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**Join Us for**

**GYM CLOSURE**  
August 12 – September 3

**BREAKING THE ICE ON END OF LIFE**  
Monday, August 12

**WHOOOP-UP PANCAKE BREAKFAST**  
Thursday, August 22

**WHOOOP-UP BEEF ON A BUN**  
Friday, August 23

**ALBERTA SENIORS BENEFITS PRESENTATION**  
Tuesday, September 17

## LSCO FITNESS CENTRE

### FITNESS CENTRE HOURS

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

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

- 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.

### FEES

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

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

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

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





## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

If LSCO seemed to you to be much busier this winter/spring compared to last year, you are correct. In that time period compared to last year, we had an increase in building attendance of around 40%. Not only has this created physical space stressors at LSCO, but it has exacerbated our never ending parking issues. We don't have an absolute solution to parking congestion, but this September we will take some steps to, hopefully, free up some stalls.

Some of our staff and members have noticed people pull into the lot, get out, and walk away from LSCO . . . clearly not intending to enter the building. On closer inspection those

persons' vehicles had a LSCO parking placard on display. These people were/are exploiting a huge loophole in our parking system: purchase an LSCO membership, purchase a parking placard, park longer than two hours. This has evolved over time because we expected LSCO members to attend LSCO classes, activities, services, etc. when they park in the lot . . . but we did not set out explicit guidelines to limit abuse of the parking system.

In September we will be implementing the revised LSCO Parking Policy:


- 1) Volunteers will randomly document membership numbers displayed on a parking placard;
- 2) They will then check our database to see if the member corresponding to the number has signed into our system;
- 3) They will also spot check to see if the person is actually attending where they are signed into.
- 4) If a person with a valid parking placard is not signed into an event on our system, they will receive one warning. If there is another

breach of this policy, the person's parking placard will be revoked.

We believe this revised system will free up some parking spaces and, at the very least, close up the parking loophole. Send me your questions and I'll publish them as a Q and A next month.

As you were purchasing food in our dining room, you might have spied the new walk-in cooler and freezer installed in the kitchen. The old ones were replaced due to functional and hygienic reasons – the insulation had slumped inside the walls and there was some mold growth starting in some spots where the wall meets the floor. The old cooler/freezer was over 30 years old and served us well. The biggest issue with the equipment replacement is that is a sizeable unexpected and unbudgeted expense which we were unable to fundraise for. We would appreciate all donations made to LSCO to help us to cover the costs of this major purchase and installation. ★

# Register online at [www.lethseniors.com](http://www.lethseniors.com)



**WORLD HUMANITARIAN DAY**

World Humanitarian Day (WHD) is held every year on 19 August to pay tribute to aid workers who risk their lives in humanitarian service, and to rally support for people affected by crises around the world.



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

## OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

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HEARING CENTRE



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





# LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Check out the website! [www.lethseniors.com](http://www.lethseniors.com) and register online.

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

## The Officers of LSCO

### 2019 – 2020 Executive:

President Elect:  
 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**

### Staff Members:

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 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](mailto:sappelt@lethseniors.com) . . . . . ext. 32
- Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

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

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

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



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

## LSCO Vision Statement

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


*Welcome New Members!*

Karen Brown  
 Krysti Jespersen  
 Sheila Hollihan  
 Brenda Hanson  
 Kevin McLean

*A Smile is the Universal Welcome.*



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



## Fitness PASS

### 10X 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.

**WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!**



LSCO will be closed Monday, August 5th for Heritage Day


## Breakfast MENU

8:00 am – 1:00 pm Weekdays

OPEN TO THE PUBLIC

\$6.50

Non-Members Add 15%




Jerry Riemann, a member of the LSCO Badminton Club, entered the 55+ Medicine Hat Summer Games, July 4 - 7 in Horseshoes.

**Gerry won the Gold Medal in the 65+ B Class event.**

**Congratulations Jerry!**





### Publishing Schedule

| Issue               | Deadline     |
|---------------------|--------------|
| September . . . . . | August 16    |
| October . . . . .   | September 13 |

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

Greetings!

Your Board of Directors don't meet during the month of July. However, a few of us are working in the background putting some final touches on the strategic plan. Once that is complete and approved by the entire Board, I'll share details with you in this column.

Some of you may be aware from the local media, the Sisters of St Martha are leaving Lethbridge and returning home to Antigonish, NS after 90+ years of service to our community. Two of their legacies are St. Michaels Hospital and the Martha Retreat Centre. They have been a positive influence on the development of our City.



## President's Message

Keith Sumner

A small group of citizens formed the Martha Retreat Centre Society to carry on it's work. Dr. Mark Nixon is the Executive Director now. The course/retreat calendar will be available

in September. I suspect, beside print format it will also be available at their website [www.marthacentre.themarthas.com](http://www.marthacentre.themarthas.com).

Over the last 7 or 8 years I've attended several book studies regarding mindfulness and/or meditation. I've found them to be good value for money and would recommend them if you are interested in the subject. Of course, they offer many other courses, plenty of parking and a peaceful atmosphere.

I'd like to take the opportunity to thank our volunteers. Without you LSCO couldn't function. You give back so much to our community. Thank you!

Namaste. ★

## Canada's First Memory-Care Village Opened in July

The Village will be home to 72 people living with Alzheimer's Disease or other forms of dementia

Canada's first private village built especially for people with dementia is scheduled to open this July in Langley, BC, near Vancouver.

The concept of a dementia village began in 2007 with the opening of De Hogeweyk in Holland, near Amsterdam. Unlike regular nursing homes, dementia villages allow residents to live and move about freely alongside caregivers in a small village, which is walled and gated to prevent patients from wandering off.

Residents already signed up to live there are expected to move in this August.

The two-hectare (five-acre) village in Langley will be run by a 72-person team and accommodate a 72 residents in six single-story cottages. Residents will have access to a community centre, shared garden, grocery store, café, barbershop, beauty salon, and local pub.

Unlike typical nursing homes, The Village is designed, management says, to go beyond fulfilling the basic needs of residents, instead creating a unique environment where those with dementia can continue living a normal life while getting to spend more time with family.

"Finding a sense of place in a community is essential for a full and meaningful life—as is ensuring each person has the right to direct his or her own day-to-day living in a safe, natural environment," The Village website states. "By providing true care through genuine, two-way relationships and focusing on the possibilities within each resident, we help them live a life of fun, laughter, love and joy—a full life."

That full life comes with a hefty price tag, though—monthly costs will range between \$6,950 and \$7,800, depending on the care required.

The project is a collaboration between Verve Senior Living, which currently manages 34 senior residences across Canada, and Canbrit, a company that specializes in the day-to-day operation of senior-care facilities.

Other British Columbia health-care providers are catching on. Providence Health Care is remodelling two senior residences into villages and is working with the Ministry of Health and Island Health to create a publicly funded dementia village in Comox on Vancouver Island. The seven-hectare (17-acre) village is expected to house 126 residents, though no announcement about when it will open has been made.

June 2019  
goodtimes.ca



## MENU ~ AUGUST 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 ★



### JOIN US for Whoop-Up Days Beef on a Bun

Friday, August 23, 2019

11:00 am – 1:00 pm

Beef on a Bun, Potato Salad & Coleslaw



| Monday, August 5   |   | Tuesday, August 6  |   | Wednesday, August 7   |   | Thursday, August 8  |  | Friday, August 9  |  |  |
|--|---|--|---|---|---|---------------------|--|-------------------|--|--|
| <b>LSCO CLOSED for Heritage Day</b>  |   | <b>Entree:</b> Veal Cutlet<br><b>Potato:</b> Mashed with Gravy<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> Spaghetti<br><b>Potato:</b> Garlic Toast<br><b>Soup:</b> Chef's Choice           | <b>Entree:</b> Beer Battered Cod<br><b>Potato:</b> Rice<br><b>Soup:</b> Chef's Choice   | <b>Entree:</b> Roast Beef<br><b>Potato:</b> Mashed with Gravy<br><b>Soup:</b> Chef's Choice |                     |  |                   |  |  |
| Monday, August 12  |   | Tuesday, August 13   |   | Wednesday, August 14  |   | Thursday, August 15 |  | Friday, August 16 |  |  |
| <b>Entree:</b> Honey Garlic Pork Bites<br><b>Potato:</b> Rice<br><b>Soup:</b> Chef's Choice      | <b>Entree:</b> Lasagna<br><b>Potato:</b> Mashed with Gravy<br><b>Soup:</b> Chef's Choice        | <b>Entree:</b> Fried Chicken<br><b>Potato:</b> Roasted<br><b>Soup:</b> Chef's Choice         | <b>Entree:</b> Beef Stew<br><b>Potato:</b> Bun<br><b>Soup:</b> Chef's Choice                    | <b>Entree:</b> BBQ Pork Chop<br><b>Potato:</b> Roasted<br><b>Soup:</b> Chef's Choice    |   |                     |  |                   |  |  |
| Monday, August 19  |   | Tuesday, August 20   |   | Wednesday, August 21  |   | Thursday, August 22 |  | Friday, August 23 |  |  |
| <b>Entree:</b> Chicken Pot Pie<br><b>Potato:</b> Mashed with Gravy<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> Mushroom Pork Chop<br><b>Potato:</b> Rice<br><b>Soup:</b> Chef's Choice          | <b>Entree:</b> Salisbury Steak<br><b>Potato:</b> Roasted<br><b>Soup:</b> Chef's Choice       | <b>Entree:</b> Chicken Stir Fry<br><b>Potato:</b> Rice<br><b>Soup:</b> Chef's Choice            | <b>WHOOOP-UP SPECIAL</b><br>BBQ Beef on a Bun, Baked Beans, Potato Salad & Coleslaw     |   |                     |  |                   |  |  |
| Monday, August 26  |   | Tuesday, August 27   |   | Wednesday, August 28  |   | Thursday, August 29 |  | Friday, August 30 |  |  |
| <b>Entree:</b> Pork Stew<br><b>Potato:</b> Bun<br><b>Soup:</b> Chef's Choice                     | <b>Entree:</b> Liver & Onions<br><b>Potato:</b> Mashed with Gravy<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> Sweet & Sour Meatballs<br><b>Potato:</b> Rice<br><b>Soup:</b> Chef's Choice   | <b>Entree:</b> Shepherd's Pie<br><b>Potato:</b> Mashed with Gravy<br><b>Soup:</b> Chef's Choice | <b>Entree:</b> Honey Glazed Salmon<br><b>Potato:</b> Rice<br><b>Soup:</b> Chef's Choice |   |                     |  |                   |  |  |



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## Breaking the Ice on End of Life



### Let's Talk about Death in a safe, open and welcoming setting.

Please come and share your stories and thoughts in a friendly conversation.

**Lethbridge Senior Citizens Organization**  
**500 - 11th Street South**  
**Stage Area off Dining Room**  
**Monday, August 12 • 1:00 - 3:00 pm**

RSVP by August 9. Sign up at LSCO front desk.  
Call 403-320-2222. Contact Erin Vogt for more details.

**CONVERSATIONAL SPANISH**

This is an introductory course for students with little or no knowledge of Spanish. Participants will learn basic grammar and common sentences in a comfortable environment. Remember, learning another language is not easy for some. Please come into this class with an open mind and a good sense of humour.

