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**ALL IS CALM**  
**THE CHRISTMAS TRUCE OF 1914**

Coming  
 November 22, 23  
 & 24, 2019

Tickets Now  
 on Sale



*Join Us for*

**HEALTHY RELATIONSHIPS  
 WITH OUR ADULT  
 CHILDREN**

Starts October 1

**FREE NECK & SHOULDER  
 MESSAGES**

Wednesday, October 16

**3 C's**

Starts October 17

**FLU SHOTS**

Monday, October 21  
 & Tuesday, October 22

**PRACTICING  
 HAPPINESS**

Starts October 30

*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 Stratyck, 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 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





## Executive Director

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

We have some exciting news that involves LSCO: Fran Rude, Ken Rogers and Nancy Graham, the collective tours de force behind "Starlight Lounge", Jesus Christ Superstar" and "Titanic: The Musical" have been selected recipients of the 2019 Inspiring Philanthropy Award for Southern Alberta. The Southern Alberta Chapter of the Association of Fundraising Professionals (AFP) recognizes that it takes many caring leaders to build a community. The Inspiring Philanthropy Awards provides the opportunity to recognize and celebrate philanthropic leaders who give freely of their time, talent and treasure to make a difference in the lives of those around them. We congratulate Fran, Ken and Nancy on this well deserved recognition and thank them for their tireless service on behalf of LSCO. This talented trio is once again presenting another fabulous

musical November 22 – 24: "All is Calm: The Christmas Truce of 1914" is based on the true story of how World War I fighting stopped on the battlefield in favour of celebrating Christmas. This promises to be another unforgettable performance so get your tickets now!

We would like to remind all of our parking pass holders to bring their placards to the office ASAP so the staff can write your membership number on the placard. Our volunteers will leave notices on the windshields of those who do not have their membership numbers on their placards and, in the near future, those who have not placed their membership numbers on their placards may be ticketed as though they did not have a placard.

Please bear with us as we undertake renovations in our dining room. Now that the flooring has been installed, new doors will be installed between the dining room and the atrium. Roll shutters were previously placed in the "windows" between those two areas. This work is necessary because our programs are so popular they require more space...which means we have to use all of our rooms more efficiently and effectively. ★



There is something in October sets the gypsy blood astir: We must rise and follow her, when from every hill of flame She calls, and calls each vagabond by name.  
~ William Bliss

# LSCO FREE COMMUNITY MUSIC PROGRAM

## October 2019

<p>4 October <b>Hank Wiebe</b> Bacon Wrapped Salmon</p> <p>11 October <b>Classic Legends</b> Roast Chicken</p>	<p>18 October <b>Los Gringos</b> BBQ Chicken Drumsticks</p> <p>25 October <b>Celtic Routes</b> Stuffed Sole</p>
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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 trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it." ~ Terry Pratchett, Diggers

# OUR COMMUNITY PARTNERS

*In recognition for the ongoing support of LSCO*

NEVER STOP IMPROVING

*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:

- Executive Director – Rob Miyashiro  
[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com) . . . . . ext. 24
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- Administrative Support – Kari Martin  
[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) . . . . . ext. 21
- Chef – Brenda Fettig . . . . . ext. 27
- Chef – Carla Chaisson . . . . . ext. 27
- Food Service Cashier – Georgette Mortimer . . . . . ext. 27
- Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32
- Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

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

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

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



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


## LSCO Vision Statement

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

*Welcome New Members!*

Keith Kelly	Brenda Hoffner
Donna Zimmerman	Dianne Potvin
Joseph Kelenc	Beverly Ens
Kristina Wolosiak	Brenda Viani
Romina Senneker	Eileen Fairfield
Deb O’Sullivan	Ann Harris
Lisa Witzke	Mary Fletcher
Ingrid Morden	Ida Bajnoczi
Joan Johnson	Kathleen Matteotti
Korolyn Robinson	Sharon Yanicki
Richard Bull Shields	Barb McLaren
Wendy Topping	Rod Wyton
Shireen Hussain	Patty Woolf
Carol Atkinson	Maureen Kramer
David Eklund	Lesley Colburn-Swartz

*A Smile is the Universal Welcome.*



**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; \$85 Non Members.

Present your pass to the instructor as you have access to the following classes: Fitness Centre, Low Impact Cardio, Bars Plates & Weights, Butts & Guts, Core, Circuit Training, Cycling, Fitball, Gentle Exercises, Taekwon-Do, Movement Medicine (Nia), Pilates, Pound, TRX, Step, Strength & Conditioning, Yoga (except Noon & Yin), Power Walking, Tabata, Zumba (all Zumba styles).



**Thank You!**  
 Whoop Up Pancake Breakfast  
 A sincere thank you to the Program Committee, other volunteers, LSCO staff, city maintenance and the 500 individuals who came and enjoyed the breakfast.  
*See you again next year!*

## LSCO Karaoke Club

**Watch for more information regarding the Karaoke Club's upcoming event.**

## LSCO FITNESS CENTRE

**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.

**FITNESS CENTRE HOURS**  
 Monday – Friday  
 7:30 am - 4:30 pm  
*Hours may change.*

## LSCO Hours of Operation

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

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

## LSCO Times Publishing Schedule

<b>Issue</b>	<b>Deadline</b>
November . . . . .	October 18
December . . . . .	November 15

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

Good day!

We made it through another summer and this one without too much smoke from forest fires. Must be grateful for the little things!

I have been subjected to numerous ads lately. Everything from talking bears trying to sell me their brand of soft toilet paper up to and including politicians promising me more take home pay because I'm a hard working Canadian. The Better Business Bureaus have a slogan, "if it sounds too good to be true it probably is". I'm going to apply critical analysis to anything I hear over the next few weeks. I'll be looking for facts and evidence to support any advertising claims. (I doubt bears use toilet paper).

Kaleigh Rogers wrote an informative article for CBC News, posted September 12, 2019. Its titled "Political disinformation is rampant online. How can voters cope?" She explains third party advertisers such as North99 (Lib-



## President's Message

Keith Sumner

eral) and Canada Proud (Conservative). She also writes about online groups that spread disinformation. And of course, she explains political party targeted messaging online. She quotes advise from Ben Nimmo of *Graphika*, advise I'm going to follow, "Take a step back, don't get sucked into the swirl."

On a slightly different subject: a friend lent me a book titled "Orange Chinook, Politics in the

New Alberta". The first sentence of the preface best describes the text. "The term "Orange Chinook" describes the changes that have consumed Alberta politics during one of the most tumultuous periods in the Provinces history." It's a collection of writings by several Alberta academics and is well balanced. If you skip over the graphs and charts its not that long a read and explains how and why Albertans went from the Loughheed to the Notely era. It explains decisions, good and bad, regarding natural resources particularly oil and gas. Also, it gives insight into balancing the financial needs of cities, such as ours, with those of rural Albertans. A good read for those long evenings coming up!

Your Board completed strategic planning and a sub committee have developed value statements for the whole Boards approval. We'll have that online for you shortly.

In the meantime,... Namaste. ★

### 10,000 Steps a Day Is No Magic Bullet

*Yes, you need to keep moving, but not as far as you think*

Everybody knows that you need to walk 10,000 steps a day to stay fit – except that a recently published study has found that walking less than half that number of steps can provide you with an equal benefit.

Researchers at Brigham and Women's Hospital in Boston recorded the number of steps walked by almost 17,708 women over a week. After a follow-up period of more than four years, they found that the incidence of death among women who walked at least 4,400 steps a day on average was 41% lower than among those who didn't. Mortality was highest among women who averaged 2,700 steps.

Mortality rates decreased as the number of steps walked increased, until 7,500 steps a day, at which point mortality rates remained the same. That means you'll get an equal benefit regardless of whether you walk 7,500 or 10,000 steps per day. The results were published in the journal JAMA Internal Medicine.

Fitness goals like the 10,000-step target tend to catch on because they're easy to understand, but creating goals with such black and white requirements is also short-sighted, since they fail to take into consideration the intensity with which people pursue their daily step goals. A slow

walk, with breaks in between, obviously won't do as much for your health as a brisk hike or a bout of speed walking will. It's no surprise then that federal government doesn't make any formal recommendations to Canadians regarding the correct number of steps to walk each day. The trick is to get moving. The current recommendation is that you get 150 minutes – two and a half hours – of aerobic exercise a week.

Reprinted with permission from *Good Times Magazine* July, 2019 <https://goodtimes.ca/>

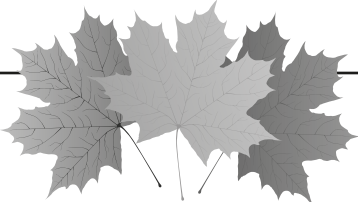
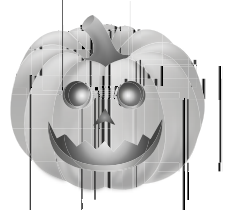
## MENU ~ OCTOBER 2019

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 ★



	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	<b>Entree:</b> Pork Cutlet <b>Potato:</b> Steamed with Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef Dinner <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Santa Fe <b>Potato:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Bacon Wrapped Salmon <b>Potato:</b> Roasted <b>Soup:</b> Chef's Choice
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
<b>Entree:</b> Crispy Fried Chicken <b>Potato:</b> Roasted <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Pork <b>Potato:</b> Mashed with Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Meat Loaf <b>Potato:</b> Steamed <b>Soup:</b> Chef's Choice	<b>Entree:</b> BBQ Ribs <b>Potato:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Chicken <b>Potato:</b> Pan Fried <b>Soup:</b> Chef's Choice
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
<b>LSCO CLOSED for Thanksgiving</b>	<b>Entree:</b> Sauteed Minute Steak <b>Potato:</b> Steamed with Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Cacciatore <b>Potato:</b> Egg Noodles <b>Soup:</b> Chef's Choice	<b>Entree:</b> Shepherd's Pie <b>Potato:</b> Fresh Bun & Butter <b>Soup:</b> Chef's Choice	<b>Entree:</b> BBQ Chicken Drumsticks <b>Potato:</b> Mashed <b>Soup:</b> Chef's Choice
Monday, October 21	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
<b>Entree:</b> Meatball Stew <b>Potato:</b> Roasted with Parsley <b>Soup:</b> Chef's Choice	<b>Entree:</b> Mushroom Pork Chop <b>Potato:</b> Rice Pilaf <b>Soup:</b> Chef's Choice	<b>Entree:</b> Cabbage Rolls <b>Potato:</b> Mashed <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Stir Fry <b>Potato:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Stuff Sole <b>Potato:</b> Steamed <b>Soup:</b> Chef's Choice
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	 <b>Happy Thanksgiving</b>
<b>Entree:</b> Pork Bites <b>Potato:</b> Mashed <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Parmesan <b>Potato:</b> Roasted <b>Soup:</b> Chef's Choice	<b>Entree:</b> BBQ Beef <b>Potato:</b> Mashed <b>Soup:</b> Chef's Choice	<b>Entree:</b> Spaghetti & Meat Sauce <b>Potato:</b> Garlic Bread <b>Soup:</b> Chef's Choice	

