. 21
- Food Services Coordinator
 Stacey Gleeson ext. 27
- Cook I – Brenda Fettig 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.”



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. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.

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. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.

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

10X PASS CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Certain restrictions apply (Some classes may be full with pre-registered participants) ask at the Administration Desk. Pass expire 6 months from the date of purchase. *Fee: \$55 LSCO Members; \$65 Non Members.* Present your pass to the instructor as you have access to the following classes: • Active Aging • Butts & Gutts • Cardio • Cycling • Gentle Exercise • Fit Fridays • Pilates • Pound • Power Walking • Tabata • Yoga (except Noon, Yin) • Zumba (all styles)

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
May 2019	Thursday, April 18
June 2019	May 17

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

Good day!

I'm writing this mid March so am anticipating the best laid plans of your Board have come to pass.

Over the last several months the Policy committee have met regularly on Monday afternoons to review, delete and develop policies to guide the Board in its deliberations. On Monday March 11, the Board and Rob met to fine tune the policies and most of them have been passed by the Board. We're still working on a succession and an investment policy, but I suspect those will be finished and approved by the time you read this note.

Now that the Board policies are done Rob can get on with a review of staff policies.

If you ratify the slate of Directors at the AGM on March 26th, we can get on with strategic



President's Message

Keith Sumner

planning probably in the early part of May. We'll be taking a long-term view, about a ten-year horizon I suspect, as we're experiencing growth. The future physical needs of our organization are in the forefront of our minds. We like growth but it must be sustainable. If you have ideas on what LSCO should look like in

the future, please share them with me or one of your other Board members.

Bob Maslen chairs our Nomination Committee. I'm hoping he'll volunteer to review our current by-laws, recommend any changes the committee feels are necessary and develop a method, complete with time line, for recruiting LSCO members to the Board. One of the primary responsibilities of a board is to see to its own succession. Its important work and I hope some of you will volunteer to help.

One final note, your Board passed a policy concerning harassment and a procedure for dealing with it. Its applicable to all members and staff. The policy and procedure are available for all to review. If you have any questions, please ask me.

In the mean time enjoy the fine weather, we deserve it! Namaste! ★

4 bad car habits to ditch this spring

Spring has sprung and so have bad habits. This season, ditch your old ways and improve your car maintenance practices to avoid any that may be harming your vehicle.

Here are four bad habits OK Tire recommends changing to keep your car in tip-top shape:

- 1. Not getting a deep clean.** Much like you would spring clean your home, your car deserves the same care. Often, we neglect our vehicles and their need for a good cleaning once winter finally ends. Winter months wreak havoc on vehicles as cold temperatures and corrosive road salt can eat away at both the interior and exterior. Don't forget to clean from the inside out this spring to avoid any damage, and top things off with a fresh coat of wax.
- 2. Forgetting regular maintenance.** Much like we go to the dentist for check-ups, your vehicle needs the same attention with specific mileage intervals and changing of

the seasons. Whether it's a fluid top-up or an engine flush, regular maintenance will keep your car running smoothly. Consider getting your drum brakes inspected, cleaned and adjusted in combination with cleaning and lubricating the "sliders" on the disc brake calipers to help deal with any salt and sand build-up that can take a toll on these components.

- 3. Treating winter tires like all-weather.** A common misconception about leaving your winter tires on all year is that it can save you money. This is a false statement. In fact, leaving them on year-round will cost you more in the long-run. Winter tires are made from a softer rubber-polymer mix that allows the tire to better grip the road when it's below 7°C. This different type of material will wear rapidly in warmer temperatures, causing premature wear and reducing the tread life of the tire. If you use winter tires all spring and summer, you will

need to purchase a new set of winter tires come fall. A better alternative to driving on your winter tires year-round is to purchase a set of all-weather tires. Because they can handle light to moderate rain, ice and snow conditions, they might provide you with the best of both worlds.

- 4. Ignoring your air filter.** Your cabin air filter keeps the air flow for your heating and cooling systems working efficiently. It also keeps your interior free of musty odours and allergens. Getting rid of an old air filter is essential for keeping the air flowing efficiently within the interior of the vehicle. A dirty cabin air filter can reduce the air flow within the car and cause the inside of the windows to fog up, making it difficult to see where you are going. This should be inspected and replaced, if required, at every oil change interval.

Find more information at www.oktire.com.



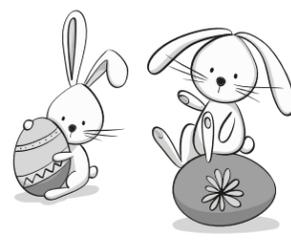
MENU ~ APRIL 2019

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 ★



Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
Entree: Kielbasa Sausage w/Fried Onion Potato: Perogies Soup: Chef's Choice	Entree: Swedish Meatballs Potato: Egg Noodles Soup: Chef's Choice	Entree: Beef Short Ribs Potato: Roasted Potatoes Soup: Chef's Choice	Entree: Stuffed Sole Potato: Rice Pilaf Soup: Chef's Choice	Entree: Roast Beef Potato: Mashed Potatoes Soup: Chef's Choice
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Entree: Dry Garlic Ribs Potato: Potato Wedges Soup: Chef's Choice	Entree: Chuckwagon Chili Potato: Baked Potato Soup: Chef's Choice	Entree: Veal Cutlets Potato: Mashed Potatoes Soup: Chef's Choice	Entree: Pork Kabobs Potato: Rice Soup: Chef's Choice	Entree: Fried Chicken Potato: Mashed Potatoes Soup: Chef's Choice
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
Entree: Shepherd's Pie Potato: Soup: Chef's Choice	Entree: Seasoned Chicken Breast Potato: Garlic Mashed Potatoes Soup: Chef's Choice	Entree: Spaghetti & Meat Sauce Potato: Soup: Chef's Choice	Entree: Baked Ham Potato: Scalloped Potatoes Soup: Chef's Choice	LSCO CLOSED for Good Friday
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
LSCO CLOSED for Easter Monday	Entree: Maple Glazed Salmon Potato: Wild Rice Soup: Chef's Choice	Entree: Mushroom Pork Chops Potato: Egg Noodles Soup: Chef's Choice	Entree: Chicken Stir Fry Potato: Rice Soup: Chef's Choice	Entree: Roast Beef Potato: Roasted Potatoes Soup: Chef's Choice
Monday, April 29	Tuesday, April 30	HAPPY Easter		
Entree: Chicken Santa Fe Potato: Spanish Rice Soup: Chef's Choice	Entree: Salisbury Steak Potato: Mashed Potato Soup: Chef's Choice			

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 **May 15 – June 19**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



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

GOLF LESSONS INTERMEDIATE PLAYERS PLAYING FOCUSED

Designed for the intermediate player that wants to enhance their golf skills. We will cover topics such as full swing, fundamentals, short game, and on course strategy, 1 hour lesson every week with the option to play 9 holes after the lesson. 9-hole play valid on lesson day only.

Time: 2:00 – 3:00 pm (per session)
Fee: \$50 LSCO M; \$65 NM (per session)

Session 1:
Mondays, April 15, 22, 29, May 6

Register by: Friday, April 12

Session 2:
Wednesdays, April 17, 24, May 1, 8

Register by: Monday, April 15

Session 3:
Monday, May 27, June 3, 10, 17

Register by: Friday, May 24

Session 4:
Wednesday, May 22, 29, June 5, 12

Register by: Friday, May 17

PICKLEBALL



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

Intermediate/Advanced

Mondays, Wednesdays, Fridays: 7:00 – 9:00 am

Mondays: 1:00 – 3:00 pm

Tuesdays: 10:00 am – 12:00 pm

& 1:15 – 3:00 PM

Thursdays; 1:15 – 3:00 pm

Fridays: 1:00 – 3:00 pm

Novice/Recreational

Mondays, Tuesdays, Thursdays, Fridays:

3:00 – 4:50 pm

All Skill Levels

Wednesdays Open Play

1:00 – 3:30 pm

Monthly Fee: \$20 LSCO M; \$45 NM

12 Month Fee: \$180 (\$15/month) LSCO M

Drop In Fees must be paid prior to playing:

\$3 M; \$5 NM

Fees are not pro-rated.

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



PICKLEBALL

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

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We pickup/drop off at your door in Lethbridge.

Register for golf lessons at LSCO. Lessons will take place at Evergreen Golf Centre 5225 24th Ave. S on Highway 4. Space is limited.

*Clubs are provided if needed

Volunteer & Fund Development

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder."

– Gilbert Keith Chesterton

THANK YOU AND HAPPY NATIONAL VOLUNTEER WEEK, LSCO VOLUNTEERS!

In 2018, 26,722 volunteer hours were recorded here at LSCO by 346 volunteers. The Community Initiatives Program grant estimates the value of volunteer work in Alberta to be \$20/hour (this is the figure they use to calculate matching funds for grants). This would put the total contribution of LSCO's volunteers at \$534,440 – *over half a million dollars.*

If you enjoy anything about the LSCO, you have a volunteer to thank. Volunteers raise the money that pays the rent, volunteers keep the dining room open, the plants alive, the boutique viable and the Meals on Wheels clients supported, among many, many other things.



