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Join Us for

HEARING SCREENING
 Thursday, January 9

REFLEXOLOGY
 Friday, January 10

MAMA MIA
 Wednesday, January 22

3 C's
 Starts Thursday, January 23

ROBBIE BURNS DAY
 Friday, January 24
 Celtic Routes & Scottish Dancers

FREE NECK & SHOULDER MASSAGES
 Wednesday, January 29

JOIN US FOR EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday
TRX Combo January 6 – March 30 5:15 – 6:15 pm (see page 13)	Step/HIIT, January 7 – February 25 5:15 – 6:15 pm (see page 13)	Pound Fitness, January 8 – March 25 5:15 – 6:15 pm (see page 13)	Butts & Guts, January 9 – March 19 5:15 – 6:15 pm (see page 12)
Zumba, January 13 – February 10 5:15 – 6:15 pm (see page 14)	Medicine Movement January 14 – February 11 5:15 – 6:15 pm (see page 14)	Tabata, January 8 – March 25 5:15 – 6:15 pm (see page 14)	Step, January 9 – March 26 5:15 – 6:15 pm (see page 13)
Couples Dance January 20 – March 16 6:45 – 7:45 pm (see page 14)		Evening Power Walking Starts 6:30 – 7:30 pm (see page 13)	Medicine Movement January 16 – April 2 5:15 – 6:15 pm (see page 14)

Evening classes are open to individuals 18 years of age and up by paying a drop in fee of \$9.



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Happy New Year!

Each New Year brings new opportunities and new challenges for LSCO. An important tool utilized to meet challenges and opportunities is our Strategic Plan, which the Board completed in the summer. The over-arching goals of the Board for the next few years are:

- Goal A – Create a facility plan which meets the growth and development needs of LSCO (short term and long term)

- Goal B & E – Ensure LSCO services, supports and activities are based on best practices and measurable outcomes
- Goal C – Build the reputation of LSCO in the community to be a positive voice for mature adults
- Goal D – Market our Programs and Services [to reach those in need and engage the diverse needs and populations in our community] – Reaching Out
- Goal D – Market our Programs and Services [to reach those in need and engage the diverse needs and populations in our community] – Reaching Out

Each of these goals has respective strategies and actions to operationalize the goal. Additionally, the strategic framework is based on our Vision, Mission and Values:

Vision:

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

Our Mission:

To provide older adults with:

- Opportunities for community and social engagement;
- Activities which meet their physical, emotional and intellectual needs;
- Advocacy and voice at individual and systemic levels; and,
- Services which enhance their quality of life.

This is accomplished through services provided at LSCO and through partnerships in the broader Lethbridge community.

Toward the end of the month a summarized planning document will be available for our Board, members, staff and funders. Please read it carefully and be sure to ask us any questions you may have about the document or our planning process. ★

Creative Arts Classes

Creative Zen-Art • Art is for Everyone
Beginners Pen & Ink Exercises
Pet Portraits with Pastels & Pastel Pencils

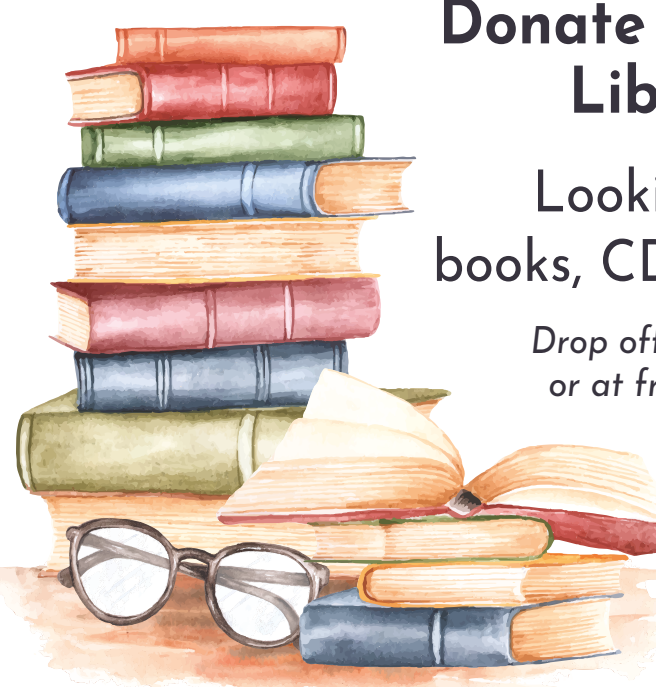


Happy New Year from the Boutique

*Consignees, please
pick up your
Christmas items
before
January 15, 2020*

Open: Monday ~ Friday
10:00 am ~ 3:00 pm

New Year's Resolution:
To tolerate fools more gladly, provide this does not encourage them to take up more of my time. ~ James Agate



Donate to LSCO Library

Looking for
books, CDs & DVDs

*Drop off in library
or at front desk.*

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



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 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, Bob Morrow and Marlys Reynar.

LSCO **403-320-2222**

Staff Members:

Executive Director – Rob Miyashiro
 rmiyashiro@lethseniors.com ext. 24
 Operations Manager – Jodie McDonnell
 jmcdonnell@lethseniors.com ext. 23
 Support Services Coordinator – Erin Vogt
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 LEARN Case Manager – Joanne Blinco
 learn@lethseniors.com 403-394-0306
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 hbursaw@lethseniors.com ext. 57
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 MoW Client & Volunteer Support Worker – Natasha Elder
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 Administrative Support – Kari Martin
 kmartin@lethseniors.com ext. 21
 Chef – Brenda Fettig ext. 27
 Chef – Bonnie Jadeske ext. 27
 Food Service Cashier – Georgette Mortimer ext. 27
 Adult Day Program Supervisor – Sharon Appelt
 sappelt@lethseniors.com ext. 32
 Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

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



LSCO Vision Statement

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

Welcome New Members!

Carolle Babin	Jerome Rejman
Jeannette Chase	Nancy McLaren
Chris Ingold	Walter Pashuk
Barbara Miller	Janet (Jan) Williams
David Johnson	Larry Binder
Olga Daniels	Vivian Allert
Christina Rejman	Stephen Reynolds

A Smile is the Universal Welcome.

Thank You ATCO

Dan Magnan, Debbie Rourke, Brett Fraser (in back) and Chemaine Tieland from ATCO present a cheque to LSCO Executive Director, Rob Miyashiro and LSCO President, Keith Sumner.

Thank You

35th Annual Christmas Turkey Dinner 2019 Sponsors

London Road Market
 Patricia Bland
 Vaughan & Marilyn Hembroff
 Fox Denture Clinic
 Fran Rude
 Donnelly/Jonassen Families
 Martha Nance
 The Liddell Family
 Ruth Daw
 Roost 2 Roost
 Jack & Marlene Van Eden
 Save-On Foods (Westside)
 Rob & Erin

Daily Drop In Fitness/Yoga Fees 2020

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	M	NM
Fitness Centre	\$6.00	\$9.00
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	\$3.00	\$5.00
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
Yoga Classes		
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

LSCO FITNESS CENTRE Hours

Monday ~ Friday
 7:30 am - 4:30 pm

FITNESS CENTRE CLOSED SATURDAYS & HOLIDAYS

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

Issue	Deadline
February	January 17
March	February 14

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

2020 Vision

Dr. George Sheehan was an author and a legend in the running community. He's often quoted and one of my favourites is:

"There are those of us who are always about to live. We are waiting until things change, until there is more time, until we are less tired, until we get a promotion, until we settle down / until, until, until. It always seems as if there is some major event that must occur in our lives before we begin living."

~ George Sheehan

He also said:

"In this case of movement, this harmony, this rhythmic breathing of life into life, I am able to let my mind wander. I absent myself from the road and the wind and the warm sun. I am free to meditate, to measure the importance of things."

He was of course speaking of running but I think his observation is applicable, for me, to cycling.

I don't like New Year's resolutions as such, but this time of year I promise myself, this year



President's Message

Keith Sumner

I'm going to ride my bicycle more, go on more hikes and maybe this year buy a canoe or a kayak. So, the question becomes how to pass the time until spring. I resolve to participate in active living so I'm ready for spring whenever it arrives.

We're very fortunate here at the Centre as Shawn and Jamie have designed and organized numerous physical activities for us to participate in. If we're consistent in our attendance, we'll be in fine form by March 21st.

In my mind active living isn't just running, cycling or hiking. It includes gardening, soft ball, leisurely walks in our community and of course time spent with children and grandchildren. Let's resolve to take full advantage of the programs offered at our Centre.

The other subject I'd like to touch on in this month's *Times* is succession planning. We have our annual general meeting in March. A primary responsibility of any board of directors is to actively seek members to replace them. Please consider volunteering some of your time as a director. Previous governance experience is certainly an asset. I'd also suggest reviewing the Boards policy manual. The Board is responsible for policy, planning and financial oversight. We don't interfere in day to day operations. If you're interested, please chat with me.

Happy New Year! and keep your fingers crossed for an early spring.

Namaste. ★

Older Canadians Are Doing Gig Work

A quarter of Canadians 55-plus say they've have worked in the growing gig economy

A new Angus Reid survey finds that a third of Canadians are working in what's come to be called the gig economy or has done so in the past five years; among those 55 or older, the proportion is one in four.

When we think of the growing gig economy and its short-term jobs, we tend to think of people who earn income as drivers for Uber or Lyft or as couriers for companies like Foodora, but according to the survey, only 4% of gig workers do. The largest proportion of respondents – 5% – worked as white-collar freelancers, working in computer programming, copy-editing, or graphic design. Others work as babysitters, house

cleaners, or dog walkers. Among those 55-plus, most did maintenance or handywork around people's homes or worked as white-collar freelancers.

Just over half of respondents (53%) said they considered their freelancing part of a side-hustle, meaning they weren't in a desperate financial situation but wanted to save more or have more disposable income. One in three (29%), however, said they had to take on the work to make ends meet and wouldn't be able to get by without the income; one in four of those 55-plus said they were doing gig work because they had to.

Since these workers aren't employees, they don't receive benefits or the protections afforded regular workers by labour laws. As a result, many are routinely paid much less than regular employees – if they get paid.

