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active living

energize sweat stretch **breath**
 laugh **dance** learn
 share strengthen

tabata keep fit yoga movement medicine zumba cycling
 power walking golf lessons pilates gentle exercise
 art basketball cards line dance pickleball

Join Us for

SENIORS WEEK
June 2 – 8

BLOOD PRESSURE SCREENING
June 4 – 10:00 - 2:00

GOLF TOURNAMENT
Tuesday, June 4
Evergreen Golf Centre

WEAAD SOCK HOP
Thursday, June 13
Nord-Bridge Seniors Centre
904 – 13 Avenue North

Tip of the Hat to the Dads BBQ
Friday, June 14



Tip of the Hat to the Dads BBQ

Friday, June 14th

11:00 am – 1:00 pm

\$9.00 a Plate

Homemade Burgers, Potato Salad & Baked Beans



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Thank you to everyone involved with our hugely successful 7th Annual Live Well Showcase: to our organizers, Kendall and Sandy Gibson and Elisha Rasmussen, who we owe a debt of gratitude for the work they put in to make our show run...and run smoothly; to our great sponsors, Cornerstone Funeral Home and Hosack Denture Clinic whose partnerships we value and hold in great esteem; to Chelsea and her corps of volunteers who make the trade show so enjoyable for all of our exhibitors and visitors; to our exhibitors (especially the repeat ones) who see the value in connecting with our LSCO community; to the pickleball crew whose help with set up

and take down is immeasurably appreciated by everyone involved with Live Well; to visitors to the Showcase, who take the time to visit LSCO and engage with the exhibitors and without whom we could not hold our event; and to LSCO staff, who go above and beyond their duties the week of Live Well.

LSCO hosted our Annual Mother's Day brunch in May and we served 250 people over three sittings! Many thanks to our chefs, Stacey and Brenda, for their fabulous culinary skills and thanks once again to Chelsea and her dining room volunteers for helping to make the event so welcoming and cheerful.

Our Board of Directors worked through the first day of our new strategic planning process, which will provide LSCO with organizational goals and strategies to enable us to move successfully into the future. The planning process is being led by Lisa Talavia-Spencer from Alberta Culture (Community Development) and will be wrapped up mid-June. The results of this planning will be widely communicated to our Members and the community. ★

Live Well Showcase

Gary Olsen of Ultimate Freedom Plus presents Tomiko Sugimoto with a CTM 3 Wheel Travel Scooter HS 265

On this June day the buds in my garden are almost as enchanting as the open flowers. Things in bud bring, in the heat of a June noontide, the recollection of the loveliest days of the year, those days of May when all is suggested, nothing yet fulfilled. ~ Francis King

15 June is World Elder Abuse Awareness Day

Elder abuse is a global social issue which affects the health and human rights of millions of older persons around the world, and an issue which deserves the attention of the international community.

The United Nations General Assembly, in its resolution 66/127, designated June 15 as World Elder Abuse Awareness Day. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations.

I perhaps owe having become a painter to flowers.
~ Claude Monet

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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

2019 – 2020 Executive:

President Elect: Liz Iwaskiw
 President: Keith Sumner Past President: Bob Maslen
 Secretary: Craig Rumer Treasurer: Stan Coxson

Board of Directors:

Vaughan Hembroff, Don McInnes, Merri-Ann Ford,
 Clifford Brown, Karen Johnson and Bob Morrow.

LSCO 403-320-2222

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

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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.



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

LSCO Vision Statement

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

Welcome New Members!

Marianne Gerlinger	Terry Beaton	Mary Ackerman	Claire Jack
Linda Morris	Claire Beaton	Vince Ackerman	James Lait
Mervin Bishop	Myrna Mucha	Gary Palmer	Pat Robinson
Barb Huzil	Karen Dunsmore	Lynne Benjamin	
Leslie Lavers	Dragutin Pavlovic	Stan Jack	

A Smile is the Universal Welcome.

An Open Letter of Thanks

The 2019 Live Well Showcase was another great success.

- First and foremost, we want to thank the many volunteers. You deserve a HUGE pat on the back. You helped at the information table, prepared and served the food and coffee, provided power for each booth, welcomed people at the door and a myriad of other duties. Thanks to all those who helped set-up and tear-down & put away all the rods & drapes. The cheerfulness and eagerness of all the volunteers is to be applauded. Your assistance made it possible for LSCO to present another amazing show. We are always impressed with the volunteerism shown at LSCO and you really rose to the occasion again.
- A big Thank You to the staff at LSCO. We specifically want to single out Lisette Cook who looked after all our graphic requirements, Chelsea who worked her magic with online advertising as well as arranging all the volunteers, Kari & Diane at reception, Erin who sailed through her first show unscathed, and Stacey and all the kitchen staff and Christine in accounting and Shawn who looked after the LSCO Program area. Finally we thank Jodie and Rob. The two of them worked behind the scenes continually to help make this show a success. We pestered all the staff constantly for the past four months while preparing for the Showcase. They were always polite and responded to every request with a smile and a can-do attitude. They are amazing. We also know we add a lot of work to the custodian staff for this show, so thank you for stepping up to the challenge.
- Thank you to our main sponsor, Cornerstone Funeral Home, the dinner donors, Kasko Cattle Co., Lethbridge Meat & Seafoods, and Bonduelle for the veggies, Cuppers Coffee, and the LSCO Program Department for their sponsorship of the Exhibitors Lounge & the coffee cart.
- Thank you also to Hosack Denture Clinic for sponsoring all of the speakers, Dr. Robbin Gibb, Bruce Stewart, Travis Zentner, Doug Alger, Nadine Granson and Brett Ficiur.
- Thanks to all the exhibitors for setting up interesting displays and going out of their way to answer your questions. It's a lot of work and we hope they found the show worthwhile.

You can see it takes a lot of people and coordination to run this 2-day trade show.

Finally, if you came to the show, we thank you for taking the time to discover more about our active aging lifestyle. We're all 'getting up there' and the Live Well Showcase can certainly help guide us along. We are looking forward to learning more next year.

With our heartfelt thanks
 Kendall and Sandy Gibson and Elisha Rasmussen
 The Live Well Showcase Organizers

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). Please 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: Fitness Centre, 8:00 am classes, Butts & Gutts, Cycling, Pilates, Gentle Exercise, Power Walking, Tabata, Yoga (except Noon), Zumba (all styles), Cardio, Strength & Pound.

LSCO Hours of Operation

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

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Publishing Schedule

Issue	Deadline
July 2019	June 17
August 2019	July 19

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

“Yes, practicality has murdered a lot of dreams, as has security and responsibility.”

Ginger Malacko, *The Cost of Dreams*

As you read this your Board of Directors and some of the senior staff are in between our two strategic planning sessions. We’re trying to envision where LSCO needs to place itself physically and figuratively to be relevant to its members and the citizens of Lethbridge. Currently we are so much more than a dining room and gymnasiums. There’s all the outreach such as Meals on Wheels that is done but most of us don’t see the results. Will outreach in the future rely more on smart phones and/or personal computers? Will we need satellite facilities in north and west Lethbridge? Should we become involved in affordable housing for seniors. And the big question, how will we fund our activities? Whatever



President’s Message

Keith Sumner

plan we develop; it will have to be dynamic as the demographic of our organization is in constant change. The plan will also have to be responsive to the changing political environment. Feedback to the Board from membership is critical and welcomed. Please don’t be shy sharing your thoughts.

I took the opportunity to walk the Live Well Showcase and talk to vendors; not about their products but what they thought of the trade show. Each one I spoke to were very positive about their participation in the show. Each planned to attend again in the future. If possible, lets support the vendors who supported us by their participation.

Unfortunately, I didn’t attend the Mothers Day brunch, however Rob advised me all three sittings were at capacity and everyone was well feed. Thank you to the Staff and Volunteers who made this event possible!

Next month I hope to be able to share an outline of the strategic plan with you. In the meantime lets take care of one another.