Coordinator

Chelsea Sherbut

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

VOLUNTEER WEEK APRIL 7-13TH

Our annual Volunteer Appreciation dinner this year will be on *April 8th*. 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 to me by April 2nd (or as soon as possibly possible).

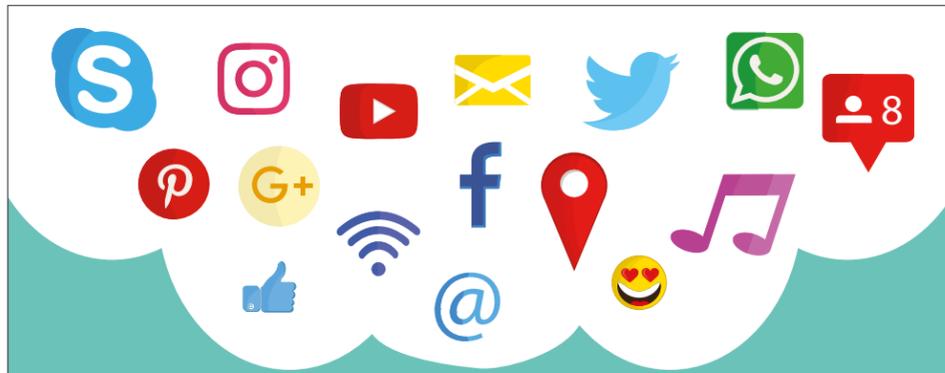
MOTHER'S DAY BRUNCH

It's almost Mother's Day Brunch time! I am looking for a lot of volunteers for help with bussing, refilling pans on the buffet line, resetting tables between sittings and greeting guests and bringing them to their tables. Let me know if you are interested and available to help out on Sunday May 12th, it should be a fun time.

If you are interested in ATTENDING Mother's Day Brunch buffet, advance paid reservations (\$20 each) are available for all three seatings (10am, 11:30am and 1:00pm). Each seating is capped at 75 guests. Tickets will only be available at the door if there is room left in a seating.

LIVE WELL SHOWCASE

Volunteer positions are still available if you would like to be part of the action on May 2nd and 3rd. Jobs include: tradeshow welcome table, vendor support and helping with the speaker series. ★



FACEBOOK & SOCIAL MEDIA

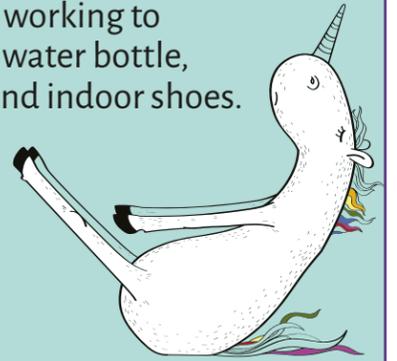
Learn how Facebook and Social Media work. Learn what to avoid and how to make posts, save pictures and use on phones, tablets and computers. Learn how to use Pinterest, Instagram, Twitter and Snapchat. Get on top of your social media skills and enjoy staying in touch with your family and friends!

When: Tuesdays & Thursdays, April 16 - 25
Time: 1:30 - 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Rod Henriquez
Register by: Friday, April 12

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



INTRODUCTION TO WOODWORKING

Interested individuals 55+ will gain basic knowledge for using carpentry tools safely. A small project will be completed. At times safety glasses and ear protectors must be worn. Register early, space is limited. A waiver must be signed upon registration.

When: Mondays & Wednesdays
April 15 – 29 (no class April 22)
Time: 1:00 – 3:00 pm
Fee: \$20 LSCO M; \$45 NM
Register by: Friday, April 12

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Jake Boldt
Hearing Technician

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May 5 or 12, 2019

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Day	Port	Arrive	Depart
1	Seattle, Washington		4:00 PM
2	Days at Sea		
3	Scenic Cruising Stephens Passage		
3	Juneau, Alaska	1:00 PM	9:00 PM
4	Hubbard Glacier	2:00 PM	6:00 PM
5	Sitka, Alaska	8:00 AM	4:00 PM
6	Ketchikan, Alaska	7:00 AM	1:00 PM
7	Victoria, BC	6:00 PM	11:30 PM
8	Seattle, Washington	7:00 AM	

More dates and cruise itineraries available, please call or email soon!

MaritimeTravel
We Know Travel Best.
www.maritimetravel.ca

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

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

Breakfast MENU

8:00 am – 1:00 pm Weekdays
OPEN TO THE PUBLIC
\$6.00
Non-Members Add 15%



Have you heard about Balance, the new wellness platform through Alberta Blue Cross?

As a senior you have free access!

BALANCE™
Your life  Your rewards

This is an online program supporting you in adopting and maintaining healthy behaviours. Features include:

- Manage your medications
- Track exercise and other wellness activities
- Recipes
- Learning modules and resources
- Earn points and bid for prizes
- Steps to becoming healthy and well!
- Confidential, password protected

Join us for a hands on workshop

Tuesday April 2, 2019

10:00 am (Room A & B)

1:00 pm Computer Lab (upstairs)

LSCO – 500 - 11th Street South

RSVP to Erin: evogt@lethseniors.com
or sign-up at LSCO Administrative Desk
403-320-2222



It is in the wild places, where the edge of the earth meets the corners of the sky, the human spirit is fed. - Art Wolfe

EDIT PHOTOS ON YOUR MAC

Learn how to load pictures on your MacBook or iMac using the Photos app. Learn how to resize, crop and edit your pictures however you like! Learn how to send photos in email, text and through the cloud. You will also learn how to transfer photos so you can take them to be printed at a store. Students are required to have an Apple Mac computer or laptop.

When: Tuesdays & Thursdays
June 4 - 13
Time: 1:30 – 3:30 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Rod Henriquez
Register by: Friday, May 31





VOLUNTEER Appreciation Supper

Monday, April 8, 2019

LSCO Dining Room

Doors open at 5:30 pm • Dinner served at 6:00 pm

Guests \$15

RSVP to Chelsea by April 2nd

Highlights:

Roast Beef Dinner served by Lethbridge 4-H Beef Club
Adult Beverages \$4 • Service Awards & door prizes to follow supper

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If one truly loves nature one finds beauty everywhere.
~ Vincent Van Gogh



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Zumba Toning

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class. Come give it a try!

When: Saturdays, April 6 - May 25
(no class April 20 or May 18)

Time: 11:00 - 11:45 am

Fee: \$30 LSCO M; \$40 NM

Register by: Thursday, April 4

FIT BALL AND MORE

Participants will be lead through a variety of exercises to help improve balance, strength and flexibility. Wear comfortable clothes, indoor shoes, bring a yoga mat and water bottle. No Thursday class this session.

When: Tuesdays, May 7 - June 25

Time: 9:00 - 9:50 am

Fee: \$26 LSCO M; \$48 NM

Register by: Monday, May 6



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Resiliency

Ahh! The month of April. The name is derived from the latin word aperit, which means to open. April is considered one of the months of the spring growing season. This is when trees, and those early spring flowers begin to open. In Southern Alberta we can certainly have an overlap with the spring stirrings in the flowers and trees and a winter fall back with those spring snow storms. Many of those snow storms can put stress and pressure on tree branches, and those buried flower heads trying to make their way out. Some snap, most bend, then rest and wait for the heat of the sun to melt away the snow. To me this is nature practicing resiliency. The definition I gathered from the web is; resiliency; The ability of a substance or an object to spring back into shape, or the capacity to recover quickly from difficulties. I am always amazed how nature in the spring can bounce back from some of



**LSCO Case Worker/
LEARN
Coordinator**

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

those spring snow storms. Like a spring snow storm, we as well have all experienced pressure, stress and adversity in our lives.