When: Tuesdays, September 24 – November 12  
Time: 6:15 – 8:15 pm  
Fee: \$45 LSCO M; \$65 NM  
Instructor: Martha Montgomery  
Register by: Friday, September 20

## Scrap Art Gift Tags

If you are into artist trading cards or like to create unique gifts for people, this class is a winner. Use those old scraps of old art works or cut up pieces of gift wrapping paper or even old greeting cards, collage items, vintage copy free images, playing cards and the list goes on. This is a 4 hour class so come prepared to jump into it. Have fun with these unique arty, one of a kind gift tags, anything goes.

When: Thursday, December 5  
Time: 10:00 am – 3:00 pm  
(Lunch 12 – 1 pm)  
Fee: \$25 LSCO M; \$50 NM  
Register by: Thursday, November 28



## Creative Zen-Art

*"yoga for the brain"*



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, September 16 – November 25  
Time: 1:00 – 4:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, September 12

**COFFEE IS ALWAYS ON AT LSCO**



**J & L SHUTTLE SERVICE**

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# Be Active in August

## PLEASE NOTE

The gymnasium floors will be resurfaced August 12 – September 2.

During this time classes will be held in a variety of other rooms at LSCO. Please ask us. Badminton and Pickleball will not be held.

## Fitness Classes

### CYCLE COMBO

When: Tuesdays, July 2 – August 27  
Time: 9:00 – 10:00 am  
Drop In Fee: \$8 LSCO M: \$10 NM  
Instructor: Jamie Hillier

### CYCLE COMBO

When: Thursdays, July 4 – August 29  
Time: 9:00 – 10:00 am  
Drop In Fee: \$8 LSCO M: \$10 NM  
Instructor: Jamie Hillier

### 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, July 4 – August 15  
Time: 9:15 – 10:00 am  
Drop In Fee: \$6 LSCO M; \$7 NM

### CIRCUIT TRAINING

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  
August 6 – 29  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM

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

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

### ZUMBA GOLD

This easy to follow, invigorating class held to upbeat music provides modified, low impact moves for active adults. Wear comfortable clothes, indoor footwear and bring a water bottle. Instructor: Sheila Mulgrew.

When: Tuesdays, July 2 – August 13  
Time: 11:00 – 11:45 pm  
Drop In Fee: \$6 LSCO M: \$7 NM

### ZUMBA

End your week participating in an energetic Zumba class.

When: Fridays, July 5 – August 9  
Time: 10:30 – 11:30 am  
Drop In Fee: \$6 LSCO M; \$7 NM  
Instructor: Stephanie Girodat



**COFFEE IS ON US!**

**AUGUST SPECIAL**

**DROP IN TO ONE OF OUR FITNESS CLASSES AND RECEIVE A FREE COFFEE!**

**PICK UP YOUR COFFEE CARD AT ADMIN DESK**

## Yoga

### YOGA FOR MEN

Join Skip for a gentle introductory yoga practice for men. It does not matter if you have been to his class in the past or are new to yoga; come give it a try. Wear comfortable clothes, bring a yoga mat if you have one (we have some if you don't). Class is held downstairs in the All Purpose Room. You do not have to pre-register.

When: Wednesday  
August 28 & September 4  
Time: 8:30 – 9:30 am  
Fee: Free

### 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, July 3 – August 14  
Time: 9:35 – 10:25 am  
Drop In Fee: \$3 LSCO M; \$5 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 non-slip socks.

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

### YOGA

Enjoy this mid day yoga class. Suitable for all levels. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Instructor: Melanie Hillaby

When: Mondays, July 8 – August 26  
(no class August 5)  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$8.50 LSCO M; \$12 NM

## LSCO PICKLEBALL Players Medal Winners

A number of LSCO Pickleball players recently participated in the Southern Alberta Summer Games held in Pincher Creek.

They played extremely well bringing home medals.

**Men's Doubles 65 + Bronze Medal**  
Rick Furukawa and Fran Briggs

**Women's Doubles 51-64 Bronze Medal**  
May Ruth Guenter and Valerie Boras

**Women's Doubles 65 + Bronze Medal**  
Rhonda McInnes and June Watson

**Mixed Doubles 65+ Bronze Medal**  
Rick Furukawa and Rhonda McInnes

**Men's Doubles 51 - 64 Bronze Medal**  
Scott Paul and Kent Toone





# Volunteer & Fund Development

## FALL RAFFLE PRIZES

We are getting very close to Fall Raffle time, and I am once again putting out a call for prize donations! Our spring and fall raffles are fundraisers that help a lot with having a few dollars for unexpected costs (i.e. we are still working on paying for a \$35K emergency fridge and freezer replacement in our kitchen from this spring). Fundraisers help us avoid having to raise fees more often than absolutely necessary, and we are extremely grateful for your support.

Our most popular items in the past two raffles have been tickets (sport events and lotto tickets), gift cards and consumables (chocolate, wine, etc.). If you have those types of items that you wish to donate to our upcoming raffle, please check with Chelsea. If the items are appropriate, we can write you a donation receipt and, again, would be very grateful for your help.

## BOOK DONATIONS TABLE

This month we will have the table set up in the lobby to clear out some of the extraneous books our library has accumulated. If you have been thinking about bringing some books in, this month would be a great time to do that



## Coordinator

**Chelsea Sherbut**

csherbut@lethseniors.com

403-320-2222 ext. 31

while we are undertaking a library-refreshing (and take some new reads home too!)

## PARKING POLICY VOLUNTEERS

I didn't get a ton of responses on this last month, so I'm putting it in here again: LSCO will soon have a new parking policy. We are all hopeful that it will help alleviate some of the congestion in our lot, but to make it effective, we will need some help!

Starting in the fall, our hope is to have volunteers who will help us implement the parking policy. This will ensure that those using an LSCO parking pass are actually using the centre and not just taking advantage of cheap and convenient downtown parking.

If you are interested, please touch base with me and I'll add your name to a list so that we can all get trained up in late summer. This will be a flexible volunteer job and the shifts will be short, so you can do a shift on a day that you're already planning to be at the centre! We'd really appreciate your help in doing what we can for the parking situation.

## ALL IS CALM

This is the tiniest teaser, but I'm too excited to keep it to myself.

Fran Rude and Ken Rogers are partnering with LSCO again this year to put on a special production. This year's show is called "All is Calm: The Christmas Truce of 1914" and it will be performed November 22, 23 and 24th. Save the date!

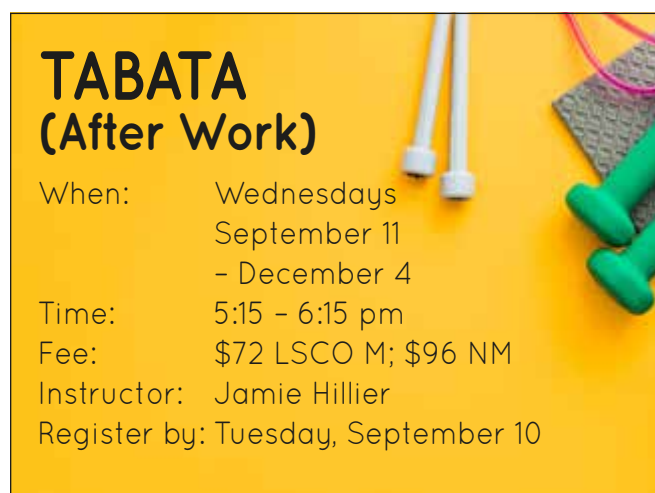
Also - Sponsors and Advertisers: if you know of a business who might be interested in some unique advertising opportunities with the production, I would love to show them what we have available. We've got extensive marketing planned with lots of chances to highlight supporting businesses. ★



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## TABATA (After Work)

When: Wednesdays  
September 11  
– December 4

Time: 5:15 – 6:15 pm

Fee: \$72 LSCO M; \$96 NM

Instructor: Jamie Hillier

Register by: Tuesday, September 10

## Out & About Senior Services

Personalized Transportation & Assistance

Bambi Willms 403-929-0947

Let me get you where you need to go ...

- Appointments of all kinds
- Shopping & Errands
- Special Events happening around town
- Recreational fun
- Anywhere you need or want to go



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www.lifetimelifehighs.club  
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~ Travelling Together ~

|                   |   |               |
|-------------------|---|---------------|
| Winnipeg, MB      | August 11-17, 2019 <i>Casino Pkg</i>                | \$820 pp/dbl  |
|                   | August 11-17, 2019 <i>Adventure Pkg</i> incl Casino | \$1015 pp/dbl |
| Moose Jaw, SK     | Sept. 16-19, 2019 Sights, Shopping & More           | \$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 with Spokane Shopping              | \$415 pp/dbl  |
|                   | Dec. 1-4, 2019 Spokane Shopping & Xmas Light Tour   | \$415 pp/dbl  |
| Edmonton, AB      | Jan.19-21, 2020 River Cree & West Edmonton Mall     | \$285 pp/dbl  |
| Bonnars Ferry, ID | Feb,2-5, 2020 Super Bowl Action                     | \$385 pp/dbl  |
| Yellowstone       | June 21-27, 2020 Old Faithful, Sightseeing          | \$ Call       |
| China             | April 6-23, 2020 Amazing Deal, 18 days              | \$5300 pp/dbl |

**All Inclusive** – Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship w Cabins & Balconies, Bullet Train, Panda Research Centre, Silk Pearl & Jade Factory Shopping, Ghost City, Bird's Nest Olympic Centre & More

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## Yoga FOR MEN

Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: **Session 1:** Wednesdays  
September 11 – October 30

Time: 8:30 – 9:30 am

Fee: \$40 LSCO Members; \$56 NM

Register by: Tuesday, September 10

When: **Session 2:** Wednesdays  
November 6 – December 11

Time: 8:30 – 9:30 am

Fee: \$30 LSCO Members; \$42 NM

Register by: Tuesday, November 5




## Line and Wash Into Fall

Somewhat similar to previous line and wash classes, but this one will have a theme – *The Textures and Colour of Fall*. We will cover landscape, still life and florals and maybe even attempt a few animals i.e. squirrels. This class will be for all skill levels so if you are new to line and wash I will have some simple projects but for the advanced, I will challenge you with more intricate and challenging projects. This is a great way to start off the season.

When: Thursdays  
October 3 – November 21

Time: 1:00 – 3:00 pm

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

Register by: Friday, September 27



## Keep Moving

The blog from *American Senior Communities* shared some interesting information on how exercise is good for the older adult. Exercise is a key for cognitive function. Researchers have found that when individuals walk three or more times a week we benefit:

- Improved healing and function; Regular exercise by seniors may decrease the time it takes for a wound to heal by 25%. A healthy strong body can better fight off infection and makes recovery from illness or injury easier.
- Prevention of disease or chronic conditions. According to the National Institute of Aging, exercising as a senior may delay or prevent diseases like diabe-



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

tes, cancer, stroke, heart disease, just to name a few.

- Increased balance and stability – Falls are the number one injury among seniors

and regular exercise can help prevent them.

- Improved quality of life and increased life expectancy. New studies have found that seniors who exercise improve not only their physical fitness, but experienced psychological benefits as well. Exercise can alleviate symptoms of depression and improve mood in general.