Namaste. ★

MENU ~ JUNE 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, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
Entree: Mild Italian Sausage Potato: Scalloped Potatoes Soup: Chef’s Choice	Entree: Ginger Beef Rice Potato: Braised Cabbage Soup: Chef’s Choice	Entree: Roasted Chicken Potato: Mashed Potatoes Soup: Chef’s Choice	Entree: Chili Potato: Roasted Potatoes Soup: Chef’s Choice	Entree: Roast Beef & Yorkshire Pudding Potato: Twice Baked Potato Soup: Chef’s Choice
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
Entree: Meatballs with Gravy Potato: Egg Noodles Soup: Chef’s Choice	Entree: Dry Garlic Ribs Potato: Chicken Fried Rice Soup: Chef’s Choice	Entree: Pan Grilled Salmon with Pineapple Salsa Potato: Roasted Potatoes Soup: Chef’s Choice	Entree: Fried Chicken Potato: Mashed Potatoes Soup: Chef’s Choice	Tip of the Hat to the Dads BBQ Homemade Burgers Potato Salad Baked Beans
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
Entree: Honey Garlic Pork Kabobs Potato: Rice Pilaf Soup: Chef’s Choice	Entree: Butter Chicken Potato: Basmati Rice Soup: Chef’s Choice	Entree: Slow Baked Pork Drummies Potato: Mashed Potatoes Soup: Chef’s Choice	Entree: Spaghetti & Meat Sauce Potato: Soup: Chef’s Choice	Entree: Roast Beef Potato: Roasted Rosemary Potatoes Soup: Chef’s Choice
Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27	Friday, June 28
Entree: Meatloaf Potato: Mashed Potatoes Soup: Chef’s Choice	Entree: Roasted BBQ Chicken Potato: Potato Wedges Soup: Chef’s Choice	Entree: Steak & Veggie Skillet Potato: Soup: Chef’s Choice	Entree: Pork Tenderloin Potato: Egg Noodles with Cream Gravy Soup: Chef’s Choice	Entree: Veal Rouladen Potato: Scalloped Potatoes Soup: Chef’s Choice

\$6⁵⁰ BREAKFAST Special

8:00 am – 1:00 pm
Monday – Friday

Food Services Coordinator

Stacey Gleeson

sgleeson@lethseniors.com

403-320-2222 ext. 27

I would like to say “Hello!” I’ve not had much time to do so since beginning my new position at LSCO in January. (This kitchen definitely required that you hit the ground running!) So, I want to take some time to tell you all a little bit about myself and my team.

My previous experience has been managing remote camps in various industries over the years. I was blessed to work under many strong chefs who invested their time in building up my foundational skills and knowledge. They truly made a chef out of me! During the course of my time in the remote camp setting, I worked my way from Housekeeper (and with

a lot of hard work in three years) to Chef Manager of my own camps. I was a Chef Manager in small to mid- sized camps for eight years. My first camp was a small wildfire base outside Grande Cache. I started cooking for five people and over time I found my comfort zone in cooking for 40-65 people. I worked six seasons of wildfire camps all over Alberta; it was a good feeling feeding the firefighters and support staff. I also worked in the oil and gas industry, Parks Canada and in mining. I saw a lot of pretty places and met some really great people along the way.

I am now the chef for Meals on Wheels Program and the Lethbridge Senior Citizens Organization – a position I feel honoured to hold. I love that our purpose is to take care of those who took care of us and my hope is that our food is something our clients enjoy and look forward to. (I believe food has the power to make a bad day not so bad.) LSCO’s kitchen is volunteered-based which is a new but a very nice aspect for me. The volunteers are always there to support, which really goes a long way

to toward taking some of the pressure out of busy days. I’d be lost without them! I just love the people and the place – I feel so much appreciation and support!

The kitchen is very busy daily with the production of Meals on Wheels and the Dining Room grill that is open from 8:00 am to 1:00 pm. We also do special functions at the Centre so the plate can get pretty full. I was lucky enough to hire Brenda right at a time I needed another me! She comes with years of experience cooking for seniors and has a sunny disposition. So, it was definitely a win win for the Centre when Brenda came on board. Georgie has been at the Centre four years as of this May. Georgie is a huge part of the feel-good atmosphere at the Centre as she always welcomes every person with a smile. I feel very lucky to have the support of the volunteers and both Brenda and Georgie. It’s been a very nice experience over all for me here at LSCO and I look forward to what’s to come!

~ Stacey

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 Composite (7.3 oz).....	\$112.00
Selkirk Epic Composite (7.8 oz).....	\$100.00
Selkirk Neo Composite (7.7 oz).....	\$65.00

Exercise/Yoga

	Regular Price	Sale Price
Yoga Mat Cleaner	\$18.00	\$14.00
Tall, Wide Yoga Mat.....	\$40.00	
Essential Mat.....	\$35.00	\$28.00
Reversible Practice Mat.....	\$40.00	
Cotton Blanket.....	\$46.00	\$38.95
Eye Pillow	\$22.00	\$18.95

Urban Walking Poles

Urban Pole 300 Series	\$99.99	\$90.00
Urban Pole 4Life	\$85.00	
Urban Pole Activator	\$109.99	\$95.00
Snow Baskets	\$20.00	\$15.00
Boot Tips	\$22.00	\$20.00
Bell Tips.....	\$22.00	\$20.00



Creative Arts

Painted Blossoms

Come and enjoy the beauty of flowers in this floral painting class. Starts July 4th.

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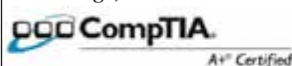
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- finding the "right sized" home.



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LSCO Gym 1 & Gym 2 will be CLOSED from August 12 – September 3 for maintenance

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Volunteer & Fund Development

LIVE WELL SHOWCASE THANK YOU'S

Once again, volunteers, you were the real MVP's of the showcase. I don't know who all the Pickleballers were who helped (thanks to you too!), but I did want to thank these folks by name:

- Louise Arsenault
- Teresa Caswell
- Bobbi Harvey
- Mary Lancaster
- Carrie Noel
- Cheryl Peel
- Peggy Rodzinyak
- Fran Rude
- Millie Shewchuk
- Linda Bissett
- Gemma Gagne
- Val Hill
- Barb Lengyel
- Veronica Panich
- Elizabeth Pocock
- Julie Rose
- Marilee Saturley

MOTHER'S DAY BRUNCH

I can't think of another event that we've had here that ran as smoothly and elegantly as the Mother's Day Brunch this year. Volunteers: I totally adore and admire and thank you. We



Coordinator

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

had dozens of compliments about how excellent you were; friendly, quick, accommodating. You worked your butts off and I hope have rested up and recovered.

COFFEEHOUSE FUNDRAISER

Thank you to everyone who attended this fun night; I haven't put on anything like that here before and it seemed like it was really well received. If we have an opportunity to do

something like that again, how could I improve it? As always, glad to hear your feedback.

It only happened because of more volunteers: the band, "Three of a Kind" (Nicki Murray, Laurel Van Vaerenbergh, and Jim Robinson) were tremendous to work with and were completely volunteer. They are available and willing to book house concerts if you were wanting some entertainment for a party – I can connect anyone who is interested.

TRASH PICK-UP

Would anyone be interested in joining me to pick up trash around our block on a lunch hour? The block that our centre is on ends up collecting a lot of garbage, and I'd love it to look tidier. I was thinking that I could pick up some garbage on my lunch hours, but I'd feel like less of a nerd if I weren't by myself. Bonus points if you have a trash picker upper stick. ★

LSCO Spring RAFFLE WINNERS

A huge thank you to everyone who supported the Spring Raffle this year. Special thank you to the LSCO Quilting Group and Kaye Borthwick for the stunning quilts, Funky Petals Florist for the gift certificate, Rob Miyashiro for the Auchentoshan Scotch and Chelsea Sherbut for the Chocolate red wine and Honduran cigar.

Finally – this raffle can only happen because of the volunteers who enthusiastically staff the raffle table. Thank you to Louise, Heather, Gerri, Rosemary, Mary, Linda, Val, Laraine, Marilee, Julie and Vanessa.

The raffle raised an impressive \$2,444 which will be used towards repairing our walk-in cooler!



Congratulations to the winners:

- Delectable Mountain Quilt – Dianne Bitango
- Sewing Colourful Strips Quilt – Trish L-S
- Bear Paw Quilt – Jerry Brown
- Calgary Flames Basket – Darlene McKinstry
- "Naughty" Basket – Julia Kunz
- "Nice" Basket – Helene Thompson
- Fitness Basket – Liz Slack

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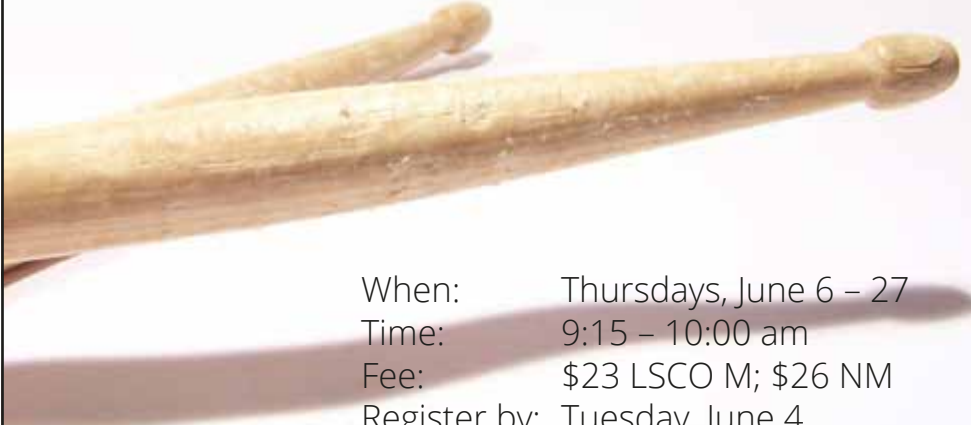



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When: Thursdays, June 6 – 27
 Time: 9:15 – 10:00 am
 Fee: \$23 LSCO M; \$26 NM
 Register by: Tuesday, June 4



CYCLE COMBO EVENING

Bring a water bottle.