MENU ITEMS AVAILABLE IN DINING ROOM		MEM \$		NM \$			
Breakfast Special . . . . .	MEM \$6.50	NM \$7.50	Soup (Small) . . . . .	MEM \$3.25	NM \$4.00		
Dinner Special . . . . .	MEM \$9.00	NM \$10.35	Hamburger . . . . .	MEM \$5.50	NM \$6.50		
Sandwich Special . . . . .	MEM \$5.75	NM \$6.95	Hamburger & Fries . . . . .	MEM \$7.00	NM \$8.00		
Soup (Large) . . . . .	MEM \$4.25	NM \$5.50	Cheeseburger . . . . .	MEM \$6.25	NM \$7.25		
			Cheeseburger & Fries . . . . .	MEM \$7.00	NM \$8.75		
					Chicken Fingers . . . . .	MEM \$7.00	NM \$8.25
					Chicken Fingers & Fries . . . . .	MEM \$8.50	NM \$9.75
					Homecut Fries . . . . .	MEM \$3.25	NM \$4.00
					Poutine . . . . .	MEM \$5.40	NM \$6.25

# LSCO PERSONAL TRAINING Opportunities

## Package "A"

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

Includes:

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

## Package "B"

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

Includes:

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

## Package "C"

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

Includes:

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

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# BARS, PLATES and 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, indoor exercise shoes. Bring a water bottle and yoga mat. Instructor: Tracy Simons.

**When:** Tuesdays  
September 17 – December 3

**Time:** 8:00 – 8:45 am  
**Drop In Fee:** \$6 LSCO M; \$9 NM

**When:** Wednesdays  
September 18 – December 4

**Time:** 12:05 – 12:55 pm  
**Drop In Fee:** \$6 LSCO M; \$9 NM

## Now, more than ever, EXPERIENCE counts.

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**403-330-1540**

*“We have done several real estate transactions with Russell Raslask and have appreciated his knowledge, courteous service and experience. We would recommend him to anyone who needs real estate advice.”*

~ Marlene and Jack Van Eden

sutton group – lethbridge  
suttleth@telus.net

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

A new survey found that 80 percent of men claim they help cook Thanksgiving dinner. Which makes sense, when you hear they consider saying that smells good to be helping. ~ Jimmy Fallon

# J & L

## SHUTTLE SERVICE

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**DAILY**

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at your door in Lethbridge.**

# Cooking Classes are back!

Come Join Us for the

**3C's**

## Cooking, Conversation & Companionship

A six week cooking class for individuals who live alone.

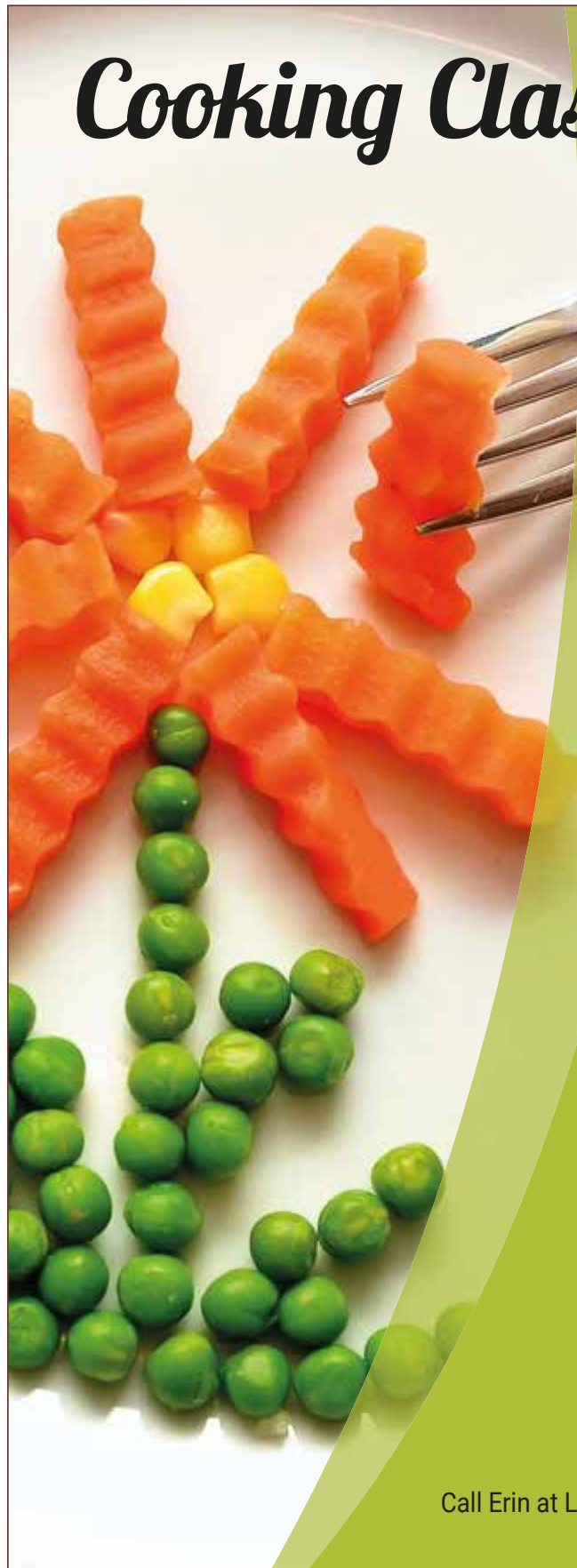
Instruction will be given each week to create simple, healthy meals to be taken home. The five week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Thursdays, Oct. 17 – Nov. 21  
 Time: 2:30 – 4:00 pm  
 Where: McKillop United Church  
 2329 15th Avenue South  
 Register by: Monday, October 14, 2019

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

LSCO Chef **Brenda Fettig** will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the 3 C's is \$60 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration.

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



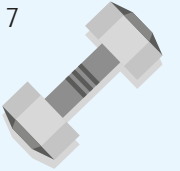
## CIRCUIT TRAINING

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. Instructor: Jamie Hillier.

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

## POUND FITNESS MORNINGS

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

When: Fridays  
 Sept. 13 – Nov. 1

Time: 10:30 – 11:15 am  
 Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Sheila Mulgrew  
 Register by: Tuesday, September 10

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 starting at **\$1,721\***

**only 3 left!**



# Volunteer & Fund Development

I'm writing this article, weirdly, on September 5th, the day before I leave for my September Montreal trip (because I'll be away for the deadline for the October paper), so I can't tell you how my trip was.

By the time you're reading this, we hopefully have our new floor in our dining room area – thanks to everyone for your patience while that was going on. We are all tremendously grateful to the Community Foundation, Alberta Culture and the City of Lethbridge for providing grant funding to allow our dining room revitalization to happen! We're not quite done yet, but I'm thrilled that we're moving in the right direction.

## FALL RAFFLE

Now underway! Four great gift baskets and 3 gorgeous quilts available to be won. All proceeds support the programs and services of LSCO. Draw date is December 13th, and tickets are \$2 each, \$5 for 3 or \$20 for 20! You can purchase in person or by phone.



## Coordinator

**Chelsea Sherbut**

csherbut@lethseniors.com

403-320-2222 ext. 31

## ALL IS CALM

Ticket sales have also started for the late November production of "All is Calm: The Christmas Truce of 1914". There are only three shows this year instead of four, and you'll recall that TITANIC: The Musical sold out last year and there were many disappointed people looking for tickets too late. If you'd like to come see this very touching show, please plan ahead and get your tickets early.

## CHRISTMAS DAY VOLUNTEERS

I feel like we just finished Christmas 2018's final report last week. What the heck has happened to this year? We're starting to get organized for Christmas Dinner 2019.

The volunteer schedule will be ready to go on November 1st – no sign ups will be done before then. Spots fill up very quickly, so if you know you are interested or have family that might be interested, please do let me know in early November if possible.

This year, we will also have Team Leaders for the various areas. Team Leaders will be required to attend an orientation in early December and be available for the whole event on Christmas Day (10am-3pm). These volunteers will be responsible for supervising and coordinating a team of 10-15 volunteers; good communication skills and a logistical mind would be assets! ★

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## 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 Oct. 14 & Nov. 11)

Time: 8:00 – 8:50 am

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Debbie Palmer



## Retirees Among Those To Benefit From New Hearing Aids

Try newly released hearing aids ideal for the modern lifestyle:  
full surround sound, plenty of power & no more feedback! †

Just recently, a brand new hearing aid line was released to the public and it's transformaing the hearing experience for its wearers.

Most hearing aids deal with background noise using directional microphones that focus only right in front of you -- like blinders for your ears. No more! These new hearing aids process signals so exceptionally fast, they handle sound from all directions—greatly improving your ability to hear and comprehend speech, even in noisy enviroments.

Most hearing aids have to reduce gain (amplification strength) to avoid causing

feedback. Not these! These new hearing aids eliminate obnoxious screeching and whistling before it even starts—while maintaining necessary gain.

Connecting to your modern lifestyle is easy! Make hands-free calls from your smartphone, or stream audio from your phone, stereo, TV, or other Bluetooth® enabled devices. These can even be purchased with a rechargeable lithium-ion battery option.

Yes, the future of hearing is here and it sounds better than ever.