The connection between mind and body is an important one as we age. I encourage all of you to keep moving at your own pace. Please review all the upcoming fitness programs available at LSCO and find one that fits for you. Your body will thank you. ★

### BUTT'S AND GUTS

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

When: Mondays, September 16 – December 9  
 Time: 10:30 – 11:15 am  
 Fee: \$61 LSCO M; \$88 NM  
 Register by: Friday, September 13

When: Thursdays, September 19 – December 12  
 Time: 5:15 – 6:00 pm  
 Fee: \$72 LSCO M; \$104 NM  
 Register by: Tuesday, September 17

### Easy & Simple Mono Printing

This short but sweet class will be an adventure for the student that likes to try something new. It's fast and easy, no fuss, no muss, no press. You will learn how to make monotype prints anytime, anywhere. All you need is a plate or surface and either watercolor or acrylic paints for your inks or if you like you can use printmaking inks. It is considered to be the painters print because it is more like painting than printing. Keep in mind that you can do a lot of prints in a short time. So you may consider them as a jumping off point or a finished product. Some of you will love them and others you may not. But I haven't been disappointed yet. Come try your hand with this fascinating medium where your imagination is the limit.

When: Wednesdays, November 20 & 27  
 Time: 10:00 am – 12:00 pm  
 Fee: \$25 LSCO M; \$50 NM  
 Register by: Thursday, November 14

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 We are in Lethbridge

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### Yin/ Daoist Yang Yoga

"Athletes don't retire because of muscle problems, they retire because of joint problems. Yin Yoga postures gently stretch and rehabilitate the connective tissues (facia) that form our joints." (Paul Grilley)

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation.

In this new session, there will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays, September 23 – December 9 (no class October 14 & November 11)  
 Time: 9:00 – 10:30 am  
 Fee: \$80 LSCO M; \$120 NM  
 Instructor: Karen Toohey  
 Register by: Friday, September 20





## BUNGALOW CONDOS IN WEST LETHBRIDGE

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COME SEE OUR  
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## Creative Arts

### *Creative Arts Classes this Fall*

*Drawing & Shading Trees • Scrap Art Gift Tags  
Easy & Simple Mono Printing • Line & Wash  
Creative Zen-Art*

## Between Ourselves: Spoiled for Choice

How did we end up with so many TV channels?

Watching Jeopardy! recently, I experienced an unwelcome and unsettling revelation. After failing to answer a single question in a category about TV shows, not one of which had I even heard of, I realized that I can almost never answer a question about a contemporary TV series or any of the actors in them. Even worse, I realized that all questions about TV shows are about contemporary TV shows, because the only other kind—the kind I know about—are old TV shows. Which means that I, too, am... older than I was. But apart from my having aged, how did I get to be so out of touch? The answer, I think, is that TV has changed a lot more than I have over the years.

There was a time—back when TVs had actual tubes in them—when most Montrealers, because we lived 45 minutes from the US border, had a choice of five television channels to watch, each dedicated to a specific network—CBC, CTV, and the three Americans: ABC, CBS, and NBC. In 1969, PBS joined the club, but it remained a pretty small club. As a result, if we wanted to watch

TV at, say, 8 p.m. on a given day, we had a total of six shows to choose among—six networks, six shows. And those shows had their appointed time slots. If you wanted to watch Ed Sullivan, Tommy Hunter, or Carol Burnett, you had to be in front of the TV when they were on TV, because that was the only time to see them.

You might think I'm stating the obvious—which, to me, I am—but to someone in his or her teens today, the TV landscape of decades ago must seem as strange as a very foreign and not very exotic land. From six channels, the number of options available grew as more and more cable channels appeared, until it was no surprise at all to hear Bruce Springsteen lament in 1992 that TV consisted of "57 Channels (And Nothin' On)." And then came the day TV shows were no longer "aired" or "broadcast" but "streamed" digitally. Netflix offered a vast array of shows for you to watch on your computer, or on your TV if you connected it to your computer or video-gaming device. (The TV I bought last year

after its predecessor's demise actually has Netflix already loaded on it—and a big white Netflix button on the remote!) To Netflix have been added Amazon Prime, BritBox, Crave TV, Hulu, and many other streaming TV options to which you can subscribe. More are coming. And of course, you no longer have to watch at a given time to see a given show—streaming services allow you to watch whatever you want whenever you want. But when? In 2017, the number of scripted English-language shows available rose to 487, and in 2018, it soared past 500; if you slept for eight hours a day but watched TV every moment you were awake, you'd still have only 112 hours a week to devote to TV. Is it any wonder I've never seen—much less heard of—most of the shows on TV?

Obviously, I have some catching up to do. Of course, when you find a show you really like, you can always binge-watch it. Now where's that remote?

Murray Lewis, Editor-in-Chief  
goodtimes.ca



# Community Support Groups

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

## Parkinson's Alberta Society Support Group

For individuals diagnosed with Parkinson's Disease and their loved ones. The monthly meeting provides education, advocacy and support. The next meeting is **Thursday, September 19th** 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. Meetings will resume in September.

## 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, August 10th** 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. Meetings will resume in September.

## Sunset Alcoholics Anonymous

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

## Alcoholics Anonymous

### Saturday Morning Eye Opener

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

## LINE DANCING

This class is for the intermediate to experienced line dancer.

**When:** Thursdays  
September 5 – November 21  
**Time:** 10:30 am – 12:00 pm  
**Fee:** \$36 LSCO M; \$72 NM  
**Instructor:** Diane Holstine  
**Register by:** Wednesday, September 4

## Sterling International Precious Metals

### Gold & Silver BUYING EVENT

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jamesimredanku@gmail.com

**BUYING GOLD JEWELLERY** – gold pocket and wrist watches, gold and silver coins, old broken jewellery, dental gold; also sterling flatware, tea and coffee sets, etc. – we also buy old Deutsch Marks coins and bills and English pound notes, which are unredeemable in Canada, also unwanted diamond engagement rings.

#### GOLD PRICES PAYING:

- \$10 per gram for 9 ct (British)
- \$14 per gram for 10 ct
- \$18 per gram for 14 ct
- \$24 per gram for 18 ct
- \$27 per gram for gold nuggets
- \$30 per gram for 22 ct

#### SILVER PRICES PAYING:

- 30¢ per gram for European .800 grade
- 40¢ per gram for 925 sterling
- 30¢ per gram for Canadian silver coins pre-1967
- 65¢ each for Birks Sterling Ring Boxes or similar

☛ Will pay higher prices for volume ☛

*Sellers must be at least 18 years of age and have photo ID.*

## CLASSIFIED ADS

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

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

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

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

**WANTED:** Responsible person to shoot, poison or trap Gophers. 5 km SE on (paved) Brown Road. Phone 403-329-1070 (no texting).

**MUST SEE IN WEST LETHBRIDGE:** Large, bright, completely furnished and equipped 2 bedroom, 1 full bath basement suite. Rear, private entry opening on to fenced back yard. Laundry and utilities shared with upstairs. Possession September 1, 2019. \$1,000/month. Contact Lynn at 403-634-3030 between 4 & 6 pm ONLY. No smoking.

## CIRCUIT TRAINING

During this 4-week program, (twice per week) you will be lead through structured strength, cardiovascular, and flexibility training sessions. Classes are designed for those who are new to exercising with weights and for those who have experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register; however if you would like to workout other days of the week you will want to purchase a pass. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

**When:** **Session 1:** Tuesdays & Thursdays  
September 17 – October 10

**Time:** 1:30 – 2:30 pm  
**Fee:** \$40 LSCO M; \$60 NM  
**Instructor:** Jamie Hillier  
**Register by:** Friday, September 13

**When:** **Session 2:** Tuesdays & Thursdays  
October 15 – November 7

**Time:** 1:30 – 2:30 pm  
**Fee:** \$40 LSCO M; \$60 NM  
**Register by:** Friday, October 11

**When:** **Session 3:** Tuesdays & Thursdays  
November 12 – December 5

**Time:** 1:30 – 2:30 pm  
**Fee:** \$40 LSCO M; \$60 NM  
**Register by:** Friday, November 8

## BASKETBALL



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

**When:** Tuesdays, September 3 – December 17  
**Time:** 12:00 – 1:00 pm  
**Fee:** \$64 LSCO M & NM  
**Register by:** Tuesday, September 3

## WINNERS



Two blocks west of the casino on Crowsnest Trail

## EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular, Gold and Combo Cards

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



Every Wednesday **HALF PRICE REGULAR CARDS**

Friday Nights **FREE \$500 GAME**

Sunday Afternoons **FREE \$200 GAME**

**Call the Hotline: 403-327-7454**  
or Email: winners\_bingo@telus.net



# Join us for our 2019 Fall Classes

## SAVE BIG \$\$\$ when registering for classes!

### HOW?

- By becoming a member at LSCO. Memberships for 35-54 years of age are \$90 every 12 months. Memberships for 55+ years of age are \$50 every 12 months.
- By registering for the entire session.
- By purchasing a 10x Pass. They don't expire for 6 months and will give you the option of trying a variety of classes. Available for members and non-members. Certain class restrictions apply.
- By purchasing the Ultimate Fitness Membership. This pass is perfect for those that like to attend a number of classes and/or workout in the Fitness Centre. See page 18 for details or ask at the Administration Desk.

### NON Member Participation

- Not in the market to purchase a membership at this time; no worries, we have options for non-members too. Please ask us.

### ONLINE REGISTRATIONS

- Members and non-members will be able to register online for many of the classes.

- If a program says Out of Stock feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are registering for someone else online, please remember to include their name in the notes or give us a call.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

### DID YOU KNOW?

- Workout enthusiasts 18 – 35 years of age can attend classes and programs after 4:30 pm.
- LSCO has Change Rooms with Showers. Day Lockers available.

### CLASSES & PROGRAMS

If you are interested in participating in a class don't wait to register, many of them fill up before the register by date however, if you did miss the deadline check with us to see if space is available. Review the class information including the description to determine whether it is right for you. We apologize; once the class has started you will not be refunded.

**At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.**

## QiGong & Tai Chi

### HARMONY TAEKWON-DO

TaeKwon-Do is one of the world's most popular martial arts and now older adults and seniors have the opportunity to learn ITF TaeKwon-Do too. TaeKwon-Do literally translates to the art of kicking and punching. While traditional Taekwon-do focuses on kicking and punching, Harmony Taekwon-Do focusses on the "art". Harmony TaeKwon-Do offers countless physical and mental benefits to the practitioner by adapting the traditional TaeKwon-Do program to be more suitable and harmonising for the older adult. Ms. Nicole Stratyckuk, 4th Degree Black Belt Instructor is certified by the International TaeKwon-Do Federation to teach the Harmony TaeKwon-Do program. She has been practicing TaeKwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle.