When: Mondays until June 24
 Time: 5:15 – 6:15 pm
 Drop In Fee: \$6 LSCO M; \$7 NM
 Instructor: Jeannie Ng



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Happy Canada Day!




LSCO will be closed
Monday, July 1st
for Canada Day



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




Blood Pressure Screening

143/91
120/80
110/70

Date: **June 4, 2019**
Time: **10 am - 2 pm**
Location:
Lethbridge Senior Citizens Organization
500 - 11 Street South



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ADULTS 55+ GOLF TOURNAMENT

Join us in celebrating Seniors Week by registering for this fun golf morning held at Evergreen Golf Centre, 5225 24th Ave. S.
It does not matter if you have golfed a lot or a little.

Open to the Community

When: Tuesday, June 4
Time: Check in at 9:00 am golf to follow
Fee: \$30/person (includes golf, light lunch, prizes)
Register by: Monday, June 3, 2019

Things to know:

- ★ All skill levels welcome.
- ★ Golfers play their own ball. Individual scoring.
- ★ Golfers can form their own team.
- ★ If event is cancelled due to poor weather it will be postponed to June 11.
- ★ If player cancels after June 3 fee is non refundable.
- ★ If player is a "no show" entry fee is non refundable.
- ★ Bucket of balls available to purchase for Driving Range.
- ★ All participants must have a set of clubs to use.
- ★ Clubs, Pull Carts & Limited Power Carts available to rent.



Register at LSCO or Evergreen Golf Centre



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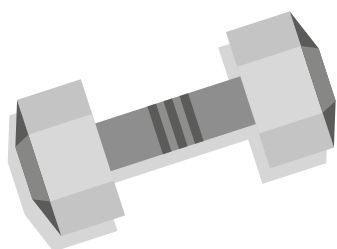
livingstoneestates.ca



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 and indoor shoes. Bring a water bottle.

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



Movement Medicine

Nia inspired Movement Medicine is a blend of dance, sing-a-long music and so much more. Join us for the last few weeks of dance until the fall!

When: Tuesdays until June 18
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M: \$12 NM

When: Thursdays until June 20
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M: \$12 NM



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June is shaping up to be a busy month

June 2nd to 8th is Seniors Week in the province of Alberta. The newly appointed Minister of Seniors and Housing is Josephine Pon who won her riding in Calgary.

World Elder Abuse Awareness Day is recognized June 15, 2019. The LEARN Network is hosting a fun sock hop on the Thursday, June 13, 2019 from 1:00 – 3:00 pm at NORD-BRIDGE Seniors Centre in their multi-purpose room, there is further details in this month's newsletter.

The City of Lethbridge will light up their building in purple lights on this date to recognize LEARN and support of seniors.

I came across an article from McMaster University on combating ageism in the workplace. This article discussed that recruiting experienced and skilled workers has become a challenge. It states that many older workers face stereotypes, prejudices and discrimi-



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

nation because of their age, which may have an impact on their health and well-being, but also on the work climate and productivity.

The Canadian population is aging due to a low fertility rate and a longer life expectancy. So while there is a strong need for experienced and skilled labour, older workers are facing challenges. The stereotypes, prejudices and discrimination because of their age is known as ageism. Older workers are an asset

to our society, and it is important for employers to develop an environment that includes older workers. The article states that with very few exceptions, mandatory retirement is not allowed in Canada. For further reading you can go to the McMaster University and review Dr. François-Pierre Gauvin's article.

For the month of June, I want to thank city planners, city employees, community members and individuals who have devoted their time and energy for many years to make Lethbridge a beautiful city with ample parks, green spaces, walking / riding paths throughout our city. What we have today came from the dedication of our senior population that worked to sow the seeds of vision and labour. Please accept my acknowledgment and gratitude for all seniors in our community for their many contributions. Thank you. ★



STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, and indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays until June 26
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$7 NM

Summer Class

When: Wednesdays, July 3 – 31
Time: 8:00 – 8:50 am
Fee: \$25 LSCO M; \$30 NM
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Debbie Palmer

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, June 4 – 25
Time: 12:00 – 1:00 pm
Fee: \$15/person
Drop In Fee: \$5 LSCO M; \$7 NM

Thursday
June 13, 2019
1:00 - 3:00 pm
Nord-Bridge Senior Centre
1904 - 13th Avenue North
403-329-3222

**Wear Purple and Raise Awareness
for Elder Abuse**

Light Refreshments • DJ'd by Carl Sigurdson

Brought to you by the Lethbridge Elder Abuse Response Network (LEARN)

POWER WALKING

This is an energetic fitness class designed to give you an overall body workout, using weights and other exercise equipment. Wear indoor workout shoes and bring a water bottle. Intermediate to advanced fitness level. Instructor: Jamie Hillier

When: Wednesdays until June 26
Time: 9:10 – 9:50 am
Drop In Fee: \$4 LSCO M; \$6 NM

POWER WALKING (Summer)

When: Wednesdays, July 3 – August 7
Time: 9:10 – 9:50 am
Fee: \$15 LSCO M; \$25 NM
Drop In Fee: \$4 LSCO M; \$6 NM

POWER WALKING (Noon)

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

EVENING POWER WALKING

This drop-in walking class is led by Jerry Brown and held in Gym 2. All levels welcome.

When: Wednesdays until August 7
Time: 6:30 – 7:30 pm
Fee: \$2/person

Community Support Groups

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

Alcoholics Anonymous Saturday Morning Eye Opener

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

Parkinson's Alberta Society Support Group

For individuals diagnosed with Parkinson's Disease and their loved ones. The monthly meeting provides education, advocacy and support. The next meeting is **Thursday, June 20th** at 2:00 pm in Room A.

Lethbridge Stroke Recovery Association (LSRA)

This group is a non-profit, non-denominational, educational, social organization devoted to the interests of stroke survivors, their families and close friends. People of all ages are welcome. Next meeting is **Wednesday, June 12th** at 7:00 pm in Rooms A/B.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia (TN) 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 program aims to support TN sufferers and their families, while

increasing awareness of TN. It involves education, guest speakers and open discussion. Next meeting is **Saturday, June 8th** at 2:00 pm in Room 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. Next meeting is **Tuesday, June 11th** at 7:00 pm in Rooms C/D.

Sunset Alcoholics Anonymous


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



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Sometimes the most brilliant and intelligent minds do not shine in standardized tests because they do not have standardized minds.
 ~ Diane Ravitch

Line Dancing: Intermediate to Experienced



Dancers with some experience won't want to miss this summer line dance session.

When: **Thursdays, July 4 – August 8**
 Time: **10:30 – 11:45 am**
 Fee: **\$20 LSCO M; \$32 NM**
 Instructor: **Diane Holstine**
 Register by: **Tuesday, July 2**

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.

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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.

When: **Tuesdays**
 June 25 – July 16
 Time: **1:00 – 2:00 pm**
 Fee: **\$50 LSCO M; \$65 NM**
 Register by: **Friday, June 21**

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



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SCOTTISH country dance

When: **Fridays**
 June 7 – July 19
 Time: **10:30 – 11:45 am**
 Fee: **\$14 LSCO M; \$21 NM**
 Register by: **Friday, June 7**

LSCO Programs & Registration Information

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. Credits must be used within 12 months from date credit received.

FITNESS CENTRE

LSCO Member Fees

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

Non-Member Fee

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

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:

- Low Impact Cardio & Strength
- Cycling
- Power Walking
- Zumba (all styles)
- Butts & Gutts
- Gentle Exercise
- Tabata
- Pilates
- Yoga (all classes except Noon)

Under 35 Non-Member Participation

Individuals 18 – 35 years are able to participate in some evening classes offered. Eg: Pound, Tabata, Movement Medicine. Please ask at the Administration Desk for more information.

General Interest

SPANISH

If you are interested in learning basic Spanish register for this evening class. Martha Montgomery is teaching this fun, 8 week program.