**Call now to try these hearing aids for yourself!**

Call to book your FREE appointment or book your appointment online at [HearingLife.ca/RetireesBenefit](https://www.hearinglife.ca/RetireesBenefit)

Call toll-free to find your nearest clinic

**1-855-803-8568**

5 clinics in the Lethbridge area

 **HearingLife**

A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, a fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not valid in Quebec. †<https://www.oticon.ca/hearing-aid-users/hearing-aids/products/opn-s>

Promo Code  
**MAG-RETH-LSCO**

## The Next New Thing is Beanless Coffee

*Would you drink synthetic coffee to reduce your environmental footprint?*

Big investors are hoping that coffee-lovers will be willing to abandon their java and switch to drinking beanless coffee. The caffeinated beverage is being backed by the same investors who put their money into the successful Beyond Meat plant-based burgers now being sold in supermarkets and at chains such as Tim Hortons and A&W.

The Seattle-based company Atomo says its synthetic coffee could be on the market as soon as 2020 and will taste very much like real coffee. Atomo promises an "ultra smooth" beverage ripe with "beautiful, roasted, toffee notes."


As with Beyond Meat burgers, Atomo is pushing the synthetic coffee in the hope that consumers will be willing to try something new to reduce their environmental footprint.

The link between animal agriculture and climate change is widely known, but coffee production also harms the environment, mainly through deforestation, a leading contributor to climate change.

"Rising temperatures in coffee-growing regions are causing the fruit of coffee trees to ripen too quickly, not fully allowing the beans inside to develop all their wonderful flavours and aromas," according to Atomo's website. "Farmers are doing their best to continue cultivating a quality cup of coffee for their customers, but unfortunately that means moving their farms uphill into cooler growing regions." According to Atomo, that uphill relocation alone is responsible for nearly 250,000 acres [1,000 square kilometres] of lost forests each year."

How the company will "brew" the coffee remains a mystery. On the corporate website, chief scientist Jarret Stopforth says the company began by analyzing the compounds present in roasted coffee beans and brewed coffee. "We were able to map the most significant compounds contributing to the characteristic aroma and flavour of coffee," he says. The challenge now is to replication those compounds in the lab

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September, 2019 <https://goodtimes.ca/>



# Shot GET YOUR FLU

ALBERTA HEALTH SPONSORED AND IN CONJUNCTION WITH SAVE ON FOODS

## 2019 Flu Shots at LSCO


*courtesy of northside Save-On Foods Pharmacy*  
**Monday, October 21 & Tuesday, October 22**  
 9:00 am – 1:00 pm • LSCO Card Area

Please wear a short sleeved shirt and you will need to bring your Alberta Health Care Card.

*No appointment is necessary. Flu shots will be given on a first-come, first-served basis.*

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

## SUSPENSION Training COMBO



Suspension training (TRX) 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

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Jamie Hillier

## 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

Drop In Fee: \$6 LSCO M; \$9 NM

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

## SUNRISE CORE & MORE

Our core is a complex bunch of muscles. It's not only our abs that matters but also glutes, lower back and obliques. Those muscles provide strength and stability to both our upper and lower body. Erich will make sure you get the workout you are looking for. Changerooms and showers available.

When: Wednesdays  
 September 25 – October 30

Time: 6:30 – 7:15 am

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Erich Dyck


## POWER WALKING 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  
 Sept. 11 – Dec. 11

Time: 9:10 – 10:00 am

Drop In Fee: \$6 LSCO M; \$9 NM



## Free Neck & Shoulder MASSAGES!

The Lethbridge College Massage Therapy students will be here at LSCO on **Wednesday, October 16** from 10:00 am until 12:00 pm in the **Card Area**, LSCO Dining Room.

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





## Parent-Child Relationships

According to Kira Birditt, researcher from the University of Michigan, the parent-child relationship is one of the longest lasting social ties human beings establish. It is a journey that parents take from birth to the end of their life with their children. Healthy relationships with our adult children is a paradigm shift or as some refer to it as “second stage parenting.”

One of the foundations of moving from parenting your child to adjusting to being a parent of your adult child is establishing and working on creating healthy boundaries. Boundaries are guidelines, rules or limits that a person creates to identify for themselves and the relationship what is reasonable, safe and permissible ways for other people to behave around them.

It is important to set boundaries with our adult children to be able to practice self-care



LSCO  
Social  
Worker

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

and self-respect, to communicate your needs in the adult to adult relationship, to make time and space for positive interactions and to set your limits in a way that is healthy. It is developing an awareness and understanding of those things in your relationship with your adult child that are outside your circle of control.

It may include accepting that your adult child has different world views, beliefs, priorities, and opinions than you do. This may be one of the most challenging parts of maintaining a healthy relationship with your adult child.

As a parent of an adult child, it is no longer your role to approve. As well, it is not uncommon for adult children to forget that parents must now build a life in which they are not the center. The importance of establishing healthy boundaries is something that both the parent and the adult child work should work towards what feels the best for them.

Amazon and Chapters have many interesting reading books on the topic of *Healthy Relationships with our Adult Children*, as well the Lethbridge Senior Citizens Organization offers a 6-week education session on the topic. ★

### How to prepare for the federal election

The federal election is fast approaching, but you might be still on the fence about who to vote for or which issues you should care about. Maybe you're a first-time voter or you recently moved. Need help? Here's a quick checklist to ensure you fulfill this important civic duty.

**Do your research:** Find out who's running in your riding and read up on their party platforms. It also doesn't hurt to follow the party leaders on social media.

**Get to know your candidates:** If you can, attend a local candidates' debate to get a sense of who they are. If you meet your candidate while on the campaign trail, don't be afraid to ask them tough questions about issues that matter to you.

**Figure out the logistics:** Double check your registration on the Elections Canada website, especially if you've recently moved, are a first-time voter or a student living away from home. Once you get your voter card in the mail, check your name and address for any mistakes. Remember you'll need to bring one piece of government-issued ID with your name, photo and address or two pieces of ID. It is a good idea to mark your calendar or set a reminder on your phone to head to the polls, either on voting day or in an advanced poll.

**Decide your top election issues:** Maybe you care deeply about climate change, Indigenous rights or refugees. Where does each candidate stand on these issues? If human rights matter to you, check out Amnesty International Canada's 2019 human rights agenda at [amnesty.ca](http://amnesty.ca).

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



## Healthy Relationships with our Adult Children

*The parent-child relationship is one of the longest lasting social ties human beings establish.*

*This 6 week group offers education, support and resources to older adults that are grappling with relationship issues with their adult children.*

**Tuesdays, October 1 – November 5**

10:00 – 11:15 am • LSCO Board Room

Topics include:  
Communication • Boundaries  
Roles & Relationships

Please register at LSCO Administration Desk  
Group limited to 12 participants.  
403.320.2222



## 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  
Drop In Fee: \$6 LSCO M; \$9 NM

When: Thursdays, September 19 – December 12  
Time: 5:15 – 6:00 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

## 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  
Drop In Fee: \$8.50 LSCO M; \$12 NM  
Instructor: Andrea Hertz



# Community Support Groups

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

## Lethbridge Stroke Recovery Association (LSRA)

This group will meet **Wednesday, October 9th** at 7:00 pm in Room A/B. For more information about both Stroke groups, contact Kelly Munro at 403-359-3811.

## Sunset Alcoholics Anonymous

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

## Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is **Saturday, October 14th** at 2:00 pm in Room C/D.

## Lethbridge Stroke Care Partner Support Group

This group is for Care Partners of stroke survivors only. This is a safe place to share experiences with a counseling emphasis and new topics explored each month. Next meeting is

**Tuesday, October 8th** at 7:00 pm in Room C/D.

## Parkinson's Alberta Society Support Group

The next meeting is **Thursday, October 18th** at 2:00 pm in the Dining Room, which is undergoing renovations. Please watch for a sign indicating the group's exact space. For more information contact Brienne Leclaire at 403-317-7710.

## Alcoholics Anonymous Saturday Morning Eye Opener

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

## 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  
 Drop In Fee: \$6 LSCO M; \$9 NM  
 Instructor: Tracy Simons



## SHUTTLE ON THE GO

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## Easy to participate in Waste Reduction Week

**W**idely celebrated during the third week in October, Waste Reduction Week is a national program that celebrates the environmental efforts and achievements of Canadians while encouraging new and innovative ideas and solutions to reducing waste.


Waste reduction and recycling weeks started in Canada in the mid-1980s when a number of recycling councils and environmental organizations began holding provincial events. Now, workplaces, not-for-profit organizations, governments, schools and communities in every province and territorial jurisdiction get involved. Recycling drives; raising awareness about reducing waste; and engaging in community park, roadside and waterway clean-ups are just a few activities that take place during this time.

Everyone is encouraged to participate, and it is easy to do. Here are some simple ideas on how you can contribute:

- Bring a reusable grocery bag when you shop. In Canada, 55 million plastic shopping bags are taken home each week. Store reusable bags in your car and at the office so you have them when needed.
- Pack a litter-free lunch at school and work. Only one to three per cent of plastics used are recycled. You can help change this. Pack a litter-free lunch for yourself or the kids. Choose reusable plastic or glass lunch containers, pack cloth napkins, and use stainless steel forks or spoons instead of plastic ones. Use a reusable water bottle or reusable container for hot drinks.
- Reduce your food waste. Every year, the average household spends \$1,456 on food that ends up being thrown away. You can save money and reduce waste with some easy meal and food planning. Make a grocery list to match your meal planning and shop more frequently rather than buying in bulk so you only buy what you need. Store produce and fruits properly. Consider fermenting, preserving and making broths and stocks for later use.
- Donate used clothing and household items. The average person throws away 37 kilograms of textiles a year. An easy way to help reduce this waste is to donate your old clothing and textiles to charitable organizations with donation bins or home pick-ups. It helps reduce textile waste clogging up local landfills while also helping to raise funds for worthy organizations such as Diabetes Canada. Learn more at [declutter.diabetes.ca](http://declutter.diabetes.ca).