More than one in 10 (13%) of respondents said they freelanced because they couldn't find full-time work, and 11% said it's their primary source of income. Statistics Canada recently announced that the Canadian economy lost about 71,200 jobs in November, including 38,400 full-time jobs.

www.goodtimes.ca
December 2019

MENU ~ JANUARY 2020

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Non-Members add 15% • Menu subject to change without notice

★ **Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room** ★

*Happy NEW YEAR
2020*

Wednesday, January 1

Thursday, January 2

Friday, January 3

**LSCO Closed
for New Year's Day**

Entree: Spaghetti & Meat Sauce
Starch: Garlic Bread
Soup: Chef's Choice

Entree: Ham & Pineapple
Starch: Scalloped Potatoes
Soup: Chef's Choice

Monday, January 6

Tuesday, January 7

Wednesday, January 8

Thursday, January 9

Friday, January 10

Entree: Lasagna
Starch: Garlic Bread
Soup: Chef's Choice

Entree: Breaded Pork Cutlet
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Roast Beef Dinner
Starch: Mashed Potatoes w/Gravy
Soup: Chef's Choice

Entree: Mushroom Pork Chop
Starch: Pasta
Soup: Chef's Choice

Entree: Southern Fried Chicken
Starch: Mashed Potatoes w/Gravy
Soup: Chef's Choice

Monday, January 13

Tuesday, January 14

Wednesday, January 15

Thursday, January 16

Friday, January 17

Entree: Beef Stew
Starch: Fresh Bun & Butter
Soup: Chef's Choice

Entree: Veal Cutlet
Starch: Steamed Potatoes
Soup: Chef's Choice

Entree: Cabbage Roll Casserole
Starch: Perogies
Soup: Chef's Choice

Entree: Beer Battered Cod
Starch: Rice
Soup: Chef's Choice

Entree: Turkey Cutlet
Starch: Mashed Potatoes
Soup: Chef's Choice

Monday, January 20

Tuesday, January 21

Wednesday, January 22

Thursday, January 23

Friday, January 24

Entree: Beef Stroganoff
Starch: Egg Noodles
Soup: Chef's Choice

Entree: Chicken Pot Pie
Starch: Parslied Potatoes
Soup: Chef's Choice

Entree: Pulled BBQ Pork
Starch: Baked Beans
Soup: Chef's Choice

Entree: Salisbury Steak
Starch: Mashed Potatoes w/Gravy
Soup: Chef's Choice

Entree: Scottish Pies
Starch: Turnips
Soup: Chef's Choice

Monday, January 27

Tuesday, January 28

Wednesday, January 29

Thursday, January 30

Friday, January 31

Entree: Chicken Parmesan
Starch: Rice
Soup: Chef's Choice

Entree: Liver & Onions
Starch: Mashed Potatoes w/Gravy
Soup: Chef's Choice

Entree: Shepherd's Pie
Starch: Fresh Bun with Butter
Soup: Chef's Choice

Entree: Baked Ham
Starch: Scalloped Potatoes
Soup: Chef's Choice

Entree: BBQ Chicken
Starch: Roasted Potatoes
Soup: Chef's Choice

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special	MEM \$6.50	NM \$7.50
Dinner Special	MEM \$9.00	NM \$10.35
Sandwich Special	MEM \$5.75	NM \$6.95
Soup (Large)	MEM \$4.25	NM \$5.50

Soup (Small)	MEM \$3.25	NM \$4.00
Hamburger	MEM \$5.50	NM \$6.50
Hamburger & Fries	MEM \$7.00	NM \$8.00
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

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 six week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Thursdays, Jan. 23 – Feb. 27
 Time: 2:30 – 4:00 pm
 Where: McKillop United Church
 2329 15th Avenue South
 Register by: Monday, January 13, 2020

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 (including supplies). Fee must be paid at time of registration.

Call Lethbridge Senior Citizens Organization to register.
403-320-2222

Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently – they're not fond of rules... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do. ~ Steve Jobs

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Wednesday, January 29** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

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





Life Time Highs

cathymunro@lifetimelifehighs.club
 www.lifetimelifehighs.club
587-223-0203
 ~ Travelling Together ~

Edmonton, AB	Jan. 19-21, 2020 River Cree & West Edmonton Mall	\$285 pp/dbl
Bonnars Ferry, ID	Feb. 2-5, 2020 Super Bowl Action	\$385 pp/dbl
Moose Jaw, SK	March 1-4, 2020 Temple Gardens, Spa, Casino	\$425 pp/dbl
Camrose, AB	May 24-28, 2020 Camrose Resort & Casino	\$229 pp/dbl
Yellowstone	June 21-27, 2020 Old Faithful, Sightseeing	\$1400 pp/dbl
Winnipeg, MB	Aug. 9-15, 2020 Folklorama Festival	TBA pp/dbl
Polson/Kalispell	Sept. 9-12, 2020 Sunset Cruise, Smoke Jumper Tour	\$485 pp/dbl

China April 6-23, 2020 Amazing Deal for 18 days \$5300 pp/dbl

All Inclusive except your shopping – Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship with Cabins & Balconies, Bullet Train, Panda Research Center, Silk Pearl & Jade Factory Shopping, Ghost City, Bird's Nest Olympic Centre & more. Full payment due December 20, 2019.

Wishing one and all a Merry Xmas and a Happy New Year.
 Thanks to everyone for travelling with us and we look forward to creating more great memories together in 2020! PS ~ Give the gift of travel with LTH gift certificates.

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call or text:
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 to book an appointment




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Cell: 403-315-1729

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. Register by Friday, January 3 to receive this low price.

When: Mondays
 January 6 – March 30
 (no class February 17)

Time: 8:00 – 8:50 am
 Fee: \$66 LSCO M; \$96 NM
 Instructor: Debbie Palmer

J & L

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Check out our website
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Cardio Kickbox

Cardio Kickbox is a combination of a cardio workout with the strength and resistance of boxing, kicking, skipping and running drills. It's a great way to expend calories and release any stress or tension you may have.

When: Tuesdays
February 11 – March 17
Time: 10:00 – 11:00 am
Fee: \$33 LSCO M; \$48 NM
Instructor: Tracy Simons
Register by: Friday, February 7
Location: Room A/B



BUTTS 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. Finish off with a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle. Instructor is Tracy Simons.

When: Mondays, January 6 – March 16
(no class February 17)
Time: 10:30 – 11:30 am
Fee: \$55 LSCO M; \$80 NM
Register by: Friday, January 3

When: Wednesdays, January 8 – March 18
Time: 1:15 – 2:15 pm
Fee: \$60 LSCO M; \$88 NM
Register by: Tuesday, January 7.

When: Thursdays, January 9 – March 19
Time: 5:15 – 6:00 pm
Fee: \$60 LSCO M; \$88 NM
Register by: Wednesday, January 8



Dave Scotland
Instructor

My martial arts training began in Calgary when I was 16 years old. I studied Karate, then Taekwon-Do, which led to opening a school in Medicine Hat where I taught for 13 years. I eventually reached 5th degree black belt in Taekwon-Do.

In 1997, I moved to Lethbridge and shortly after began studying Tai Chi with Lynn Hunter-Johnson. My interest in Qigong was a natural progression in combination with continuing to practice and teach Tai Chi. In 2014, I participated in Grand Master Liang Shou -Yu's seminar in Tai Chi and Qigong at Vancouver.

I have been instructing classes at the LSCO for six years. Teaching Tai Chi and Qigong reward me as I help participants with their health - physically, mentally and spiritually.



Diane Holstine
Instructor

I started learning how to line dance over 20 years ago when Al and Audrey MacDonald were teaching at LSCO. Eventually Audrey asked me if I wanted to teach. I love to dance and have been teaching at LSCO for about 10 years now and always have fun classes. I have met a lot of nice people over the years and look forward to teaching and meeting new people in the New Year.

A community is stronger when our hands work together.

I have very much seen how a community is stronger when our hands work together in the past few weeks at LSCO. My name is Shiloh and I'm so excited and privileged to be the new Volunteer Coordinator.

I have been a nurse, in many roles, over the past 20 years. I obtained my BSCN at the University of Alberta and went on to specialize in Critical Care. I also have always had a passion for palliative care and the community care of our seniors.

I am looking forward to the future and how my past experiences can assist me in this new role.

Our organization has much to look forward to. *The Live Well Showcase* is April 30-May 1st.



Volunteer Coordinator

Shiloh Sabas

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

Also, *Volunteer Appreciation Week* is April 19-25th. Stayed tuned for more exciting news and plans to celebrate our volunteers.

I would also like to let our current volunteers know that I am your advocate. Your enthusiasm, support, dedication and hard work has

amazed and inspired me over this past month. I am looking forward to this new year, growing our volunteer program through partnerships within our community and utilizing our current volunteers in roles that are fulfilling and rewarding.

I also want to thank Janelle, our volunteers, members and business sponsors for making our annual Christmas dinner a success. You all provided a very special service to our city and community.

I look forward to meeting and getting to know you.

Thank you for welcoming and supporting me in this new role.

Happy New Year! ★

\$6.50 BREAKFAST
8:00 am ~ 1:00 pm Weekdays
Non-members add 15%

LSCO ULTIMATE Fitness Membership

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 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 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.

BARS, PLATES



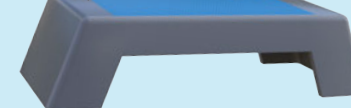
and WEIGHTS

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. Intermediate to advanced fitness level. Register by Friday, January 6 to receive this low price.

When: Tuesdays, January 7 – March 17
Time: 8:00 – 8:50 am
Fee: \$60 LSCO M; \$88 NM
Instructor: Tracy Simons

When: Wednesdays
January 8 – March 18
Time: 12:05 – 12:55 pm
Fee: \$60 LSCO M; \$88 NM
Instructor: Tracy Simons

STEP



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. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Thursdays
January 9 – March 26
Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Erich Dyck
Register by: Wednesday, January 8
Location: Room A/B

Building a Healthy You

Hello! I'd like to introduce myself to many of you who I haven't had the pleasure of meeting yet.

My name is Heather Bursaw and I am the new social worker who has taken over for Lavonn. I am very honoured to take over for Lavonn, who has been influential in the development of my professional career, and in I'm sure in your lives with her kindness, care and compassion. The world sure has a funny way of working ... years ago when I was studying to become a social worker at the University of Lethbridge, Lavonn was my practicum supervisor, who taught me much of what I know today!

I am a small town farm girl who was born and raised in Saskatchewan. I moved to Lethbridge to start my journey in the field of social work, of which my experiences have taught me about many social challenges,



LSCO
Social
Worker

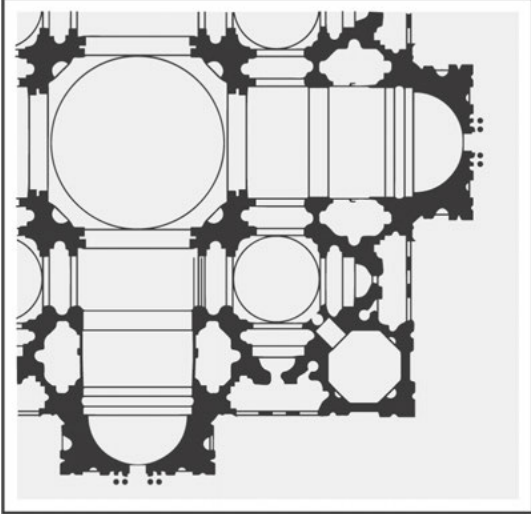
Heather Bursaw
hbursaw@lethseniors.com
403-320-2222 ext. 57

diversity and resiliency. Most of my career I have worked with the aging population, working for Alberta Health Services in rural communities, on acute care units at the Chinook Regional Hospital, with Home Care and finally on the Geriatric Assessment & Rehabilitation Unit. I am thrilled to move my professional focus to the community where I

hope to add value and support to our community of aging people. I am happy to meet with both LSCO members and non-members to discuss challenges, provide emotional support and assist with the development of positive coping strategies and solutions.