When: Tuesdays, June 4 – July 23
Time: 6:15 – 8:15 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Monday, June 3

Fee: \$25 LSCO M; \$30 NM
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Debbie Palmer

CYCLE COMBO EVENING CLASS

Bring a water bottle.
When: Mondays until June 24
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Jeannie Ng

CYCLING COMBO

When: Tuesdays until June 25
Time: 9:00 – 9:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
&
When: Thursdays until June 27
Time: 9:00 – 9:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier

CYCLING (Noon)

When: Mondays & Tuesdays until June 25
Time: 12:10 – 12:50 pm
Drop In Fee: \$8 LSCO M; \$10 NM

CYCLING (Noon Summer)

When: Mondays, July 8 – August 26 (no class August 5)
Time: 12:10 – 12:50 pm
Fee: \$39 LSCO M; \$46 NM
Drop In Fee: \$8 LSCO M; \$10 NM

CYCLING (Noon Summer)

When: Thursdays, July 4 – August 29 (no class July 25)
Time: 12:10 – 12:50 pm
Fee: \$44 LSCO M; \$52 NM
Drop In Fee: \$8 LSCO M; \$10 NM

POUND

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising. Be ready to have fun during this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.
When: Thursdays, June 6 – 27

Time: 9:15 – 10:00 am
Fee: \$23 LSCO M; \$26 NM
Register by: Tuesday, June 4

POUND (Summer)

When: Thursdays, July 4 – August 15 (no class July 25)
Time: 9:15 – 10:00 am
Fee: \$34 LSCO M; \$39 NM
Register by: Tuesday, July 2

EVENING POUND

When: Wednesdays, June 5 – 26
Time: 5:15 – 6:15 pm
Fee: \$20 LSCO M; \$25 NM
Drop In Fee: \$6 LSCO M; \$7 NM

BUTTS & GUTTS

Participants will work on improving the overall strength of abdominals, buttocks and legs. Bring a yoga mat and your water bottle.

When: Mondays until June 24
Time: 10:30 – 11:15 am
Drop In Fee: \$6 LSCO M; \$7 NM

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 and indoor shoes. Bring a water bottle.

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

CIRCUIT TRAINING 3X

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

When: Mondays, Wednesdays, Thursdays June 3 – 27
Time: 1:30 – 2:30 pm (Thursday class is 2:40 – 3:40 pm)
Fee: \$55 LSCO M; \$90 NM

** NOTE: If you have previously taken Circuit

Fitness Classes

LOW IMPACT CARDIO

This energizing class will set you up for a great day and help improve your cardiovascular fitness. Wear comfortable workout clothes, indoor sneakers and bring a water bottle. Intermediate to advanced fitness level.

When: Mondays until June 24
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$7 NM

LOW IMPACT CARDIO (Summer)

When: Mondays, July 8 – 29
Time: 8:00 – 8:50 am
Fee: \$20 LSCO M; \$25 NM
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Debbie Palmer

STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, and indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays until June 26
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$7 NM

STRENGTH & CONDITIONING (Summer)

When: Wednesdays, July 3 – 31
Time: 8:00 – 8:50 am

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 Administration Desk if space is available.

GENTLE EXERCISE CLASS (Monday)

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

When: Mondays until July 29
(no class July 1)
Time: 10:00 – 10:45 am
Drop In Fee: \$6 LSCO M; \$7 NM

KEEP FIT

Everyone is welcome and encouraged to exercise at your own level. Modifications will be given. Chairs and a variety of resistance equipment will be used. Ex. weights, tubing. Wear comfortable clothes and clean, non-marking indoor footwear. Members can pay Drop In of \$2/class.

When: Wednesdays until June 26
Time: 10:00 – 10:45 am
Fee: \$2 LSCO M; \$3 NM

PILATES

When: Mondays until June 24
Time: 12:05 – 12:55 pm
Drop In Fee: \$6 LSCO M; \$7 NM

POWER WALKING

This is an energetic fitness class designed to give you an overall body workout, using weights and other exercise equipment. Wear indoor workout shoes and bring a water bottle. Intermediate to advanced fitness level. Instructor: Jamie Hillier

When: Wednesdays until June 26
Time: 9:10 – 9:50 am
Drop In Fee: \$4 LSCO M; \$6 NM

POWER WALKING (Summer)

When: Wednesdays, July 3 – August 7
Time: 9:10 – 9:50 am
Fee: \$15 LSCO M; \$25 NM
Drop In Fee: \$4 LSCO M; \$6 NM

POWER WALKING (Noon)

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

EVENING POWER WALKING

This drop-in walking class is led by Jerry Brown and held in Gym 2. All levels welcome.

When: Wednesdays until August 7
Time: 6:30 – 7:30 pm
Fee: \$2/person

TABATA

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

When: Mondays until June 24
Time: 9:15 – 10:15 am
Drop In Fee: \$6 LSCO M; \$7 NM

TABATA (Summer)

When: Mondays, July 8 – August 26
(no class August 5)
Time: 9:15 – 10:15 am
Fee: \$39 LSCO M; \$46 NM
Drop In Fee: \$6 LSCO M; \$7 NM

TABATA (Evening)

When: Wednesdays until June 26
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$7 NM

ZUMBA GOLD

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

When: Tuesdays until June 25
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M; \$7 NM

When: Thursdays until June 27
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M; \$7 NM

ZUMBA GOLD (Summer)

When: Tuesdays, July 2 – August 13
(no class July 23)
Time: 11:00 – 11:45 pm
Fee: \$30 LSCO M; \$36 NM
Drop In Fee: \$6 LSCO M; \$7 NM

Yoga

ACTIVE YOGA

Participants will flow through a series of poses during this vinyasa style class. We will be moving up and down off the mat. Everyone is encouraged to work at their own level.

When: Fridays
Time: 9:00 – 10:00 am
Drop In Fee: \$6 LSCO M; \$7 NM

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 until June 26
Time: 9:35 – 10:25 am
Fee: \$36 LSCO M; \$48 NM

CHAIR YOGA (Summer)

When: Wednesdays, July 3 – August 14
Time: 9:35 – 10:25 am
Fee: \$18 LSCO M; \$32 NM
Drop In Fee: \$6 LSCO M; \$7 NM

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

GENTLE YOGA

When: Tuesdays & Thursdays
July 2 – August 15
Time: 9:30 – 10:30 am
Fee: \$63 LSCO M; \$84 NM
Drop In Fee: \$6 LSCO M; \$7 NM

YOGA NOON

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 until June 11
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM
Instructor: Melanie Hillaby

When: Thursdays until June 13
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

YOGA (Summer Noon)

When: Mondays, July 8 – August 26
(no class August 5)
Time: 12:05 – 12:55 pm
Fee: \$42 LSCO M; \$53 NM
Register by: Monday, July 8

Dance

MOVEMENT MEDICINE

Nia inspired Movement Medicine is a blend of dance, sing-a-long music and so much more. Join us for the last few weeks of dance until the fall!

When: Tuesdays until June 18
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays until June 20
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

SCOTTISH COUNTRY DANCE

When: Fridays, June 7 – July 19
Time: 10:30 – 11:45 am
Fee: \$14 LSCO M; \$21 NM
Register by: Friday, June 7

LINE DANCING

Intermediate to Experienced

Dancers with some experience won't want to miss this summer line dance session.

When: Thursdays, July 4 – August 8
Time: 10:30 – 11:45 am
Fee: \$20 LSCO M; \$32 NM
Instructor: Diane Holstine
Register by: Tuesday, July 2

Sports

GOLF LESSONS

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

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

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.

When: Tuesdays, June 25 – July 16
Time: 1:00 – 2:00 pm (per session)
Fee: \$50 LSCO M; \$65 NM (per session)
Register by: Friday, June 21

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, June 4 – 25
 Time: 12:00 – 1:00 pm
 Fee: \$15/person
 Drop In Fee: \$5 LSCO M; \$7 NM

BADMINTON

Individuals of all skill levels are welcome to play badminton weekdays. Please note: many have been playing for awhile and at times, games become more competitive. Drop In players please pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri
 Time: 11:10 am – 12:30 pm
 When: Thursdays
 Time: 10:10 am – 12:00 pm
 Fee: \$66 & LSCO membership
 Drop In Fee: \$2 LSCO M; \$3.50 NM

PICKLEBALL

Your fee covers gym time, regular equipment (nets), paddles (if you don't have one) and white jug balls. If you would like to play with a different ball feel free to bring your own. It is recommended that you have a good understanding of the rules. Please wear indoor court shoes. If you are paying a drop in fee please purchase your wrist band prior to playing.

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

Beginners

Fridays, 9:00 – 11:00 am

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.