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

## APPLE COMPUTERS



Basic and simple instructions on how to use Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Tuesdays & Thursdays  
 November 12 – 28

Time: 1:30 – 3:30 pm

Fee: \$50 LSCO M; \$80 NM

Instructor: Rod Henriquez

Register by: Friday, November 8

# Warm Up at LSCO this Autumn

## 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. \$55 LSCO Member; \$85 Non-Member. 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 6 month 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 9 for details, online 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 are 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 Stratyчук, 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 2:** Mondays & Wednesdays  
November 4 – December 11  
(no class Nov. 11)  
Time: 1:15 – 2:15 pm  
Fee: \$66 LSCO M; \$99 NM  
Instructor: Nicole Stratyчук  
Register by: Wednesday, October 30

## Yoga & Pilates

### 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. Instructor: Leigh Monette.

When: Mondays  
September 16 – November 25  
(no class Oct. 14 & Nov. 11)  
Time: 10:00 – 11:00 am  
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays  
September 11 – November 27  
Time: 10:00 – 11:00 am  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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 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  
Drop In Fee: \$6 LSCO M; \$9 NM

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

### 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 Oct. 14 & Nov. 11)  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: June Dow

## Exercise & Fitness

### NEW SUNRISE CORE & MORE

Our core is a complex bunch of muscles. It's not only our abs that matters but also glutes, lower back and obliques. Those muscles provide strength and stability to both our upper and lower body. Erich

will make sure you get the workout you are looking for. Changerooms and showers available.

When: Wednesdays  
September 25 – October 30  
Time: 6:30 – 7:15 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Erich Dyck

### 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 Oct. 14 & Nov. 11)  
Time: 8:00 – 8:50 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Debbie Palmer

### 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, indoor exercise shoes. Bring a water bottle and yoga mat. Instructor: Tracy Simons.

When: Tuesdays  
September 17 – December 3  
Time: 8:00 – 8:45 am  
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays  
September 18 – December 4  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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. Instructor: Tracy Simons

When: Mondays  
September 16 – December 9  
Time: 10:30 – 11:15 am  
Drop In Fee: \$6 LSCO M; \$9 NM

When: Thursdays  
September 19 – December 12  
Time: 5:15 – 6:00 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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. Instructor: Jamie Hillier.

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 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.

### CYCLE MONDAYS NOON

When: Mondays  
September 9 – December 16  
(no class Oct. 14 & Nov. 11)  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### CYCLE COMBO

When: Tuesdays  
September 10 – December 10  
Time: 9:00 – 9:50 am  
Drop In Fee: \$6 LSCO M; \$9 NM

### CYCLE THURSDAYS NOON

When: Thursdays  
September 12 – December 12  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### DISCOVER CYCLING

Enjoy the benefits of riding a stationary bike. Ideal for those that have not been on a bike for a while. Don't worry, if you want to get off the bike for a few minutes you sure can.

When: Fridays  
September 20 – December 6  
Time: 11:15 – 12:00 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### SUSPENSION TRAINING COMBO

Suspension training (TRX) 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  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### SUSPENSION TRAINING COMBO

This class incorporates the use of suspension training (TRX), 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 Oct. 14 & Nov. 11)  
Time: 5:15 – 6:15 PM  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jeannie Ng

### SUSPENSION TRAINING (TRX)

When: Tuesdays  
September 10 – December 10  
Time: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### 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  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jeannie Ng

### POUND FITNESS (Mornings)

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

When: Fridays  
September 13 – November 1  
Time: 10:30 – 11:15 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Sheila Mulgrew  
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 Oct. 14 & Nov. 11)  
Time: 9:10 – 10:00 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
&  
When: Thursdays  
September 19 – December 12  
Time: 12:05 – 12:55 pm  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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  
Drop In Fee: \$6 LSCO M; \$9 NM

### 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

### NEW STEP IT UP

Using a bench step, you'll move your way through fun, choreography combinations that will give your heart the cardio boost it needs to stay healthy and happy. Low impact options will be given. Wear comfortable clothes, indoor footwear and bring a water bottle. Limited space, register early.

When: Thursdays  
September 26 – October 31  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Erich Dyck

### NEW 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  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Elizabeth Wong

### 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  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Debbie Palmer

When: Thursdays  
September 19 – December 5  
Time: 8:00 – 8:45 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Tracy Simons

### 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 Oct. 14 & Nov. 11)  
Time: 9:10 – 10:10 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### TABATA (After Work)

When: Wednesdays  
September 11 – December 4  
Time: 5:15 – 6:15 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Jamie Hillier

### 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: 12:10 – 12:50 pm  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Tracy Simons

## 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 Oct. 14 & Nov. 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 Oct. 14 & Nov. 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

### 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  
Drop In Fee: \$8.50 LSCO M; \$12 NM  
Instructor: Andrea Hertz

### ZUMBA GOLD

This easy to follow program lets you move to upbeat 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  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Nicole Stratychuk

When: Thursdays  
September 12 – October 31  
Time: 10:45 – 11:30 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Sheila Mulgrew

When: Thursdays  
November 7 – December 12  
Time: 11:00 – 11:45 am  
Fee: \$33 LSCO M; \$48 NM  
Instructor: Nicole Stratychuk

### 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 flavor 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  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Sheila Mulgrew

### ZUMBA TONING

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

When: Saturdays  
September 28 – November 2  
Time: 10:30 – 11:15 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Sheila Mulgrew

## Sports

### PICKLEBALL LESSONS

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

When: **Session 2:** Fridays, October 4 – 25  
Time: 9:15 – 11:00 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, October 2

When: **Session 3:** Fridays  
November 8 – 29

Time: 9:15 – 11:00 am  
Fee: \$25 LSCO M; \$45 NM  
Register by: Wednesday, November 6

### SATURDAY PICKLEBALL LESSONS

See above description. Register early as space is limited. Location Gym 2.

When: **Session 2:** Saturdays  
October 19 – November 9  
Register by: Wednesday, September 11  
Time: 9:00 – 11:00 am  
Fee: \$25 LSCO M; \$45 NM (per session)

### SATURDAY/SUNDAY PICKLEBALL

LSCO members and non-members who have paid the year or month fee can play for free. We know you may not be able to commit every Saturday or Sunday, but putting your name on list is appreciated. If you would like to play and haven't paid, contact us to make the arrangements to do so. If there is not enough interest, gym time will be canceled. Individuals who only want to play evenings and weekends you can register to do that.

When: Saturdays  
September 14 – December 14  
(canceled Nov. 23)  
Time: 11:15 am – 5:00 pm

When: Sundays  
September 15 – December 15  
Time: 11:15 am – 4:00 pm

### EVENING PICKLEBALL

Check online for times or call 403-320-2222.

### 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  
Drop In Fee: \$5 LSCO M; \$7 NM

## Creative Arts

### 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  
Instructor: Donna Gallant  
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  
 Instructor: Donna Gallant  
 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  
 Instructor: Donna Gallant  
 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  
 Instructor: Donna Gallant

**Technology**

**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

**INTERNET SECURITY & the CLOUD**

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

When: Tuesdays & Thursdays  
 October 15 – November 7  
 Time: 1:30 – 3:30 pm  
 Fee: \$50 LSCO M; \$80 NM  
 Instructor: Rod Henriquez  
 Register by: Friday, October 4

**APPLE COMPUTERS**


Basic and simple instructions on how to use Mac Computers, MacBook and iMac will be given. The instructor will start with Mac basics and then will gradually work up to general information, followed by answering participant's questions. Some of the topics will be using iTunes, safe web browsing with Safari, setting up Skype. Bring your Mac to the class. You are welcome to take notes if your Mac isn't portable.

When: Tuesdays & Thursdays  
 November 12 – 28  
 Time: 1:30 – 3:30 pm  
 Fee: \$50 LSCO M; \$80 NM  
 Instructor: Rod Henriquez  
 Register by: Friday, November 8

**Daily Drop In Fitness/Yoga Fees**  
**Effective September 3, 2019**

Feel free to call ahead to find out if space is available for the exercise/fitness classes as some do fill quickly.  
**Call 403-320-2222.**

Program	Member	Non-Member
Fitness Centre	\$6.00	\$7.00
Bars Plates Weights	\$6.00	\$9.00
Butts & Guts	\$6.00	\$9.00
Cardio/Strength	\$6.00	\$9.00
Circuit Training	\$6.00	\$9.00
Cycling (all classes)	\$6.00	\$9.00
Fitball	\$6.00	\$9.00
Gentle Exercise	\$6.00	\$9.00
Harmony Taekwon-Do	\$6.00	\$9.00
Keep Fit	\$2.00	\$4.00
Low Impact Cardio	\$6.00	\$9.00
Movement Medicine (Nia)	\$8.50	\$12.00
Pilates	\$6.00	\$9.00
Pound	\$6.00	\$9.00
Power Walking	\$6.00	\$9.00
Strength & Conditioning	\$6.00	\$9.00
Step & Sculpt	\$6.00	\$9.00
Sunrise Core	\$6.00	\$9.00
Suspension Training – TRX	\$6.00	\$9.00
Tabata	\$6.00	\$9.00
Zumba all styles	\$6.00	\$9.00
<b>Yoga Classes</b>		
Chair Yoga	\$3.00	\$5.00
Active Yoga	\$6.00	\$9.00
Hatha Monday Morning	\$6.00	\$9.00
Hatha Wednesday Morning	\$6.00	\$9.00
Gentle Yoga Tuesday & Thursday	\$6.00	\$9.00
Men's Yoga	\$6.00	\$9.00
Tuesday Noon Yoga	\$8.50	\$12.00
Thursday Noon Yoga	\$8.50	\$12.00
Yin Yoga	\$10.00	\$15.00



**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 yoga 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. See the LSCO Times or [www.lethseniors.com](http://www.lethseniors.com) for class listings/details.

- 15% off Meals in the Dining Room.

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

*Note:*

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

**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. See the LSCO Times or [www.lethseniors.com](http://www.lethseniors.com) for class listings/details.

- 15% off Meals in the Dining Room.

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.

## Red Tape Reduction Op-Ed

Our government knows that Albertans work hard to provide for their loved ones. That is why we committed to being mindful of every single tax dollar spent. Now, we are focused on cutting government red tape and making life better for everyday Albertans and businesses.

Have you ever found that accessing government-supported programs and services is needlessly complicated or difficult? As part of our commitment to cut red tape by one third, we are taking a close look at streamlining all government processes to empower Albertans and make their lives easier.