When: **Session 1:** Mondays & Wednesdays  
September 23 – October 30  
(no class October 14)

Time: 1:15 – 2:15 pm  
Fee: \$66 LSCO M; \$99 NM  
Instructor: Nicole Stratyckuk  
Register by: Wednesday, September 18

When: **Session 2:** Mondays & Wednesdays  
November 4 – December 11  
(no class November 11)

Time: 1:15 – 2:15 pm  
Fee: \$66 LSCO M; \$99 NM  
Instructor: Nicole Stratyckuk  
Register by: Wednesday, October 30

### QIGONG

Qi means "life energy" and gong means "work"; together Qigong 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, eight brocades 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

September 10 – November 28

Time: 10:05 – 11:05 am  
Fee: \$96 LSCO M; \$192 NM  
Instructor: Dave Scotland  
Register by: Wednesday, September 4

### YANG 24 TAI CHI

Yang 24 Tai Chi form was developed in 1956 by the Chinese Sport Committee and Tai Chi masters as a health exercise. The form introduces the essential elements of Tai Chi yet retains the traditional flavour of longer forms. The Yang 24 Tai Chi is considered the most widely practiced form in the world and takes about 5 minutes to perform once learned. Some Qigong (health exercises) will also be included. The Yang 24 form is an intermediate form so some Tai Chi experience is necessary. Wear comfortable loose clothing and low heel footwear. 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  
September 10 – November 28

Time: 11:15 am – 12:00 pm  
Fee: \$96 LSCO M; \$192 NM  
Instructor: Dave Scotland  
Register by: Wednesday, September 4

### TAI CHI 108 Form Practice

Note: this is not a lesson. If you have taken Steve's Intermediate or Advanced Tai Chi class you are encouraged to register and practice with the group. They follow Steve's DVD.

When: Wednesdays  
September 11 – December 4

Time: 9:15 – 10:15 am  
Fee: \$30 LSCO Members; \$52 NM  
Register by: Tuesday, September 10

## Yoga & Pilates

### BEGINNER YOGA CLASS

This class is suitable for Beginner and Intermediate students. Occasionally using props, the class will focus on body awareness and proper alignment in the basic yoga poses. The class will end with a 15 minute Yoga Nidra relaxation/meditation, so please bring a blanket to stay warm. A dedicated Yoga Nidra practice will drop the body and mind into a deeply relaxed and healing state. It also reduces symptoms of stress, anxiety, depression and insomnia. Dress comfortably and bring a yoga mat. Instructor is Val Kunimoto, a Certified Yoga Teacher

with the Yoga Association of Alberta and has been teaching yoga in the Lethbridge area for 40 years.

When: Tuesdays  
September 17 – November 19  
(no class October 15)

Time: 3:00 – 4:00 pm  
Fee: \$50 LSCO M; \$90 NM  
Instructor: Val Kunimoto  
Register by: Friday, September 13

### HATHA YOGA

Experience the benefits of Hatha Yoga to help you relax, build strength, improve balance and enhance your quality of life. Our safe, gentle approach offers spiritual nourishment as well as health benefits. You'll come away refreshed, renewed and invigorated.

When: Mondays  
September 16 – November 25  
(no class October 14 & November 11)

Time: 10:00 – 11:00 am  
Fee: \$50 LSCO M; \$75 NM  
Instructor: Leigh Monette  
Register by: Thursday, September 12

When: Wednesdays  
September 11 – November 27

Time: 10:00 – 11:00 am  
Fee: \$66 LSCO M; \$90 NM  
Instructor: Leigh Monette  
Register by: Monday, September 9

### CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays  
September 11 – November 27

Time: 9:35 – 10:25 am  
Fee: \$33 LSCO M; \$54 NM  
Register by: Monday, September 9

### GENTLE YOGA

Gentle yoga classes are a great place to take it slower, and still experience all the benefits of yoga. Perfect for the beginner or individual that hasn't practiced yoga for a while. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: **Session 1:** Tuesdays & Thursdays  
September 10 – October 24



Time: 9:30 – 10:30 am  
 Fee: \$70 LSCO M; \$105 NM  
 Register by: Friday, September 6

When: **Session 2:** Tuesdays & Thursdays  
 October 29 – December 12

Time: 9:30 – 10:30 am  
 Fee: \$70 LSCO M; \$105 NM  
 Register by: Friday, October 25

### YOGA for MEN

Are you stiff and thinking about how nice it would be to be able to bend over and tie your shoes without straining now and as you age? How is your balance and coordination? Skip Cooper will lead you through movements, balances and stretches. Props will be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: **Session 1:** Wednesdays  
 September 11 – October 30

Time: 8:30 – 9:30 am  
 Fee: \$40 LSCO M; \$56 NM  
 Register by: Tuesday, September 10

When: **Session 2:** Wednesdays  
 November 6 – December 11

Time: 8:30 – 9:30 am  
 Fee: \$30 LSCO Members; \$42 NM  
 Register by: Tuesday, November 5

### YOGA Noon Hour

This moderately paced class teaches safe alignment in foundational yoga poses assisting students to build strength, increase flexibility and breath awareness. Wear comfortable workout clothes, bring a yoga mat, water bottle All skill levels welcome.

When: Tuesdays  
 September 24 – December 10

Time: 12:05 – 12:55 pm  
 Fee: \$78 LSCO M; \$96 NM  
 Instructor: Melanie Hillaby  
 Register by: Friday, September 20

When: Thursdays  
 September 26 – December 12

Time: 12:05 – 12:55 pm  
 Fee: \$78 LSCO M; \$96 NM  
 Instructor: Melanie Hillaby  
 Register by: Tuesday, September 24

### YIN/DAOIST YANG YOGA

“Athletes don’t retire because of muscle problems, they retire because of joint problems. Yin Yoga postures gently stretch and rehabilitate the connective tissues (facia) that form our joints.” (Paul Grilley)

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation.

In this new session, there will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays  
 September 23 – December 9  
 (no class October 14 & November 11)

Time: 9:00 – 10:30 am  
 Fee: \$80 LSCO M; \$120 NM  
 Instructor: Karen Toohey  
 Register by: Friday, September 20

### ACTIVE YOGA

Individuals participating in this Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. We flow through a number of sun salutations (getting up and down off the mat) throughout the class. A variety of props will be used. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle.

When: Fridays  
 September 27 – November 29

Time: 9:00 – 10:00 am  
 Fee: \$66 LSCO M; \$78 NM  
 Register by: Thursday, September 26

### PILATES

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

When: Mondays  
 September 23 – December 9  
 (no class October 14 & November 11)

Time: 12:05 – 12:55 pm  
 Fee: \$55 LSCO M; \$80 NM  
 Instructor: June Dow  
 Register by: Friday, September 20

## Exercise & Fitness

### GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. 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  
 September 23 – December 9  
 (no class October 14 & November 11)

Time: 10:15 – 11:00 am  
 Fee: \$60 LSCO M; \$90 NM  
 Instructor: June Dow  
 Register by: Friday, September 20

When: Fridays  
 September 20 – December 6

Time: 10:15 – 11:00 am  
 Fee: \$60 LSCO M; \$90 NM  
 Instructor: Tracy Simons  
 Register by: Wednesday, September 18

### KEEP FIT

The instructor will lead you through a warm up, low impact cardiovascular exercises, strength component and stretching. Everyone is welcome and encouraged to exercise at their 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. It can be chilly in the gym at times so dress in layers. Bring a water bottle.

When: Wednesdays  
 September 18 – December 11

Time: 10:15 – 11:00 am  
 Fee: \$26 LSCO M; \$45 NM  
 Register by: Tuesday, September 17

### 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. Bring a water bottle. **Intermediate to advanced fitness level.** (Wednesday strength class listed farther down.)

When: Mondays  
 September 9 – December 9  
 (no class October 14 & November 11)

Time: 8:00 – 8:50 am  
 Fee: \$66 LSCO M; \$81 NM  
 Instructor: Debbie Palmer  
 Register by: Friday, September 6

### BARS, PLATES & WEIGHTS

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

When: Tuesdays  
 September 17 – December 3

Time: 8:00 – 8:45 am  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: Tracy Simons  
 Register by: Friday, September 13

When: Wednesdays  
 September 18 – December 4

Time: 12:05 – 12:55 pm  
 Fee: \$66 LSCO M; \$96 NM  
 Instructor: Tracy Simons  
 Register by: Friday, September 13

### BUTTS & GUTS

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

When: Mondays  
 September 16 – December 9

Time: 10:30 – 11:15 am  
 Fee: \$61 LSCO M; \$88 NM  
 Instructor: Tracy Simons  
 Register by: Friday, September 13

When: Thursdays  
 September 19 – December 12

Time: 5:15 – 6:00 pm  
 Fee: \$72 LSCO M; \$104 NM  
 Instructor: Tracy Simons  
 Register by: Tuesday, September 17

### CIRCUIT TRAINING

During this 4-week program (twice per week) you will be lead through structured strength, cardiovascular, and flexibility training sessions. Classes are designed for those who are new to exercising with weights and for those who have experience (beginner & intermediate). Classes will be held in the Fitness Centre.

Please note: you do not have to be a member of the Fitness Centre to register; however if you would like to workout other days of the week you will want to purchase a pass. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

When: **Session 1:** Tuesdays & Thursdays  
 September 17 – October 10

Time: 1:30 – 2:30 pm  
 Fee: \$40 LSCO M; \$60 NM  
 Instructor: Jamie Hillier  
 Register by: Friday, September 13



When: **Session 2:** Tuesdays & Thursdays  
October 15 – November 7  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, October 11

When: **Session 3:** Tuesdays & Thursdays  
November 12 – December 5  
Time: 1:30 – 2:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, November 8

### CIRCUIT TRAINING 3X

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

When: **Session 1:** Mondays, Wednesdays & Thursdays  
September 16 – October 10  
Time: 1:30 – 2:30 pm  
(Thursday class is 2:40-3:40 pm)  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, September 13

When: **Session 2:** Mondays, Wednesdays & Thursdays  
October 15 – November 7  
Time: 1:30 – 2:30 pm  
(Thursday class is 2:40-3:40 pm)  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, October 11

When: **Session 3:** Mondays, Wednesdays & Thursdays  
November 13 – December 5  
Time: 1:30 – 2:30 pm  
(Thursday class is 2:40-3:40 pm)  
Fee: \$55 LSCO M; \$90 NM  
Register by: Friday, November 8

### INDOOR CYCLING

**Instructor: Jamie Hillier**

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

A workout typically involves cycling in a group while your instructor motivates you through your ride. The cycling varies between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level. During the Cycle Combo classes, riders may be getting on and off the bike performing a number of exercises. Wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle.

### CYCLE MONDAYS NOON

When: Mondays  
September 9 – December 16  
(no class October 14 & November 11)  
Time: 12:10 – 12:50 pm  
Fee: \$72 LSCO M; \$104 NM  
Register by: Friday, September 6

### CYCLE COMBO

When: Tuesdays  
September 10 – December 10  
Time: 9:00 – 9:50 am  
Fee: \$77 LSCO M; \$104 NM  
Register by: Monday, September 9

### CYCLE THURSDAY NOON

When: Thursdays  
September 12 – December 12  
Time: 12:10 – 12:50 pm  
Fee: \$77 LSCO M; \$104 NM  
Register by: Wednesday, September 11

### DISCOVER CYCLING

Enjoy the benefits of riding a stationary bike. Ideal for those that have not been on a bike for a while. Each week participants will decide how hard they will ride by adjusting the tension accordingly. Don't worry, if you want to get off the bike for a few minutes you sure can. Tracy will lead you on your way! Wear comfortable clothes, indoor shoes and bring a water bottle.