I juggle work life with my home life where I have a husband who works 6 days a week and 2 young daughters who pull me in all sorts of directions between figure skating, ringette, choir and swimming. I wouldn't change it for the world!

I look forward to sharing helpful tips throughout the year related to building a healthy you. Areas inclusive of emotional resiliency, healthy relationships, positive coping strategies and other topics you may find of interest. I am located on the second floor of LSCO, across the hall from LEARN and would love to say hi ... pop in! ★



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Why having a budget and sticking to it really does matter

A budget is the foundation of financial well-being. And with good reason. It's a simple but highly effective way to make sure you live within your means, and it allows you to have control over your finances.

Research backs this up. The Financial Consumer Agency of Canada has found that when people start using a budget, they make better financial decisions and improve their financial well-being. They are better at keeping up with their financial commitments and reducing their spending when money is tight.

Today, only about half of Canadians report having some type of a budget. Some use traditional methods, such as handwritten lists, or even savings jars and cash envelopes. Others use digital tools such as spreadsheets, mobile apps or financial software.

Whichever method you use, a good budget must clearly show your sources of income and monthly expenses. This will help you achieve your financial goals, including finding ways to get rid of your debt and saving more money for things that are important to you, such as retirement or your kids' education.

A budget is especially important if you have trouble paying your bills and do not know where your money is going every month.

If you don't know where to start, there are plenty of free online tools to help you get your finances under control, including a new budget planner from FCAC.

This interactive tool has many features to help you better identify your priorities, needs versus wants and how to save money. It also lets you compare your spending habits with other Canadians in similar life situations. You can save and update your budget online at anytime, or simply download an interactive spreadsheet.

Fair warning: this can be a sobering exercise, especially when you are face-to-face with how much you spend at the local coffee shop every week. But the time and effort that goes into making a budget is well worth it.

With a good budget in hand, you will not only find yourself doing a better job of taking charge of your finances, but you'll also be closer to achieving your life goals and dreams.

www.newscanada.com

"There is a privacy about it which no other season gives you In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself." ~ Ruth Stout

TRX COMBO

Kick start 2020 with this energizing class. Combined with strength and cardio you will work towards fitness goals. Use your own body weight to develop strength, balance, flexibility and core stability. Come and SUSPEND with your friends or meet new ones to boost metabolism, build strength and improve heart health.

When: Mondays, January 6 – March 30 (no class February 17)

Time: 5:15 – 6:15 PM

Fee: \$66 LSCO M: \$96 NM

Instructor: Jeannie Ng

Register by: Friday, January 3 to receive the best price.

Individuals 18 years of age and up welcome by paying a drop in fee of \$9.



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

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

Lethbridge Senior Citizens Organization
500 - 11th Street South



POUND FITNESS MORNINGS

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

When: Mondays
January 6 – March 30
(no class February 17)
Time: 11:00 – 11:45 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Sheila Mulgrew
Register by: Friday, January 3 to receive the best price.

When: Fridays
January 10 – March 27
Time: 10:45 – 11:30 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Sheila Mulgrew
Register by: Wednesday, January 8 to receive the best price.



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



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chinooklifecare@gmail.com



Chinook LifeCare is actively seeking new Board Members

Community Support Groups

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

Parkinson's Alberta Society Support Group

The next meeting will be **Thursday, January 16th** at 2:00 pm in the Atrium area of the dining room.

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, January 11th** at 2:00 pm in Room C/D.

Lethbridge Stroke Recovery Association (LSRA)

The next meeting will be held **Wednesday, January 8th** at 7:00 pm in Room A/B.

Sunset Alcoholics Anonymous

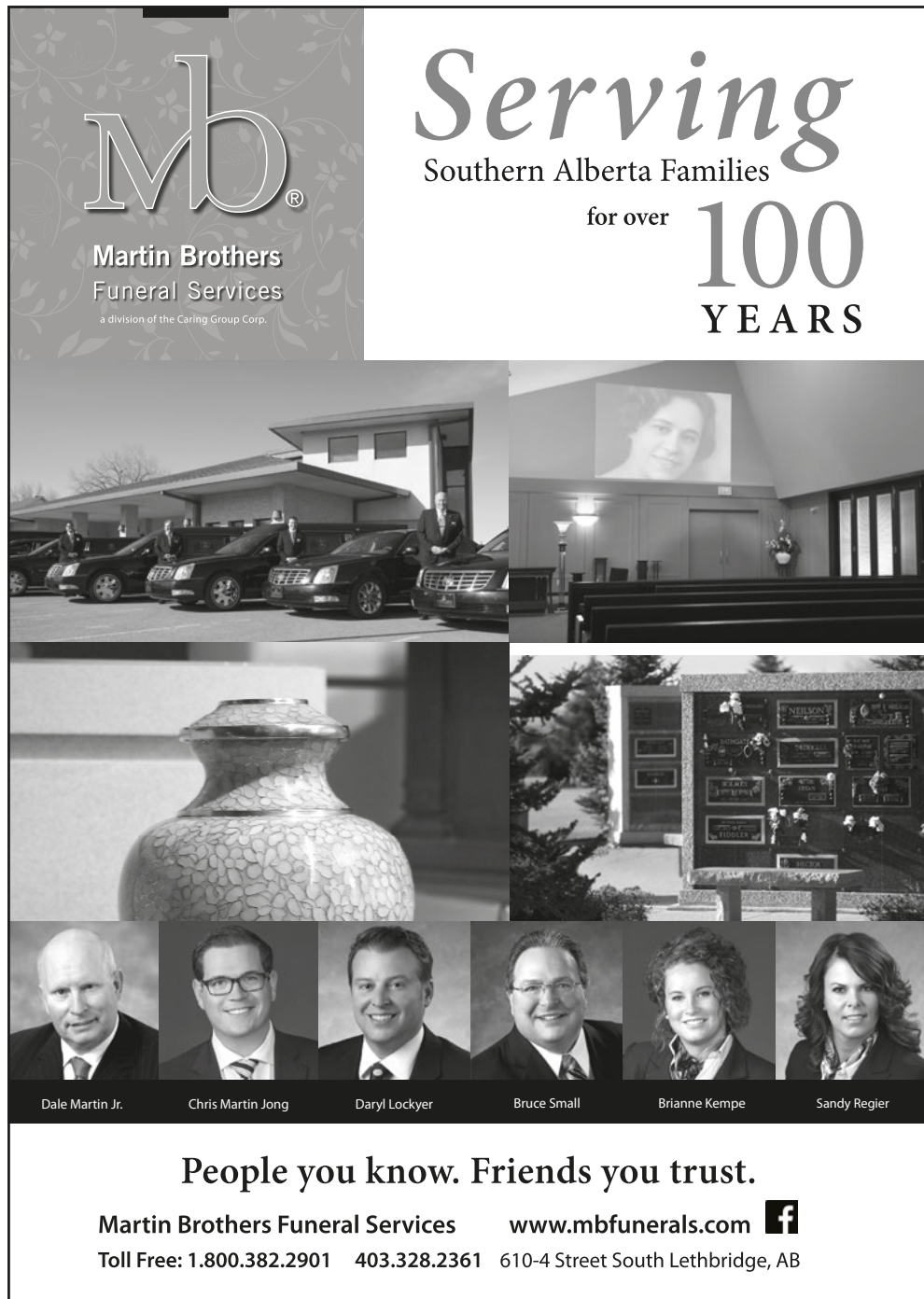
This group meets **Thursday evenings** at 7:00 pm in Room C & D.

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, January 7th** at 7:00 pm in Room C/D.

Alcoholics Anonymous Saturday Morning Eye Opener


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



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~ Pema Chodron



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TABATA (After Work)

When: Wednesdays
January 8 - March 25

Time: 5:15 - 6:15 pm

Fee: \$66 LSCO M; \$96 NM

Instructor: Jamie Hillier

Register by Tuesday, January 7 to receive this price or pay a drop in fee of \$6 members, \$9 non members. Young adults 18 years of age and over are welcome to drop in for \$9.



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January 2020 Classes & Programs

How do I register?

- Online at www.lethseniors.com
- In person, call 403-320-2222

How do I pay?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online.

How do I find additional classes?

- Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.

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.

IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.

- Ultimate Fitness Members are welcome to drop in to most classes offered. It is recommended that you register at the desk for those popular classes. Please arrive at least 10 minutes prior to class start time.
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!
- LSCO Member (LSCO M); Non Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather causes LSCO to close the facility unfortunately, we will not be able to make up the classes.

CREDITS AND REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit. Credits must be used in 12 months from the date given.
- 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 Stratychuk, 4th Degree Black Belt Instructor is certified by the International TaeKwon-Do Federation to teach the Harmony TaeKwon-Do program. She has been practicing TaeKwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle. Instructor is Nicole Stratychuk.

When: **Session 1:** Mondays & Wednesdays
January 6 – February 12
Time: 1:15 – 2:15 pm
Fee: \$69 LSCO M; \$96 NM
Register by: Friday, January 3

When: **Session 2:** Mondays & Wednesdays
February 24 – April 1
Time: 1:15 – 2:15 pm
Fee: \$69 LSCO M; \$96 NM
Instructor: Nicole Stratychuk
Register by: Friday, February 21

QIGONG

Qi means "life energy" and gong means "work"; together Qigong means working with life energy. The exercises are designed to improve flow and quality of Qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various Qigong exercises such as Tai Chi/ Qigong 18 form, five animal frolics, eight brocades and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. **Please Note:** We are not able to

accommodate drop in participants or guests for this program. You must pre-register by Friday, January 3.

When: Tuesdays & Thursdays
January 7 – March 26
Time: 10:05 – 11:05 am
Fee: \$96 LSCO M; \$192 NM
Instructor: Dave Scotland

YANG 24 Tai Chi

This program is for individuals who have taken Dave's 24 Form class in the past or for those who have experience with Yang 24 Form. Wear comfortable loose clothing and low heel footwear. Please Note: We are not able to accommodate drop in participants or guests for this program. We are not able to accommodate drop in participants or guests for this program. You must pre-register by Friday, January 3.

When: Tuesdays & Thursdays
January 7 – March 26
Time: 11:15 am – 12:00 pm
Fee: \$96 LSCO M; \$192 NM
Instructor: Dave Scotland

TAI CHI 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form. Steve Burger's DVD is followed weekly. Register by Tuesday, January 7. Drop ins are welcome however, you will pay a higher fee.