As Minister of Seniors and Housing, I am committed to reducing red tape. Already, we have introduced automatic enrolment in provincial seniors financial assistance programs for Assured Income for the Severely Handicapped (AISH) recipients once they turn 65. Previously, AISH recipients had to submit a separate application for provincial seniors benefits. It was clear to us that this was an unnecessary step causing needless stress and worry for recipients, and cumbersome for their caregivers and support workers. Now, about 125 AISH recipients turning 65 each month will benefit from a seamless process of automatic enrolment for supports available to all Alberta seniors. Thanks to this red tape reduction measure, these Albertans can be assured of uninterrupted access to the financial supports they rely on.

I'm proud that we have eliminated needless stress and paperwork for older AISH recipients. But it's just the beginning. We know there is still much work to do in reducing unnecessary regulations and administrative burdens on Albertans.

We want to hear from you. What are some ways we can remove barriers and improve access to seniors and affordable housing services? You can make your voice heard by submitting your ideas to us at [CutRedTape.alberta.ca](http://CutRedTape.alberta.ca).

Your input will help ensure our government's actions reflect the needs of hardworking individuals and families across the province. Have your say, and let's work together to make life easier for all Albertans.

By Josephine Pon  
Minister of Seniors and Housing



## October At a Glance

See website for additional details

Tue **OCT 01** | 10:30–noon Indigenous History  
Adults & Seniors

Wed **OCT 02** | 2–3 pm "I knew I shoulda taken that left turn at Ankh-Morpork."  
Wednesdays at the Galt | Adults & Seniors

Thu **OCT 03** | 7–8:30 pm Blackfoot Language  
Adults & Seniors

Thu **OCT 03** | 7–8 pm Music From Away  
Café Galt | Adults & Seniors

Fri **OCT 04** | 1:30–3 pm How to Create Your Dragon  
First Friday Fun | All Ages

Sat **OCT 05** | 1–2 pm Perogies  
Saturdays at 1:00 | Families

Tue **OCT 08** | 10:30–noon Indigenous History  
Adults & Seniors

Wed **OCT 09** | 10:30–noon Photos Rock  
Daytime Workshop | Adults & Seniors

Thu **OCT 10** | 7–8:30 pm Blackfoot Language  
Adults & Seniors

Thu **OCT 10** | 7–9 pm Needle Felted Pumpkins  
Evening Workshop | Adults & Seniors

Sat **OCT 12** | 1–2 pm Corn Husk Dolls  
Saturdays at 1:00 | Families

Tue **OCT 15** | 10:30–noon Indigenous History  
Adults & Seniors

Wed **OCT 16** | 10:30–noon Tote Bags  
Daytime Workshop | Adults & Seniors

Wed **OCT 16** | 2–3 pm Mapping Fantasy: Fantasy and the Epic Tradition  
Wednesdays at the Galt | Adults & Seniors

Thu **OCT 17** | 7–8:30 pm Blackfoot Language  
Adults & Seniors

Sat **OCT 19** | 1–2 pm Blackfoot Memory Game  
Saturdays at 1:00 | Families

Tue **OCT 22** | 10:30–noon Indigenous History  
Adults & Seniors

Wed **OCT 23** | 10:30–noon Recycled Art Daytime Workshop  
Adults & Seniors

Thu **OCT 24** | 7–8:30 pm Blackfoot Language  
Adults & Seniors

Thu **OCT 24** | 7–8 pm "Oh, the Places You'll Go!"  
Café Galt | Adults & Seniors

Sat **OCT 26** | 1–4 pm Hallowe'en Spooktacular  
Special Event | All Ages

Tue **OCT 29** | 10:30–noon Indigenous History  
Adults & Seniors

Wed **OCT 30** | 10:30–noon Creative Fantasy Daytime Workshop  
Adults & Seniors

Thu **OCT 31** | 7–9 pm Film Night: Paranormal Encounters  
Archives Program | Adults & Seniors

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

403.320.3954

## Do You Really Want Someone to Complete You?

Twice this week I had conversations with friends, 55+ both expressing the desire to find partners that would "complete" them.

"Why do you want to be complete? And, why do you think another person could possibly complete you," were the thoughts that ran through my mind during these chats.

If we're lucky, we'll NEVER be complete. We will continue to be curious, to wander, to seek out new opportunities, to embrace new learning and ponder new wisdom, awe at new skylines and have experiences that help us grow, make us stronger and connect us to our higher self, but never complete. If we ever were, then what?

As you embark on the second act of your life and want to feel a sense of completion, try;

- Taking an art class then complete masterpiece-after-masterpiece.
- Complete a college program and put it to work.

- Complete a race and then a triathlon.
- Complete that screenplay then get out there and sell it.
- Complete a volunteer shift then sign up for the next one.
- Complete that project sitting in the garage.
- Complete promises you made.
- Complete skating, skiing, Spanish, music or whatever lessons you want, then go out and play.

Now is the time of your life to complete all the things you wanted to do but never found the time.

I like the thought of knowing I can always be more, learn more, do more, give more, see more, grow more. Always evolving. We are meant to be forever "under construction," and need to accept that everyone we meet is also under construction.

If you are seeking to share your life with someone, don't put the expectation upon

them that they will make you whole or complete you.

- Seek out someone that will be beautifully incomplete right along side of you.
- Someone that supports you as you both find your way, maybe mess things up and then put them back together again.
- Someone that supports your desire to be more than you are.
- Someone that cheers you on, that you can laugh, love and wander through life with.
- Someone that absolutely loves your imperfections, would never try to change you but rather looks forward to watching you grow.
- Someone that sees you as beautifully incomplete and loves your incompleteness ~ completely.

by Toni O'Keeffe  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)



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# October LSCO Weekly Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pickleball</b> 7:00 – 9:00 am Gym 1		<b>Pickleball</b> 7:00 – 9:00 am Gym 1		<b>Pickleball</b> 7:00 – 9:00 am Gym 1
<b>Woodworking</b> 8:15 am – 4:00 pm Wood Shop <b>Billiards</b> 8:15 am – 4:00 pm Billiards Room <b>Tai Chi Club</b> 8:30 – 9:30 am Stage Area	<b>Woodworking</b> 8:15 am – 4:00 pm Wood Shop <b>Billiards</b> 8:15 am – 4:00 pm Billiards Room	<b>Woodworking</b> 8:15 am – 4:00 pm Wood Shop <b>Billiards</b> 8:15 am – 4:00 pm Billiards Room <b>Tai Chi Club</b> 8:30 – 9:30 am Stage Area	<b>Woodworking</b> 8:15 am – 4:00 pm Wood Shop <b>Billiards</b> 8:15 am – 4:00 pm Billiards Room	<b>Woodworking</b> 8:15 am – 4:00 pm Wood Shop <b>Billiards</b> 8:15 am – 4:00 pm Billiards Room <b>Tai Chi Club</b> 8:30 – 9:30 am Stage Area
<b>Amateur Radio Club</b> 9:00 am – 12:00 pm Radio Room	<b>Amateur Radio Club</b> 9:00 am – 12:00 pm Radio Room <b>Advanced Photography</b> 9:30 am – 12:00 pm Computer Lab	<b>Amateur Radio Club</b> 9:00 am – 12:00 pm Radio Room <b>Scrabble</b> 9:30 am – 1:00 pm Card Area	<b>Amateur Radio Club</b> 9:00 am – 12:00 pm Radio Room <b>Crafting</b> 9:00 am – 12:00 pm Art Room <b>Scrabble</b> 9:30 am – 1:00 pm Card Area	<b>Amateur Radio Club</b> 9:00 am – 12:00 pm Radio Room <b>Paper Toile</b> 9:00 am – 3:00 pm Art Room <b>Digital Photography</b> 9:00 am – 12:00 pm Computer Lab
	<b>Pickleball</b> 10:00 – 11:55 am Gym 1 <b>Lapidary</b> 10:00 am – 12:00 pm Lapidary Room <b>Golden Mile Singers</b> 10:30 – 11:30 am, Room C/D	<b>Genealogy</b> 10:00 am – 3:00 pm Board Room	<b>Badminton</b> 10:00 – 11:55 am Gym 1	<b>Scottish Country Dance</b> 10:15 – 10:45 am Room A/B
<b>Badminton</b> 11:10 am – 12:30 pm, Gym 1		<b>Badminton</b> 11:10 am – 12:30 pm, Gym 1		
<b>Pickleball</b> 12:45 – 4:50 pm Gym 1	<b>Basketball</b> 12:00 – 1:00 pm Gym 1 <b>Quilting</b> 12:00 – 3:00 pm Stage Area	<b>Pickleball</b> 12:45 – 3:30 pm Gym 1	<b>Wood Carving</b> 12:30 – 2:30 pm Stage Area	
<b>Computer Club</b> 1:00 – 4:00 pm Computer Club	<b>Adult Day Program</b> 1:00 – 4:00 pm, Room C/D <b>Karaoke</b> 1:00 – 3:30 pm Board Room <b>Pickleball</b> 1:15 – 4:50 pm Gym 1	<b>Adult Day Program</b> 1:00 – 4:00 pm, Room C/D <b>Bingo</b> 1:00 – 3:00 pm Stage Area <b>Computer Club</b> 1:00 – 4:00 pm Computer Club <b>Lapidary</b> 1:00 – 3:00 pm Lapidary Room	<b>Adult Day Program</b> 1:00 – 4:00 pm, Room C/D <b>Crib</b> 1:00 – 3:00 pm Card Area <b>Knitting/Needlework</b> 1:00 – 4:00 pm Board Room <b>Pickleball</b> 1:15 – 4:50 pm Gym 1	
<b>Table Tennis</b> 3:00 – 4:30 pm All Purpose Room		<b>Table Tennis</b> 3:00 – 4:30 pm All Purpose Room		<b>Table Tennis</b> 3:00 – 4:30 pm All Purpose Room

**For more information regarding programs contact the Administration Desk at 403-320-2222.**

**Note: Some programs are for members only while others are open to the community. Schedule may change without notice.**

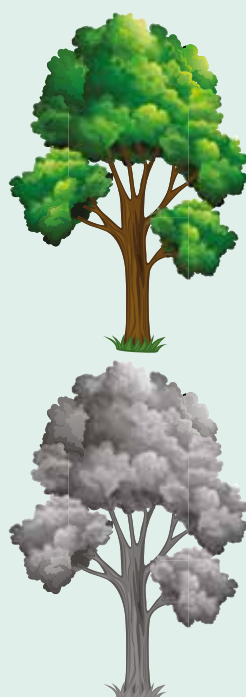
**For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com) and register online.**