Please find a list of strategies that could be used for building resilience:

- Avoid seeing the crises as insurmountable problems

- Accept that change is part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook

February and March were certainly challenging months' weather wise and I for one am ready to welcome the coming month of April and all the new growth that is starting. Please practice good self-care and if you are experiencing prolonged or unrelenting stress find someone you trust to talk with. There are many programs, counsellors etc. that can support and help build stress management techniques and resilience. ★

Gentle Exercise Fridays

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

When: Fridays, April 5 – June 7
(no class April 19, May 3)

Time: 10:15 – 11:00 am

Fee: \$24 LSCO M; \$30 NM

Instructor: Tracy Simons

Register by: Thursday, April 4

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, April 2 – May 28
(no class April 16)

Time: 8:00 – 8:45 am

Fee: \$44 LSCO M; \$54 NM

Instructor: Tracy Simons

Register by: Monday, April 1

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Proceeds go to the Nord-Bridge Centre

April 16, 17 & 18, 2019
7:30 PM
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If you take a flower in your hand and really look at it, it's your world for a moment. ~ Georgia O'Keeffe

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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 <i>Players Package</i>	\$820 pp/dbl
<i>Adventure Package w/VIP Folklorama, City Tour, Cdn. Mint Tour</i>		
Hermetic Code Tour, Forks Market, VIP Horse Race Buffet Dinner		\$1015 pp/dbl
Deadwood, SD	Sept. 29-Oct. 5, 2019 No rules, no regrets	\$665 pp/dbl
China	April 6-13, 2020 Shanghai, Beijing 18 days	\$5300 pp/dbl

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Free Info Session May 11 @ Nord-Brige 1:00 pm. RSVP to Cathymunro@lifetimelifehigh.club 587-223-0203

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HAPPY EASTER

**LSCO will be closed
Friday, April 19th
for Good Friday
and
Monday, April 22nd
for Easter Monday**

This past month Natasha Elder returned to LSCO, running our Meals on Wheels Program. Welcome back, Natasha! The warmer weather is brightening our days and hopefully it is here to stay. The past 3C's: **Cooking, Conversation and Companionship** session was well-received. A huge thank you to our partner, McKillop United Church, with their beautiful renovated kitchen designed to bring people together in an engaging learning environment. Thank you to our Chef, Stacey Gleeson, who shared her cooking skills and best practices for making individual meals, reusing leftovers. She taught us how to stretch basic ingredients and spices to make a variety of yummy meals for tonight's dinner and to load our home freezer. The next 3C's session runs over 5 weeks from Thursdays, March 28 – April 25. A few spots remain to register. Please contact the front desk.

Lethbridge College Massage Therapy

March completed three winter sessions of free **Massage Therapy** through Lethbridge College. A huge thank you to the students who treated us to the 15-minute neck, back and shoulder massages that got us through some chilly winter days.



Support Services Coordinator

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

Income Tax Program

LSCO is buzzing with tax fever, as seniors are signed up to have complimentary taxes completed by a volunteer in the **Community Volunteer Income Tax Program**. We thank the volunteers involved who are giving their time and expertise throughout mid-March to the end of April to help a multitude of seniors with their annual tax returns.

LSCO Free Community Music Program

April's Friday Music schedule is 11:45 am – 1:30 pm on the following days:
Friday, April 5: Hank Wiebe
Friday, April 12: Classic Legends
Friday, April 26: Los Gringos

**No music on Friday April 19, as we are closed for Good Friday.*

Practicing Happiness

The Practicing Happiness spring session will run from March 27 – May 1, 2019. We are still accepting registrants. Please contact the front desk to register.

Wellness Programs

Tuesday, April 2nd: Balance by Alberta Blue Cross. See page 7 for details on how to track your wellness goals online.
Tuesday, April 2: Serenity Foot Care with Mercy Lar, 9:00 am – 3:45 pm
Monday, April 8: Direct Dental Hygiene (Mobile dental services), 9:00 am – 3:00 pm
Wednesday, April 10: Alger Zadeiks Shapiro (Free 15-minute legal consultation), 10:00 am – 12:00 pm
Thursday, April 11: Lethbridge Hearing Services (Hearing Screening): 10:00 am – 12:00 pm
Friday, April 12: Reflexology, 9:00 am – 3:00 pm
Friday, April 26: Andrea's Massage, 9:00 am – 2:30 pm
 Here's to future cheery sunshine allowing us to all venture outside! Happy Easter to you and yours.

CLASSIFIED ADS

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

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If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering if there are men on base. ~ Dave Barry



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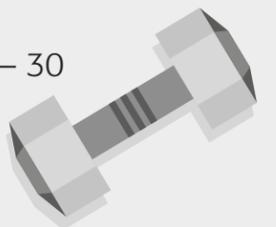
CIRCUIT TRAINING

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, April 9 – May 2
 Time: 1:30 – 2:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, April 5

When: Tuesdays & Thursdays, May 7 – 30
 Time: 1:30 – 2:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, May 3

When: Tuesdays & Thursdays, June 4 – 27
 Time: 1:30 – 2:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, May 31



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

Live Well Showcase Speakers

Speakers presented by Hosack Denture Clinic

Thursday, May 2nd ~ 11:00 am

**Travis Zentner, Cornerstone and
City of Lethbridge Cemetery Services**

Green Burial and New Options

In our ever-changing world with environmental and ecological considerations, more alternatives are being explored for "laying a loved one to rest". In the City of Lethbridge, Green Burial and Alkaline Hydrolysis will emerge as options for our funeral pre-planning clients or families of deceased loved ones. Please join Travis and his partners from the City of Lethbridge Cemetery Services for this most interesting discussion as they present the pros and cons of these new options.

Thursday, May 2nd ~ 2:00 pm

Robbin Gibb, U of L Neuroscience

The Changing Brain and Healthy Aging

As we age our brain changes. Researchers continually uncover new facts about the brain and what steps we can take to being healthy, which will ultimately affect our brain.

Friday, May 3rd ~ 11:00 am

Doug Alger, Nadine Granson and Brett Ficiur

Be Confident by Preparing Now

Be assured that you've taken care of your family and estate, with tax and legal preparations now. It can be easier – and cheaper – than you think! Doug Alger from Alger, Zadeiks Shapiro LLP, Nadine Granson and Brett Ficiur from Avail CPA will share key aspects of your preparations:

- Having a legal and updated will
- Choosing the right executor
- Financial planning to minimize tax
- Documenting vital statistics
- And more! Planning now will give you the peace of mind that you've made things easier for your loved ones. Attend this information session to learn how simple this process can be.

Friday, May 3rd ~ 1:00 pm

Bruce Stewart, MSc in Physical Therapy

Osteoarthritis: Our Joints Can Be a Pain

What are the treatments, currently available, for osteoarthritis? Learn how the GLA:D™ Canada program may be able to help those with stiff or painful knees and hips reduce pain and maintain a physically active lifestyle.



Live Well Door Prize

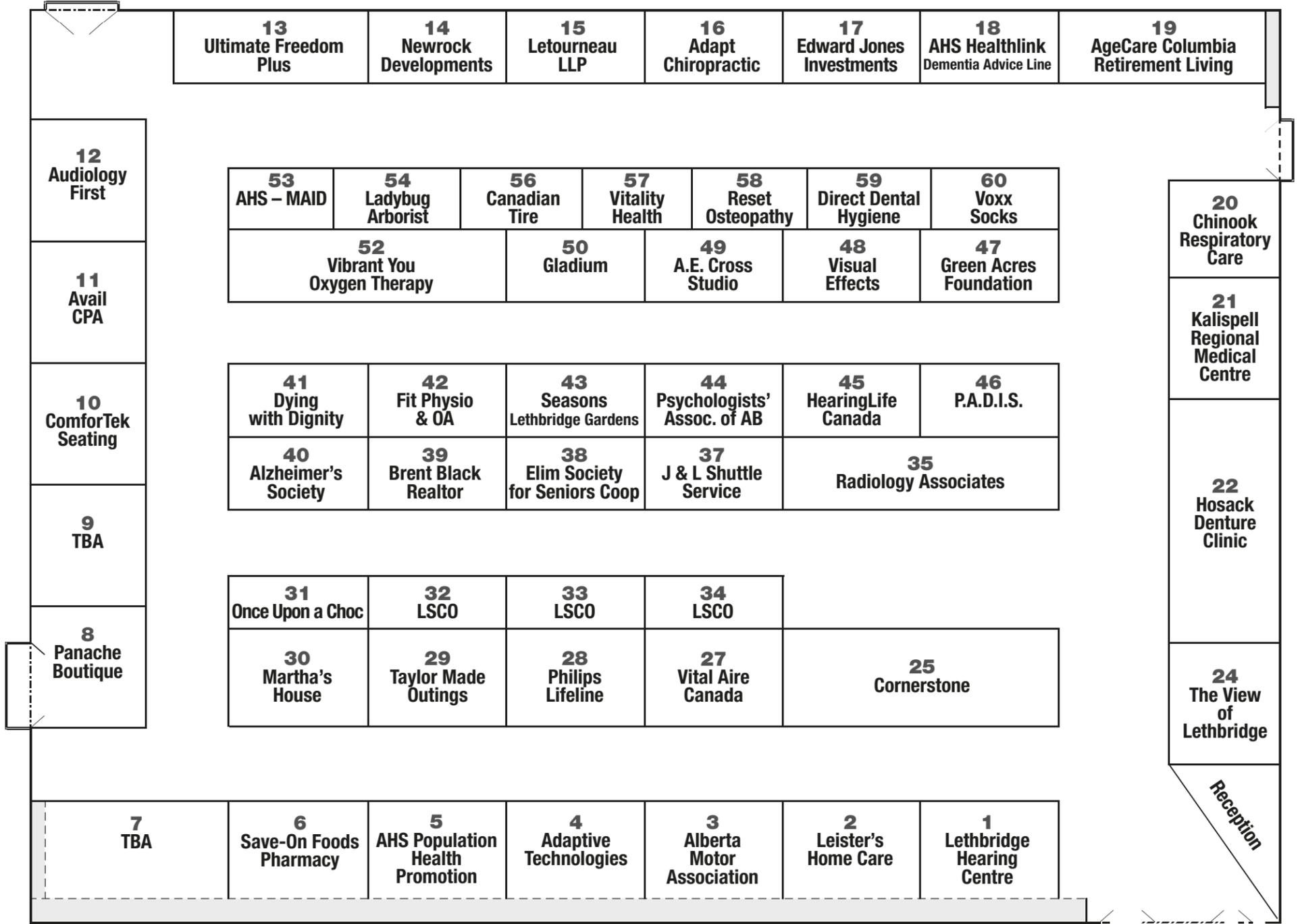
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Exhibitor	Booth #	Exhibitor	Booth #
Adapt Chiropractic	16	LEARN	32
Adaptive Technologies	4	Leisters Home Care	2
AE Cross	49	Lethbridge Hearing Centre	1
AgeCare – Columbia	19	Lethbridge Housing	69
AHS – Dementia Advice Line	18	Martha’s House	30
AHS – MAID	53	Letourneau LLP	15
AHS – Population Health	5	MOW	33
Alberta Motor Association	3	McCuaig, Heather	61
Alzheimer Society	40	NewRock Developments	14
Audiology First	12	Once Upon a Chocolate	31
Avail CPA	11	P.A.D.I.S.	46
Brent Black – ReMax	39	Panache Boutique	8
Canadian Tire North	56	Philips Lifeline	28
Chinook Respiratory Care	20	Psychologists Assoc. of AB	44
ComforTek Seating	10	Radiology Associates	35
Direct Dental Hygiene	59	Save On Foods	6
Dying with Dignity	41	Reset Osteopathy	58
Edward Jones Investments	17	Seasons Lethbridge Gardens	43
Elim	38	Taylor Made Outings	29
Fit Physio & OA	42	The View	24
Gladium	50	Ultimate Freedom Plus	13
Green Acres Foundation	47	Vibrant You Hyperbarics	52
HearingLife Canada	45	Visual Effects	48
Hosack Denture Clinic	22	Vitality Health	57
J & L Shuttle	37	Vital Aire	27
Kalispell Regional Healthcare	21	Voxx Life	60
Ladybug Arborist	54	Young Living Essential Oils	63