When: Wednesdays, January 8 – March 25
Time: 9:15 – 10:15 am
Fee: \$30 LSCO Members; \$52 NM

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. Register by Friday, January 3 to receive the best price. Instructor is Leigh Monette.

When: Mondays, January 6 – March 30
(no class February 17)

Time: 10:00 – 11:00 am
Fee: \$66 LSCO M; \$96 NM
Location: Board Room (upstairs)

&/or

When: Wednesdays, January 8 – March 25

Time: 10:00 – 11:00 am
Fee: \$66 LSCO M; \$96 NM
Location: All Purpose Room (downstairs)

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions. Register by Tuesday, January 7 to receive the best price.

When: Wednesdays, January 8 – March 25
Time: 9:35 – 10:25 am
Fee: \$33 LSCO M; \$60 NM

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks. Register by Monday, January 6 to receive the best price.

When: Tuesdays & Thursdays
January 7 – March 26
Time: 9:30 – 10:30 am
Fee: \$132 LSCO M; \$192 NM

MEN'S YOGA

Flexibility is not a pre-requisite to attend a yoga class nor do you need experience. In this class Skip Cooper will lead you through simple movements to help improve balance, flexibility, range of motion for joints and more. During this class you may use chairs, blocks and straps. If you have a yoga mat bring it. If not some will be available. Wear comfortable clothing, bring a yoga mat and water bottle. Register by Tuesday, January 7 to receive the best price.

When: Wednesdays, January 8 – March 25
 Time: 8:30 – 9:30 am
 Fee: \$66 LSCO M; \$96 NM

YOGA Noon Hour

This moderately paced class teaches safe alignment in foundational yoga poses assisting students to build strength, increase flexibility and breath awareness. Wear comfortable workout clothes, bring a yoga mat, water bottle. All skill levels welcome. Instructor is Melanie Hillaby. Register by Monday, January 6 to receive the best price.

When: Tuesdays, January 7 – March 31
 Time: 12:05 – 12:55 pm
 Fee: \$84 LSCO M; \$104 NM

When: Thursdays, January 9 – April 2
 Time: 12:05 – 12:55 pm
 Fee: \$84 LSCO M; \$104 NM

YIN/DAOIST YANG YOGA

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

There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body. Register by Friday, January 10 to receive this low price.

When: Mondays, January 13 – April 6
 (no class February 17)
 Time: 9:00 – 10:30 am
 Fee: \$96 LSCO M; \$144 NM
 Instructor: Karen Toohey

ACTIVE YOGA

Individuals participating in this Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. You will be getting up and down off the mat throughout the class. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle. Instructor is Shawn Hamilton. Register by Thursday, January 9 to receive the best price.

When: Fridays, January 10 – March 27
 Time: 9:00 – 10:00 am
 Fee: \$66 LSCO M; \$96 NM

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. Register by Friday, January 3 to receive this low price.

When: Mondays, January 6 – March 30
 (no class February 17)
 Time: 12:05 – 12:55 pm
 Fee: \$66 LSCO M; \$96 NM
 Instructor: June Dow

Exercise & Fitness

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of ex-

ercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays, January 6 – March 30
 (no class February 17)
 Time: 10:15 – 11:00 am
 Fee: \$66 LSCO M; \$96 NM
 Instructor: June Dow
 Register by: Friday, January 3 to receive this low price.

When: Fridays, January 10 – March 27
 Time: 10:15 – 11:00 am
 Fee: \$66 LSCO M; \$96 NM
 Instructor: Tracy Simon
 Register by: Wednesday, January 8 to receive this low price.

KEEP FIT

The instructor will lead you through a warm up, low impact cardiovascular exercises, strength component and stretching. Everyone is welcome and encouraged to exercise at their own level. Modifications will be given. Chairs and a variety of resistance equipment will be used. Eg. weights, tubing. Wear comfortable clothes and clean, non-marking indoor footwear. It can be chilly in the gym at times so dress in layers. Bring a water bottle.

When: Wednesdays, January 8 – March 25
 Time: 10:15 – 11:00 am
 Fee: \$30 LSCO M; \$45 NM
 Register by: Tuesday, January 7

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. Register by Friday, January 3 to receive this low price.

When: Mondays, January 6 – March 30
 (no class February 17)
 Time: 8:00 – 8:50 am
 Fee: \$66 LSCO M; \$96 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. Intermediate to advanced fitness level. Register by Friday, January 6 to receive this low price.

When: Tuesdays, January 7 – March 17
 Time: 8:00 – 8:50 am
 Fee: \$60 LSCO M; \$88 NM
 Instructor: Tracy Simons

When: Wednesdays, January 8 – March 18
 Time: 12:05 – 12:55 pm
 Fee: \$60 LSCO M; \$88 NM
 Instructor: Tracy Simons

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. Finish off with a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle. Instructor is Tracy Simons.

When: Mondays, January 6 – March 16
 (no class February 17)
 Time: 10:30 – 11:30 am
 Fee: \$55 LSCO M; \$80 NM
 Register by: Friday, January 3 to receive this low price.

BUTTS & GUTS

When: Wednesdays, January 8 – March 18
 Time: 1:15 – 2:15 pm
 Fee: \$60 LSCO M; \$88 NM
 Register by: Tuesday, January 7 to receive the best price.

BUTTS & GUTS

When: Thursdays, January 9 – March 19
 Time: 5:15 – 6:00 pm
 Fee: \$60 LSCO M; \$88 NM
 Register by: Wednesday, January 8 to receive the best price.

NEW CARDIO KICKBOX

Cardiobox is a combination of a cardio workout with the strength and resistance of boxing, kicking, skipping and running drills. It's a great way to expend calories and release any stress or tension you may have.

When: Tuesdays, February 11 – March 17
 Time: 10:00 – 11:00 am
 Fee: \$33 LSCO M; \$48 NM
 Instructor: Tracy Simons
 Register by: Friday, February 7 to receive the best price.
 Location: Room A/B

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
 February 4 – 27
 Time: 1:30 – 2:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, January 31

When: **Session 3:** Tuesdays & Thursdays
 March 3 – 26
 Time: 1:30 – 2:30 pm
 Fee: \$40 LSCO M; \$60 NM
 Register by: Friday, February 28

CIRCUIT TRAINING 3X

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

When: **Session 2:** Mondays, Wednesdays & Thursdays, February 3 – 27
 (no class February 17)
 Time: 1:30 – 2:30 pm
 (Thursday class is 2:40-3:40 pm)
 Fee: \$55 LSCO M; \$90 NM
 Register by: Friday, January 31

When: **Session 3:** Mondays, Wednesdays & Thursdays, March 2 – 26
 Time: 1:30 – 2:30 pm
 (Thursday class is 2:40-3:40 pm)
 Fee: \$55 LSCO M; \$90 NM
 Register by: Friday, February 28

2020 XPRESS CYCLE

Join Jamie for 20 minutes of high intensity cycle and 20 minutes of core & stretch. She will give modifications. Plan on having fun while getting an amazing mid-day workout.

When: Thursdays, January 9 – March 26
Time: 12:10 – 12:50 pm
Fee: \$66 LSCO M; \$96 NM
Register by: Wednesday, January 8

INDOOR CYCLING

Enjoy the benefits of riding a stationary bike. Options will be given for all levels of riders. Wear comfortable clothes and bring a water bottle.

When: Fridays, January 10 – March 20
Time: 11:15 – 12:00 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Tracy Simons
Register by: Wednesday, January 8

SUSPENSION TRAINING COMBO

Suspension training (TRX) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. 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. A variety of equipment will be used including stationary bikes.

When: Thursdays, January 9 – March 26
Time: 9:00 – 9:50 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Jamie Hillier
Register by: Wednesday, January 8

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. Perfect class to set you up for the day.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 12:10 – 12:50 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Jamie Hillier
Register by: Friday, January 3

TRX COMBO

Kick start 2020 with this energizing class. Combined with strength and cardio you will work towards fitness goals. Use your own body weight to develop strength, balance, flexibility and core stability. Come and SUSPEND with your friends or meet new ones to boost metabolism, build strength and improve heart health.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 5:15 – 6:15 PM
Fee: \$66 LSCO M; \$96 NM
Instructor: Jeannie Ng
Register by: Friday, January 3 to receive the best price.

Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

CORE CAFÉ Xpress

You never know what will be on the menu at the Core Café! Join us for 40 minutes of strengthening exercises to take your core fitness to the next level. Not only does this include your abdominals but your back and all the stabilizing muscles throughout your torso. A perfect fit for your noon get away from the office. Change rooms with showers & lockers available.

When: Tuesdays, January 7 – February 25
Time: 12:10 – 12:50 pm
Fee: \$44 LSCO M; \$64 NM

Instructor: Jamie Hillier
Register by: Monday, January 6 to receive the best price.

FIT BALL & MORE

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

When: Tuesdays & Thursdays
January 7 – March 26
Time: 9:00 – 9:50 am
Fee: \$84 LSCO M; \$144 NM
Instructor: Shawn Hamilton
Register by: Friday, January 3

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. Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

When: Wednesdays, January 8 – March 25
Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Jeannie Ng
Register by: Tuesday, January 7

POUND FITNESS (Mornings)

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

When: Mondays, January 6 – March 30
(no class February 17)
Time: 11:00 – 11:45 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Sheila Mulgrew
Register by: Friday, January 3 to receive the best price.

When: Fridays, January 10 – March 27
Time: 10:45 – 11:30 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Sheila Mulgrew
Register by: Wednesday, January 8 to receive the best price.

WALKING with WEIGHTS

Start the week out right by participating in this energetic walking class! You will use weights and a variety of other exercise equipment to give you an overall body workout. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Mondays, January 6 – March 16
(no class February 17)
Time: 9:10 – 10:00 am
Fee: \$55 LSCO M; \$80 NM
Instructor: Tracy Simons
Register by: January 3 to receive the best price.

POWER WALK with Jamie

We pack in a lot of walking fun in this 50-minute workout. These classes include a warm-up fol-

lowed 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, January 8 – March 25
Time: 9:10 – 10:00 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Jamie Hillier
Register by: Monday, January 6

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 beginning January 8
Time: 6:30 – 7:30 pm
Fee: \$2 Drop In (each Wednesday)
Instructor: Jerry Brown

NEW STEP/HIIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, hand-held weights and other equipment may be used. Experience some step choreography as well some HIIT intervals as muscle isolation intervals. You'll leave each class in a fantastic mood. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Tuesdays, January 7 – February 25
Time: 5:15 – 6:15 pm
Fee: \$44 LSCO M; \$64 NM
Instructor: Erich Dyck
Location: Gym 2

STEP

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. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Thursdays, January 9 – March 26
Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Erich Dyck
Register by: Wednesday, January 8
Location: Room A/B

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, January 8 – March 25
Time: 8:00 – 8:50 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Debbie Palmer
Register by: Monday, January 6

Power-FULL CIRCUIT

A new early morning option! Power-FULL is 50-minute circuit workout that starts out with 15-20 minutes of cardio, adding in strength and stability training for the remainder of the class. All fitness levels welcome.