Creative Arts

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 six 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

Technology

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

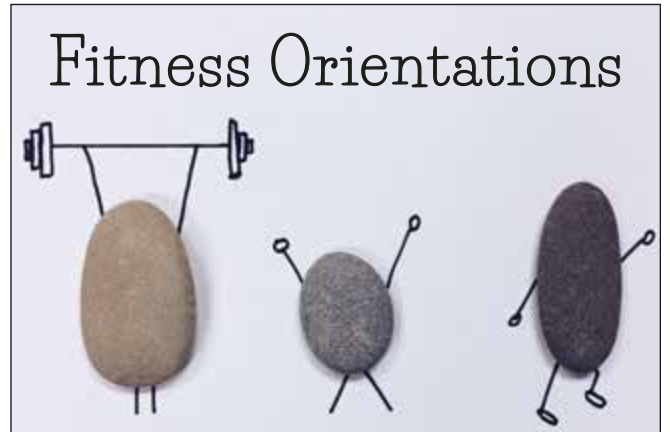
INTERNET SECURITY & the CLOUD

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

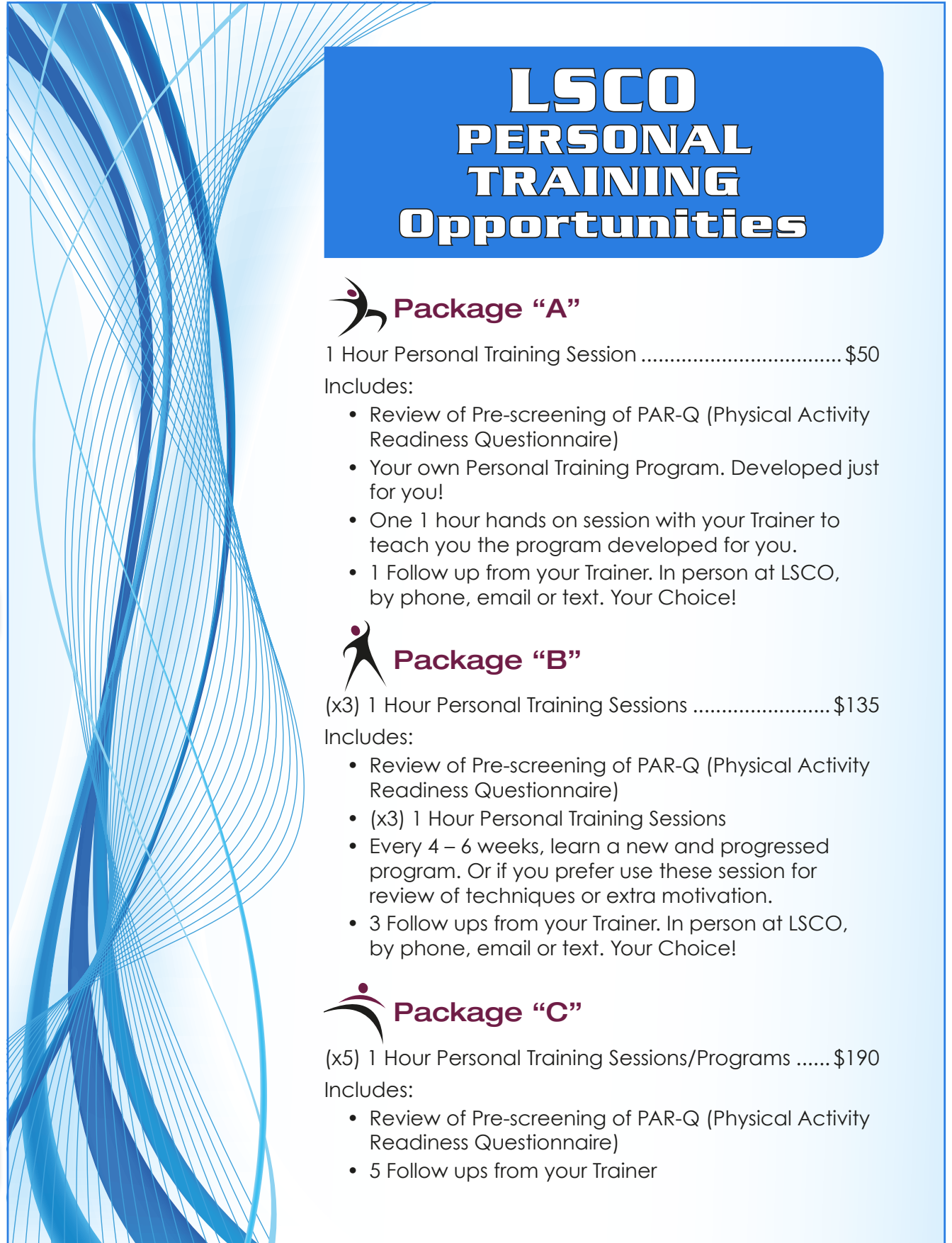
APPLE COMPUTERS

If you are interested in learning more on how to use your Apple Computer please leave your name and number at the Administration Desk. When there is enough interest you will be contacted with dates and times. The course covers basic and simple instructions on using Mac Computers, MacBook and iMac. The instructor will also provide some information on iTunes, safe web browsing with Safari, setting up Face Time and Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable. The instructor is Rod Henriquez.



Fitness Orientations

If you are unsure of how to use the exercise machines or are interested in changing up your workout routine feel free to contact Jamie for assistance. Jamie also instructs the Circuit Training classes.



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

It's never TOO EARLY or TOO LATE to work towards being the HEALTHIEST YOU!

June LSCO “Outdoor or Indoor” Cardio & Core 30 Day Challenge

1 4 min. Walk 1 min. Run Repeat 3 times	2 4 min. Walk 1 min. Run Repeat 4 times	3 25 Crunches 10 Leg Raises 20 Second Plank	4 4 min. Walk 1 min. Run Repeat 4 times	5 35 Crunches 14 Leg Raises 30 Second Plank
6 REST	7 REST	8 2 min. Walk 2 min. Run Repeat 3 times	9 3 min. Walk 2 min. Run Repeat 3 times	10 50 Crunches 20 Leg Raises 45 Second Plank
11 2 min. Walk 2 min. Run Repeat 4 times	12 60 Crunches 24 Leg Raises 55 Second Plank	13 REST	14 REST	15 1 min. Walk 1 min. Run Repeat 5 times
16 1 min. Walk 2 min. Run Repeat 3 times	17 75 Crunches 30 Leg Raises 70 Second Plank	18 1 min. Walk 3 min. Run Repeat 3 times	19 85 Crunches 34 Leg Raises 80 Second Plank	20 REST
21 REST	22 1 min. Walk 4 min. Run Repeat 3 times	23 2 min. Walk 4 min. Run Repeat 4 times	24 100 Crunches 40 Leg Raises 95 Second Plank	25 2 min. Walk 5 min. Run Repeat 5 times
26 110 Crunches 44 Leg Raises 105 Second Plank	27 REST	28 REST	29 2 min. Walk 20 sec. Sprint Repeat 5 times	30 2 min. Walk 30 sec. Sprint Repeat 5 times

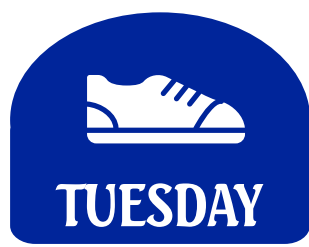
Track your daily activity. Follow the suggestions shown here or participate in an activity of your choice (eg: cycling, gardening, walking, yoga). At the end of June submit your tracking form to Jamie or Shawn and your name will be entered for a chance to win fantastic prizes.

Tracking My Activities

Date	Activity	Time

Celebrate Seniors Week June 3rd - 7th

LSCO offers a variety of classes and programs. Here is an opportunity for you to try one of them on us during Seniors Week. We offer memberships for Adults 35 - 54 years of age and Older Adults 55 years +. Individuals 18 years of age and older are welcome to participate in classes offered after 4:30 pm. Clip out the coupon and present it to the instructor. Bring a friend and they will get in free too!



Seniors Week Coupon
Free Exercise Class

Clip out coupon and present to instructor
Valid June 3 - 7, 2019
One coupon per person.
Bring a friend & they get in free too!

JUNE 3

- 8:00 - 8:50 am Low Impact Cardio
- 9:15 - 10:15 am Tabata
- 10:00 - 10:45 am Gentle Exercise
- 12:10 - 12:50 pm Indoor Cycling
- 5:15 - 6:15 pm Cycle Combo

JUNE 4

- 9:30 - 10:30 am Gentle Yoga
- 11:00 - 11:45 am Zumba Gold
- 12:10 - 12:50 pm Indoor Cycling
- 1:00 - 3:30 pm Karaoke

JUNE 5

- 8:00 - 8:50 am Strength & Conditioning
- 10:00 - 10:45 am Keep Fit
- 5:15 - 6:15 pm Tabata
- 5:15 - 6:15 pm Pound
- 6:30 - 7:30 pm Power Walking

JUNE 6

- 9:00 - 9:50 am Cycle Combo
- 10:00 - 11:55 am Badminton
- 11:00 - 11:45 am Zumba Gold
- 5:15 - 6:15 pm Movement Medicine (Nia)

COFFEE
IS ON US!