HE WHO HAS HEALTH, HAS HOPE; AND HE WHO HAS HOPE, HAS EVERYTHING. ~Thomas Carlyle

Dementia Advice

For those living with dementia and their caregivers. Call Health Link 24/7 by dialling **811**.

\$6.00 BREAKFAST

8:00 am ~ 1:00 pm Weekdays

The Live Well Showcase is a very professional trade show for Seniors, and features over 70 exhibitors as well as some very interesting speakers. It will be held May 3rd & 4th at the LSCO centre. This show features all the aspects of "active aging".

Ralph Zentner, owner of Cornerstone Funeral Home, is again honoured to be the major sponsor of this event. "We are proud to be involved in the seventh annual showcase and firmly believe that educating yourselves and preparing for your future is vital."

Cornerstone is an avid community supporter and realizes the importance of those in the community who are here to help. With the focus on education, presentations and speakers are available during the Showcase for those who wish to attend.

Admission is free and the Showcase takes place at LSCO, 500 - 11th Street South, Thursday, May 2nd from 10:00 am to 5:00 pm and Friday, May 3rd from 10:00 am to 3:00 pm

Rob Miyashiro, Executive Director of LSCO, thanks all of the sponsors, vendors, the staff and volunteers for their support in this very worthwhile information session and fund-raising effort. Learn about the services and opportunities that are available to everyone as we age. ANYONE over 50 will get a GREAT DEAL out of this special event, whether planning for their own future or assisting loved ones. DON'T MISS IT.



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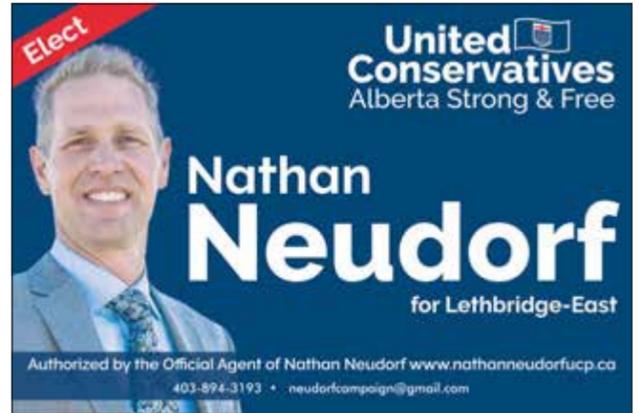
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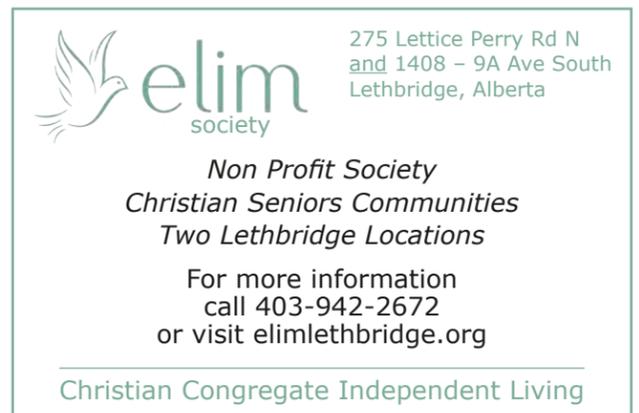
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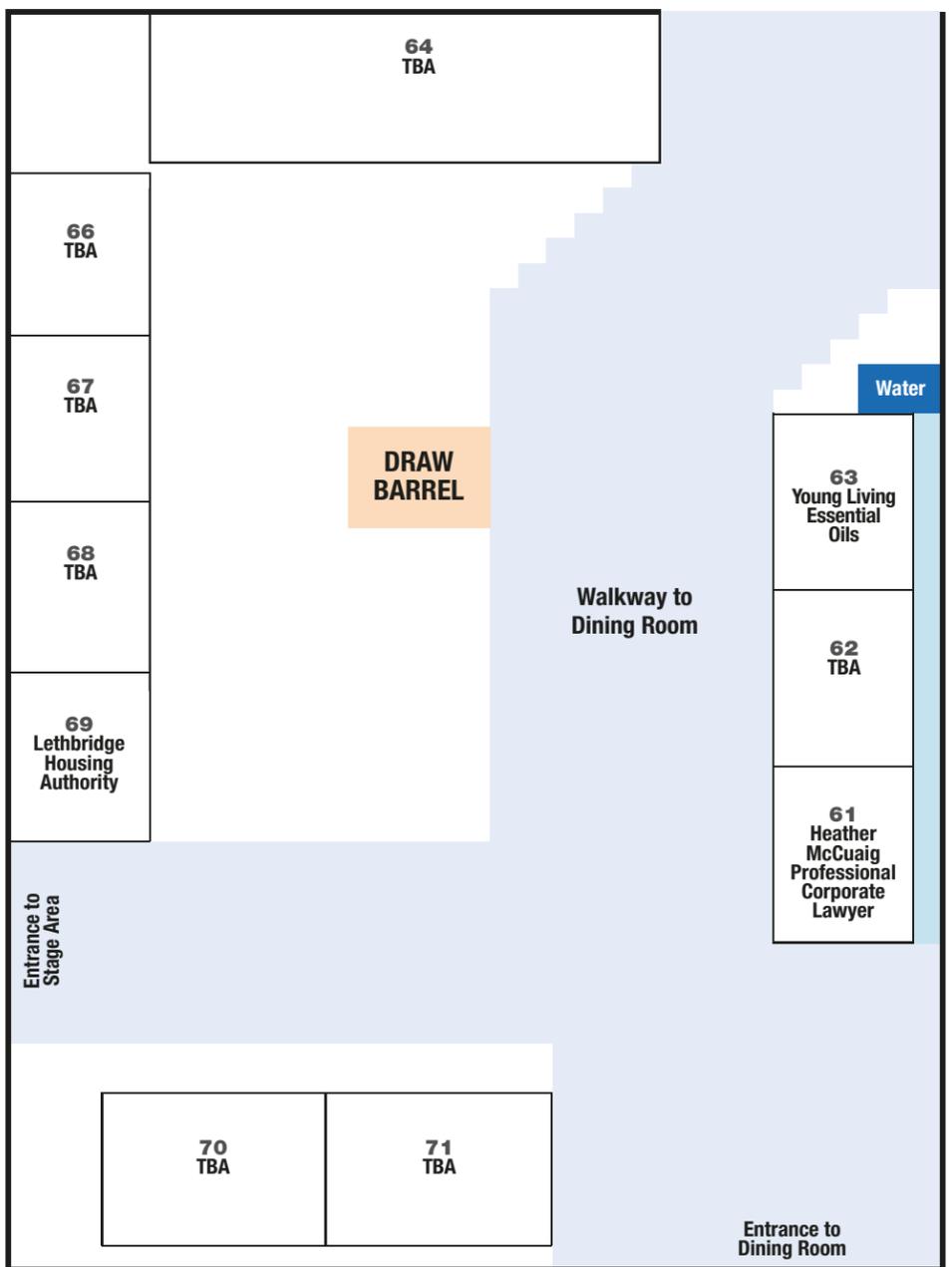


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heathermccuaig@shaw.ca

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. Drop ins welcome.