When: Thursdays, January 9 – February 27
Time: 8:00 – 8:50 am
Fee: \$44 LSCO M; 64 NM
Instructor: Tracy Simons
Register by: Wednesday, January 8 to receive this low price.

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 fitness level.

When: Mondays, January 6 – March 30
(no class February 17)

Time: 9:10 – 10:10 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Jamie Hillier
Register by: Friday, January 3 to receive this low price.

TABATA (After Work)

When: Wednesdays, January 8 – March 25
Time: 5:15 – 6:15 pm
Fee: \$66 LSCO M; \$96 NM
Instructor: Jamie Hillier

Register by Tuesday, January 7 to receive this price or pay a drop in fee of \$6 members, \$9 non members. Young adults 18 years of age and over are welcome to drop in for \$9.

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 fitness level.

When: Fridays, January 10 – February 28
(8 weeks)
Time: 12:05 – 12:55 pm
Fee: \$45 LSCO M; \$64 NM
Instructor: Tracy Simons
Register by: Wednesday, January 8

Dance & Movement

COUPLES DANCE

Join in on the fun with your partner to learn the Clarksville Shuffle, 2 Step and Jive through easy progressions, during this 8 week session. 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, January 20 – March 16
(no class February 17)
Time: 6:45 – 7:45 pm
Fee: \$56 LSCO M; \$70 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, January 16
Location: LSCO Gym 2

LINE DANCING

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

When: Mondays, January 6 – April 6
(no class February 17)
Time: 10:30 – 11:55 am
Fee: \$40 LSCO M; \$78 NM
Instructor: Diane Holstine
Register by: Friday, January 3

LINE DANCING

This class is for the intermediate to experienced line dancer. Please wear clean, non marking footwear and bring a water bottle.

When: Thursdays, January 9 – April 9
Time: 10:30 am – 12:00 pm

Fee: \$42 LSCO M; \$84 NM
Instructor: Diane Holstine
Register by: Tuesday, January 7

LEVEL 1: Absolute Beginner Line Dancing

This class is meant for people who have never tried line dancing before. It will start right from the very basics. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early.

When: Mondays, February 24 – March 30
Time: 1:15 – 2:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Diane Holstine
Register by: Friday, February 21

LEVEL 2: Beginner Line Dancing

This class is meant for people that have experience line dancing and would like to move to the next level. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early.

When: Thursdays, January 9 – April 9
Time: 1:15 pm – 2:15 pm
Fee: \$42 LSCO M; \$84 NM
Instructor: Diane Holstine
Register by: Tuesday, January 7

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.

If you have never tried this amazing program join in on FREE CLASSES Tuesday, January 7 and Thursday, January 9 from 5:15 – 6:15 pm.

When: Tuesdays, January 14 – February 11
Time: 5:15 – 6:15 pm
Fee: \$31 LSCO M; \$45 NM
Instructor: Andrea Hertz
Register by: Monday, January 6 to receive this low price.

When: Thursdays, January 16 – April 2
(no class Feb. 6 & maybe Feb.20)
Time: 5:15 – 6:15 pm
Fee: \$69 LSCO M; \$100 NM
Instructor: Andrea Hertz
Register by: Wednesday, January 7 to receive this low price.

SCOTTISH COUNTRY DANCE

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

When: Fridays, January 10 – April 3
Time: 10:30 am – 11:45 am
Fee: \$26 LSCO M; \$42 NM
Drop in Fee: \$3 LSCO M; \$5 NM
Register by: Thursday, January 9 to receive this low price.

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. Register early to receive the best price.

When: Tuesdays, January 7 – March 31
Time: 11:00 – 11:45 am
Fee: \$71 LSCO M; \$104 NM
Instructor: Sheila Mulgrew
Register by: Monday, January 6

When: Thursdays, January 9 – April 2
Time: 11:00 – 11:45 am
Fee: \$71 LSCO M; \$104 NM
Instructor: Sheila Mulgrew
Register by: Tuesday, January 7

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). Register early to receive the best price.

When: Mondays, January 13 – February 10
Time: 5:15 – 6:15 pm
Fee: \$28 LSCO M; \$40 NM
Instructor: Sheila Mulgrew
Register by: Friday, January 10

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, January 11 – February 8
Time: 10:30 – 11:15 am
Fee: \$28 LSCO M; \$40 NM
Instructor: Sheila Mulgrew
Register by: Thursday, January 9

Sports

PICKLEBALL LESSONS

If you are interested in learning the game of pickleball, register for this 4 week course. The first 2 weeks are very important to attend. If you cannot commit to them it is suggested not to register. The last 2 weeks are for regular play. 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. Instructor is Rhonda McInnes.

When: **Session 1:** Fridays, January 10 – 30
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, January 8

When: **Session 2:** Fridays, February 7 – 28
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, February 5

When: **Session 3:** Fridays, March 6 – 27
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, March 4

When: **Session 1:** Saturdays
February 1, 8, 22, 29
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, January 29

*Note: Information regarding lessons Tuesday & Thursday evenings will be available soon. Please inquire at the Administration Desk or email shamilton@lethseniors.com.

PICKLEBALL GYM RENTALS

Gym 2 is available to rent for Pickleball play. Nets are supplied. If you require paddles and balls please let us know when making your booking.

When: Fridays from 5:00 – 9:30 pm
Saturdays from 5:00 – 9:30 pm
Sundays, from 5:00 – 9:30 pm

LSCO has 2 Pickleball courts in Gym 2 which are available to rent most Friday, Saturday and Sunday evenings. If you are interested in renting please contact Chris at 403-320-2222.

PICKLEBALL PLAYING SCHEDULE

The schedule is posted on the website at www.lethseniors.com and on bulletin boards at LSCO.

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, January 7 – March 31
Time: 12:00 – 1:00 pm
Fee: \$52 LSCO M; \$65 Non Members
Drop in Fee: \$5 LSCO M; \$7 NM
Register by: Tuesday, January 7

Creative Arts

CREATIVE ZEN-ART CLASS

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

When: Mondays, January 13 – April 6
Time: 1:00 – 4:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Thursday, January 10

ART IS FOR EVERYONE

“This course is for anyone from the beginner who wants to learn the basics of art to the person who wants to refresh those forgotten lessons from their school days. Be led through the basics of perspective and value all the way to painting two pieces of artwork in this 12 hour course. An informative and fun course to explore and stimulate the creative spark within. Come and release the power that lies in the right side of your brain! Shelly Long will instruct this course. She is a wildlife artist who sells her art and takes commissions. Through her art she tries to bring people closer to the creatures of the natural world and introduce them up close and personal. She says “When I look around me I see artistic possibilities everywhere! I would not be me without my art.” Ask for a supply list when registering.

When: Tuesdays, January 21 – February 25
Time: 1:00 – 3:00 pm
Fee: \$45 LSCO M; \$70 NM
Instructor: Shelly Lloyd
Register by: Friday, January 17

BEGINNERS PEN & INK EXERCISES

This class is a perfect opportunity to try your hand at pen and ink. In this class we will cover the basics of using pen & ink by practising pen strokes and brush techniques. Great for any level, even if you are a seasoned artist it's a good refresher course. Supply List available.

When: Wednesdays, January 29 – March 4
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Monday, January 27

PET PORTRAITS WITH PASTELS AND PASTEL PENCILS

Our pets bring us so much joy – they are sometimes our best friends – cute, cuddly, soft, warm and always happy to see us. In this class we will be studying complete a retendering your pet. At least we can try. We will be drawing aspects of our pets like eyes, ears, noses, mouth and fur. Using pastels and especially pastel pencil is a good way of making them seem soft and furry. This class is for all levels but it helps if you have some drawing under your belt. Supply List available.

When: Thursdays, January 30 – March 19
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Tuesday, January 28

MAKING LEMONADE OUT OF LEMONS

Do you have a piece of art work that just doesn't work or you know something but can't figure it out. Well this is a great class to work it out. The first week we will exam your piece or pieces and try to pick out a course of action on how to fix or correct elements that will make help your piece be more effective. The next week we will come back after you have adjusted your art work and see if it's working any better. It's a great way to fix those troublesome areas and hopefully save your artwork. Even Picasso didn't always create a masterpiece. Supply List available.

When: Wednesdays, March 18 & 25
Time: 10:00 am – 12:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Monday, March 16

Technology

ADVANCED ANDROID SMART PHONES & TABLETS

Note: This is not a beginner class. If you have taken the basic course and are ready to explore more of what your Android can do register for this 2 day course. If you have an APPLE product this course is NOT for you.

When: Monday & Wednesday
January 27 & 29
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, January 24

APPLE WATCH

Get the most out of your Apple Watch! This class is for all Apple Watch Series. Learn how to add apps and music. Set fitness goals and monitor your activity rings. Learn how to make phone call or send a text right from your wrist! As well as learning how to activate fall detection and initiate an EKG heart rate scan (Series 4 and 5). Find out other wonderful things you can do with your Apple Watch! Must have an Apple Watch and an iPhone 6S or newer for the class.

When: Thursdays, February 6, 13, 20 & Fridays, February 7, 14, 21
Time: Thursdays 10:00 am – 12:00 pm
Fridays, 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$80 NM
Instructor: Rod Henriquez
Register by: Monday, February 3

Harmony Taekwon-Do

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

When: **Session 1:** Mondays & Wednesdays, January 6 – February 12
Time: 1:15 – 2:15 pm
Fee: \$69 LSCO M; \$96 NM
Register by: Friday, January 3

When: **Session 2:** Mondays & Wednesdays, February 24 – April 1
Time: 1:15 – 2:15 pm
Fee: \$69 LSCO M; \$96 NM
Register by: Friday, February 21



YEAR ROUND PROGRAMS

Members may choose to sign up for programs listed. Non-members are welcome to participate in some of them on a drop in basis. Certain restrictions apply. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, summer, etc. Call 403-320-2222 to confirm. See pages 11-15 for additional programs.

CREATIVE ARTS

ADVANCED PHOTOGRAPHY

If you are an experienced photographer & enjoy going on outings to take photos, consider joining this group. They may take a break from the program during the summer.

When: Tuesdays, 9:30 am – 12:00 pm
 Fee: \$22/12 months & LSCO membership

AMATEUR HAM RADIO

This group meets daily to socialize, provide emergency communication services and provide other assistance as required. You must have your Amateur Radio License.