## 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  
 Drop In Fee: \$6 LSCO M; \$9 NM  
 Instructor: Sheila Mulgrew

## 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





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🕒 Saturday & Sunday | 1 - 5

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## **NEW** 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, Sept. 24 – Nov. 26

Time: 5:15 – 6:15 pm

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Elizabeth Wong



### 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  
Sept. 11 – Dec. 11

Time: 8:00 – 8:50 am

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Debbie Palmer

When: Thursdays  
Sept. 19 – Dec. 5

Time: 8:00 – 8:45 am

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Tracy Simons

## 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. Instructor: Leigh Monette.

When: Mondays  
Sept. 16 – Nov. 25  
(no class Oct. 14 & Nov. 11)

Time: 10:00 – 11:00 am

Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays  
Sept. 11 – Nov. 27

Time: 10:00 – 11:00 am

Drop In Fee: \$6 LSCO M; \$9 NM

**Connect to Grow in Hope**

I'm writing this on a Sunday after Church, sitting with my family at brunch. Reflecting on the conversations, interactions and life stories I've been privy to working here, I realize what a fortunate gift that is. Yet not everyone has that advantage, because they may not be connected here. Seniors who I meet with for various support services have lost family members, a spouse, friends, and/or they may be new to Lethbridge. It's the power of connection that can instill hope for someone just looking for an ear, a kind smile and a friend.

We know the magnitude of social connection greatly enhances our quality of life and our health no matter our age. Coming to a senior centre can feel intimidating when we don't yet know anyone. Often we see members sitting having coffee or lunch alone, possibly by choice. However, maybe it is not by choice. Maybe they are nervous about approaching someone new. Whatever the reason, we want to introduce the *Community Table* as a way to overcome that initial nervousness. The purpose of the table is to sit down and meet someone new, knowing that the other people are in the same position.

If this is you, grab a coffee and/or lunch and see who you come across. Everyone is welcome. Perhaps future coffee dates will be made as a result. It's up to you where you'd like to go with it. The *Community Table* will be in the



**Support Services Coordinator**

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

dining room on Wednesdays at 11:30 am. Look for the sign.

This month LSCO presents opportunities for engagement, in the waiting area. **Need a flu shot?** Come on down Monday, October 21 or Tuesday, October 22 and Ken from Save-On Foods will hook you up.

Feel like a pampering? Indulge in a **FREE 15-minute massage** by the Lethbridge College Massage Therapy Students on Wednesday, October 16. Want to enhance your fitness? Of course you can also join the fitness craze here, as there are an enormity of group classes available for any level. Watching members show up for their workouts and/or classes consistently, as part of their routine, is quite inspiring.

For your wellness needs we have you covered head to toe (literally) with our regularly scheduled programs. See details below.

**LSCO Free Community Music Program**

Perhaps you're looking for a little entertainment away from home. How about live music? We are very fortunate to have talented volunteer musicians play for us every week. Another chance for a lunch date with a new friend. Performances run Fridays at 11:45-1:30pm in the Stage area of the dining room. Thank you as always to our dedicated volunteers in this program.

- Friday, October 4th: Hank Wiebe
- Friday, October 11th: Classic Legends
- Friday, October 18th: Los Gringos
- Friday, October 25th: Celtic Routes

**3 C's: Cooking, Conversation & Companionship**

An offsite opportunity for social engagement is through our cooking class. This is the *3C's: Cooking, Conversation and Companionship* Program; our continued partnership with McKillop United Church. Our next session begins Thursday, October 17th in their newly renovated kitchen! See the poster on page 6 for more details. Registration can be made through the front desk or by emailing me: evogt@lethseniors.com. Deadline is Monday, October 14th.

Whatever your interests may be, we invite you to join the everyday fun and variety at LSCO. May your October be full of joy, warmth, connections...and hope.

**LSCO Wellness Programs**

**LOCATION: LSCO Clinic Room**

DATE	TIME		BUSINESS	SERVICE
Tuesday, Oct. 1	9:00 am – 3:45 pm		Serenity Foot Care with Mercy Lar	Foot Care
Thursday, Oct. 10	10:00 am – 12:00 pm		Lethbridge Hearing Centre	Hearing Screening
Friday, Oct. 11	9:00 am – 4:30 pm		Reflexology	
Monday, Oct. 14	10:00 am – 12:00 pm		Direct Dental Hygiene	
Thursday, Oct. 24	9:00 am – 1:00 pm 1:00 – 3:00 pm		Escape Salon & Spa	Manicures
Friday, Oct. 25	9:00 am – 2:30 pm		Massage with Andrea Clark	Massage Therapy

**LOCATION: LSCO Room E (upstairs)**

Wednesday, Oct. 9	10:00 am – 12:00 pm		Alger Zadeiks Shapiro Law Firm	Free 15-minute Legal Consultation
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**INDOOR CYCLING**

Instructor: Jamie Hillier

**CYCLE MONDAYS NOON**

When: Mondays, Sept. 9 – Dec. 16  
 (no class Oct. 14 & Nov. 11)  
 Time: 12:10 – 12:50 pm  
 Drop In Fee: \$6 LSCO M; \$9 NM

**CYCLE COMBO**

When: Tuesdays, Sept. 10 – Dec. 10  
 Time: 9:00 – 9:50 am  
 Drop In Fee: \$6 LSCO M; \$9 NM

**CYCLE THURSDAYS NOON**

When: Thursdays, Sept. 12 – Dec. 12  
 Time: 12:10 – 12:50 pm  
 Drop In Fee: \$6 LSCO M; \$9 NM

**DISCOVER CYCLING**

Enjoy the benefits of riding a stationary bike. Ideal for those that have not been on a bike for a while. Don't worry, if you want to get off the bike for a few minutes you sure can.  
 When: Fridays, Sept. 20 – Dec. 6  
 Time: 11:15 – 12:00 pm  
 Drop In Fee: \$6 LSCO M; \$9 NM



## Fitness/Yoga Schedule September – October, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Low Impact Cardio</b> 8:00 – 8:50 am Deb: Gym 2	<b>Bars, Plates &amp; Weights</b> 8:00 – 8:45 am Tracy: Gym 2	<b>Sunrise Core &amp; More</b> 6:30 – 7:15 am Erich: Gym 2  <b>Strength Condition</b> 8:00 – 8:50 am Deb: Gym 2  <b>Yoga for Men</b> 8:30 – 9:30 am Skip: Room A/B	<b>Strength &amp; Conditioning</b> 8:00 – 8:45 am Tracy: Gym 2		
<b>Yin/Yang Yoga</b> 9:00 – 10:30 am Karen: Room A/B	<b>Cycle Combo</b> 9:00 – 9:50 am Jamie: Gym 2	<b>Power Walk</b> 9:10 – 10:00 am Jamie: Gym 1	<b>TRX Combo</b> 9:00 – 9:50 am Jamie: Gym 2	<b>Active Yoga</b> 9:00 – 10:00 am Shawn: APR	
<b>Power Walk</b> 9:10 – 10:00 am Tracy: Gym 1	<b>Fitball &amp; More</b> 9:00 – 9:50 am Shawn: Gym 1	<b>Chair Yoga</b> 9:35 – 10:25 am Stage Area	<b>Fitball &amp; More</b> 9:00 – 9:50 am Shawn: Gym 1		
<b>Tabata</b> 9:10 – 10:10 am Jamie: Gym 2	<b>Gentle Yoga</b> 9:30 – 10:30 am APR		<b>Gentle Yoga</b> 9:30 – 10:30 APR		
<b>Hatha Yoga</b> 10:00 – 11:00 am Leigh: Room C/D		<b>Hatha Yoga</b> 10:00 – 11:00 am Leigh: APR	<b>Zumba Gold</b> 10:45 – 11:30 am Sheila: APR	<b>Gentle Exercise</b> 10:15 – 11:00 am Tracy: Gym 2	<b>Zumba Toning</b> 10:30 – 11:15 am Sheila: Gym 2
<b>Gentle Exercise</b> 10:15 – 11:00 am June: Gym 1		<b>Keep Fit</b> 10:15 – 11:00 am Jamie/Shawn: Gym 1		<b>Pound Fitness</b> 10:30 – 11:15 am Sheila: Stage Area	
<b>Butts &amp; Guts</b> 10:30 – 11:15 am Tracy: APR					
<b>Pound Fitness</b> 11:00 – 11:45 am Sheila: Stage A/B	<b>Zumba Gold</b> 11:00 – 11:45 am Nicole: APR			<b>Discover Cycling</b> 11:15 am – 12:00 pm Tracy: Gym 2	
<b>Pilates</b> 12:05 – 12:55 pm June: APR	<b>Yoga</b> 12:05 – 12:55 pm Melanie: APR-A/B	<b>Bars, Plates &amp; Weights</b> 12:05 – 12:55 pm Tracy: Gym 2	<b>Yoga</b> 12:05 – 12:55 pm Melanie: APR	<b>Tabata &amp; More</b> 12:10 – 12:50 pm Tracy: Gym 2	
<b>Indoor Cycling</b> 12:10 – 12:50 pm Jamie: Gym 2	<b>Suspension Training TRX</b> 12:10 – 12:50 pm Jamie: Gym 2		<b>Power Walk</b> 12:05 – 12:55 pm Tracy: Gym 1		
			<b>Indoor Cycling</b> 12:10 – 12:50 pm Jamie: Gym 2		
<b>TaeKwon-Do</b> 1:15 – 2:15 pm Nicole: Gym 2	<b>Circuit Training</b> 1:30 – 2:30 pm Jamie: Fit Centre	<b>TaeKwon-Do</b> 1:15 – 2:15 pm Nicole: Gym 2	<b>Circuit Training</b> 1:30 – 2:30 pm & 2:40 – 3:40 pm Jamie: Fit Centre		
<b>Circuit Training</b> 1:30 – 2:30 pm Jamie Fit Centre		<b>Circuit Training</b> 1:30 – 2:30 pm Jamie: Fit Centre			
	<b>Beginner Yoga</b> 3:00 – 4:00 pm Val: APR or A/B				
<b>TRX Combo</b> 5:15 – 6:15 pm Jeannie: Gym 2	<b>Yoga</b> 4:45 – 5:45 Shawn: Room A/B	<b>Tabata</b> 5:15 – 6:15 pm Jamie: Gym 2	<b>Butts &amp; Guts</b> 5:15 – 6:00 pm Tracy: Room APR		
<b>Zumba</b> 5:15 – 6:15 pm Sheila: APR	<b>Step &amp; Sculpt</b> 5:15 – 6:15 pm Elizabeth: Gym 2	<b>Pound Fitness</b> 5:15 – 6:15 pm Jeannie: Room A/B	<b>Movement Medicine (Nia)</b> 5:15 – 6:15 pm Andrea: Gym 2		
		<b>Power Walking</b> 6:30 – 7:30 pm Jerry: Gym 2	<b>Step</b> 5:15 – 6:15 pm Erich: Room A/B		

