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Join Us for

RETIRE TO THE LIFE YOU LOVE
Retirement Planning Session
See page 4 for details

WHOOOP-UP DAYS LUNCH
Friday, August 24
See page 5 for details

POSITIVE COPING WITH HEALTH CONDITIONS
Starts Monday, September 14
See page 4 for details

FLU SHOTS
October 19 – 22
See page 11 for details



Summer HOURS

Dining Room Hours: 8:00 am to 3:00 pm
LSCO Hours: 8:00 am to 3:30 pm



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

What LSCO Re-launch has looked like so far
LSCO re-opened on June 29 with many health and safety precautions in place to protect our members, staff and visitors. Please visit our website: www.lethseniors.com to read our re-opening plan and to view the video tour of the health and safety measures implemented in the facility. Office hours are 8:00 AM to 3:30 PM. Our dining room is open for hot meals from 8:00 AM to 1:00 PM, open for hot and cold beverages and other food items until 3:00PM. We have also implemented a new curbside pickup

for our daily lunch special and your favorite short order items (just call in the day before to pre-order and your meal will be ready for you before noon the next day...menu is available on our website).
As most of you know, the large gym and change rooms were used as a temporary homeless shelter during the State of Local Emergency (SOLE) while the small gym and main entrance lobby were also utilized by the Alpha House staff and security for ancillary purposes. When the SOLE ended, our spaces were given a thorough cleaning by a commercial cleaning company and the City's regular custodial/maintenance staff (literally floor to ceiling, inside an out) and the space was returned to us as good, or better, than before! Shawn was able to start a limited program schedule on June 29 and expanded availability of activities in the gyms on July 13 (all with proper distancing and protocols in place).
We are appreciative of our members and guests who have ventured into LSCO for a class, cof-

fee or a bite to eat as they see our effort to keep everyone safe is earnest and effective. We also appreciate that many others are not ready to take that step and invite those people to keep tabs on our progress and activities by frequently checking our website.
We recognize that we may be in contagion prevention mode for some time and we want to reassure everyone that we will keep the health and safety of our members, staff and guests at the forefront.
I would like to thanks all of the groups, companies and individuals who have donated goods and money to LSCO during the pandemic Your gifts to us are very much appreciated and needed.
And lastly, I want to assure our members and our community that LSCO will continue to strive to be a leader in services and support as we have always been.
Please be safe.. ★

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.

When: Wednesdays
July 8 – August 26
Time: 10:00 – 10:45 am
Drop In Fee: \$3 LSCO M; \$5 NM



AS I hurtled through space. one thought kept crossing my mind • every part of this rocket was supplied by the lowest bidder.

~ John Glenn

thank you

On behalf of LSCO members and the community, the LSCO Board of Directors would like to express our gratitude and appreciation to our staff for the great service you have provided during the COVID-19 pandemic. Our thanks go out to the 13 staff who continued to provide meals, information and support while we were closed and for their effort to ensure member, staff and visitor safety as we have re-opened.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels





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

LEARN Case Manager – Joanne Blinco
learn@lethseniors.com 403-394-0306

LSCO Social Worker / Case Manager – Heather Bursaw
hbursaw@lethseniors.com ext. 57

Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31

Seniors System Navigator – Amy Labossiere
alabossiere@lethseniors.com ext. 25

Seniors System Navigator – Kennedy Coston
kcoston@lethseniors.com ext. 62

Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30

Marketing & Media Coordinator – Lisette Cook
lcCook@lethseniors.com ext. 33

Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26

MoW Client & Volunteer Support Worker – Natasha Elder
mow@lethseniors.com ext. 34

Fitness Instructor/Trainer – Jamie Hillier
fitness@lethseniors.com 403-320-2222

Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59

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

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For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK (5465)
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<http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844>

LSCO Vision Statement

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

Stretching you can do anywhere!

Hands & Wrists

Neck, Shoulders & Arms

LSCO FITNESS CENTRE

FITNESS CENTRE SUMMER HOURS

Monday – Friday
8:00 am - 3:30 pm
Hours may change.