When: Monday – Friday, 9:00 am – 12:00 pm
 Fee: \$28/12 months & LSCO membership

BILLIARDS

Members are welcome to play pool daily. Drop in Fee: \$6 M; \$7 NM.

When: Monday – Friday, 8:15 am – 4:00 pm
 Fee: \$53/12 months & LSCO membership

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills join us. You do not have to be an expert as the group members vary in expertise.

When: Fridays, 9:00 am – 12:00 pm
 Fee: \$10/12 months & LSCO Membership

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desktop computer. It is recommended that you bring along your lap top. Newcomers are welcome.

When: Wednesdays, 10:00 am – 3:00 pm
 Fee: \$20/12 months & LSCO membership

GOLDEN MILE SINGERS

If singing and entertaining are passions of yours, we welcome you. Throughout the year performances are given at a variety of locations. You must register at the Administration Desk.

When: Tuesdays, 10:30 – 11:30 am
 Fee: \$10/12 months & LSCO membership
 NM Fee: \$2/day

KARAOKE

The Karaoke singers meet weekly at LSCO. At times they provide entertainment for everyone to enjoy.

When: Tuesdays, 1:00 – 3:00 pm
 Fee: \$20/12 month & LSCO membership
 NM Fee: \$2/day

CREATIVE ARTS

ART & CRAFT WORKSHOP

No formal instruction given during this time however, ideas are definitely shared.

When: Thursdays, 9:00 am – 12:00 pm
 Fee: \$22/12 months & LSCO membership

KNIT, CROCHET, NEEDLEWORK

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome.

When: Thursdays, 1:00 – 4:00 PM
 Fee: \$10/12 months & LSCO membership

**LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. Newcomers are welcome; times for instruction will be arranged. Supply costs extra. For safety, there must be 2 people in the room at all times.

When: Monday – Friday, 10:00 am - 3:00 pm**
 (**Note new days and times)
 Fee: \$35/12 months & LSCO membership

PAPER TOLE WORKSHOP

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. No formal instruction is given.

When: Fridays, 9:00 am - 3:00 pm
 Fee: \$22/12 months & LSCO membership

QUILTING

Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Administration Desk.

When: Tuesdays, 12:00 – 3:00 pm
 Fee: LSCO membership

WOOD CARVING

Wood carving is a form of working with wood using cutting tools. Newcomers will be loaned equipment needed to complete a small project. If you choose to continue you will be required to purchase your own tools, wood, etc.

When: Thursdays, 12:30 – 2:30 pm
 Fee: \$20/12 months & LSCO membership

WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday, 8:00 am – 4:00 pm
 Fee: \$44/12 months & LSCO membership

TECHNOLOGY

COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. A variety of workshops are offered through out the year.

The Computer Lab is available for club members 2 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays & Wednesdays
 Time: 1:00 – 4:00 pm
 Fee: \$20/12 months & LSCO membership

PHYSICAL ACTIVITIES

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, 11:10 am – 12:30 pm
 Tuesdays & Thursdays
 10:30 am – 12:00 pm
 Fee: \$66 & LSCO membership

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own paddle. Non-member drop in fee is \$2. Pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri, 3:00 – 4:30 pm
 Fee: \$44 & LSCO membership

TAI CHI CLUB

LSCO Members with some Tai Chi experience may be interested in joining this Tai Chi session. If you are unsure whether this is a good fit for you leave your phone number and you will be contacted.

When: Mon/Wed/Fri, 8:30 – 9:30 am
 Fee: \$20 & LSCO membership

SPECIAL INTEREST

CRIB

Please register at the Administration Desk. Drop in fee is \$2.

When: Thursdays, 1:00 – 3:00 pm
 Fee: \$11 & LSCO membership or \$2

SCRABBLE

Please register at the Administration Desk. Non-member drop in fee is \$2.

When: Wed/Thurs, 9:30 – 11:00 am
 Fee: \$11 & LSCO Membership

BINGO

Everyone is welcome to drop in to play bingo regardless of whether a member of LSCO or not.

When: Wednesdays, 1:00 – 3:00 pm
 Fee: \$5/booklet; \$1/bonanza

"You are allowed to be both a masterpiece and a work in progress simultaneously"
 ~ Sophia Bush



12TH ANNUAL LOVE NOTES
Diamonds AND DENIM

In support of VIBRATIONS education & outreach programs
 featuring country artist **TREVOR PAN CZAK**
 with members of the **LETHBRIDGE SYMPHONY ORCHESTRA**

Saturday, February 8, 2020 - 6 PM
 Sandman Signature Lethbridge Lodge

Gourmet Meal at 7 PM
 Live & Silent Auctions

COUNTRY & CLASSICAL COME TOGETHER
 Tickets \$150 | Sponsorships still available!

Purchase tickets before Christmas & receive an extra door prize entry. Purchase a table of 8 and receive a complimentary drink for your table!

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CLING TO JOY: AUDACIOUS AND UNBRIDLED JOY, THAT LOOKS FOR LIGHT IN EVERYTHING, EVEN IN YOUR WAITING.
 ~ Morgan Harper Nichols



Fitness/Yoga Schedule

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact Cardio 8:00 – 8:50 am Deb: Gym 2 Starts January 6	Bars, Plates & Weights 8:00 – 8:45 am Tracy: Gym 2 Starts January 7	Strength Conditioning 8:00 – 8:50 am Deb: Gym 2 Starts January 8 Yoga for Men 8:30 – 9:30 am Skip: Room A/B Starts January 8	Power-FULL Circuit 8:00 – 8:45 am Tracy: Gym 2 Starts January 9		
Yin/Yang Yoga 9:00 – 10:30 am Karen: Room A/B Starts January 13 Walking with Weights 9:10 – 10:00 am Tracy: Gym 1 Starts January 6 Tabata 9:10 – 10:10 am Jamie: Gym 2 Starts January 6	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Starts January 7 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Starts January 7 Gentle Yoga 9:30 – 10:30 am APR Starts January 7	Power Walk 9:10 – 10:00 am Jamie: Gym 1 Starts January 8 Chair Yoga 9:35 – 10:25 am Stage Area Starts January 8	Suspension Training TRX Combo 9:00 – 9:50 am Jamie: Gym 2 Starts January 9 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Starts January 9 Gentle Yoga 9:30 – 10:30 am APR Starts January 9	Active Yoga 9:00 – 10:00 am Shawn: APR Starts January 10	
Hatha Yoga 10:00 – 11:00 am Leigh: Board Room Starts January 6 Gentle Exercise 10:15 – 11:00 am June: Gym 1 Starts January 6 Butts & Guts 10:30 – 11:15 am Tracy: APR Starts January 6	Cardio Kickbox 10:00 – 10:50 am Tracy: Room A/B Starts February 11	Hatha Yoga 10:00 – 11:00 am Leigh: APR Starts January 8 Keep Fit 10:15 – 11:00 am Jamie: Gym 1 Starts January 8		Gentle Exercise 10:15 – 11:00 am Tracy: Gym 2 Starts January 10 Pound Fitness 10:30 – 11:15 am Sheila: Stage Area Starts January 10	Zumba Toning 10:30 – 11:15 am Sheila: Stage Area Starts January 11
Pound Fitness 11:00 – 11:45 am Sheila: Stage Area Starts January 6	Zumba Gold 11:00 – 11:45 am Sheila: APR Starts January 7		Zumba Gold 11:00 – 11:45 am Sheila: APR Starts January 9	Indoor Cycling 11:15 am – 12:00 pm Tracy: Gym 2 Starts January 10	
Pilates 12:05 – 12:55 pm June: APR Starts January 6 Suspension Training TRX Combo 12:10 – 12:50 pm Jamie: Gym 2 Starts January 6	Yoga 12:05 – 12:55 pm Melanie: APR Starts January 7 Core Café Xpress 12:10 – 12:50 pm Jamie: Gym 2 Starts January 7	Bars, Plates & Weights 12:05 – 12:55 pm Tracy: Gym 2 Starts January 8	Yoga 12:05 – 12:55 pm Melanie: APR Starts January 9 2020 Xpress Cycle 12:10 – 12:50 pm Jamie: Gym 2 Starts January 9	Tabata & More 12:10 – 12:50 pm Tracy: Gym 2 Starts January 10	
TaeKwon-Do 1:15 – 2:15 pm Nicole: Gym 2 Starts January 13 Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre Starts January 6	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre Starts January 7	TaeKwon-Do 1:15 – 2:15 pm Nicole: Gym 2 Starts January 8 Butts & Guts 1:15 – 2:15 pm Tracy: APR Starts January 8 Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre Starts January 8	Circuit Training 1:30 – 2:30 pm & 2:40 – 3:40 pm Jamie: Fit Centre Starts January 9		
Suspension Training TRX Combo 5:15 – 6:15 pm Jeannie: Gym 2 Starts January 6 Zumba 5:15 – 6:15 am Sheila: APR Starts January 13	Yoga 4:45 – 5:45 Shawn: Room A/B Starts January 7 Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: APR Starts January 14 (Free January 7) Step/HIIT 5:15 – 6:15 Erich: Gym 2 Starts January 7	Tabata 5:15 – 6:15 pm Jamie: Gym 2 Starts January 8 Pound Fitness 5:15 – 6:15 pm Jeannie: Room A/B Starts January 8 Power Walking 6:30 – 7:30 pm Jerry: Gym 2 Starts January 8	Butts & Guts 5:15 – 6:00 pm Tracy: Room APR Starts January 9 Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: Gym 2 Starts January 16 (Free January 9) Step 5:15 – 6:15 pm Erich: Room A/B Starts January 9		

Note: Please arrive at least 10 minutes prior to class starting.
Classes may be cancelled if attendance is poor. Schedule may change without notice.
Feel free to ask us for additional information.

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Bass Pro Springfield MO and more

Carolinas including Nashville May 2-22 21 Days

\$4699/twin \$5989/single

or May 2-17 16 Days (fly home from Nashville)

\$3699/twin \$4999/single

Lexington · Pigeon Forge · Myrtle Beach · Savannah · Atlanta · Nashville
St Louis and more

BC West Coast Aug 12-21 10 Days

\$2149/twin \$2989/single

Vancouver · Victoria · Nanaimo · Whistler · Kelowna and more

Oregon Coast Sept 14-25 12 Days

\$2689/twin \$3989/single

Leavenworth · Newport · Seattle · Avenue of the Giants · Coeur d'Alene and more

Alaska & Yukon June 14-July 3 20 Days

\$4989/twin \$6989/single

Whitehorse · Dawson Creek · Anchorage · Fairbanks · Haines · Skagway and more

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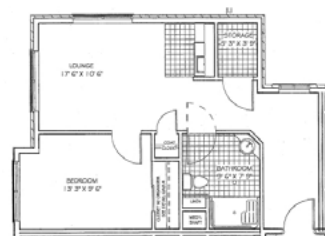
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January LSCO Weekly Program Schedule

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

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ART IS FOR EVERYONE

“This course is for anyone from the beginner who wants to learn the basics of art to the person who wants to refresh those forgotten lessons from their school days. Be led through the basics of perspective and value all the way to painting two pieces of artwork in this 12 hour course. An informative and fun course to explore and stimulate the creative spark within. Come and release the power that lies in the right side of your brain! Shelly Long will instruct this course. She is a wildlife artist who sells her art and takes commissions. Through her art she tries to bring people closer to the creatures of the natural world and introduce them up close and personal. She says “When I look around me I see artistic possibilities everywhere! I would not be me without my art.” Ask for a supply list when registering.