When: Fridays  
September 20 – December 6  
Time: 11:15 – 12:00 pm  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Tracy Simons  
Register by: Wednesday, September 18

### SUSPENSION TRAINING

Suspension training uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. The flexibility of suspension trainers allows participants to progress to different levels of intensity and choose options that are right for them. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It's also a great option for anyone who wants to add cross-training into their workouts.

When: Thursdays  
September 12 – December 12  
Time: 9:00 – 9:50 am  
Fee: \$77 LSCO M; \$112 NM  
Instructor: Jamie Hillier  
Register by: Wednesday, September 11

### SUSPENSION TRAINING COMBO

This class incorporates the use of suspension training (see above), cycling, weights and a variety of other exercise equipment to give you a high intensity workout. A great way to finish your day!

When: Mondays  
September 16 – November 25  
(no class October 14 & November 11)  
Time: 5:15 – 6:15 PM  
Fee: \$50 LSCO M; \$72 NM  
Instructor: Jeannie Ng  
Register by: Friday, September 13

When: Tuesdays  
September 10 – December 10  
Time: 12:10 – 12:50 pm  
Fee: \$77 LSCO M; \$112 NM  
Instructor: Jamie Hillier  
Register by: Monday, September 9

### FIT BALL & MORE

Exercising with the fit ball will assist you to improve your balance, strength, posture, coordination, cardiovascular fitness and so much more. Weights, resistance tubing and other equipment will be used. Participants should be comfortable getting up and down off the floor as we perform core work and stretching exercises on the mat. Wear comfortable clothing and footwear. Don't forget to bring a yoga mat and water bottle.

When: Tuesdays & Thursdays  
September 24 – December 12  
Time: 9:00 – 9:50 am  
Fee: \$84 LSCO M; \$144 NM  
Instructor: Shawn Hamilton  
Register by: Friday, September 20

### POUND FITNESS

Wednesday evenings we will use Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. This is an exhilarating full-body workout that combines cardio, conditioning, and strength training movements.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

When: Wednesdays  
September 18 – November 27  
Time: 5:15 – 6:15 pm  
Fee: \$61 LSCO M; \$88 NM  
Instructor: Jeannie Ng  
Register by: Monday, September 16

### POUND FITNESS (Mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout. Instructor is Sheila Mulgrew.

When: Mondays  
September 9 – November 4  
Time: 11:00 – 11:45 am  
Fee: \$44 LSCO M; \$64 NM  
Register by: Friday, September 6

When: Fridays  
September 13 – November 1  
Time: 10:30 – 11:15 am  
Fee: \$44 LSCO M; \$64 NM  
Register by: Tuesday, September 10

### POWER WALKING

Participants will get an overall body workout, using weights appropriate to ability. Join us for an energetic workout to upbeat music. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle.

When: Mondays  
September 16 – December 9  
(no class October 14 & November 11)  
Time: 9:10 – 10:00 am  
Fee: \$61 LSCO M; \$88 NM  
Instructor: Tracy Simons  
Register by: Thursday, September 12 &

When: Thursdays  
September 19 – December 12  
Time: 12:05 – 12:55 pm  
Fee: \$72 LSCO M; \$104 NM  
Instructor: Tracy Simons  
Register by: Tuesday, September 17

### POWER WALK with Jamie

We pack in a lot of walking fun in this 50-minute workout. These classes include a warm-up followed by high intensity interval training, all while walking! Finish with a cool down and stretch. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle. **Intermediate to advanced fitness level.**

When: Wednesdays  
September 11 – December 11  
Time: 9:10 – 10:00 am  
Fee: \$77 LSCO M; \$112 NM  
Instructor: Jamie Hillier  
Register by: Monday, September 9

### EVENING POWER WALKING

Join Jerry as he puts you through his power walking routine. Light hand weights will be used (optional) and all fitness levels are welcome. Wear comfortable clothes, indoor exercise shoes and bring a water bottle.

When: Wednesdays  
September 4 – December 11  
Time: 6:30 – 7:30 pm  
Fee: \$2 Drop In (each Wednesday)  
Instructor: Jerry Brown



**STEP & SCULPT**

Using the bench step and various strength equipment (bars & plates, dumb bells, tubing, body weight) this class provides cardiovascular and muscular workout to promote an overall body workout. All fitness levels welcome.

When: Tuesdays  
September 24 – November 26

Time: 5:15 – 6:15 pm  
Fee: \$55 LSCO M; \$88 NM  
Instructor: Elizabeth Wong  
Register by: Friday, September 20

**STRENGTH & CONDITIONING**

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

When: Wednesdays  
September 11 – December 11

Time: 8:00 – 8:50 am  
Fee: \$77 LSCO M; \$112 NM  
Instructor: Debbie Palmer  
Register by: Monday, September 9

When: Thursdays  
September 19 – December 5

Time: 8:00 – 8:45 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Tracy Simons  
Register by: Monday, September 16

**TABATA**

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle (intermediate to advanced level class).

When: Mondays  
September 9 – December 16  
(no class October 14 & November 11)

Time: 9:10 – 10:10 am  
Fee: \$66 LSCO M; \$96 NM  
Instructor: Jamie Hillier  
Register by: Friday, September 6

**TABATA (After Work)**

When: Wednesdays  
September 11 – December 4

Time: 5:15 – 6:15 pm  
Fee: \$72 LSCO M; \$96 NM  
Instructor: Jamie Hillier  
Register by: Tuesday, September 10

**TABATA & More**

If you are looking for an end of the week workout to challenge yourself; join us Fridays at noon. The instructor will change the exercises weekly using a variety of fitness equipment. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Fridays  
September 20 – December 13

Time: 12:05 – 12:55 pm  
Fee: \$72 LSCO M; \$104 NM  
Instructor: Tracy Simons  
Register by: Tuesday, September 17

**Dance & Movement****COUPLES DANCE**

Join in on the fun with your partner to learn the Clarksville Shuffle, 2 Step and Jive through easy progressions. Every lesson promotes fun in an

inviting atmosphere no matter what your dance experience is. Wear comfortable clothes and non-marking soled shoes that you like to dance in. You do not have to be a member of LSCO to participate. \*Note: Fees are per person.

When: Mondays  
September 30 – December 2  
(no class October 14 & November 11)

Time: 6:45 – 7:45 pm  
Fee: \$56 LSCO M; \$70 NM  
Instructor: Gloria-Rose Puurveen  
Register by: Thursday, September 26  
Location: LSCO Gym 2

**EVENING LINE DANCE**

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

When: Mondays  
September 30 – December 2  
(no class October 14 & November 11)

Time: 8:00 – 9:00 pm  
Fee: \$56 LSCO M; \$70 NM  
Instructor: Gloria-Rose Puurveen  
Register by: Thursday, September 26  
Location: LSCO Gym 2

**LINE DANCING**

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

When: Mondays  
September 9 – December 2  
(no class October 14 & November 11)

Time: 10:30 – 11:55 am  
Fee: \$33 LSCO M; \$66 NM  
Instructor: Diane Holstine  
Register by: Friday, September 6

**LINE DANCING**

This class is for the intermediate to experienced line dancer.

When: Thursdays  
September 5 – November 21

Time: 10:30 am – 12:00 pm  
Fee: \$36 LSCO M; \$72 NM  
Instructor: Diane Holstine  
Register by: Wednesday, September 4

**BEGINNER LINE DANCING**

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

When: Thursdays  
September 5 – November 21

Time: 1:15 pm – 2:15 pm  
Fee: \$36 LSCO M; \$72 NM  
Instructor: Diane Holstine  
Register by: Wednesday, September 4

**MOVEMENT MEDICINE**

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow.

When: Thursdays  
September 19 – December 12

Time: 5:15 – 6:15 pm  
Fee: \$84 LSCO M; \$126 NM  
Instructor: Andrea Hertz  
Register by: Tuesday, September 17

**SCOTTISH COUNTRY DANCE**

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

When: Fridays  
September 13 – December 13

Time: 10:15 – 11:45 am  
Fee: \$28 LSCO M; \$42 NM  
Register by: Thursday, September 12

**ZUMBA GOLD**

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

When: Tuesdays  
September 17 – December 10

Time: 11:00 – 11:45 am  
Fee: \$71 LSCO M; \$104 NM  
Instructor: Nicole Stratychuk  
Register by: Friday, September 13

When: Thursdays  
September 12 – October 31

Time: 10:45 – 11:30 am  
Fee: \$44 LSCO M; \$64 NM  
Instructor: Sheila Mulgrew  
Register by: Tuesday, September 10

When: Thursdays  
November 7 – December 12

Time: 11:00 – 11:45 am  
Fee: \$33 LSCO M; \$48 NM  
Instructor: Nicole Stratychuk  
Register by: Tuesday, November 5

**ZUMBA**

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

When: Mondays  
September 16 – November 4

Time: 5:15 – 6:15 pm  
Fee: \$38 LSCO M; \$56 NM  
Instructor: Sheila Mulgrew  
Register by: Friday, September 13

**ZUMBA TONING**

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

When: Saturdays  
September 28 – November 2

Time: 10:30 – 11:15 am  
Fee: \$28 LSCO M; \$40 NM  
Instructor: Sheila Mulgrew  
Register by: Thursday, September 26

**Sports****BADMINTON**

Everyone of all skill levels are welcome to play badminton weekdays however; many have been



playing for awhile and at times, games become more competitive. Drop in fee is \$3.50 for non members. Pay at the Administration Desk prior to playing.

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

### BASKETBALL

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

When: Tuesdays  
September 3 – December 17  
Time: 12:00 – 1:00 pm  
Fee: \$64 LSCO M & NM  
Register by: Tuesday, September 3

### PICKLEBALL LESSONS

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

When: **Session 1:** Fridays  
September 6 – 27  
Time: 9:15 – 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, September 4

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

When: **Session 3:** Fridays  
November 8 – 29  
Time: 9:15 – 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, November 6

**Note: Weekend lessons will be listed in the September issue of the LSCO Times and online.**

### PICKLEBALL

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

#### Intermediate/Advanced

Mondays, Wednesdays, Fridays  
7:00 – 9:00 am  
Mondays; 1:00 – 3:00 pm  
Tuesdays; 10:00 am – 12:00 pm & 1:15 – 3:00 PM  
Thursdays; 1:15 – 3:00 pm  
Fridays; 1:00 – 3:00 pm

#### Novice/Recreational

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

#### All Skill Levels

Wednesdays Open Play  
1:00 – 3:30 pm

Fridays: 9:00 – 11:00 am (when lessons are not scheduled)

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.

## Special Interest

### CONVERSATIONAL SPANISH

This is an introductory course for students with little or no knowledge of Spanish. Participants will learn basic grammar and common sentences in a comfortable environment. Remember, learning another language is not easy for some. Please come into this class with an open mind and a good sense of humour.