*Note: \* Pre-registration is required for some programs.  
 If space is available drop-ins are welcome.  
 Classes may be canceled if insufficient registrations or low interest.  
 500 – 11th Street South • 403-320-2222 • www.lethseniors.com*

### Saturday/Sunday Pickleball

LSCO members and non-members who have paid the year or month fee can play for free. We know you may not be able to commit every Saturday or Sunday, but putting your name on list is appreciated. If you would like to play and haven't paid, contact us to make the arrangements to do so. If there is not enough interest, gym time will be canceled. Individuals who only want to play evenings and weekends you can register to do that.

When: Saturdays  
September 14 – December 14  
(canceled Nov. 23)  
Time: 11:15 am – 5:00 pm

When: Sundays  
September 15 – December 15  
Time: 11:15 am – 4:00 pm



### WINNERS



Two blocks west of the casino on Crowsnest Trail

## EVERY THURSDAY IS SENIORS DAY!

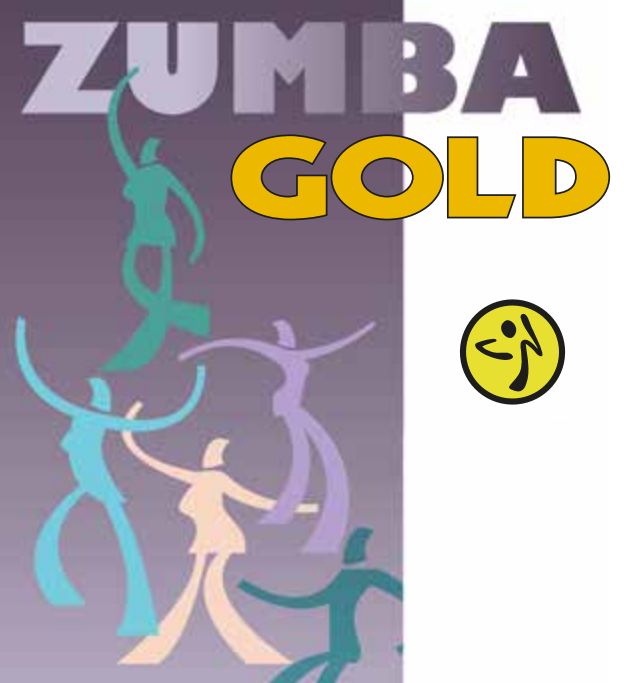
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FREE \$200 GAME**

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 or Email: winners\_bingo@telus.net




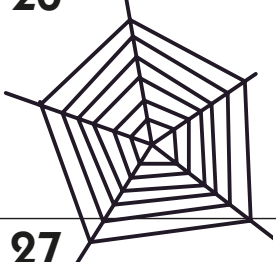

This easy to follow program lets you move to upbeat music at your own speed. It is an invigorating class that provides modified, low impact moves for active adults. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, Sept. 17 – Dec. 10  
Time: 11:00 – 11:45 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Nicole Stratychuk

When: Thursdays, Sept. 12 – Oct. 31  
Time: 10:45 – 11:30 am  
Drop In Fee: \$6 LSCO M; \$9 NM  
Instructor: Sheila Mulgrew

When: Thursdays, Nov. 7 – Dec. 12  
Time: 11:00 – 11:45 am  
Fee: \$33 LSCO M; \$48 NM  
Instructor: Nicole Stratychuk

# October 2019 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	<b>2</b> Fun with Wii 1:00 pm Room C/D	<b>3</b> Music with Sandy 1:00 pm Room A/B	<b>4</b> Free Community Music in Stage Area Hank Wiebe 11:45 am ~ 1:30 pm Lunch Special	<b>5</b> 
<b>6</b> 	<b>7</b>	<b>8</b> Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	<b>9</b> Bowling Holiday Bowl 1:00 pm	<b>10</b> Music with Floyd Sillito 1:00 pm Room A/B	<b>11</b> Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	<b>12</b>
<b>13</b>	<b>14</b> LSCO Closed for Thanksgiving	<b>15</b> Fun with Wii 1:00 pm Chair Exercises 2:45 pm Room C/D	<b>16</b> Horse Racing 1:00 pm Room A/B	<b>17</b> Los Gringos 1:00 pm Room A/B	<b>18</b> Free Community Music in Stage Area Los Gringos 11:45 am ~ 1:30 pm Lunch Special	<b>19</b> 
<b>20</b> 	<b>21</b> Expressive Art 1:00 ~ 2:30 pm Room C/D	<b>22</b> Movie Time 1:00 pm Room C/D	<b>23</b> Bowling Holiday Bowl 1:00 pm	<b>24</b> Music with Gerry 1:00 pm Room A/B	<b>25</b> Free Community Music in Stage Area Celtic Routes 11:45 am ~ 1:30 pm Lunch Special	<b>26</b>
<b>27</b>	<b>28</b> Expressive Art 1:00 ~ 2:30 pm Room C/D	<b>29</b> Pet Therapy with Kyra & Jax 1:00 pm Chair Exercises 2:45 pm Room C/D	<b>30</b> Fun with Wii 1:00 pm Room C/D	<b>31</b> Halloween Party 1:00 pm Room A/B		

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.

**yoga** classes  
 chair yoga    active yoga  
 hatha yoga    yoga for men    yoga blend  
 yin yoga    It's yoga practice, not yoga perfect.    yoga noon

## Practicing Happiness

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

This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. The group will run Wednesdays for six weeks from **October 30 – December 4**, 10:00 - 11:30 am in Room C & D. Group facilitators from AHS Seniors Mental Health Outreach.

For more information or to register for the group call 403-320-2222 or stop by the LSCO Administration desk. Minimum sign up to hold a class will be 8 people.

Lethbridge Senior Citizens Organization  
 500 - 11th Street South



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

When: **Session 2:** Fridays  
 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

## PICKLEBALL lessons

Choose to be optimistic, it feels better.  
 ~ Dalai Lama XIV

## The Rules and Games of Divorce Law

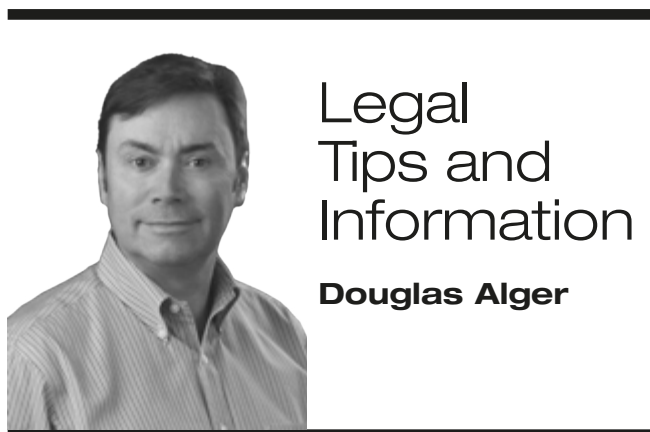
Once heard a lawyer explain their fees to a client contemplating a divorce. The client asked how much is this going to cost me? The lawyer replied with a question, "Well how much did your wedding cost?" It seems that divorces can indeed cost quite a bit, based on this rational.

The divorce rate in Alberta, for marriages less than 30 years, is around 46%. By the way, Alberta has one of the highest percentages of divorce in the country. In 2008 there were 70,000 divorces in Canada. In 2010, the last year statistics were made available, the number of active divorce cases in Alberta was 29,500. This translates to 9,726 divorces started in 2010, plus another 19,770 that were continuing on from previous years.

Let's face it, marriage is big business for wedding planners, photographers, retail outlets, banquet halls, and churches. The breakup of a marriage is big business for lawyers. The public cost of divorce is directly borne by the justice system and guess who pays for the justice system, the taxpayer. While the couple separating pay their legal fees, the courts are paid for by the public. This doesn't take into account the cost of divorce on children, families, and society.

A divorce can mean many things and depends on your circumstances and can deal with the following issues:

1. A piece of paper saying you are no longer married;
2. A court order regarding spousal support;
3. A court order regarding child support;
4. A court order regarding parenting;



### Legal Tips and Information

Douglas Alger

5. An agreement regarding how you will divide property.

As you can imagine the more issues that you deal with, the more cost involved. The law regarding these items is well established and there is little to argue about, except for the particular facts of each case and in looking a 1 through 5, here are the general principles:

1. Divorce in Canada is simple when there are no children and no spousal support. After a 1-year separation you are entitled to apply for a divorce. Having said this can be tied up in court for months and years.
2. Spousal support is straight-forward enough and depends on what each spouse earned during the relationship and the roles assumed during the relationship. There are guidelines in place which help determine what spousal support should be. This is complicated when one or both of the spouses is self-employed.
3. Child support is dictated by the Child Support Guidelines. You decide on the parenting arrangement, plug in the incomes

of both the parties, and you get a number for child support. This can be complicated when one or both of the spouses is self-employed.

4. Parenting arrangements can be complicated by the parents arguing about what is the best interests of the children and how they should be raised. When you get divorced, expect your infant children to be placed in the middle of this argument. If both parents are reasonable people, then this should be easy enough to resolve.
5. Property division is dictated by the Matrimonial Property Act of Alberta and the Act provides a framework under which the division is to proceed. Most property divisions can be resolved on the basis of a spreadsheet which sets out the property, the values, who gets what, and ultimately a dollar value that one party is to pay to the other to equalize the property division.