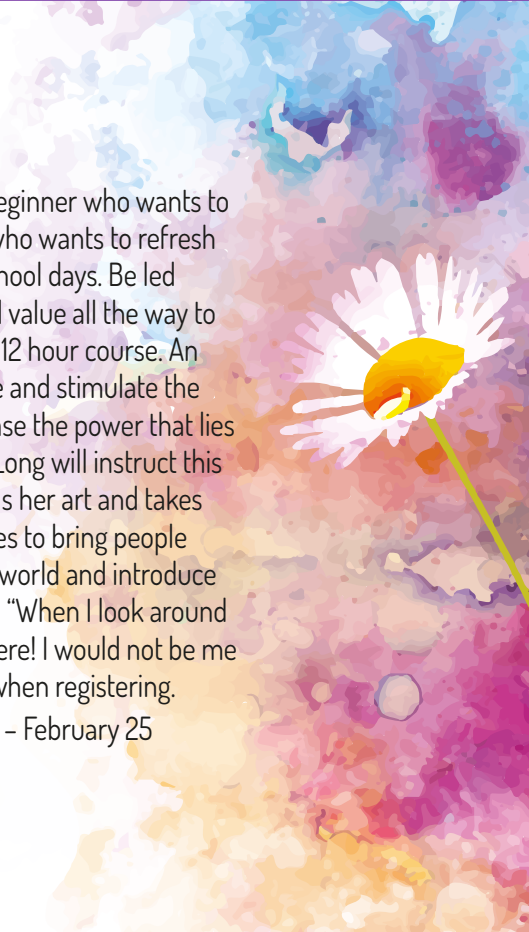
When: Tuesdays, January 21 – February 25

Time: 1:00 – 3:00 pm

Fee: \$45 LSCO M; \$70 NM

Instructor: Shelly Lloyd

Register by: Friday, January 17



Happy New Year to you and your loved ones. I hope that your holiday season brought you warmth, joy and plenty of yummy treats. Thank you to everyone who participated in the A Christmas to Remember gift drive and the Angel Tree, that brought smiles to many faces over the holidays.

Seniors Benefits Update

Did you know that recently the process of applying for Alberta Seniors Benefits was made an online application process? On the website: www.alberta.ca/alberta-seniors-benefit.aspx, you will see 'How to apply' as a header. Click here and go to Step 4: Apply and choose 'Submit documents online'.

Once you complete your manual application (signed paper document), you can scan and upload this document, along with a copy of your birth certificate and VOID cheque or Direct deposit slip. If you do not have a scanner, you can always complete your paper application and have it faxed off to Alberta



Support Services Coordinator

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

Seniors Benefits. One tip is to not mail any documents where possible, as processing times last months, rather than days.

January Wellness Programs and Friday Music

Friday, January 3: Hank Wiebe music, 11:45 am – 1:30 pm

Tuesday, January 7: Serenity Foot Care with Mercy Lar, 9:00 am - 3:45 pm

Wednesday, January 8: Alger Zadeiks Shapiro (Free 15-minute legal consultation), 10:00 am – 12:00 pm

Thursday, January 9: Lethbridge Hearing Services (Hearing Screening), 10:00 am – 12:00 pm

Friday, January 10: New U Reflexology, 9:00 am – 4:30 pm

Friday, January 10: Classic Legends music, 11:45 am – 1:30 pm

Friday, January 17: Bryce, Carl, Annabelle & Harvey music, 11:45 am – 1:30 pm

Thursday, January 23: Andrea's Massage Therapy, 9:00 am – 2:00 pm

Friday, January 24: Robbie Burns Day with Celtic Routes and Scottish Dancers

Friday, January 31: Rainey Day Entertainment, 11:45am – 1:30pm

3C's January 23 – February 27

Chair Yoga

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions. Register by Tuesday, January 7 to receive the best price.

When: Wednesdays, January 8 – March 25
 Time: 9:35 – 10:25 am
 Fee: \$33 LSCO M; \$60 NM

LSCO FREE COMMUNITY MUSIC PROGRAM

January 2020

January 3
EMMA DERING
 Ham & Pineapple

January 10
CLASSIC LEGENDS
 Southern Fried Chicken

January 17
BRYCE, CARL, ANNABELLE & HARVEY
 Turkey Cutlet

January 24
CELTIC ROUTES
 Roast Pork & Applesauce

January 31
BRIAN RAINEY
 BBQ Chicken

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

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

Are you 65 or older and interested in learning about small changes you can make for a healthier 2020?

We are looking for people like you to participate in a 3-month long study, where you will learn about your weekly sitting habits and learn new strategies to reduce or break up your sitting time.

We will work around your schedule and meet you at LSCO to make it convenient for you!

Earn up to \$40 for participating in the study.

CONTACT US:
 Psychology for Active Living and Sports Lab
 E-mail: PALS@uleth.ca
 Phone: 403-332-5207

Participation is voluntary and confidential, and this study has been reviewed and approved by the University of Lethbridge Human Participant Research Committee.

APPLE WATCH

Get the most out of your Apple Watch! This class is for all Apple Watch Series. Learn how to add apps and music. Set fitness goals and monitor your activity rings. Learn how to make phone call or send a text right from your wrist! As well as learning how to activate fall detection and initiate an EKG heart rate scan (Series 4 and 5). Find out other wonderful things you can do with your Apple Watch! Must have an Apple Watch and an iPhone 6S or newer for the class.

When: Thursdays
 February 6, 13, 20 &
 Fridays
 February 7, 14, 21



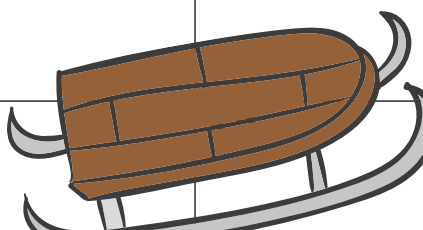



Time: Thursdays
 10:00 am – 12:00 pm
 Fridays, 1:00 – 3:00 pm

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

Instructor: Rod Henriquez

Register by: Monday, February 3

January 2020 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY NEW YEAR 			1 Happy New Year LSCO CLOSED	2 Music with Sandy 1:00 pm Room A/B	3 Free Community Music in Stage Area Emma Dering 11:45 am ~ 1:30 pm Lunch Special	4 
5 	6	7 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	8 Bowling Holiday Bowl 1:00 pm	9 Music with Floyd 1:00 pm Room A/B	10 Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	11
12	13	14 Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	15 Fun with Wii 1:00 pm Room A/B	16 Music with Gerry 1:00 pm Room A/B	17 Bryce, Carl, Annabelle & Harvy 11:45 am ~ 1:30 pm Lunch Special	18
19 	20 	21 Pet Therapy with Kyra & Jax 1:00 pm Chair Exercises 2:45 pm Room C/D	22 Bowling Holiday Bowl 1:00 pm	23 Movie Time 1:00 pm Room A/B	24 Celtic Routes 11:45 am ~ 1:30 pm Robbie Burns Celebrations	25 
26	27	28 Music with Sean 1:00 pm Chair Exercises 2:45 pm Room C/D	29 Horse Racing 1:00 pm Room A/B	30 Tom Wolsey 1:00 pm Room A/B	31 Free Community Music in Stage Area Brian Rainey 11:45 am ~ 1:30 pm Lunch Special	32

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.



**Fitness
PASS**

10X PASS CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Certain restrictions apply (some classes may be full with pre-registered participants). Please ask at the Administration Desk. Pass expire 6 months from the date of purchase. Fee: \$55 LSCO Members; \$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, Pilates, Pound, TRX, Step, Strength & Conditioning, Yoga (except Noon & Yin), Power Walking, Tabata, Zumba (all Zumba styles).

Expressive Art

Join Sharon Appelt for this 12 week Expressive Art Program. The creative process of making art improves a person's physical, mental, and emotional well-being. This may be the right program for individuals with early onset of dementia or for those not able to participate in a regular stream of classes. Family members and caregivers are encouraged to bring their loved ones and clients. Supplies are provided. Minimum number of participants for this program to take place is 8. Register soon.

When: Mondays, January 13 – April 6
 (no class Feb. 17)
 Time: 1:00 – 2:30 pm
 Fee: \$36 LSCO M; \$60 NM
 Register by: Friday, January 10

LSCO Adult Day Program

Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.

Program Schedule

Tuesday, Wednesday & Thursday
 1:00 pm – 4:00 pm
 Cost: \$3 per visit LSCO M; \$5 per visit NM
 Attend 1, 2 or 3 days a week

Benefits

The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Transportation to and from the program are the responsibility of participant or caregiver.

Predictions for the New Year

2020 will be another interesting year and the old adage, “may your live in Interesting times”, will likely hold true. (As if the last few years have not proved interesting enough.)

My predictions for 2020 include:

1. Donald Trump will not be found guilty in his Senate Impeachment Trial, despite overwhelming evidence to the contrary.
2. Donald Trump will not win re-election and be defeated by a moderate Democratic candidate.
3. Jason Kenney’s cuts will start to kick in, but the oil and gas sector will start to see a bit of a resurgence, so he will start to look like a hero.
4. New England Patriots will not win the Super Bowl or even make it to the Superbowl
5. No real progress will be made on climate issues as there is no unifying world strategy to deal with the issue.
6. No real progress will be made on the drug crisis as there is no unified national strategy to deal with the issue.
7. Canadians will continue to go to work every day, raise their families, and have a social life, without the need of any government agency to make that work.

On the legal front for 2020, the biggest change coming is the revamped *Family Property Act* which comes into effect January 1, 2020. What this means is that living together and getting



Legal Tips and Information

Douglas Alger

married will mean essentially the same thing, when it comes to property division. This is a quantum change in the law and is something that everyone who is a common law or adult interdependent relationship should be aware of. If you have lived with someone for more than 3 years in an interdependent relationship, the new *Family Property Act* applies to you and your partner. Which means that any property you accumulate during your relationship is presumed to be shared on an equal basis, subject to a few exceptions.

Sometimes the law is clear and sometimes it is subject to interpretation based on the facts. The *Family Property Act* falls towards the clear end of the scale and creates a new social order of property sharing. While the overall objectives of the legislation are clear, it is a broad sweeping change to social conventions and conflicts with an individual’s free choice whether to marry or not.