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

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

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. Space is limited.

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 is Jamie Hillier.

When:

Tuesdays & Thursdays, August 11 – September 3

Time:

12:00 – 1:00 pm

Fee:

\$40 LSCO M; \$60 NM

Register by:

Friday, August 7

LSCO Hours of Operation

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

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Publishing Schedule

Issue	Deadline
September	August 21
October	September 18

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


Things to keep in mind when saying “no”

I don’t know about you, but saying “no” is hard.

When someone asks me for something, I am quick to sacrifice my own priorities by “squeezing it in”, “juggling a few things around”, “waking up earlier or staying up later” to make it work. I’m that person that tries to be everything to everyone! There are lots of us out there ... adding unneeded stress into our lives to please others.

It may not be the easy way, but learning how to say “no” is the path to stress relief and simplifying your life.

The Mayo Clinic released a few things to keep in mind when saying “no”:



LSCO
Social
Worker

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

- Find a way to say “no” that is authentic for you. For some people it will be saying “no” and for others softer way may feel more comfortable.
- Be concise. Say what you mean and mean what you say.

- Be honest and know your boundaries.
 - Be thoughtful and respectful. Complimenting the cause despite your inability to commit shows your interest in their accomplishment.
 - Be ready to repeat!
 - Offer an alternative. When you are concerned that your relationship may shift by saying “no” to the request, offer an alternative that meets both of your needs.
- Take time to determine what matters to you, where and how you want to invest your time, so when you are faced with new requests you can select the ones that fit best with you and your interests. ★

The brain is a wonderful organ; it starts working the moment you get up in the morning and does not stop until you get into the office. ~ Robert Frost




LSCO will be
closed Monday
August 3rd
for
Heritage Day

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

~ Carl Jung

Positive Coping with Health Conditions



Interested in learning skills to for coping with stress due to chronic physical illness?


This six-week group may be for you!

Facilitated by:
AHS Seniors Addiction and Mental Health Outreach (SAMHO)

▶ **WHEN:** Mondays 1:30 – 2:45 pm
September 14 – October 26
(no group on October 12)

WHERE: LSCO – 2nd Floor Boardroom

REGISTRATION: Contact SAMHO at 403-388-6551 to participate in a brief intake to ensure the group will be a good fit for you.





“Retire to the Life You Love”

Are you interested in getting guidance on designing a personal retirement plan balancing physical, mental, emotional and social engagement?

The *Retire to the Life You Love* session is meant to encourage exploration of options and activities in retirement and assist you in finding renewed purpose and meaning.

Retirement can be exciting and planned, or overwhelming and unplanned bringing both positive and negative emotions. Having the opportunity to discuss challenges, and explore the development of solutions with peers is an effective way to begin down the path of having a healthy retirement. After exploring your retirement access to a therapeutic support group is also available.

If you are interested in this retirement planning session please contact Heather Bursaw, LSCO Social Worker at 403-320-2222 ext. 57.

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ORGANIZATION



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Designed for the golfer with experience who needs a refresher of the basics as well as more in depth instruction. This class covers topics such as full swing, fundamentals, short game, and on course strategy. *1 hour lesson every week with the option to play 9 holes after the lesson (same day play only – no rain checks, unless raining). Maximum 4 golfers.*

When: Fridays
August 7 – 28

Time: 2:15 – 3:15 pm

Fee: \$80 LSCO; \$95 NM

Register by: Tuesday, August 4

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LINE DANCING

This class is being offered for intermediate to experienced line dancers. Please wear clean, non-marking footwear and dress comfortably. Bring a water bottle.

When: Mondays
August 10 ~ 24

Time: 10:45 am ~ 12:00 pm

Fee: \$10 LSCO M; \$20 NM

Register by: Friday, August 7

Instructor: Diane Holstine

LETHBRIDGE
Senior Citizens
ORGANIZATION

WHOOOP-UP DAYS LUNCH

Friday, August 21st

BBQ Beef on a Bun

Oven Roasted Potatoes, Coleslaw \$9⁰⁰

Curbside pickup available between 11:30 & 12:30

LSCO - 500 - 11th Street South

Please park in designated parking stalls
(south east corner of parking lot) and call
403-320-2222 and we will gladly bring out your meal.