When: Wednesdays
April 3, 10, 17, May 8 - 29
Time: 8:30 - 9:30 am
Fee: \$32 LSCO M; \$42 NM
Register by: Tuesday, April 2

WALKING with or without POLES

This program is intended for avid walkers and for those who have experience walking with poles. You do not have to use poles to participate. We will meet at LSCO, go for a vigorous walk outside and finish with a stretch. When the weather does not co-operate, the class will be held in the gym for an inside workout! (Intermediate to advanced level).

When: Thursdays, May 9 - 30
Time: 9:00 - 9:55 am
Fee: FREE LSCO M; \$15 NM
Register by: Tuesday, May 7



Community Support Groups

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

Sunset Alcoholics Anonymous

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

Stroke Care Partner Support Group

Stroke Care Partner Support Group is for Care Partners of stroke survivors only. This is a safe place to share experiences with a counseling emphasis and new topics explored each month. The next meeting is **Tuesday, April 9th** at 7:00 pm in Rooms C/D.

Lethbridge Stroke Recovery Association (LSRA)

This month's meeting outline is Stroke survivors presenting for 5-20 minutes on their topic of choice (optional participation). Examples of topics are equipment success, where to go for resources, success with meditation. To be held **Wednesday April 10th** at 7:00 pm in Room A/B.

Parkinson's Alberta Society Support Group

The next meeting is **Thursday, April 18th** at 2:00 pm in Room A.

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, April 13th** at 2:00 pm in Room C & D.

Alcoholics Anonymous Saturday Morning Eye Opener

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

3 tips to know about your RRSP

Missed your RRSP deadline? There are steps you can take throughout the year to maximize your retirement savings.

A Registered Retirement Savings Plan (RRSP) is a type of savings plan that is registered with the Canadian government and allows you to make tax-deductible contributions to save towards your retirement. The income you earn in your RRSP is tax exempt, as long as it remains in the plan. Tax is generally payable when you take money out of your RRSP.

It's never too late to make the most of your RRSP options:

Unused contributions carry forward. You can contribute the lower of 18% of your income from the previous year or the annual RRSP limit for the current year, which is \$26,500

for 2019. Unused contribution room can be carried forward to use in the future. Contributions to a workplace pension plan will reduce the amount you can contribute. In some cases, it may be beneficial for your spouse or common-law partner to make contributions to your RRSP using their available RRSP contribution room.

Save smaller amounts all year. It may be easier for you to set up an account that makes regular automatic contributions to your RRSP throughout the year, rather than try to contribute a larger lump sum of money by the annual deadline.

Explore programs for special RRSP withdrawals. Funds in your RRSP can be used to help Canadians invest in other ways, including in themselves. One program is the Home Buyers' Plan, which allows first-time homebuyers to temporarily

withdraw up to \$25,000 from their RRSP to help build or buy a home. The Lifelong Learning Plan allows you to withdraw amounts to finance full-time training or education for yourself, your spouse or common-law partner.

Funds withdrawn through these programs must gradually be returned to your RRSP over time to avoid tax consequences.

At any time of year, an advisor can work with you to determine which registered accounts and investment options might be suitable for you. The Government of Canada also offers useful information about RRSPs, as well as related programs and deadlines.

www.newscanada.com

Common sense and a sense of humour are the same thing, moving at different speeds. A sense of humour is just common sense, dancing. ~Clive James



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Galt
MUSEUM
& ARCHIVES
stories unfolding...

April

At a Glance

See website for additional details

<p>Wed APR 03 Folk Art Houses Daytime Galt Workshops, 10:30–noon, Adults</p> <p>Wed APR 03 Rest for the Weary Traveller Wednesdays at the Galt, 2–3 pm, Adults</p> <p>Thu APR 04 Just Scan It Archives Programs, 7–9 pm, Adults</p> <p>Thu APR 04 Blackfoot Language Week 9 Class, 7–8 pm, Adults</p> <p>Fri APR 05 Flower Pots First Friday Fun, 1:30–3 pm, All Ages</p> <p>Sat APR 06 Woven Flowers Saturdays at 1:00, 1–2 pm, Families</p> <p>Wed APR 10 Easter Decorations Daytime Galt Workshops, 10:30–noon, Adults</p> <p>Thu APR 11 Blackfoot Language Week 10 Class, 7–8 pm, Adults</p> <p>Sat APR 13 Spring Decorations Saturdays at 1:00, 1–2 pm, Families</p>	<p>Sun APR 14 Canada and the Second World War Café Galt, 2–4 pm, Adults</p> <p>Wed APR 17 Items From Our Homes Wednesdays at the Galt, 2–3 pm, Adults</p> <p>Thu APR 18 Macrame Plant Hanger Evening Galt Workshops, 7–9 pm, Adults</p> <p>Sat APR 20 Eggstravaganza Special Events, 10–2 pm, Families</p> <p>Sat APR 27 Mini Houses Saturdays at 1:00, 1–2 pm, Families</p> <p>Sun APR 28 Recipes for Victory Special Family Program, 2–3 pm, All Ages</p> <p>Sun MAY 05 Southern Alberta Heritage Fair Special Events, 1–4:30 pm, All Ages</p> <p>Tue MAY 07 and Wed MAY 08 Taste of Downtown Special Events, 5–8 pm, Adults</p>
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galtmuseum.com

403.320.3954



Fitness Yoga Schedule

April – June (start & end dates vary)

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
Tabata 9:15 – 10:10 am Jamie: Gym 2	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 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	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 Elizabeth: 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: APR	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.

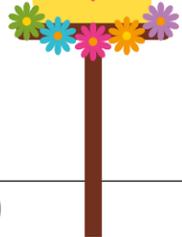
If space is available drop-ins are welcome.

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

April 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	3 Fun with Wii 1:00 pm Room C/D Pickleball/ Table Tennis	4 Music with Sandy 1:00 pm Room A/B	5 Free Community Music in Stage Area Hank Wiebe 11:45 am ~ 1:30 pm Lunch Special	6 
7 	8 Volunteer Appreciation Supper	9 Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	10 Bowling Holiday Bowl 1:00 pm Pickleball/Table Tennis	11 Floyd Sillito 1:00 pm Room A/B	12 Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	13 
14 	15	16 Music with Gerry 1:00 pm Room C/D Chair Exercises 2:45 pm	17 Horse Racing 1:00 pm Room A/B Pickleball/ Table Tennis	18 Tom Wolsey 1:00 pm Room C/D	19 No Friday Music Program LSCO Closed for Good Friday	20 
21 	22 LSCO Closed for Easter Monday	23 Pet Therapy 1:00 pm Chair Exercises 2:45 pm Room C/D	24 Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	25 Los Gringos 1:00 pm Room A/B	26 Free Community Music in Stage Area Los Gringos 11:45 am ~ 1:30 pm Lunch Special	27 
28	29	30 Movie Time 1:00 pm Room C/D Chair Exercises 2:45 pm				

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.

It's natural so it's safe, right?

We've all seen claims like "100 per cent natural" or "all-natural ingredients" splashed across a variety of products. Sometimes the word "green" or "organic" may be added as well. But are "green" or "natural" products actually safer to use?

Just because a product is natural, green or organic doesn't mean it doesn't have risks. They are still made up of chemicals, just ones produced by nature instead of humans. But nature produces plenty of chemicals that can harm us if we're exposed to too much of them.

Often, natural ingredients are no different than synthetic ones in how they work or what risks they pose. In fact, a synthetic substance that mimics a natural one can sometimes provide a purer ingredient that can make a product safer for use.

Some tips on how to prevent exposure to chemicals in the home, whether they are natural or not, include:

- Read the label and follow all instructions before use.
- Lock up your chemicals to keep them out of reach of children and pets.
- Dispose of household chemical products the right way. Check with your municipality to learn how and where.
- Ventilate your home.

The Chemicals Management Plan is a Government of Canada initiative aimed at reducing the risks posed by chemicals to our health and the environment. As part of the plan, Health Canada has launched the Healthy Home campaign to provide people with easy-to-understand and useful tips to properly manage chemicals and other environmental hazards around the home. Find more info at canada.ca/healthy-home.

www.newscanada.com

In and Out On Location Landscapes

Much like the *Garden Party* classes of the last few years, we will be working outside but taking a little more time to finish our work. We will work outdoors one week and come back into the studio the following week, where you can work from your photos and drawings from the previous week. This is a good chance to be more progressive with your work and end up with more finished piece. The student may choose whatever medium they like to work in. Whether you want to draw on location and paint in the studio or even if you want to just do quick on location paintings and continue them in the studio. This is a great opportunity to work from life and render your own interpretation of the landscape. Having some experience in your medium will be a big advance.