When: Tuesdays  
September 24 – November 12  
Time: 6:15 – 8:15 pm  
Fee: \$45 LSCO M; \$65 NM  
Instructor: Martha Montgomery  
Register by: Friday, September 20

## Creative Arts

### 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  
September 16 – November 25  
Time: 1:00 – 4:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, September 12

### LINE AND WASH INTO FALL

Somewhat similar to previous line and wash classes, but this one will have a theme – *The Textures And Colour of Fall*. We will cover landscape, still life and florals and maybe even attempt a few animals i.e. squirrels. This class will be for all skill levels so if you are new to line and wash I will have some simple projects but for the advanced, I will challenge you with more intricate and challenging projects. This is a great way to start off the season.

When: Thursdays  
October 3 – November 21  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Register by: Friday, September 27

### SCRAP ART GIFT TAGS

If you are into artist trading cards or like to create unique gifts for people, this class is a winner. Use those old scraps of old art works or cut up pieces of gift wrapping paper or even old greeting cards, collage items, vintage copy free images, playing cards and the list goes on. This is a 4 hour class so come prepared to jump into it. Have fun with these unique arty, one of a kind gift tags, anything goes.

When: Thursday, December 5  
Time: 10:00 am – 3:00 pm  
(Lunch 12 – 1 pm)  
Fee: \$25 LSCO M; \$50 NM  
Register by: Thursday, November 28

### EASY AND SIMPLE MONO PRINTING

This short but sweet class will be an adventure for the student that likes to try something new. It's fast and easy, no fuss, no muss, no press. You will learn

how to make monotype prints anytime, anywhere. All you need is a plate or surface and either watercolor or acrylic paints for you inks or if you like you can use printmaking inks. It is considered to be the painters print because it is more like painting than printing. Keep in mind that you can do a lot of prints in a short time. So you may consider them as a jumping off point or a finished product. Some of you will love them and others you may not. But I haven't been disappointed yet. Come try your hand with this fascinating medium where your imagination is the limit.

When: Wednesdays, November 20 & 27  
Time: 10:00 am – 12:00 pm  
Fee: \$25 LSCO M; \$50 NM  
Register by: Thursday, November 14

### DRAWING AND SHADING TREES

In this 6 week class, we will study and render our lovely trees. Learn several different approaches to shading trees. We will cover different species of trees; learn how they are constructed and how the light plays with their foliage. This is a great class for the beginner as well as someone who wants to keep their drawings skills sharp.

When: Wednesdays  
October 2 – November 6  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, September 26

## Technology

### iPHONES

If you are interested in learning more about your iPhone this 2 day course will be helpful. If you have an Android this class is NOT for you. Space is limited, register early!

When: Monday & Wednesday  
September 30 & October 2  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Wednesday, September 25

### ANDROID SMART PHONES & TABLETS

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

When: Monday & Wednesday  
October 7 & 9  
Time: 10:00 am – 12:00 pm  
Fee: \$20 LSCO M; \$40 NM  
Instructor: Peter Harris  
Register by: Wednesday, October 2

### iPAD

Learn how to use your iPad more efficiently. Rod will cover topics such as connecting to the Internet, finding and installing a variety of “Apps” this class and more. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

Please leave your name and number so we can contact you when dates and times have been confirmed. Instructor: Rod Henriquez

**ADDITIONAL COMPUTER CLASSES will be listed in future issues of the LSCO Times.**

#### COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. A variety of workshops are offered throughout the year. The Computer Lab is available for club members 2 afternoons.



# August 2019 - LSCO Adult Day Program

| SUNDAY        | MONDAY                                   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY      |
|---------------|--|--|--|---|--|---------------|
|               |  |  |  | <b>1</b><br>Music with Sandy<br>1:00 pm<br>Dining Room  | <b>2</b><br>Free Community Music in Stage Area<br>Hank Wiebe<br>11:45 am ~ 1:30 pm<br>Lunch Special      | <b>3</b><br>  |
| <b>4</b>      | <b>5</b><br>LSCO Closed for Heritage Day | <b>6</b><br>Music with Alice<br>1:00 pm<br>Chair Exercises<br>2:45 pm<br>Room C/D          | <b>7</b><br>Horse Racing<br>1:00 pm<br>Room A/B                      | <b>8</b><br>Music with Floyd<br>1:00 pm<br>Dining Room  | <b>9</b><br>Free Community Music in Stage Area<br>Classic Legends<br>11:45 am ~ 1:30 pm<br>Lunch Special | <b>10</b><br> |
| <b>11</b><br> |  | <b>13</b><br>Music with Hank<br>1:00 pm<br>Chair Exercises<br>2:45 pm<br>Room C/D          | <b>14</b><br>Bowling<br>Holiday Bowl<br>1:00 pm                      | <b>15</b><br>Music with Tom Wolsey<br>1:00 pm<br>Dining Room                                  | <b>16</b><br>Free Community Music in Stage Area<br>Floyd Sillito<br>11:45 am ~ 1:30 pm<br>Lunch Special  | <b>17</b><br> |
| <b>18</b><br> | <b>19</b>                                | <b>20</b><br>Pet Therapy with Kyra & Jax 1:00 pm<br>Chair Exercises<br>2:45 pm<br>Room C/D | <b>21</b><br>Fun with Wii<br>1:00 pm<br>Room C/D<br>Fun with Bubbles | <b>22</b><br>Music with Gerry<br>1:00 pm<br>Dining Room<br>Whoop-Up Pancake Breakfast 8:00 am | <b>23</b><br>Emma Dering<br>11:45 am ~ 1:30 pm<br>Whoop-Up<br>Beef on a Bun<br>11:00 am - 1:00 pm        | <b>24</b><br> |
| <b>25</b><br> | <b>26</b>                                | <b>27</b><br>Fun with Wii<br>1:00 pm<br>Room C/D   | <b>28</b><br>Bowling<br>Holiday Bowl<br>1:00 pm                      | <b>29</b><br>Movie Time<br>1:00 pm<br>Room C/D  | <b>30</b><br>Free Community Music in Stage Area<br>Brian Rainey<br>11:45 am ~ 1:30 pm<br>Lunch Special   | <b>31</b><br> |

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.

**My grandmother taught me: Never cut what you can untie. Leave people better than you found them. And always try to exit better than you entered someone's life.**

~ Sophie A. Nelson

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

When: **Session 1:** Fridays  
September 6 - 27  
Time: 9:15 - 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, September 4

When: **Session 2:** Fridays, October 4 - 25  
Time: 9:15 - 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, October 2

When: **Session 3:** Fridays  
November 8 - 29  
Time: 9:15 - 10:45 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, November 6

Note: Weekend lessons will be listed in the September issue of the LSCO Times and online.

# PICKLEBALL lessons

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A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. ~ James Dent



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This past month Meals on Wheels and Support Services switched offices. Natasha's door is now behind the Administration counter, and I'm in the hallway across from the Library/TV area. If you see the Support Services door open, feel free to pop in. To book an appointment you can still reach me at 403-320-2222 x25 or email: [evogt@lethseniors.com](mailto:evogt@lethseniors.com).

A huge thank you to Tricia Mehrer for spending the last month here, to complete her Practicum placement. Trish is completing her Medical Office Assistant program at Reeves College. Her background includes working with seniors in various capacities around Lethbridge (i.e. Edith Cavell and Green Acres Foundation). We were very fortunate to have her administration assistance, and hope to see her around the LSCO halls again soon!

**Mark Your Calendars**

**Breaking the Ice on End of Life.** See poster on page 6. Monday, August 12, 1:00 pm – 3:00 pm

**Alberta Seniors Benefits Presentation.** Tuesday, September 17, 10:00 – 11:00 am



**Support Services Coordinator**

**Erin Vogt**  
[evogt@lethseniors.com](mailto:evogt@lethseniors.com)  
 403-320-2222 ext. 25

**3C's:** Cooking Conversation and Companionship. \*Thursdays starting mid-September

*\*Details to come, watch for poster announcement at LSCO and on website.*

**Wellness Programs**

**Tuesday, August 6:** Serenity Foot Care with Mercy Lar. 9:00 am – 3:45 pm

**Thursday, August 8:** Lethbridge Hearing Services (Hearing Screening). 10:00 am – 12:00 pm

**Monday, August 12:** Direct Dental Hygiene (Mobile dental services). 9:00 am – 3:00 pm

**Wednesday, August 14:** Alger Zadeiks Shapiro (Free 15-minute legal consultation). 10:00 am – 12:00 pm

**Thursday, August 22:** Lisa Situ, Escape Salon & Spa, Manicures: 9:00 am – 12:00 pm & 1:00 – 3:00 pm

**Friday, August 23:** Andrea's Massage 9:00 am – 2:30 pm

**LSCO Free Community Music Program**

August 2: Hank Wiebe

August 9: Classic Legends

August 16: Floyd Sillito

August 23: Emma Dering (Whoop Up Days Beef on a Bun)

August 30: Brian Rainey

Here's to another sunny summer month ahead for us all. Enjoy the heat!



## August At a Glance

See website for additional details

|   |   |
|---|---|
| <p>Thu <b>AUG 01</b>   7–9 pm Trader Tales<br/>Fort Whoop-Up, All Ages</p> <p>Mon <b>AUG 05</b>   1–4 pm Heritage Day<br/>Fort Whoop-Up, Families</p> <p>Tue <b>AUG 06</b>   1–3 pm Friendship Bracelets<br/>Summer Family Fun, Families</p> <p>Wed <b>AUG 07</b>   2–3 pm Historic Homes in London Road<br/>Wednesdays at the Galt, Adults &amp; Seniors</p> <p>Wed <b>AUG 07</b>   6–9 pm Life on the Whoop-Up Trail<br/>Fort Whoop-Up, Adults &amp; Seniors</p> <p>Thu <b>AUG 08</b>   7–9 pm Trader Tales<br/>Fort Whoop-Up, All Ages</p> <p>Thu <b>AUG 08</b>   7–9 pm Wall Hangings<br/>Evening Galt Workshops, Adults &amp; Seniors</p> <p>Sat <b>AUG 10</b>   9–2 pm Hutterites &amp; History<br/>Get Outta Town Bus Tour, Adults &amp; Seniors</p> <p>Tue <b>AUG 13</b>   1–3 pm Felted Shapes<br/>Summer Family Fun, Families</p> <p>Tue <b>AUG 13</b>   7–8:30 pm St. Patrick's Cemetery<br/>Cemetery Tours, Adults &amp; Seniors</p> <p>Wed <b>AUG 14</b>   6–9 pm Life on the Whoop-Up Trail<br/>Fort Whoop-Up, Adults &amp; Seniors</p> <p>Wed <b>AUG 14</b>   7–8:30 pm Mountain View Cemetery<br/>Cemetery Tours, Adults &amp; Seniors</p> <p>Thu <b>AUG 15</b>   7–9 pm Trader Tales<br/>Fort Whoop-Up, All Ages</p> <p>Thu <b>AUG 15</b>   7–9 pm What's New at the Archives<br/>Archives Program, Adults &amp; Seniors</p> | <p>Tue <b>AUG 20</b>   11:30–1:30 pm Scenic Plaza Whoop-Up Days Block Party<br/>Special Event, All Ages</p> <p>Tue <b>AUG 20</b>   1–3 pm Mountain Art<br/>Summer Family Fun, Families</p> <p>Wed <b>AUG 21</b>   2–3 pm Working to Keep Your Downtown Safe<br/>Wednesdays at the Galt, Adults &amp; Seniors</p> <p>Wed <b>AUG 21</b>   6–9 pm Life on the Whoop-Up Trail<br/>Fort Whoop-Up, Adults &amp; Seniors</p> <p>Thu <b>AUG 22</b>   7–9 pm Trader Tales<br/>Fort Whoop-Up, All Ages</p> <p>Thu <b>AUG 22</b>   7–8 pm Neighbourhood Community 101<br/>Café Galt, Adults &amp; Seniors</p> <p>Tue <b>AUG 27</b>   1–3 pm Back to School<br/>Summer Family Fun, Families</p> <p>Wed <b>AUG 28</b>   6–9 pm Life on the Whoop-Up Trail<br/>Fort Whoop-Up, Adults &amp; Seniors</p> <p>Thu <b>AUG 29</b>   7–9 pm Trader Tales<br/>Fort Whoop-Up, All Ages</p> <p>Thu <b>AUG 29</b>   7–9 pm Electronic Resources for Family History Research<br/>Archives Program, Adults &amp; Seniors</p> <p>Sat <b>AUG 31–Mon SEP 02</b>   10–5 pm Fort Closing Weekend<br/>Fort Whoop-Up, All Ages</p> <p>Fri <b>SEP 06</b>   5–10 pm Galt Beer Tasting Soirée: Worlds Imagined<br/>Special Event, Adults &amp; Seniors</p> |
|---|---|