CELEBRATING SENIORS WEEK
SHOW THIS CARD TO REDEEM FOR A FREE COFFEE
ONE COUPON PER PERSON

On April 30th the Lethbridge College hosted the **4th Annual Connecting with Chronic Pain** evening, profiling guest speaker Dr. John Xavier Pereira who is President of the Pain Society of Alberta and Co-Chair of the Alberta Pain Strategy. He has spoken on the topic of chronic pain both nationally and internationally, including at the Mayo Clinic and Centers for Disease Control in Atlanta.¹

His talk that night was: "The anti-inflammatory diet for pain management". I have listened to many presentations regarding health and wellness, and this one was fabulous. Here are tips I took away from Dr. Pereira. These are either his words directly or via slides he showed to the audience:

1. Fats are not the enemy, they are absolutely essential to our mental and physical health. All three macronutrients are required in our diets: fats, protein, carbohydrates.
2. There's a massive difference between Omega 3 and Omega 6 fatty acids that needs to be understood.
3. "Omega 6 fatty acids are the building blocks of inflammation at a cellular level. Pain is arachidonic acid that converts into inflammation". Limit consumption of products with: soybean oil, corn oil and cottonseed oil. Avoid saccharin, sucralose and aspartame wherever possible.
4. "Omega 3 studies have been linked to pain reduction". The healthiest sources of Omega 3s are: wild, Alaskan salmon, sardines, flax seeds, walnuts, chia seeds and pecans. In his words, we are supposed to "Go nuts!" Keep in mind that Omega 3s are considered a blood thinner.



Support Services Coordinator

Erin Vogt

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

5. For sleep improvement, consider carbohydrate intake with less proteins before bed, while eating some form of protein with your carbohydrates and fats in the morning to energize your day.
6. Sugar continues to dominate our society at an alarming rate. "The average consumption of sugar by a North American adult is 70 pounds a year!" The World Health Organization target recommends 12 tsp/day. To put this in contrast, 1 cup of unsweetened apple juice has 6 tsp (10g) of sugar. He emphasized knowing your daily sugar budget and honouring it; shoot for 12 tsp of sugar/day, but aim for 6 tsp a day for optimal health. As this feels like an impossible goal, he reiterated "*First we make our habits, then our habits make us.*"

I hosted an LSCO table that evening and spoke with people living with chronic pain. Given the variety of fitness and wellness programs we offer at LSCO it was surprising how many were unaware of all we do in this Community Centre. Referring them to our fitness programs and support groups it reinforced the value of

social health. Though we do not live in each other's shoes, we can share in our experiences, and work to better our lives and those around us. It is always a pleasure to meet new members who become a part of LSCO and hear their stories of strength and resilience.

¹ www.johnpereira.com/about

LSCO Free Community Music Program

11:45 am - 1:30 pm in LSCO Dining Room

June 7: Hank Wiebe

June 14: Classic Legends

June 21: Los Gringos

June 28: E & L Entertainment

Thank you to our talented volunteer musicians who entertain us on Friday lunch hours. Come join us for daily specials in the dining room. Enjoy your June ahead, bring on summer!

Wellness Programs

Tuesday, June 4: Serenity Foot Care with Mercy Lar
9:00 am – 3:45 pm

Monday, June 10: Direct Dental Hygiene (Mobile dental services)
9:00 am – 3:00 pm

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

Thursday, June 13: Lethbridge Hearing Services (Hearing Screening)
10:00 am – 12:00 pm

Friday, June 28: Andrea's Massage
9:00 am – 2:30 pm

Keep bug bites at bay this summer

This is not your typical "how-to" guide to avoid mosquitos. Most guides recommend doing everything and anything to avoid bug bites, even if it means staying cooped up inside until the summer is over. Fortunately, if you're tired of sticky bug repellents and homemade remedies that fall short, there's a new solution.

Show the bugs who's boss this summer with WindRiver No Fly Zone, Canada's first mosquito-repellent clothing, available exclusively at Mark's. Just imagine wearing your barrier to mosquitos, instead of spraying it. The clothing is treated with the active ingredient permethrin for long-lasting mosquito protection that lasts through 70 washes.

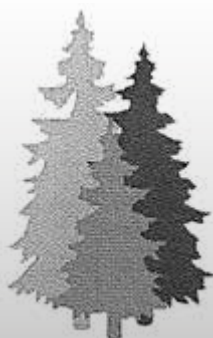
No longer do we need to defer adventures as dictated by uninvited pests. Embrace the short but sweet Canadian summertime and reclaim the outdoors.

www.newscanada.com

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



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June 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUMMER FUN 						1
2 Seniors' Week June 2 - 8	3 	4 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	5 Fun with Wii 1:00 pm Room C/D Pickleball/ Table Tennis	6 Music with Sandy 1:00 pm Room A/B	7 Free Community Music in Stage Area Hank Wiebe 11:45 am ~ 1:30 pm Lunch Special	8 
9	10 	11 Music with Hank 1:00 pm Marg & Maureen 2:45 pm Room C/D	12 Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	13 Music with Floyd 1:00 pm Room A/B	14 Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	15
16 	17	18 Pet Therapy with Kyra & Jax 1:00 pm Chair Exercises 2:45 pm Room C/D	19 Horse Racing 1:00 pm Room A/B Pickleball/ Table Tennis	20 Los Gringos 1:00 pm Room C/D	21 Free Community Music in Stage Area Los Gringos 11:45 am ~ 1:30 pm Lunch Special	22 
23 		25 Music with Tom Wolsey 1:00 pm Chair Exercises 2:45 pm Room C/D	26 Bowling Holiday Bowl 1:00 pm Pickleball/ Table Tennis	27 Movie Time 1:00 pm Room C/D	28 Free Community Music in Stage Area EJ & Lena Vogel 11:45 am ~ 1:30 pm Lunch Special	29 

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.

SPANISH

If you are interested in learning basic Spanish register for this evening class. Martha Montgomery is teaching this fun, 8 week program.

When: Tuesdays, June 4 – July 23
 Time: 6:15 – 8:15 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Monday, June 3

Gentle Exercise Mondays

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

When: Mondays until July 29 (no class July 1)
 Time: 10:00 – 10:45 am
 Drop In Fee: \$6 LSCO M; \$7 NM

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—  —
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COURSE INCLUDES:

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- Review of current road rules and regulations
- Tips and strategies for different driving environments
- Strategies and resources to maintain your mobility
- Aging and its impact on driving
- The changing nature of driving

\$50
plus GST

DATE: June 3 & 4, 2019 **LOCATION:** AMA - Lethbridge

TIME: 9am - 12pm both days 120 Scenic Drive South

TO REGISTER OR FOR MORE INFORMATION:

Call 1-800-642-3810 (AMA Lethbridge)



LSCO Free Community Music Program

June 2019

<p>7 June Hank Wiebe Roast Beef & Yorkshire Pudding</p>	<p>21 June Los Gringos Roast Beef</p>
<p>14 June Classic Legends Homemade Burgers</p>	<p>28 June EJ & Lena Vogel Veal Rouladen</p>

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

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 until June 25
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M: \$7 NM

When: Thursdays until June 27
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M: \$7 NM

ZUMBA GOLD (Summer)

When: Tuesdays, July 2 – August 13
 (no class July 23)
Time: 11:00 – 11:45 pm
Fee: \$30 LSCO M: \$36 NM
Drop In Fee: \$6 LSCO M: \$7 NM

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

I like muddling things up; and if a herb looks nice in a border, then why not grow it there? Why not grow anything anywhere so long as it looks right where it is? That is, surely, the art of gardening.

~ Vita Sackville-West

LSCO FITNESS CENTRE

FITNESS CENTRE HOURS

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

Note: Times may vary in 2019

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

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

Exercise equipment includes:

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

There are free weights, fit balls and stretching area.

FEES

Members: \$18/mo., \$99/6 mo.,
\$180/12 mo.

Non Members: \$27/mo., \$270/12 mo.

Drop In: \$6 LSCO member;

\$7 non member per day

(Must be purchased before 4:15 pm
Monday - Friday for use on Saturdays)

- The Fitness Centre is **unsupervised** Monday to Friday. It is recommended that members receive an orientation if unfamiliar with the exercise equipment.
- For personal safety, individuals must complete a Waiver and Par Q Form. If you answer yes to any question on Par Q, you must complete the PARmed-X Form.
- Drop In participants must be in good health and have knowledge of exercise equipment.

The word 'aerobics' came about when the gym instructors got together and said: If we're going to charge \$10 an hour, we can't call it Jumping up and down. - Rita Rudner



SENIOR Ultimate Fitness Memberships

Individuals 55 years +

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 (which includes Terms & Conditions).

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

- 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

ADULT Ultimate Fitness Memberships

Individuals 35 – 54 years

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 (which includes Terms & Conditions).

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

When Bad Is Really Good

Sometimes events conspire and life becomes a series of missteps. And in the midst of any given situation, it's hard to figure out when something that happens is a bad thing or a good thing. To wit, I recently traveled to Long Island, New York to help my much-loved cousin close out and put up for sale the home in which he grew up, as his mom passed eight months earlier.