**Must pre-order
no later than 3 pm
the day before
(while supplies last)
by calling
403-320-2222**

**Payment with Visa
or Mastercard at time
of order or Debit,
Visa or Mastercard
at time of pickup**

LINE DANCING

BEGINNER/INTERMEDIATE

This class is meant for the beginner (with some experience) to intermediate dancers. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early. From 1:00 ~ 1:15 pm more complicated dances will be led for those that want to stay.

When: Thursdays
August 6 ~ 27

Time: 12:00 ~ 1:00 pm

Fee: \$13 LSCO M; \$26 NM

Instructor: Diane Holstine

Register by: Tuesday, August 4

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Greetings! It is good to have the *Times* back in a paper format. Thank you, Lisette!

Robert Burns wrote in his poem “To a Mouse” in 1786 “The best laid schemes o’ mice an’ men Gang aft a-gley, “(often go awry). He could have been referring to the year 2020. Friends of mine like to say, “if you want to make God laugh plan your future”. The universe must be rolling in the aisles with laughter.

Your Board of Directors and Staff spent a significant amount of time and effort developing a strategic plan just prior to the pandemic, we had not time to implement much of it.

How LSCO serves its members will likely have to change in some ways when we get through this period of upheaval. I am going to be suggesting



President’s Message

Keith Sumner

to the Board and Staff that we revisit that plan and update it based on what we have learned from this experience and members new expectations. I would like to hear from you what we can be doing different to meet your expectations.

On a different and broader subject: more and more our world seems to be becoming polarized. The driving force appears to be fear expressed as anger. Fear that we are not going to get what we want or need. The philosopher Lao Tzu in his book *Tao Te Ching* talks about the middle way. Less energy wasted by wide pendulum swings and more time spent seeking a centrist way of living. As we go forward let us look for common ground amongst ourselves. Let us not waste a lot of time and energy attacking personalities but rather discuss issues to find solutions.

Looking forward to hearing your thoughts.

Namaste ★

A Walkable Neighbourhood Can Help You Live Longer

The sort of community in which you live may affect your chances of living to 100

Where you live can affect the odds that you’ll reach the age of 100, a recent study suggests.

Researchers at Washington State University’s Elson S. Floyd College of Medicine analyzed the relationship between life span and environmental factors such as the walkability, age mix, and socioeconomic status of cities in Washington State. Published in the *International Journal of Environmental Research and Public Health*, the study involved reviewing the data relating to almost 145,000 Washingtonians who died at 75 or older between 2011 and 2015.

Those who lived in highly walkable cities—those where a large majority of activities could be done without driving or taking public transport—were found to be more likely to

have reached a centenarian age. Areas with greater diversity in the ages of people living there also tended to see more residents who lived to 100.

Previous research has shown that your genes can affect your likelihood of living a long life, but genetic factors explained only “about 20 to 35 per cent” of a person’s chances of reaching centenarian age, said Rajan Bhardwaj, one of the study’s authors and a second-year medical student at the university.

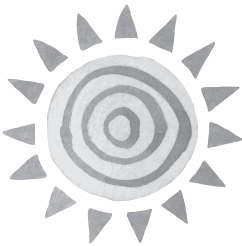
“We know from previous research that you can modify, through behaviour, your susceptibility to different diseases based on your genetics,” said Ofer Amram, the senior author of the study and an assistant professor at the university. However, confusion remained over which environmental and social factors affected mortality.

“These findings indicate that mixed-age communities are very beneficial for everyone involved,” Bhardwaj said. “They also support the big push in growing urban centres toward making streets more walkable, which makes exercise more accessible to older adults and makes it easier for them to access medical care and grocery stores.”