[galtmuseum.com](http://galtmuseum.com)    403.320.3954




## SHUTTLE ON THE GO





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*Only the curious will learn and only the resolute overcome the obstacles to learning. The quest quotient has always excited me more than the intelligence quotient.*


~ Eugene S. Wilson





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Brienne Kempe

  
Sandy Regier



## iPHONES

If you are interested in learning more about your iPhone this 2 day course will be helpful. If you have an Android this class is NOT for you. Space is limited, register early!

**When:** Monday & Wednesday  
September 30 & October 2

**Time:** 10:00 am – 12:00 pm

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

**Instructor:** Peter Harris

**Register by:** Wednesday, September 25

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### 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](http://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](http://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

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**LSCO LETHBRIDGE Senior Citizens ORGANIZATION 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.*

# 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.

*play*  
**PICKLEBALL**

# HATHA YOGA

Experience the benefits of Hatha Yoga to help you relax, build strength, improve balance and enhance your quality of life. Our safe, gentle approach offers spiritual nourishment as well as health benefits. You'll come away refreshed, renewed and invigorated.

|  |   |
|--|---|
| <p><b>When:</b> Mondays<br/>September 16 – November 25<br/>(no class Oct. 14 &amp; Nov. 11)</p> <p><b>Time:</b> 10:00 – 11:00 am</p> <p><b>Fee:</b> \$50 LSCO M; \$75 NM</p> <p><b>Register by:</b> Thursday, September 12</p> | <p><b>When:</b> Wednesdays<br/>September 11 – November 27</p> <p><b>Time:</b> 10:00 – 11:00 am</p> <p><b>Fee:</b> \$66 LSCO M; \$90 NM</p> <p><b>Instructor:</b> Leigh Monette</p> <p><b>Register by:</b> Monday, September 9</p> |
|--|---|





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## Harmony Taekwon-Do

Taekwon-Do is one of the world's most popular martial arts and now older adults and seniors have the opportunity to learn ITF Taekwon-Do too. Taekwon-Do literally translates to the art of kicking and punching. While traditional Taekwon-do focuses on kicking and punching, Harmony Taekwon-Do focusses on the "art". Harmony Taekwon-Do offers countless physical and mental benefits to the practitioner by adapting the traditional Taekwon-Do program to be more suitable and harmonising for the older adult. Ms. Nicole Stratychuk, 4th Degree Black Belt Instructor is certified by the International Taekwon-Do Federation to teach the Harmony Taekwon-Do program. She has been practicing Taekwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle.

When: **Session 1:** Mondays & Wednesdays  
September 23 – October 30  
(no class October 14)

Time: 1:15 – 2:15 pm  
Fee: \$66 LSCO M; \$99 NM  
Instructor: Nicole Stratychuk  
Register by: Wednesday, September 18

When: **Session 2:** Mondays & Wednesdays  
November 4 – December 11  
(no class November 11)

Time: 1:15 – 2:15 pm  
Fee: \$66 LSCO M; \$99 NM  
Register by: Wednesday, October 30



## TABATA & More

If you are looking for an end of the week workout to challenge yourself; join us Fridays at noon. The instructor will change the exercises weekly using a variety of fitness equipment. Wear comfortable exercise clothes and bring your water bottle (intermediate to advanced level class).

When: Fridays, September 20 – December 13  
Time: 12:05 – 12:55 pm  
Fee: \$72 LSCO M; \$104 NM  
Instructor: Tracy Simons  
Register by: Tuesday, September 17

## Zumba Toning

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

When: Saturdays, September 28 – November 2  
Time: 10:30 – 11:15 am  
Fee: \$28 LSCO M; \$40 NM  
Instructor: Sheila Mulgrew  
Register by: Thursday, September 26

**LSCO**  
**Whoop-Up Days**  
**Beef on a Bun**  
**Friday, August 23, 2019**  
**11:00 am ~ 1:00 pm**  
Beef on a Bun, Potato Salad  
Baked Beans & Coleslaw  
**\$9 a plate**

Get in the Spirit of  
**Whoop-Up Days and join the LSCO**  
**community for Lunch**

**Lethbridge Senior Citizens Organization**  
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**LSCO FREE COMMUNITY**

# MUSIC PROGRAM

## AUGUST 2019

|   |   |
|---|---|
| <p><b>2 August</b><br/><b>Hank Wiebe</b><br/>Baked Ham</p> <p><b>9 August</b><br/><b>Classic Legends</b><br/>Roast Beef</p> <p><b>16 August</b><br/><b>Floyd Sillito</b><br/>BBQ Pork Chops</p> | <p><b>23 August</b><br/><b>Emma Dering</b><br/>Whoop-Up<br/>Beef on a Bun</p> <p><b>30 August</b><br/><b>Brian Rainey</b><br/>Honey Glazed<br/>Salmon</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

*The collision of hail or rain with hard surfaces, or the song of cicadas in a summer field. These sonic events are made out of thousands of isolated sounds; this multitude of sounds, seen as totality, is a new sonic event.*

~ Iannis Xenakis

## Beginner Yoga Class

This class is suitable for Beginner and Intermediate students. Occasionally using props, the class will focus on body awareness and proper alignment in the basic yoga poses. The class will end with a 15 minute Yoga Nidra relaxation/meditation, so please bring a blanket to stay warm. A dedicated Yoga Nidra practice will drop the body and mind into a deeply relaxed and healing state. It also reduces symptoms of stress, anxiety, depression and insomnia. Dress comfortably and bring a yoga mat. The Instructor is Val Kunimoto, a Certified Yoga Teacher with the Yoga Association of Alberta, and she has been teaching yoga in the Lethbridge area for 40 years.

When: Tuesdays, September 17 - November 19 (no class October 15)  
Time: 3:00 - 4:00 pm  
Fee: \$50 LSCO M; \$90 NM  
Instructor: Val Kunimoto  
Register by: Friday, September 13



## Yang 24 Tai Chi

Yang 24 Tai Chi form was developed in 1956 by the Chinese Sport Committee and Tai Chi masters as a health exercise. The form introduces the essential elements of Tai Chi yet retains the traditional flavour of longer forms. The Yang 24 Tai Chi is considered the most widely practiced form in the world and takes about 5 minutes to perform once learned. Some Qigong (health exercises) will also be included. The Yang 24 form is an intermediate form so some Tai Chi experience is necessary. Wear comfortable loose clothing and low heel footwear. 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<br>September 10 - November 28 |
| Time:        | 11:15 am - 12:00 pm                                |
| Fee:         | \$96 LSCO M; \$192 NM                              |
| Instructor:  | Dave Scotland                                      |
| Register by: | Wednesday, September 4                             |

## KEEP FIT

The instructor will lead you through a warm up, low impact cardiovascular exercises, strength component and stretching. Everyone is welcome and encouraged to exercise at their 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. It can be chilly in the gym at times so dress in layers. Bring a water bottle.

|              |  |
|--------------|--|
| When:        | Wednesdays<br>September 18 - December 11 |
| Time:        | 10:15 - 11:00 am                         |
| Fee:         | \$26 LSCO M; \$45 NM                     |
| Register by: | Tuesday, September 17                    |



# PANCAKE BREAKFAST

**Thursday,**  
**August 22, 2019**

**8:00 - 10:00 am**  
**\$2.00**

**Pancakes, Sausages,  
Coffee & Juice**

LSCO Parking Lot (under the awning)  
500 - 11th Street South  
403-320-2222



## How to Resolve Problems

I have been listening to an informative podcast for the last three years called Revisionist History. It is hosted by Malcolm Gladwell, who has written a number of thought-provoking books. You owe yourself a listen to these podcasts.

The latest episode entitled *The Standard Case*, focuses on how hard and fast rules or principles, can sometimes lead to the wrong result. A classic example is my 11-year-old daughter who sometimes will point out that I have violated a rule without considering the context in which that rule is broken. Don't litter means not even throwing a piece of gum out your car window as you are cruising down the highway. You can't tell a lie means you can't even spare someone's feelings, when they ask you a loaded question. In the legal world it means that a law must be applied even though the application of that law would amount to an injustice.

Gladwell takes the notion of the ban on the use of any performance enhancing drugs in baseball and how sometimes the breach of the ban can lead to a player being suspended when he shouldn't have been. In 2007 this issue came to a head and many players were banned from baseball. Barry Bonds was the classic example of a good application of the ban, but there were other players where the ban cut too wide a swath. There was the case of a pitcher who



### Legal Tips and Information

Douglas Alger

used human growth hormone to heal his elbow and only for that purpose. He was treated the same as Barry Bonds, due to the application of the total ban.

So, what is the solution, instead of hard and fast principles? Gladwell takes us on a trip to Rome and examines the Jesuit method of *casuistry* in resolving disputes. The Jesuit method is defined as deciding an ethical or legal issue, on a case by case basis and not relying on stated principles or codified law. An example given is that of a Catholic priest arriving in England in the late 1500's and is he is asked the question, are you a Catholic priest, knowing that if he tells the truth, he will be killed. The principle would say you should never lie, but casuistry says under the circumstances you should lie.

In day to day life, we often get caught up in hard and fast principles that prevent us from seeing each situation as the unique situation that it is. That is the genius of case law whereby Judges use previous cases as a guide to make a decision. The problem inherent in this is the blind following of case law in order to make a decision. Each case has its own nuances and the idea that we treat each situation as unique leads to fairer outcomes overall.

There is much to be said for principles, but to slavishly follow them to the detriment of justice and fairness, makes no sense.