All the above can be resolved in short order, if both spouses and their lawyers are reasonable. Being reasonable means taking the emotion out of the equation and recognizing that fighting for every last nickel will only lead to more legal expense and stress. Sometimes you do run into a difficult ex-spouse and this is where you sometimes need to hire a shark to get that spouse to give you a fair settlement. It is hoped that the courts will recognize when one side is being difficult and when take that into account when trying to settle a divorce. ★

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

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**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
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**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.

**A Quarter of Retirees Regret Retiring**

More than a quarter of Canadian retirees (27%) regret retiring and would have preferred to keep working, according to a CIBC poll conducted earlier this year. Just under half of the respondents (47%) retirees stopped working earlier than they'd planned to because they had to, due to health problems, family obligations, or employment changes.

The online poll surveyed just over 3,000 people and found that three-quarters of respondents (78%) think that semi-retiring – working fewer hours – offers the "best of both worlds," but half said they'd prefer to continue working after turning 65 rather than face a lower standard of living.

Indeed, one of the biggest reasons for retirement regret is financial: a quarter of retirees (23%) said they'd tried to go back to work. While more than half (59%) said that they'd like to return to work for the intellectual stimulation, half (50%) stated that they'd return due to worries about their finances. However, only a third (32%) of those who sought to return to work were able to find a position at a similar level and with the same salary as they had before retirement, while 38% were able to find only jobs at lower levels and with lower pay; 30% gave up the job hunt.

Nearly three quarters (74%) of respondents said they worry about that they won't have enough income in retirement. One reason for this might be a lack of information – the survey found that most Canadians (89%, including those who are retired already) don't know how their retirement income is taxed. Tax planning that makes use of strategies such as income-splitting between spouses, for example, can save thousands of dollars.

"Too many Canadians approach retirement without a plan, which can lead to unnecessary stress, worries about money, and even course corrections," said Jamie Golombek, managing director of CIBC Financial Planning and Advice, in a statement.

By Jennifer Hughes  
September 2019  
<https://goodtimes.ca/>

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# Make a Difference Day is October 26, 2019

I was thumbing through what events, activities happen in October and I came across "National Make a Difference Day", in the United States held on the 4th Saturday of this month. I thought what a wonderful idea. So this year it is October 26, 2019.

We all have opportunities every day to change the world, whether were adopting a highway for litter clean up or volunteering at a local senior's center or helping an isolated senior who is in need.

It's amazing what just a small effort by an individual or group of individuals can do to change the world or at least our local neighborhood. Make a difference day was established to help encourage us to take on day a year to try to Make a Difference in the world.



## LEARN Case Manager

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

There are hundreds of opportunities for those interested in changing the world to get involved, and dozens of organizations you can contact to get involved locally. As a senior your knowledge and experience can be shared

and passed on, how are you willing to make a difference?

### Make a Difference Day is October 26, 2019

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.* 403 394-0306

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.

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	Dec. 1-4, 2019 Spokane Shopping & Xmas Light Cruise	\$415 pp/dbl
Edmonton, AB	Jan. 19-21, 2020 River Cree & West Edmonton Mall	\$285 pp/dbl
Bonners Ferry, ID	Feb. 2-5, 2020 Super Bowl Action	\$385 pp/dbl
Moose Jaw, SK	March 1-4, 2020 Temple Gardens, Spa, Casino	\$425 pp/dbl
Yellowstone	June 21-27, 2020 Old Faithful, Sightseeing	\$ Call
<b>China</b>	<b>April 6-23, 2020 Amazing Deal for 18 days</b>	<b>\$5300 pp/dbl</b>
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Too often we... enjoy the comfort of opinion without the discomfort of thought. ~ John F. Kennedy

## Computer Corner

by Sjoerd Schaafsma

### Reader Mode and More Jargon

Reader mode is a way of stripping a web article down to the basics to make it easier to read in a browser. It is a feature that allows you to read online articles in a continuous view without ads or distractions. Reader Mode also merges multi-page articles into a single window. It should work in all the major browsers, Chrome, Safari, Firefox and Edge, on both desktop (or laptop) and mobile devices (tablets and phones). Not all web sites allow reader mode, and there are differences between browsers, mobile, and desktop versions. I can't test them all. On my iPad I double tap a web page, and if reader mode is available, the text gets larger and the junk on the side of the page goes away. A few 'how to' sites are listed below.

<https://www.maketecheasier.com/enable-browser-reader-mode/>

<https://www.groovypost.com/howto/use-reader-view-desktop-browser/>

A Google search for "how to access reader mode mobile" will bring up results for mobile devices. Substitute the name of your device to get more specific answers.

**More Jargon: Sim Card** - a sim card is the ID card in your mobile phone or tablet that assigns a phone number and unique identity to your device.

Why should you care? If you are spending time abroad, it's often cheaper and more convenient to use a number local to the country you are in. Your phone must be 'unlocked' which means it can use any SIM card, not just the one provided by your mobile provider. At your destination, visit the local tel-com, and buy a SIM card and mobile phone plan. Services abroad tend to be cheaper than those in Canada.

Much more info is available on Wikipedia. [https://en.wikipedia.org/wiki/SIM\\_card](https://en.wikipedia.org/wiki/SIM_card).

SIM cards can also be used in satellite phones, smart watches, computers, or cameras.

#### Club Notes

LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1 - 4 pm. This time may be pre-empted for other events.

If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: ComputerLab-Guest

For individual help for a specific problem please email computerclub@lethseniors.com, giving a date, time and what you'd like help with. We'll try to hook you up with someone who will be able to help you in the lab. The help service is available to Computer Club members only. Suggestions for workshops are welcomed.

This article can be read online at the Computer Club tech site <https://goo.gl/pjZz3J>, (the short form of <https://sites.google.com/site/oldfolkscomputers/home>)

To subscribe to the club email list, or if you have questions about the Computer Club

Email: computerclub@lethseniors.com

## Computer Club WORKSHOPS & Events

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 - 4 pm. This time may be pre-empted for other events. These are low key sharing events geared for seniors and beginners, we are here to help, not speak "High Geek" (but we will translate 😊). Unless otherwise stated Workshop events will run from 2 - 4 pm. Feel free to come early.

### October

Wednesday 2	Sharing & help session
Monday 7	Updates, Sharing & help session
Wednesday 9	Repairing a CDG Player. Like a computer CD player, but specifically designed for Karaoke machines. We'll be opening the case and replacing non working parts with working ones (we hope) Presenters: the Tech crew
Monday 14	Thanksgiving LSCO Closed
Wednesday 16	Sharing & help session
Monday 21	Sharing & help session
Wednesday 23	Techie Gadgets: toys & tools for fun, practicality and pleasure. Bring your favorite tech gadget, come away with some Christmas gift ideas.
Monday 28	Planning, Sharing & help session
Wednesday 30	Sharing & help session

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

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

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.

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Man is always inclined to be intolerant towards the thing, or person, he hasn't taken the time adequately to understand...  
~ Robert R. Brown

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# We Are the Canary

*Climate change is the greatest moral challenge in the world today.*

~ Title and quote from *Anote's Ark*

**A**note's Ark is a documentary film about the Pacific Island nation of Kiribati. Anote Tong is now Kiribati's ex-President but was President when the film was made. This small nation (population: 100,000) is now at a crisis point. As the sea waters keep climbing, it appears that this nation and many other low lying islands, (i.e. The Solomon Islands, many Northern Japanese Islands), are sinking into the Pacific Ocean. In actual fact the water is *rising* at an alarming rate because of the melting glaciers and permafrost areas in the northern and southern parts of our planet.

Since this is Lethbridge and was once a large mining town, many of you will recognize the meaning of "a canary in a mine" but for others, here is the story. The title is a reference to the fact that miners once carried canaries down into the mines with them. They kept them in small cages about the size of a lunchbox and some even had an emergency oxygen supply to revive the little birds should there be dangerous fumes that affected the tiny creatures. The birds were the miners' first line of defense against carbon monoxide or other deadly gases and often became beloved pets. The canaries might die (some could be revived with oxygen), but they served as a warning for the men to get out of the area until fresh air could be pumped in.

The shrinking islands in the Pacific are our warning. These "sinking" islands serve as the



## The Widow's Walk

Kay Long, BSW, RSW

world's "canary". Just as the canaries warned the miners, the loss of land being consumed by the oceans and seas mean that many people will be forced to emigrate before the end of this century. Depending on the rate of ice melt, for too many, it will be sooner rather than later.

Just now the scientists are telling us that the sea level rises at a rate of about one-eighth of an inch per year. The two main causes are the expansion of water as it warms and the melting of land-based ice. Glaciers are shrinking at a much faster rate than originally predicted, and the permafrost in the arctic (such as in Siberia and northern Canada) is melting faster than anticipated. The scary part of all this melting is that more methane and carbon dioxide are released into the atmosphere, which contributes to the problem of global warming.

Eventually many places where land and sea meet will be underwater. What is now very expensive real estate along the coastlines of the world, will slowly disappear into the oceans

and seas. Predictions are made by the far-thinking world of science that some areas will be building floating cities just to accommodate the world's growing population. The world's current population is 7.7 billion, and growing. We are going to see more people, and less livable land. I used to fly over northern Alberta when I worked for the Alberta government, and I could see miles and miles of uninhabited land. I can envision people living further north in this great country as Canada welcomes immigrants from areas that will someday be unlivable. This will be a slow process but, as the oceans and seas creep up on the now-populated, but low-lying areas, we must welcome those whose current homes will be underwater in the not too distant future.

I certainly empathize with anyone who emigrates from their homeland and immigrates to a lifestyle that is totally foreign to them. I've been there myself. Nearly fifty years ago we moved from Oregon with its milder temperatures, to northern Alberta. The family survived the differences in climate and country but it was an adjustment for all. Personally, I've never become accustomed to -50C, and that is one of the reasons I live in Lethbridge. We do have winter but not to the extreme. And we don't have to worry about losing land to the ocean, here in this beautiful, inland Province. ★

*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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