When: Thursdays, May 23 – June 27
Time: 1:00 – 3:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, May 17

How to deal with unexpected change

As we move into spring we know that it is a time of new growth. Regardless of our age I think the question that can move any of us further is

"What would you do if you weren't afraid?"

— Spencer Johnson, M.D.

I love this quote from Dr. Spencer Johnson's book, "Who Moved My Cheese?"— a thought-provoking, parable-style story that has helped millions deal with change in their lives.

It's an excellent question, and we should ask it of ourselves often.

An article written by Luis Velasquez says I recently re-discovered a great little book called *Who Moved My Cheese*, and I was reminded of its many lessons about how to deal with unexpected change. The book has received incredible reviews, and even though it's very small (I read it in one sitting), it's very inspirational and true. I believe you should go get it and read it, and I'll tell you why.

Who Moved My Cheese illustrates the simple fact that change will happen, whether we choose to accept it or not. The defining factor is how we deal with it; whether we allow ourselves to change or insist on staying the same. The story follows four characters, all living together in a maze. Sniff and Scurry are mice, and Hem and Haw are "little people". The traits displayed by these four characters are traits that, no doubt, many of us can identify with. Because Sniff and Scurry are only mice, they are described as having simple brains, "but good instincts." Sniff and Scurry are much more attuned to changing with a situation, since they are used to employing trial and error. Hem and Haw, on the other hand, with their complex brains, are inspired by beliefs and emotions. They are not accustomed to anticipating or adjusting to change.

For a time, all is going well in the maze for the four characters. They have found "Cheese Station C", a huge source of their favourite food: cheese. While the cheese represents a source of food for Sniff and Scurry, it represents much more for Hem and Haw. The cheese is



LEARN Case Manager

Joanne Blinco

learn@lethseniors.com

403-394-0306

everything the little people need to be happy. *Cheese Station C* becomes the center of their lives. Before long, Hem and Haw are taking the cheese for granted. They become lazy and believe that there will always be cheese. Unlike Sniff and Scurry, who are observant of the dwindling cheese and know they may have to find more soon, Hem and Haw do not notice that the stash of cheese is depleting. One morning, they arrive at *Cheese Station C*, just as they have done every morning, and notice that the cheese is gone. How could this be?

Sniff and Scurry quickly accept the loss of the cheese and go off into the maze in search of other sources of cheese. For them, the solution is simple: *the situation has changed, so they must change.*

The little people, however, who have built their lives around this singular source of cheese, are confused and afraid. They feel they are the victims of some kind of fraud or theft. They continue to return to *Cheese Station C* each day, desperately hoping that the cheese will miraculously appear again. Rather than changing with the situation, they yearn for things to be the way they were. Meanwhile, the mice move on and find new cheese.

This story effectively captures experiences we are all familiar with: that moment after we are faced with an unexpected change, when our health fails, or end a relationship, when we believe our world is ending. We feel that it must be somebody's joke to take away what is rightfully ours. We found comfort and secu-

rity in the previous situation, and all the future holds is fear and uncertainty.

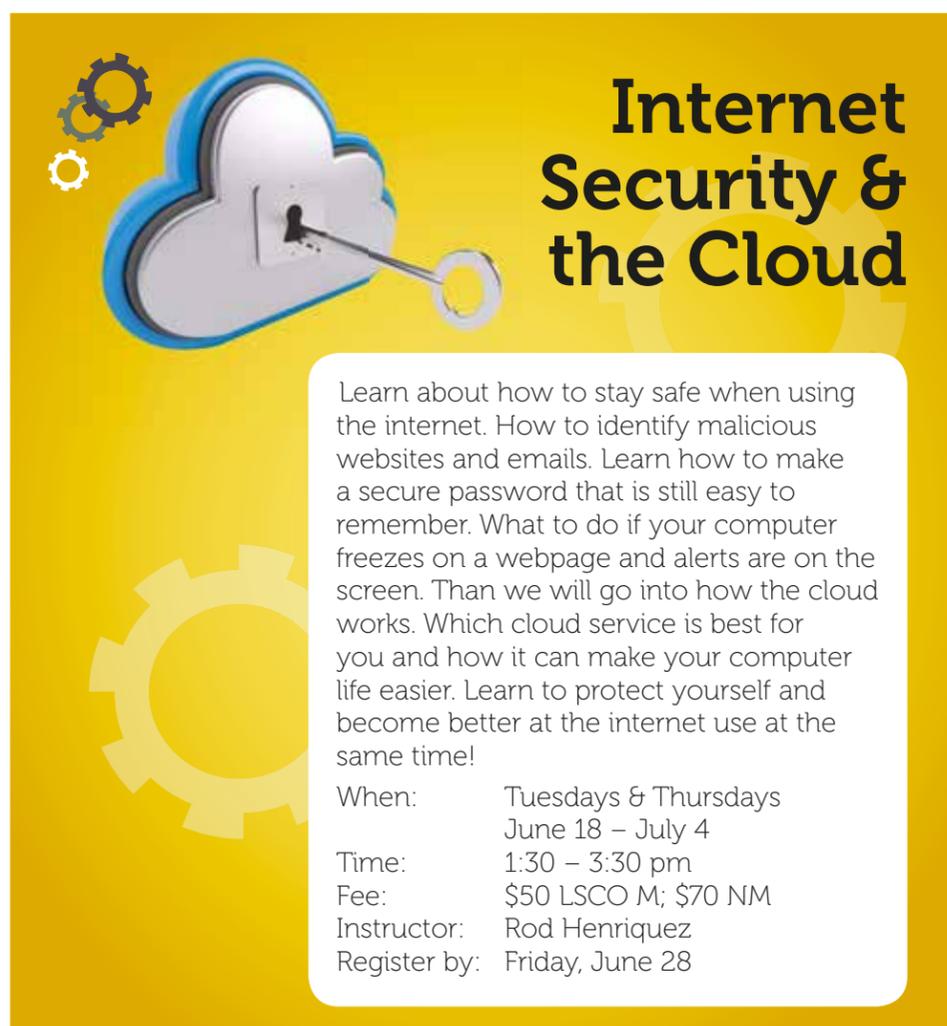
We've all been robbed of our "cheese" at some point in our lives, and it can be traumatizing. We feel betrayed and alone. At first, both Hem and Haw react this way. They are angry and fearful at the change they are faced with. But, eventually, Haw begins to see things differently. He says to Hem, "Life moves on, and so should we." He gathers his courage and enters the maze in search of new cheese.

Along the way, he realizes how he'd allowed himself to get stuck doing the same thing, not paying attention to the small changes going on around him, so that he was unprepared when the big change came along. It feels good to be back in the maze, even though he doesn't have any cheese and doesn't know where he'll find any. He's enjoying the hunt, and learning more about himself along the way. He writes on the wall of the maze "When you move beyond your fear, you'll feel free." Eventually, Haw joins the mice, Sniff and Scurry, at their new cheese station. He vows to never allow himself to get stuck in his comfort zone again, to learn to adapt to change, and to explore often.

Who Moved My Cheese, and my own experiences with unexpected change, taught me that we need to always be prepared for changes in our lives. Change is normal. It's how we grow and evolve as humans. Change will happen whether we like it or not, and so will fear. How we choose to react is up to us.