In closing I would like to share an anecdote from a fellow golfer friend of mine. We were sitting in the clubhouse after a round and he expounded on his theory for life going forward. He said, "Life is about making memories, and I will use this as my guide for the time I have left. Some of these memories may be good, bad, or bittersweet, but I will try to make positive memories for myself and I have something to look back on when I am old." Not a bad philosophy when you think of it, life is about making memories. So go out there and make some memories for yourself and your family. ★

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

### Canada's Pension Plan Benefits Are Below Average

**Compared to the support other countries provide retirees, our generous government pensions look a bit less generous**

Canadian retirees rely on the benefits they receive from the Canada Pension Plan (or Quebec Pension Plan), Old Age Security, and – for some – the Guaranteed Income Supplement, but as a percentage of their working wage, those benefits are relatively low compared to those in other countries. Canada's not alone, though: in fact, some of the biggest countries in the developed world offer the lowest pensions to their citizens.

According to the most recent Pensions at a Glance report from the Organization for Economic Co-operation and Development (OECD), pensioners in Canada receive approximately 55% of their working wage once they retire. Meanwhile, pensioners in the United States collect 49% and those in the United Kingdom receive only 29%. The report, which used data from the OECD's 35 member countries and various other nations, showed that the average pension rate is 63%, while the average for European Union member states is even higher – 71%: pensions in Canada, the United States, and the United Kingdom are all clearly below average.

The report revealed that the countries with the highest pension rates are Croatia (129%), Turkey (102%), and the Netherlands (101%), with India (99%), Portugal (95%), and Italy (93%) not far close behind.

Though Canada's pension plan has seen some recent changes, it's clear that we still have a long way to go. One of the biggest problems for those dealing with government pension benefits is our increased life expectancy. According to the 27th Canadian Pension Plan Actuarial Report, in 1966, a Canada 65-year-old male could expect to live another 13.6 years; that number had risen to 19.9 by 2016. A 65-year-old woman could expect another 16.9 years in 1966, but by 2016, the number was 22.5. A longer life means a longer retirement and greater pressure on government pensions.

June 2019  
by Jennifer Hughes  
goodtimes.ca

#### INDOOR CYCLING

Instructor: Jamie Hillier

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

A workout typically involves cycling in a group while your instructor motivates you through your ride. The cycling varies between sitting and standing, and the speed, resistance, and intensity levels can be adapted to your skill level. During the Cycle Combo classes, riders may be getting on and off the bike performing a number of exercises. Wear clothing that absorbs sweat and indoor workout footwear. Bring a water bottle.

#### CYCLE MONDAYS NOON

When: Mondays, September 9 – December 16  
(no class October 14 & November 11)

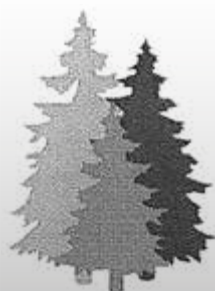
Time: 12:10 – 12:50 pm  
Fee: \$72 LSCO M; \$104 NM  
Register by: Friday, September 6

#### CYCLE COMBO

When: Tuesdays, September 10 – December 10  
Time: 9:00 – 9:50 am  
Fee: \$77 LSCO M; \$104 NM  
Register by: Monday, September 9

#### CYCLE THURSDAY NOON

When: Thursdays, September 12 – December 12  
Time: 12:10 – 12:50 pm  
Fee: \$77 LSCO M; \$104 NM  
Register by: Wednesday, September 11



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# Detaching with Love

I was reading an article that I would like to share. The author is Fran Simone, PhD and the information was posted on June 5, 2015.

She spoke about *Detaching with Love*. It is about wanting to support our adult children with life. This is the story of a woman's journey:

"For years, I struggled to control my adult son's substance abuse. My efforts failed, but that didn't stop me. I thought that if I tried hard enough, yelled loud enough and threatened long enough, my son would stop the insanity that was destroying his life. When his checks bounced, I covered them. When he stole money from my wallet, I ignored it. When he landed in jail, I bailed him out. When he failed to come home, I searched the seedy parts of town. I could not carve myself loose from co-dependency. Finally, when my heart became as heavy as a block of marble and my spirit as broken as shattered glass, I had to admit that I needed help.

I had to abandon my rock-solid belief that I could fix my son. I had to learn how to detach. But detaching felt counterintuitive. Aren't parents responsible for nurturing and protecting their children? It's programmed into our DNA, particularly for moms. However, my friend, Mary says, "We need to keep our spoon in our own bowls." And every time I step in to take care of my son's business, I deprive him of the opportunity to accomplish something and feel good about it.

Control is a central issue in addiction; it's a big deal for addicts and their loved ones. Addicts convince themselves that they can control their



**LEARN**  
Case  
Manager

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

use. Loved ones convince themselves that they can control the addict. When enabling fails (as it often does), loved ones face difficult choices. Continue the craziness. Let go completely. Detach. But how?

For me, detaching with love is not the same as "tough love." Tough love is a stringent approach with strict, unconditional rules for unacceptable behavior: "If you steal from me one more time, I am kicking you out of the house." Since loving someone with a substance abuse disorder is grueling, turning our backs on our loved ones can seem justified. In contrast, detaching with love is less harsh and more flexible. We don't step in and take responsibility for our loved one's behavior. They must deal with the natural consequences of that behavior. But we do learn how to make wise choices rather than react out of anxiety, fear, and anger.

"So detach with love." While I grasped it intellectually, I couldn't let go emotionally. As I learned more, I came to accept addiction as an illness that hijacks the brain. It can be arrested

but not cured. This helped me develop compassion toward my son and recognize that my fixing was fear-based. I had to learn how to take care of myself and navigate that thin line between helping and enabling. Is this good for me? Can I live with the outcome of my decision? What are my motives? What are my choices? Is this a wise choice?

It took me a long time to slow down and not jump in to fix things. Now when my son runs into a problem, I listen instead of offering unsolicited advice. I don't act impulsively. I take time to think. Often, I'll say, "Let me think about this and I'll get back to you." Or if we disagree, I don't argue. A simple "you might be right," helps deflect quarrels. The slogans "think" and "listen and learn" have become invaluable. As does a sense of humor.

Cultivating compassion and detaching with love have been important tools I no longer feel trapped in co-dependency. I am free to choose how to live."

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

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

## Computer Corner

by Sjoerd Schaafsma

### What about those old videos?

When my dad passed away, his video camera and tapes came my way. In order to share videos with my distant family, I digitized the videos then posted and shared them via Google Drive.

The learning curve was relatively simple, as we'd done something similar during a LSCO Computer Club workshop. The cost was under \$15.00 for an analog to video converter. The software used to convert the videos was Movie Maker, part of the Microsoft Live Essentials suite. It is no longer available from Microsoft, but many websites still provide it, and it runs on Windows from XP to 10.

**Be careful of what you download**, Microsoft notes "Any websites offering free downloads of Windows Movie Maker are not offering sanctioned Microsoft products. Be cautious as these products may contain viruses or hidden costs."

If you don't feel up to doing it yourself, check out the local computer stores, most of them will do the conversions for a fee.

For details do a Google search for "how to convert old videos to digital format", and do a bit of reading.

Movie maker is available at: <https://www.itechtics.com/windows-essentials-2012-download-links/>

The file name is "wlsetup-all.exe" or "wlsetup-all-english.exe"

**Monthly Tip:** If your mobile device has predictive texting, keep an eye on it. It can either save you typing errors and time, OR lead to bad communication if your device chooses the wrong text.

The same goes for voice recognition, check to see that your text is actually what you said.

#### 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.

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

Suggestions for workshops or Computer Corner articles are welcomed.

The Computer Corner can be read online at the Computer Club web site: <https://sites.google.com/site/oldfolkscomputers/home>

To subscribe to the computer club email list, or if you have questions about the Computer Club email: [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)



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Register by: Thursday, September 26



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Remember that everyone you meet is afraid of something, loves something and has lost something.

~ H. Jackson Brown



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# Living With Dementia

*The only thing new in the world is the history you don't know.*

~ Harry Truman,  
33rd President of the United States

An unfortunate part of dementia is the loss of one's history. That is what I live with daily, but it is not my history, it is my husband's historic past. He has lost a lot of memory but it is not like a solid piece of mozzarella, more like a chunk of Swiss cheese with lots of holes. Fortunately, for my husband, he has told me enough about his family history that our roles have now reversed. When he cannot recall part of his childhood I can fill in the blanks for him and (sometimes to his annoyance), I do. It works for us and keeps him from thinking that he has lost, not just some of his memory, but also his mind. Memory loss is one very annoying part of dementia but there are other symptoms just as startling, even terrifying at times. I, myself, suffer from the usual senior's delayed memory recall which is very annoying, especially for a writer, but I am still able to remember my life as I have lived it.

Today there are over 747,000 Canadians living with dementia: Alzheimer's, Parkinson's Disease, Vascular dementia, and other causes, some reversible and some irreversible. Worldwide there are over 44 million people afflicted with some type of dementia. There are many signs of dementia besides memory loss such as difficulty with tasks, disorientation, poor judgment and misplacing items. It is difficult to tell if symptoms are just a normal part of the aging process or a real display of dementia. The living companion is often the first to detect that there is something more involved than just aging. The best way to handle a suspicion of dementia is to talk to your general practitioner. A doctor will conduct tests on a patient



## The Widow's Walk

Kay Long, BSW, RSW

on a regular basis to follow the gain or loss of memory and other symptoms. It is important to be under the care of a general practitioner as some dementias may be improved or controlled with treatment.

My husband's dementia is not my first experience with cognitive deterioration; my brother suffered from Parkinson's Disease in the last few years of his life and I was an important part of his support team. Since I was recently widowed and attending university I would often spend Sundays taking him to lunch and a movie. He proved to be a wanderer and, more than once, I would lose sight of him and be frantically searching until I found him. When I was taking philosophy in university I could talk to him about philosophers from the past and I was amazed at his ability to recall what he had studied in his university days considering his lack of memory in the present. I wasn't as well informed about dementia back then but soon started studying about it.

In today's world we understand much more about the different types of dementia than we did back in the '50s and '60s. I can remember a grandfather in my extended family who likely suffered from Alzheimer's but no one in his family really understood what was going on

with him. He once got up in the middle of the night and wanted to cook his breakfast since his wife was still sleeping. He ripped out all the wires and heat coils in their electric stove, chopped wood in small pieces and built a fire in the holes left in the stove. If his wife hadn't smelled the bacon cooking he might well have burned the house down. Eventually, the doctor sent him to a mental institution to keep him and the family safe. Back in those days no one really understood what was happening to the cognitive abilities of many seniors and there was no institutions set up to handle those who were deteriorating mentally.

Now we know what is happening to the brain of someone who is diagnosed with any kind of dementia and the medical system has many ways to treat the patient. We, who live with dementia, (either ours or our loved one's), realize that it is a disease or deterioration of the brain and not a normal part of the aging process. It takes a lot of patience and understanding to live with dementia but, with a good sense of humour, kindness and love, you can live an enjoyable life.

### Follow-up to True Love? Or A Scam I Am!

People have ask how the story of the young mother mentioned in my last column, turned out. Badly, as we all knew it would. After months of corresponding, her "soul-mate" stretched out the story until she said no to the last request for money. Then he disappeared. No more phone calls, texts, etc. She went from talking to her "true love" every day to no contact for 6 weeks and I don't believe he will reappear on the scene. Just as we all expected. ★

*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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