The more walkable an area is, the less likely older adults are to experience isolation, he said.

Socioeconomic status also appeared to have an effect: urban areas and towns in Washington that had higher socioeconomic status, such as the Seattle area, had more residents who lived to 100.

July 2020, Goodtimes Magazine
goodtimes.ca



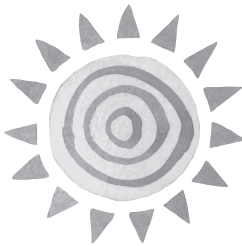
MENU ~ AUGUST 2020

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 ★



Monday, August 3	Tuesday, August 4	Wednesday, August 5	Thursday, August 6	Friday, August 7
LSCO Closed for Heritage Day	Entree: Beef Stew Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Turkey Cutlet Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Meat Loaf Starch: Pasta Soup: Chef’s Choice	Entree: Ham Starch: Scalloped Potatoes Soup: Chef’s Choice
Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
Entree: Baked Spaghetti Starch: Garlic Toast Soup: Chef’s Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef’s Choice	Entree: Pepper Steak Starch: Roasted Potatoes Soup: Chef’s Choice	Entree: Chicken Santa Fe Starch: Rice Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, August 17	Tuesday, August 18	Wednesday, August 19	Thursday, August 20	Friday, August 21
Entree: Chicken Thighs Starch: Rice Soup: Chef’s Choice	Entree: Chili Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Hot Hamburger Starch: Roasted Potatoes Soup: Chef’s Choice	Entree: Fried Chicken Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: BBQ Beef on Bun/Coleslaw Starch: Roasted Potatoes Soup: Chef’s Choice
Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28
Entree: Corned Beef & Cabbage Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Italian Sausage Starch: Mac & Cheese Soup: Chef’s Choice	Entree: Pork Roast Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Bacon Wrapped Tuna Starch: Rice Soup: Chef’s Choice	Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, August 31				
Entree: Mexican Meatballs Starch: Rice Soup: Chef’s Choice				

MENU ITEMS AVAILABLE IN DINING ROOM

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

Is the CPP projected to be around when you retire?

If retirement is years away, you might wonder what will happen when it's your time to collect your Canada Pension Plan. Some may be concerned that the funds will not be around when it's finally their turn to retire – whether that's today, 20, 50 or 75 years from now.

To ease your concerns in these uncertain times, here are a few facts about the CPP fund and the organization that manages it for the long term.

CPP Investments was created in 1997 to invest the CPP fund with the aim of earning the best possible returns, without taking unnecessary risk. The organization invests funds that aren't needed to pay current benefits and is independent from the government.

It is their responsibility to help ensure the fund is there for generations of Canadians, and the organization invests with an eye on the long term.

Employing that mindset, the value of the fund's assets has more than tripled over the last 10 years. And the Office of the Chief Actuary has even verified in its latest report that released in 2019, the Fund is sustainable for the next 75 years, based on the legislated contribution levels.

Still, it is important to remember the CPP was never designed to pay for everything in retirement. Actively taking advantage of workplace pensions and other opportunities to save for the long term is a crucial step to creating your ideal retirement lifestyle.

While nobody can know what the full impact of COVID-19 will be on the global economy, the organization responsible for investing your retirement contributions has experience successfully managing through short-term difficulties.

With a long-term investing view, a highly diversified portfolio, and a deep bench of talent and expertise, CPP Investments will keep serving Canadians and help ensure the safety of your retirement income. Their work means you will be able to count on a solid foundation for your retirement plans.

www.newscanada.com

How will the pandemic affect your retirement

A few short months ago, a global pandemic was seen by many as a theoretical risk. Today it is causing disruptions in economies and stock markets around the world.

While the potential for a global pandemic has always existed, the necessary lockdowns to protect public health and the resulting economic impact of COVID-19 is not something many could have predicted.

And, while many of us are naturally concerned about the impact of the pandemic on our own lives, one thing we don't have to worry about is the effect on our national pension, the Canada Pension Plan.