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

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



Internet Security & the Cloud

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

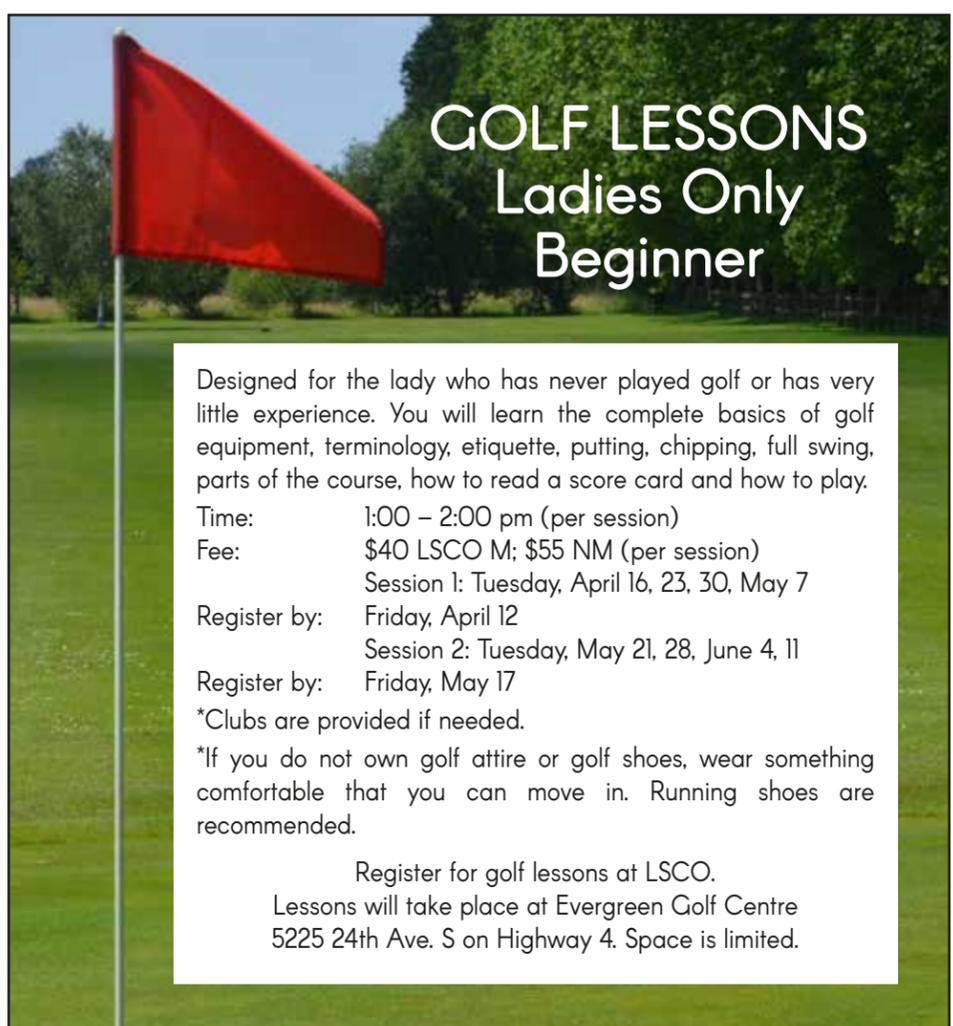
When: Tuesdays & Thursdays
June 18 – July 4

Time: 1:30 – 3:30 pm

Fee: \$50 LSCO M; \$70 NM

Instructor: Rod Henriquez

Register by: Friday, June 28



GOLF LESSONS Ladies Only Beginner

Designed for the lady who has never played golf or has very little experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing, parts of the course, how to read a score card and how to play.

Time: 1:00 – 2:00 pm (per session)

Fee: \$40 LSCO M; \$55 NM (per session)
Session 1: Tuesday, April 16, 23, 30, May 7

Register by: Friday, April 12
Session 2: Tuesday, May 21, 28, June 4, 11

Register by: Friday, May 17

*Clubs are provided if needed.

*If you do not own golf attire or golf shoes, wear something comfortable that you can move in. Running shoes are recommended.

Register for golf lessons at LSCO.
Lessons will take place at Evergreen Golf Centre
5225 24th Ave. S on Highway 4. Space is limited.



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 (no class May 2)
 Time: 11:00 – 11:45 am
 Fee: \$49 LSCO M; \$84 NM
 Instructor: Dave Scotland
 Register by: Friday, March 29



Mother's Day Brunch

Sunday, May 12th

3 Seatings

10:00 am ~ 11:30 am ~ 1:00 pm

Call to reserve your seat today!

403-320-2222

LSCO ~ 500 - 11th Street South



Ham, Cabbage Rolls, Roasted Potatoes, Broccoli Cheddar Soup, Bacon & Chive Scrambled Eggs with Hollandaise, Scrambled Eggs, Bacon, Pork Sausages, Waffles, Strawberry Spinach & Pecan Salad, Tossed Salad, Cottage Cheese, Muffins, Danish, Strudel, Fruit Tray, Jello

Adults \$20
 12 & Under \$12
 4 & under Free

OPEN TO THE PUBLIC

LSCO GIFT CARD

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



Wednesday MORNING YOGA

During this beginner/intermediate yoga class you will be lead through basic yoga poses to help you improve your strength, posture and flexibility. We will use chairs and other props followed by rest and relaxation. Wear comfortable clothing; bring a mat, blanket and water bottle. Shawn will instruct until May 1 at which time Leigh will begin.

When: Wednesdays
 April 10 – June 5
 Time: 10:00 – 11:00 am
 Fee: \$45 LSCO Members; \$59 NM
 Instructor: Leigh Monette
 Register by: Tuesday, April 9

LSCO Free Community Music Program April 2019

5 April
Hank Wiebe
 Roast Beef

26 April
Los Gringos
 Roast Beef

12 April
Classic Legends
 Fried Chicken

19 April
LSCO Closed
 for Good Friday

Lunch served
 11:00 am ~ 1:00 pm
 Music Program
 11:45 am ~ 1:30 pm
 LSCO Stage Area

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



Painted Blossoms

Come and enjoy the beauty of flowers in this floral painting class. The student may work in whatever media they wish as long as they know how to use their chosen medium. We will study and learn about the structure of flowers. In this four week class, we will paint a different flower each week. Students are encouraged to bring their own flowers but if not, a selection of flowers will be provided to work from. Working from life provides a better understanding of your subject.

When: Thursdays, July 4 – August 8
 Time: 1:00 – 3:00 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Donna Gallant
 Register by: Tuesday, July 2

Being a BINGO! Volunteer

I am a University of Lethbridge student and began volunteering at LSCO in January of this year. In February I had the opportunity to be a first time bingo volunteer at Winners Bingo. This was quite an experience for me as I have never visited such a large bingo location nor have I played bingo in that kind of a setting. It was fascinating to see the wide array of colourful daubers and good luck charms, including trolls, that the participants had lined up in front of them. I also found it interesting to see how engrossed the players were in the games and was amazed at the number of cards some were playing. That must take quite a lot of skill. Also, it was fun to watch the players' actions and reactions, especially when someone yelled out "Bingo!" with such exuberance. After the card was declared to be a winner, loud crunching could be heard as players crumpled up their losing cards.

My task was to sell cards for games which included Bonanza, Pay Me, and Odd/Even. All the cards sold were \$1.00 each so there was no concern about counting out a lot of small change. The customers were all pleasant, respectful and knowledgeable about the games. I never had to explain how the games worked or what game was being played at the time. I volunteered on a Thursday which was seniors day so there were quite a few seniors in attendance. They were a cheerful group and the environment was lively but not rowdy.

It was an enjoyable afternoon working alongside the other volunteers who were fun and welcoming. They were a cohesive group into which I bonded quickly. The others were always willing to answer any questions and provide any assistance that was needed. A nice perk was a food voucher which was given to all the volunteers.

Bingo volunteers are vital to LSCO as bingos are a major fundraiser for the organization. Volunteers play an important part as LSCO could lose their gaming license if not enough volunteers are available. The revenue which is earned from taking part in bingos helps to pay the rent on the building and to keep program and service costs affordable. This is a benefit to all members and attendees who frequent the centre.

I was also privileged to be able to attend the Bingo Volunteer supper, held recently, which included games, prizes and a thoughtful speech given by Chelsea, the Volunteer & Fund Development Co-ordinator. LSCO treats all of their volunteers very well and makes them feel included and valued.

I would like to donate my time to another bingo at Winners in the future and strongly encourage others to do the same. My time at LSCO has been a very rewarding experience. My hope is that others may find the same sense of purpose that I have in my volunteer work with this wonderful organization. LSCO gives to the community in many ways and deserves our help by giving back to them.

That article was written by Matthew Rauhala (pictured bottom left)



Cardio/Strength Evening

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

City of Lethbridge Parking Presentation Using the Way to Park App

Wednesday April 3, 2019

1 - 2 pm Upstairs ~ LSCO Computer Lab
Open to ALL LSCO Members

- Where to find the app and how to install it
- How to make an account and how to select your zone
- How to make a purchase and what that looks like
- New pre-paid parking cards

PLEASE NOTE the presenters will NOT install anything for you, but will help answer questions if you are having troubles



Creative Zen-Art

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

When: Mondays, April 1 – June 3 (no class April 22, May 20)
 Time: 1:00 – 4:00 pm
 Fee: \$32 LSCO M; \$48 NM
 Register by: Friday, March 29

Changes Coming to the Legal Profession

I have written in the past about the changes that are coming to the legal profession and to society in general, due to technological changes. Today I wish to enlighten you on the changes that are coming to how lawyers will practice law.

The current way a lawyer practices private law, once they pass the bar examinations, is either by joining a group of lawyers or by hanging out their own shingle. It is currently not possible for lawyers to practice law with other professionals, such as accountants or real estate agents. For example, four lawyers want to open a family law practice, they cannot share that practice with a group of family counsellors, accountants or paralegals. The only people that can be owners of the practice are the lawyers and they usually affiliate themselves as partners, with each partner typically being paid their share of the profits every year.

A law firm cannot be a corporation, with the owners or shareholders, sharing in the profits. A group of lawyers cannot have non-lawyers as shareholders. For instance, a law firm could not have its paralegals as shareholders or could not have other professionals as shareholders in the firm.