It was a bittersweet week and when it came to time for my flight home, it was impossibly sad to say good-bye, made exponentially worse by a stormy day with torrential rain. I arrived at JFK on time but, in my angst, went to Terminal 1 rather than 2. After running thru the terminal looking for Delta, I realized my error. The fix? I had to walk to Terminal 2, which isn't very far, except for that horrific storm. With no option, I walked in the rain with my two suitcases and arrived as wet as if I had just showered. I lumbered through the terminal, waited patiently while shivering through security only to realize that I stupidly packed a set of silverware in my carry-on. EIGHT KNIVES in my bag!!!

By Anne Goldberg
May, 2019

www.seniorslifestylemag.com

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**Senior care/check ins
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Fitness Yoga Schedule

June (start & end dates vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact Cardio 8:00 – 8:50 am Deb: Gym 2		Active Strength & Conditioning 8:00 – 8:50 am Deb: 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 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			
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		
Pilates Plus 12:05 – 12:55 pm June: APR	Yoga 12:05 – 12:55 pm APR	Strength Stretch 12:05 – 12:55 pm Gym 2	Yoga 12:05 – 12:55 pm APR		
Indoor Cycling 12:10 – 12:50 Jamie: Gym 2	Indoor Cycling 12:10 – 12:50 pm Jamie: Gym 2		Power Walk 12:05 – 12:55 pm Jamie: Gym 1		
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		
		Tabata 5:15 – 6:15 pm Jamie: Gym 2			
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 Power Walking 6:30 – 7:30 pm Jerry: Gym 2	Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: 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

7 tips to keep your kitchen safe

As the heart of your home, the kitchen is where we prepare delicious meals and gather with family and friends. To keep yourself, your family and your guests safe, follow these food safety tips from Health Canada.

- Use a digital food thermometer to make sure you've cooked foods to their safe internal temperatures. Clean your thermometer in warm, soapy water before and after each use.
- Always wash your hands before and after you touch raw meat. Wash your hands with soap and warm water for at least 20 seconds.
- If plates or utensils have come in contact with raw meat, don't use them again until they've been washed thoroughly.
- Keep separate cutting boards for produce and meat.

- Change dishcloths daily. Don't use sponges as they are harder to keep free of bacteria.
- Sanitize countertops, cutting boards and utensils before and after preparing food with a mild bleach solution of 5 mL of bleach and 750 mL of water. Let stand briefly, then rinse with clean water and air dry or use clean towels.
- Keep cold food cold and hot food hot, so that your food never reaches the temperature danger zone of 4°C (40°F) to 60°C (140°F), where bacteria can grow quickly and cause food poisoning.

Find more information at canada.ca/foodsafety.

www.newscanada.com

June 1st is Intergenerational Day Canada

June 1st is Intergenerational Day Canada (also known as IG Day). The day was born in 2010, out of the momentum of WEAAD (World Elder Abuse Awareness Day). Since 2010, twelve provinces and territories and over 100 Canadian cities have officially recognized this day. IG Day is an opportunity to make a focused statement about the value of intergenerational connections. It is meant to remind us all of the importance of respectful connecting between generations to *help break through social isolation, build resiliency, community safety and greater understanding across age groups, all of which are also key to preventing elder abuse.*

Recognition of Intergenerational Day also supports provincial/territorial/municipal and federal initiatives for older persons and serves as a reminder of **June 15, World Elder Abuse Awareness Day.**

The day is also recognized and endorsed by the Canadian Network for the Prevention of Elder Abuse and the International Federation on Ageing IFA, among other organizations.



LEARN
Case
Manager

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

Such depth of commitment encourages citizens and governments to work throughout the year toward June 1st as a day to celebrate the on-going joyful relationships between aged and young. It sends a powerful message about the life-changing impact these friendships have on the day-to-day mental health of older and younger persons.

On Intergenerational Day Canada June 1st, working together towards a stronger, healthier community by all of us promoting and recognizing Intergenerational Day Canada

- encourage those already involved in intergenerational activities to share and celebrate or build new ways to recognize this day
- invite you to view cnpea.ca

I would also like to bring attention to Senior's Week June 2 – 8. Watch for events: WEAAD Sock Hop on June 13, 2019 this year being held at Nord-bridge Seniors Centre.

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.com.




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The expiry dates on many food products are leading to massive waste and harming the environment

That expiry date on a can of beans isn't really an expiry date. In fact, most products are fine months and sometimes even years after their "best-before" or "use by" date.

The founder of the US chain MOM's Organic Market, Scott Nash, and his family chose to eat food products past their labelled dates for a year to prove that they were still safe to eat.

"Most of the food that gets discarded is due to these arbitrary and confusing dates," Nash told the press. "What does 'expire' mean? There is 'best by,' there is 'sell by,' 'best if used by.' I just think that there is no consistency, and that it is creating confusion." Instead of judging food based on its labelled date, Nash says that it's easy to tell whether or not a product has expired based on its appearance, texture, and smell.

Of course, meat, bread, and fish have expiry dates that mean what they say, but most of the time, the expiry date has more to do with how long the producer is willing to guarantee quality. However, many people continue to throw out products that are still good as a result of these confusing dates.

According to a 2018 report by the Commission for Environmental Cooperation (an international body set up under a NAFTA side accord), 168 million metric tonnes (185 million tons) of food are wasted in North America every year, with Canadians wasting 396 kilograms (or 873 pounds) per capita. Second Harvest, a Toronto-based agency that works to reduce food waste, reported in January 2019 that 58% of the food produced in this country is lost or wasted—food worth \$49 billion. While much of that loss occurs during processing or manufacturing, 2.38 million tonnes (2.62 million tons) of food are wasted by consumers, according to Second Harvest, often by people who buy more than they need (because, for example, it's on sale) and then end up throwing it away.

This waste is taking a toll on the environment. Second Harvest's report states that food waste in Canada alone creates 56.6 million tonnes (62.4 million tons) of carbon dioxide-equivalent emissions every year. Food in landfills also adds methane gas to the environment, and methane is 25 times more harmful than carbon dioxide.

By Jennifer Hughes
May, 2019
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goodtimes.ca

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 until June 11
Time:	12:05 - 12:55 pm
Drop In Fee:	\$8.50 LSCO M: \$12 NM
Instructor:	Melanie Hillaby

When:	Thursdays until June 13
Time:	12:05 - 12:55 pm
Drop In Fee:	\$8.50 LSCO M: \$12 NM

The Rules of the Game and Referees

Most things in life have rules and the rules are enforced by referees. We hear the word referee, we often think of the world of sports, but referees are everywhere in daily life. Speeding down the highway and the police as referee can stop you and give you a ticket. Buying a home and getting a mortgage, the referee here is the bank making a decision as to how much of a home you can afford.

Referees are usually the experts that decide the outcome of two opposing views. Our courts are the referees of the law and a judge is the ultimate referee of a dispute. If a person is charged with a criminal offence, the judge will act as the referee and determine the guilt or innocence of the accused or decide what the appropriate sentence is for the accuse. In civil disputes, such as family law, cases are often resolved by negotiation between spouses and their lawyers. The law in these circumstances can guide the parties to a fair settlement, but often negotiation is a case of wearing the other side down until they capitulate or run out of money. People often have a sense with judges that they should be able to get in and see a judge with minimal cost. Unfortunately, it doesn't work that way. The privilege of having a judge decided your divorce matter costs a lot of money to get to that point. There are applications to be filed, there are affidavits to



Legal Tips and Information


Douglas Alger

prepare and then there is the application itself and most times the application is done without you having a chance to say anything out loud in court. It is a curious thing though that people seem to need a judge to decide a matter and can't work it out between themselves. A lot of times a case can sit in an effective stalemate, until a judge is appointed to hear the case. The outcome of that judge's decision depends on the skill of your lawyer, the facts of the case, and the judge's application of the law to the facts. In an ideal world the facts should speak for themselves, but facts are often elusive and non-conclusive. A good judge should be able to take the facts and separate out what the lawyers have said and make a decision that is just and equitable.

It is a good thing that we do not need judges to decide everything, but when we do have them make a decision, we should respect that decision, even if we disagree with it. This doesn't mean that some decisions should not be appealed, but calling into question the integrity of judges to make calls, calls into question the very fabric of our society. A judge will make mistakes, but that doesn't mean the system is flawed. It means that the rule of law is working to keep our lives within the boundaries of civilized democratic society. As we know democracy can be messy, but the rule of law helps alleviate those extremes and acts a referee to keep us playing our everyday game of life. Consider the opposite where a society runs on the whim of a politician and the judges have to cater to that politician or risk losing their job. I can think of a few countries in the world that operate on this basis and I wouldn't want to live there, would you?