The people at the CPP Investments, which is responsible for investing the money in the CPP fund, spend a lot of time thinking about risks that could affect the security of your pension fund – including unforeseen events that may spring up. They have weathered crises before and know that higher levels of market volatility make it even more important to stay focused on the long term.

For example, during the global financial crisis in 2008, the fund lost 18.8 per cent in value in a single year. But just six years later, its investments gained 18.3 per cent in one year alone.

Over the past two decades, the fund has grown from \$36.9 billion to \$409.6 billion, and the Office of the Chief Actuary of Canada says it continues to be sustainable for 75 years.

And, this year, even with a particularly volatile 90 days leading up to the organization's financial year-end, it still managed to deliver a positive return for the fiscal year and earned \$12.1 billion in investment income after costs.

More importantly, the Fund's 10-year net annualized rate of return remained strong at 9.9 per cent.

That's why you can rest assured that this pension will be there for you when you retire – whether that's tomorrow or 25, 50 or 75 years from now.

Learn more at cppinvestments.com.

www.newscanada.com



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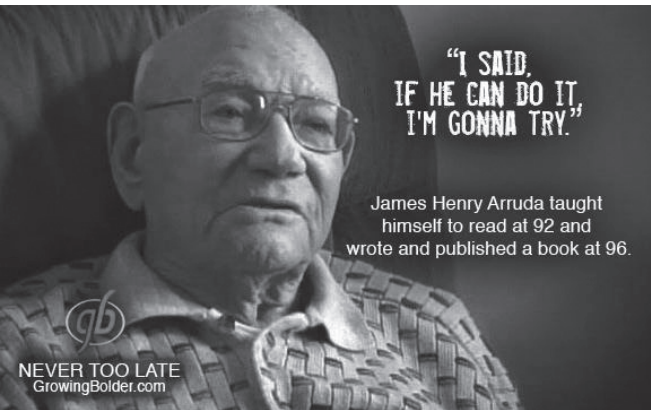


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Golf on the Upswing

Recreational golfing is seeing a surge in Canada

Recreational golf is making a comeback, even as amateur and professional championships have had to be cancelled as a result of the COVID-19 pandemic.

After three months of decline, June saw a 17% increase in the number of players registering scores with Golf Canada, the national body that oversees the sport. A total of 1,483,506 rounds were shared with Golf Canada’s handicap calculator last month, compared with the 1,271,782 rounds counted in June 2019.

“It was a pretty big jump from last year,” Adam Helmer, the senior director of golf services for Golf Canada, told the Canadian Press. “We were expecting that, as golf has emerged as one of the safest activities, where people can be physically distant and we’ve reduced touchpoints.”

Restrictions on the sport began lifting in provinces throughout May. From May 1 to May 15, 165,026 rounds were registered with the body, and 265,480 more were registered in the remainder of the month.

“We’ve heard anecdotally that a lot of newcomers have joined the sport. Especially now that school is

done, we’re going to see an increase in juniors, too. We think the trend is going to continue,” Helmer said.

“Golf has seen a pretty big lift and it’s emerged as the sport of the summer.”

Nevertheless, professional and amateur tournaments have been hard hit by the pandemic. The professional championship for men set for early June, the RBC Canadian Open, was cancelled on April 16. The women’s professional championships at Vancouver’s Shaughnessy Golf and Country Club set for early September were postponed to the following year on June 30.

On June 15, Golf Canada announced the closure of all amateur championships for the 2020 season. Many junior championships have also been cancelled, including the the 7th annual World Junior Girls Championship originally scheduled to take place from September 30 to October 3 in Markham, ON.

July 2020
Goodtimes Magazine
goodtimes.ca





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They will help to:

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- educate you
- ensure you workout safely and efficiently
- keep you on track.


Make a lifestyle Change







Jamie Hillier
Fitness Instructor/
Trainer


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LSCO Program Department

MEMBERSHIPS

As of Monday, June 29th extensions will be added to memberships that were current prior to the closing of LSCO. The number of weeks LSCO was closed is 15!