There is a model for this in the medical and dentistry profession. Dental Corp, listed as



Legal Tips and Information

Douglas Alger

one of Canada's best run companies, manages the practices of dentists, so a dentist doesn't have to deal with the headaches of running a business and can focus on what they do best, looking after their patients. If you look at the website, they ask various dentists why they became a dentist and the answer is to take care of patients, to become better dentists, not to have to manage their practice. You may not know this, but many dentistry practices in Lethbridge are owned by Dental Corp. The same can be said of doctors, where their clinics are owned by management companies, who run the clinic so that the doctors don't have to run a business, but just be a doctor.

Alternative business structures are still in the examination phase in Alberta, but it is likely

that they will be coming to a law firm near you. The question remains whether this will lead to better access to justice for clients needing legal help. Alternative business structures will help the big corporate law firms become even bigger. They will likely not help ordinary people who need help finding their way through a difficult family law case unless alternative business structures are based on the principle that it takes more than just a lawyer and the courts to resolve the breakup of a marriage and a family; which in my opinion it does.

The tradition realm of lawyers will continue when it comes to criminal law, as this is one area of law that will incorporate the true adversarial nature of the legal system, that is taught in law schools. Other forms of law, such as real estate transactions, wills and estates, corporate law, and family law are due for a major shakeup in the next ten years. What remains to be seen is whether this will benefit society or not. The legal profession had better be ready to lead in this regard and not just react to the changes or they will be left in the Blockbuster Video category of something that no longer exists. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.



Working with Windows 10

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

When: Mondays & Wednesdays, April 8 – 29 (no class April 22)
 Time: 10:00 am – 12:00 pm
 Fee: \$30 LSCO M; \$50 NM
 Instructor: Peter Harris
 Register by: Friday, April 5

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 (no class May 2)
 Time: 10:05 – 10:50 am
 Fee: \$49 LSCO M; \$84 NM
 Instructor: Dave Scotland
 Register by: Friday, March 29



You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants. ~ Stephen King



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Computer Corner

by Sjoerd Schaafsma

Increase the Screen Space on your Computer

Since I've been using a small net book for my breakfast mail reading I've found myself cramped for space on the monitor and using settings that don't concern me on a desktop with a full size monitor.

Setting one: Auto hide the task bar. In Windows 10, right click on a blank space on the task bar, choose Taskbar Settings. The settings window will open up, choose 'Automatically hide the taskbar', and close the window. In Windows 7 and older, right click on a blank space on the task bar choose properties, click on the box beside 'Auto-hide the taskbar', and click OK. The task bar will reappear when you hover the mouse over the previous location of the taskbar, the side, the top or the bottom of the screen.

Setting two: Use a full screen in a browser. With most browsers tapping the **F11** function key will show a browser window full screen. Tapping it a second time, will bring back the regular browser window with tabs. If you are using a laptop, you may have to use an extra function key labeled **fn** while tapping the **F11** key.

Switching to full screen mode is what brought me to search for the following keyboard shortcut.

The Monthly Hint: To close a tabbed browser window, type Ctrl - W on a Windows PC, or ⌘ W on a Mac. If you aren't in full screen mode, tapping the X on the tab works just fine.

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



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, May 7 – June 27
Time: 9:30 - 10:30 am
Fee: \$72 LSCO M; \$96 NM
Register by: Monday, May 6

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".

April

- | | |
|--------------|--|
| Monday 1 | Sharing, help session & Updates |
| Wednesday 3 | 1 - 2 pm Upstairs in the LSCO Computer lab
City of Lethbridge presentation: <i>Using the Way to Park App</i>
- Open to ALL LSCO members
- where to find the app and how to install it
- how to make an account and how to select your zone
- how to make a purchase and what that looks like
- the new pre-paid parking cards
- PLEASE NOTE the presenters will NOT install anything for you, but will help answer questions if you are having troubles |
| Monday 8 | Sharing & help session |
| Wednesday 10 | Backup and Restore Part 2: Eric & Sjoerd
Where are files stored on your hard drive?
Where and what is your profile on your hard drive, how much space does it take up, why can't you see all of it? |
| Monday 15 | Sharing & help session |
| Wednesday 17 | Sharing & help session |
| Monday 22 | Sharing & help session |
| Wednesday 24 | Cleaning and or Wiping a Hard Drive for safe disposal |
| Monday 29 | Planning, Sharing & help session |

Suggestions for other workshops are welcomed. Check the bulletin boards in the 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.

Chair Yoga

Participants will move slowly through a variety of seated yoga poses to help increase flexibility, strengthen muscles, loosen joints as well as relaxing breath work.

When: Wednesdays, April 3 – June 26
(no class May 1)
Time: 9:35 – 10:25 am
Fee: \$36 LSCO M; \$48 NM
Register by: Tuesday, April 2

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When: Tuesdays, April 2 - June 18 (no class Apr. 23)
Time: 5:15 - 6:15 pm
Fee: \$71 LSCO M; \$107 NM
Register by: Tuesday, April 2

When: Thursdays, April 4 - June 20 (no class April 18 & 25)
Time: 5:15 - 6:15 pm
Fee: \$65 LSCO M; \$98 NM
Register by: Thursday, April 4

Beginner Line Dance

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 - 2:15 pm
Fee: \$24 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Monday, May 6

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Suicide – Never an Answer

“...life holds a potential meaning under any conditions, even the most miserable ones.”

~ From *Man's Search for Meaning* by Victor Frankl

I have been rereading this book recently. I pick up Frankl's book and reread (at least parts of it) every once in a while. The message in this autobiography reminds me that I believe we are all here for a reason and suicide aborts our own personal mission. I know this because I came so very close to suicide at one time in my life and I have managed to accomplish so much since that time. When I was a new widow I could not see a valid reason to go on living, but somehow I did. Since that time (20 years ago) I have found many reasons to continue with my life. I wish I could convey this message to anyone who ever considers ending their life via their own hands.

When I lived in Northern Alberta part of my job required frequent trips to a small community called Wabasca (the word means white water, referring to the white-capped waves on the lake). One summer there was an epidemic of suicide by teenage boys. Before summer ended there were 5 wakes and funerals, and many broken-hearted family members. At that time I didn't know most of the families but I did eventually become acquainted with some of them, and listened to the words of loss and suffering caused by the deaths of these children. No parent should ever have to bury a child, especially when they do not understand the reason why the tragedy takes place.

Most suicides leave mourners and the loss of the promise of a life not lived out to full potential.

I know that many people have been touched by the suicide of someone they love or know. In my family we lost a brilliant, beautiful young



The Widow's Walk

Kay Long, BSW, RSW

man to death by hanging. He used a cat's leash and the friend who was on "suicide watch" had just run to the store to buy cigarettes for him (another reason to quit smoking but that's a story for another day). John was extremely intelligent, and a genius when it came to computer programming. He could have accomplished so much with the rest of his life but chose to go because of a lost love. That was 18 years ago and Aunt Kay is still sad to this day and wish that I had gotten just one more phone call. Maybe I could have influenced his decision.

If you know anyone that you suspect might be so depressed that they could be suicidal don't ignore the warning signs. Depression, not acknowledging that they have a future, giving away valued possessions, loss of a loved one, not interested in new experiences, and many others. Trust your instincts and listen, not only to what they are saying, but how they are talking (monotone, quiet for them, lack of expression). And remember, no one is ever too old to think about suicide. Older men are one of the largest groups of suicide statistics.

Men who have lost a partner are particularly vulnerable to thoughts of suicide. They have lost, not only a partner or wife, but they have

lost their cook, housekeeper, lover, social secretary and confidant. Their best friend is gone. Some men cannot find their way around a kitchen and have no idea about shopping and how to prepare an edible meal. Some have never made a bed and cannot run a washer, a dryer, a vacuum cleaner or a can opener. A good spouse will train their partner in the basics of their own domestic chores. However, many men and women simply do not ever get around to do this "basic training" until it's too late. Women have a whole different set of problems and many of us have never changed a tire, checked the oil in a vehicle, or called the proper repairman when needed.

All of us need to focus on the future. If we are looking to the future we won't miss the opportunities that come our way on a daily basis. Since the time that I experienced my own thoughts about and plans for suicide I have had 20 years of new experiences. I returned to university and earned (and I do mean earned) a BSW. I found a new husband – a wonderful, younger man and gained a whole new family that came with him. We moved to a wonderful city, to a new / old home, made many new friends and I wrote a book. Life just gets better if you open your door and your heart and allow new people and new experiences in. There is a reason why we are here in this time and this place. We may not recognize the reasons until later but eventually we will get the message. There are many crossroads in our life and we need to trust that we have chosen the ones we were meant to travel. ★

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

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When: Tuesdays, May 7 – 28
Time: 12:00 – 1:00 pm
Fee: \$15/person
Drop In Fee: \$5.00 LSCO M; \$7.00 NM

Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day. ~ Wilton E. Hall

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