One thing is for certain, family law lawyers are going to see a boom in their business. It was often the case that couples who just lived together would break up, without the world every knowing about it. Now every common law couple will likely go through the same break-up scenario that is orchestrated by lawyers preparing agreements and taking a chunk of the assets to help settle the break-up of the relationship. This is not necessarily a good thing, but it hopefully will result in fairer treatment for the spouse who is at a bargaining disadvantage in the break-up.

What it does mean is that every couple who decides to live together or get married should strongly consider some sort of pre-nuptial or statement of assets before they get together. There are ways to do this without a formal agreement, but at the very least proper legal advice would be money well spent before the relationship commences. Think of it as drafting a will, you sign your will and put it away and forget about it. Proper legal advice and any subsequent agreements serve the same purpose, they are there just in case you need them in the future.

2020, here we come. Where do the decades go? Happy New Year! ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Galt
MUSEUM
& ARCHIVES
stories unfolding...

January At a Glance

See website for additional details

Tue DEC 31 | 1–3 pm
Paint Stick Buddies
Hands-On History | Families

Thu JAN 02 | 1–3 pm
Magical Harry Potter Crafts
Hands-On History | Families

Fri JAN 03 | 1–3 pm
Mini Teepee Art
Hands-On History | Families

Sat JAN 04 | 1–3 pm
Painted Paper Plates
Hands-On History | Families

Sun JAN 05 | 1–3 pm
Friendship Bracelets
Hands-On History | Families

Wed JAN 08 | 2–3 pm
The Sacred Landscape of
Áísínai’pi
(Writing-on-Stone)
Lecture | Adults & Seniors

Thu JAN 09 | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors

Sat JAN 11 | 1–2 pm
Creative Bags
Hands-On History | Families

Wed JAN 15 | 2–3 pm
Lethbridge History Trivia
Lecture | Adults & Seniors

Thu JAN 16 | 7–9 pm
Research your House with
Kevin MacLean
Lecture | Adults & Seniors

Thu JAN 16 | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors

Sat JAN 18 | 1–2 pm
Sock Penguins
Hands-On History | Families

Thu JAN 23 | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors

Sat JAN 25 | 10:30–11:30 am
Indigenous History
Program
Lecture | Adults & Seniors

Sat JAN 25 | 1–2 pm
Métis Flower Paintings
Hands-On History | Families

Sun JAN 26 | 2–3 pm
A Painter’s Paradise:
Michael Pisko and Ernest
Riethman
Lecture | Adults & Seniors

Thu JAN 30 | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors

Thu JAN 30 | 7–9 pm
Acrylic Landscapes
Hands-On History | Adults &
Seniors



galtmuseum.com

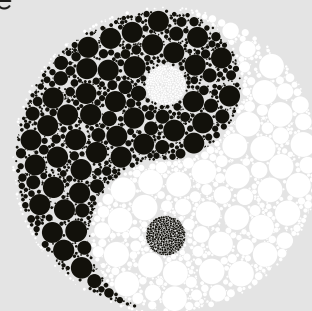


403.320.3954

Yang 24 Tai Chi

This program is for individuals who have taken Dave’s 24 Form class in the past or for those who have experience with Yang 24 Form. Wear comfortable loose clothing and low heel footwear. Please Note: We are not able to accommodate drop in participants or guests for this program. We are not able to accommodate drop in participants or guests for this program. You must pre-register by Friday, January 3.

When: Tuesdays & Thursdays, January 7 – March 26
Time: 11:15 am – 12:00 pm
Fee: \$96 LSCO M; \$192 NM
Instructor: Dave Scotland



CLASSIFIED ADS

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

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

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LSCOCC Past and Present Members

A No Host Luncheon
is planned for
January 9, 2020 at 11:30 AM
in the LSCO Dining Room

Come connect with fellow members
Spread the Word
Need a Ride?
RSVP by January 3, 2020

Contact: lone -jackione@telusplanet.net
Laureen - laureent@shaw.ca
Marg - mathesonmarg@gmail.com

Yin/ Daoist Yang Yoga

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

There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body. Register by Friday, January 10 to receive this low price.

When: Mondays, January 13 – April 6
(no class February 17)

Time: 9:00 – 10:30 am

Fee: \$96 LSCO M; \$144 NM

Instructor: Karen Toohey

Computer Corner

by Sjoerd Schaafsma

Happy New Year everyone!

iOS 13 New Options for iPhones & iPads Part 2

Let's continue from last month, with another common internet abbreviation; **RT?M** which stands for Read The (insert a choice word) Manual. This is usually used when someone asks a question whose answer is easily found in the manual. Manuals however are often written by those with a deep understanding of the subject, are not always easy to understand and there's just SO MUCH in there. Apple works at making User guides easier to understand. There is enough new material in iPadOS 13 to make a second or third look at the manual worthwhile. If you download the user guide from Apple Books, you can read it even when your device isn't connected to the Internet.

Open the Books app (previously iBooks). Tap **Search**, enter "iPhone or iPad User Guide for iOS 13.2."

Tap **Get**, then wait for the book to download. Or: Go to the apple website <https://support.apple.com/manuals/ipad> and choose **Web** to view the manual in your browser.

Jargon: Dark Mode (not be confused with last month's Dark Patterns). Dark mode is a software option that makes the user interface darker. It changes light backgrounds to a dark color and changes text from dark to light. Dark mode can be used to reduce eye strain, or as a courtesy in situations when a screen's bright light might annoy others.

To switch to dark mode on your device: Open Control Center by swiping down diagonally from the upper-right corner of your device's display. Hold down on the Brightness indicator. It's the one with the sun icon. In the full-screen interface that pops up, you'll see a toggle for Appearance: Light in the lower left. Press it, and your phone will immediately switch to Dark Mode (and the toggle will now read Appearance: Dark). See the Macworld article for more options. <https://www.macworld.com/article/3405138/how-to-enable-dark-mode-on-iphone-and-ipad.html>

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.

Wireless internet access is available at: ComputerLab-Guest

For one on one 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.

The Computer Corner can be read online at the Computer Club web site <https://goo.gl/pjZz3J>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/home>

To subscribe to the computer club email list, or if you have questions about the Computer Club. Email: computerclub@lethseniors.com

I get up every morning
determined to both
change the world
and have one hell
of a good time.
Sometimes this makes
planning my day difficult.

- E. B. White

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.

January

Monday 6: Updates, Sharing & help session

Wednesday 8: Tethering and hotspots - Using your mobile phone to provide network access for other devices when there is no WiFi

Monday 13: Sharing & help session

Wednesday 15: Sharing & help session

Monday 20: Sharing & help session

Wednesday 22: Accessing and Using the Alberta Health Site

Monday 27: Planning, Sharing & Help session

Wednesday 29: 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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Wishing you a Happy New Year!



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WALKING WITH WEIGHTS

Start the week out right by participating in this energetic walking class! You will use weights and a variety of other exercise equipment to give you an overall body workout. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Mondays
January 6 – March 16
(no class Feb. 17)

Time: 9:10 – 10:00 am

Fee: \$55 LSCO M; \$80 NM

Instructor: Tracy Simons

Register by: January 3

Pet Portraits with Pastels & Pastel Pencils

Our pets bring us so much joy – they are sometimes our best friends – cute, cuddly, soft, warm and always happy to see us. In this class we will be studying complete a retendering your pet. At least we can try. We will be drawing aspects of our pets like eyes, ears, noses, mouth and fur. Using pastels and especially pastel pencil is a good way of making them seem soft and furry. This class is for all levels but it helps if you have some drawing under your belt. Supply list available.

When: Thursdays
January 30 – March 19

Time: 1:00 – 3:00 pm

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

Instructor: Donna Gallant

Register by: Tuesday, January 28



LSCO CLASSES ONLINE REGISTRATION

WWW.LETHSENIORS.COM

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

Pickleball Is A Gift

Sometimes when we realize how wonderful it is that we found the game of pickleball we have to stop and count our blessings and understand that in many ways pickleball really is a gift.

For many who have reached 'the age,' or who are fast approaching it, pickleball has been revitalization. Lost was the hope of ever playing anything remotely in the form of a sport again. Yet, there we are returning serves, hitting dink (a word that wasn't even in our vocabulary) shots and congratulating friends at the net with a renewed enthusiasm for competing.

Sometimes people play in small groups. There are times though; these groups will number in the hundreds. Whether big or small, new friends are found. Count how many dear friends you have acquired since you started playing pickleball. Amazing isn't it? Equally important, pickleball breeds social opportunities. It's from these opportunities that we can look forward to each day with guarded optimism that we won't let our partner down, or that we'll play better than last time, and perhaps, meet a new friend.

Certainly, there are some aches and pains. It's part of being active regardless of what we do at any age. On the flip side, however, just how much fun is it that grandparents can teach their grandchildren a sport that maybe their own children don't know much about? It's the gift that pickleball gives to us every time we step onto the court. It keeps us going strong.

We all know the look we get when someone asks, "What's pickleball?" From now on we shouldn't be embarrassed to tell them proudly that "Pickleball is a Gift." It's a gift that brings so much joy to our lives and it can do the same for them if they only give it a try.

'In the Spirit of the Game'

by Bruce Cuddy
November 2019
seniorslifestylemag.com

PICKLEBALL SCHEDULE

Beginning January 2nd

- Times may change for special events and other LSCO events. Notice will be given.
- Players must purchase their memberships or have paid the drop in fee in order to participate.
- Weekend play: If you are paying the drop in fee please bring cash.

Mondays

7:00 – 9:00 am Advanced Skills.....Gym 1
12:45 – 4:50 pm All Levels.....Gym 1
2:30 – 4:50 pm All Levels.....Gym 2

Tuesdays

10:00 – 11:55 am Advanced Skills.....Gym 1
1:15 – 4:50 pm All Levels.....Gym 1
1:15 – 4:30 pm All Levels.....Gym 2

Wednesdays

7:00 – 9:00 am Advanced Skills.....Gym 1
12:45 – 3:30 pm All Levels.....Gym 1
2:30 – 4:30 pm All Levels.....Gym 2

Thursdays

1:15 – 4:50 pm All Levels.....Gym 1
2:30 – 4:30 pm All Levels.....Gym 2

Fridays

7:00 – 9:00 am Advanced Skills.....Gym 1
9:15 – 11:00 am Lessons.....Gym 1
12:45 – 4:50 pm All Levels.....Gym 1
1:15 – 4:50 pm All Levels.....Gym 2

Saturdays

9:00 – 11:00 am Lessons.....Gym 2
11:15 am – 5:00 pm All Levels.....Gym 2

Sundays

8:30 – 11:00 am Advanced Skills.....Gym 2
11:15 am – 5:00 pm All Levels.....Gym 2



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