Note: this article was inspired by Michael Lewis's excellent new podcast, *Against the Rules*, which deals with the matter of fairness in basketball games, courts of law, and financial markets. ★

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Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be. ~ B.K.S. Iyengar



Galt
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& ARCHIVES
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June At a Glance

See website for additional details

Wed JUN 05 | 2-3 pm Myth-Busting in Canada
Wednesdays at the Galt, Adults & Seniors

Thu JUN 06 | 7-9 pm Trader Tales
Fort Whoop-Up, All Ages

Thu JUN 06 | 7-9 pm Feather Paintings
Evening Galt Workshops, Adults & Seniors

Fri JUN 07 | 1:30-3 pm Blackfoot Stories
First Friday Fun, Families

Sun JUN 09 | 2-4 pm Juno Beach: The Canadian Breakthrough
Café Galt, Adults & Seniors

Thu JUN 13 | 7-9 pm Trader Tales
Fort Whoop-Up, All Ages

Thu JUN 13 | 7-9 pm Stories Your Realtor Never Told You
Café Galt, Adults & Seniors

Sat JUN 15 | 8-6 pm Waterton Wildflowers
Get Outta Town Bus Tour, Adults & Seniors

Sat JUN 15 | 6-9 pm Trader Day at Fort Whoop-Up
Fort Whoop-Up, Adults & Seniors

Sun JUN 16 | 10-4 pm Father's Day at the Fort
Fort Whoop-Up, All Ages

Mon JUN 17 | 11:30-1:30 pm National Indigenous Peoples Week Kickoff Feast Special Event, All Ages

Wed JUN 19 | 2-3 pm Trivia and Songs
Wednesdays at the Galt, Adults & Seniors

Thu JUN 20 | 7-9 pm Trader Tales
Fort Whoop-Up, All Ages

Thu JUN 20 | 7-9 pm Aerial Photos of Lethbridge Archives Program, Adults & Seniors

Fri JUN 21 | 10-4 pm National Indigenous Peoples Day
Fort Whoop-Up, Families

Thu JUN 27 | 7-9 pm Trader Tales
Fort Whoop-Up, All Ages

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Computer Corner

by Sjoerd Schaafsma

Computing Away from Home

Device	Pros	Cons
iPad Mini with Logitech Slim Portfolio keyboard	fits in my vest pocket I can use it almost anywhere	small keyboard
	easy to jot down ideas as they come to me	formatting text is a lost cause as I only use the notes app
Acer mini Netbook	proper word processing software	not as portable as the iPad
	Lightweight, portable	small screen
	keyboard better than the iPad mini	keyboard still on the small side
Full size laptop used at "home & away from home"	does almost everything my main PC does	heavy to pack around
	good for putting the pieces together	

The biggest problem – unreliable internet access. This makes it difficult or impossible to make good use of online programs such as Google Docs.

No printer means I can't print a draft for that final proof read.

Solutions: email bits and pieces to yourself, and consolidate them when the internet is reliable.

If you plan a long email or text message, compose it in notepad or other editor then paste into your email program so you don't lose your message. If you are sharing information with a number of people and you don't have an email or messaging group list you can copy the message into individual email or messages.

Don't forget your charge cables and spare battery packs. 😊

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. **NB:** There are no workshops or presentations planned for the summer months.

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

Life Time Highs www.lifetimehighs.club
cathymunro@lifetimehighs.club **587-223-0203**
~ Travelling Together ~

Bonnars Ferry, ID	June 23-26, 2019 "Your Home Away from Home"	\$380 pp/dbl
Winnipeg, MB	August 11-17, 2019 Players Package	\$820 pp/dbl
Adventure Package w/MP Folklorama, City Tour, Cdn. Mint Tour		
	Hermetic Code Tour, Forks Market, VIP Horse Race Buffet Dinner	\$1015 pp/dbl
Moose Jaw, SK	Sept. 16-19, 2019 "Temple Garden Spa"	\$425 pp/dbl
Deadwood, SD	Sept. 29-Oct. 5, 2019 No rules, no regrets	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 25-28, 2019 Spokane Shopping Days	\$400 pp/dbl
	Dec. 1-4, 2019 Spokane Shopping Day & the Coeur D'Alene Xmas Light Boat Tour	\$400 pp/dbl
China	April 6-23, 2020 Shanghai, Beijing, 18 days	\$5300 pp/dbl

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When: Mondays until June 24
Time: 9:15 – 10:15 am
Drop In Fee: \$6 LSCO M: \$7 NM

Summer

When: Mondays, July 8 – August 26 (no class August 5)
Time: 9:15 – 10:15 am
Fee: \$39 LSCO M; \$46 NM
Drop In Fee: \$6 LSCO M: \$7 NM

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True Love? Or A Scam I Am!

Relationships are about trust. If you have to play detective, then it's time to move on.

~ Lifehacks.io

We seem to be hearing more about scams these days than ever before. It seems that half the world is trying to get money from the other half, usually in nefarious ways. I became aware of the "serviceman"/romance on-line scam when a young relative got taken in by the "Nigerian group". After 3 weeks of texting and phone calls they are madly in love and planning their engagement, a big wedding, and a happily-ever-after life together. All this without ever seeing each other in person – other than the picture of the serviceman (whoever he might or might not be). This article evolved from the research I have been doing because of her experience. There are lots of ways to test a scam but the problem is she refuses to see it as a scam. She truly believes she has met her soul mate and is just waiting until he is released from the Special Forces and they can finally meet in person for the first time.

Nothing I, or anyone else in the family, can say will convince her (even a tiny bit) that she is being scammed and her story, or something similar, can be found all over the internet. I just have to wait until she realizes that all is not what it seems and she begins to see the light. What are people looking for when they seek company on a dating sight? They want love, attention, and the possibility of a financially secure life with someone, someday soon. What's out there trolling these days? Scammers who are not who they say they are. They are not for real or they are pretending to be someone else. They have no qualms about stealing another person's identity or using a picture of a handsome stranger they have no connection with. Women, and some men, are believing a totally untrue story of a relationship where only one person is truthful. The other person is strictly after whatever they can



The Widow's Walk

Kay Long, BSW, RSW

scam the woman (or sometimes the man) out of. Primarily money, sometimes cell phones, iTunes gift cards, Euros, or access to banking information or credit cards. They usually start with a small request and, if you comply, they come back with a larger request and another story to keep the flow going – his or her way.

I was shocked when I started reading the various amounts of funds that have been (and still are) flowing from different countries in the world into the black holes created by the scammers, primarily into west coast African countries. Whether it is Kroner (Denmark), Pounds (Britain), Euros (Europe), Francs (Switzerland), or Dollars (Canadian, Australia, U.S.A.) the currency that has disappeared into the black hole in Africa (or Malaysia or Israel or Eastern Europe) has reached an alarming value of + multi-billions of various currencies. It can be cash or through online banking, or Western Union, or "gifts", and there is seldom a recovery or even a valid person on the receiving end. In 2017 in Canada 750 victims lost a total of \$19.6 million Canadian dollars. In 2018 Canadians (760 victims) lost \$22.5 million Canadian dollars, which means each person lost nearly \$30,000 CDN. In one case in the Northwest Territories in 2018 a single person sent \$72,285.51. And that is not a record.

If you are a Dr. Phil fan, you have probably seen some of the victims he has as guests on

his television show from time to time. Women (young and old) and a few men get sucked in and lose their life savings. We need to get educated about scams, People, and we need to start listening to those who know us and care about us. These deceptions often come to a head when a family member or close friend finds out that the victim has somehow "let the cat out of the bag". And in our family's case, she is not listening to anyone but the new long-distance love in her life. So far she refuses to "play detective" but we have been digging for information since we learned what was happening. We don't want to alienate her, but we do keep urging her to proceed with caution and we tell her that we hope her situation is not a scam.

So how can anyone, woman or man, young or old, tell if they are communicating with a real person?

What are the warning signs? Here are a few red flags:

- The long-distance relationship develops too fast (from, "Hello" to marriage talk within 2 or 3 weeks) with no face-to-face time.
- They work overseas (temporarily) or they are in the Armed Forces (usually Special Forces, a doctor, a scientist, a commander)
- Pay attention to the language he or she uses. Does their accent match who they say they are or where they have lived in his (or her) life?
- They are wealthy (or about to become rich) but unable to get to their money just now (need short-term funding for a variety of reasons).
- Often has an ill relative (child, mother, father) and does not have access to funds for medicine, hospital care, surgery or transportation.
- Their likes and dislikes are identical to your own. You are made for each other. Talk about any subject and every single thing matches.
- Men will sometimes ask for nude or risqué photos (once they believe they have gained your trust) to be used for blackmail later.
- They may try to get you to open a new bank account so they can have access. They may want to send you a package or a gift. Above all, say "no"; you are in too deep.

If you suspect you might be involved in a scam stop all communication and contact:

- The RCMP,
- The Canadian Anti-Fraud Centre,
- Or if they claim to be a member of the U.S. Military Service you can contact the Federal Trade Commission or the Internet Crime Complaint Centre.

If you have a picture you can upload the picture in tineye.com and this will show you where the photo came from. Many scammers use pictures they have downloaded from the internet.

We live in a world that requires us to be on the alert in a new relationship these days and that's sad, but it still is better to be cautious and safe than to have terrible regrets later. ★

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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