Specific Programs listed, that remain suspended will continue to have a hold on them until they begin.

MASKS

Masks are not mandatory at LSCO however you are welcome to wear them. We do have some available if you are in need of some. Please ask at the Administration Desk.

PROGRAMS SUSPENDED

The following programs have been suspended due to Covid-19 and Alberta Health Services Re-Launch Guidelines. Notifications will be posted when LSCO is offering them in the future.

- Adult Day Program
- Crib
- Scrabble
- In House Bingo
- Social Cards
- Golden Mile Singers
- Karaoke

Additional programs may be added if required. LSCO asks that everyone adheres to the Rules and Regulations set out by Alberta Health Services to ensure the safety of others.

CLASS PARTICIPATION

IMPORTANT: Individuals participating in programs and classes at LSCO ***should get tested if you have any COVID-19 symptom***. If you have any these symptoms you are ***legally required to isolate for at least 10 days*** from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste

- Conjunctivitis, commonly known as pink eye

Monitor your health and call Health Link 811 if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

REGISTRATION INFORMATION

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. Sign up before the register by date to avoid late fees.

How do I find additional classes?

- 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.

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.

CANCELLATIONS

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

IMPORTANT

Class sizes are limited. Avoid disappointment by registering early. Dropping into a class or program may not be an option.

Golf

INTERMEDIATE GOLF LESSONS

Designed for the golfer with experience who needs a refresher of the basics as well as more in depth instruction. This class covers topics such as full swing, fundamentals, short game, and on course strategy. ***1 hour lesson every week with the option to play 9 holes*** after the lesson (same day play only – no rain checks, unless raining). Maximum 4 golfers.

When: Fridays, August 7 – 28
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO; \$95 NM
Register by: Tuesday, August 4

BEGINNER GOLF

Designed for the player who has little to no experience. Lessons cover basics of equipment, etiquette, putting, chipping and apply these skills to the course. Maximum 4 students.

When: Fridays, August 7 – 28
Time: 1:00 – 2:00 pm
Fee: \$70 LSCO M; \$85 NM
Register by: Tuesday, August 4

Yoga & Pilates

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- Markings are on the floor for you to place your mat. Please do not adjust.
- Make yourself comfortable on your mat/chair while you wait for your class to start. Please refrain from wandering in the room or other areas of LSCO.
- Sanitized props will be available. If you have your own you are encouraged to bring them.
- ***Dress in layers as the use of fans is prohibited at this time.***
- At the end of class please gather your belongings and exit so that the room can be cleaned for the next class.

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.

When: Wednesdays, July 8 – August 26
Time: 10:00 – 10:45 am
Drop In Fee: \$3 LSCO M; \$5 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.

When: Tuesdays, July 7 – August 25
Time: 10:00 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM

When: Thursdays, July 9 – August 27
Time: 10:00 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM

Strength does not come from physical capacity. It comes from an indomitable will. ~ Mahatma Gandhi

Exercise & Fitness

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- For most classes, markings are on the floor to ensure physical distancing measures are in place.
- Make yourself comfortable on your mat/chair while you wait for your class to start. Some equipment, props will be available. If you have your own you are encouraged to bring them.
- Dress in layers as the use of fans is prohibited at this time.
- At the end of class please gather your belongings and exit so that the room can be cleaned for the next class.

KEEP FIT

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

When: Wednesdays, August 5 – 26
Time: 10:15 – 11:00 am
Fee: \$12 LSCO M; \$24 NM
Register by: Tuesday, August 4

LOW IMPACT CARDIO/STRENGTH

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

When: Wednesdays, July 15 – August 26
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Debbie Palmer

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, July 6 – August 24
(no class August 3)
Time: 10:00 – 10:50 am
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays, July 8 – August 26
Time: 10:00 – 10:50 am
Drop In Fee: \$6 LSCO M; \$9 NM

CIRCUIT TRAINING

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

be held in the Fitness Centre. Space is limited. 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: Tuesdays & Thursdays
August 11 – September 3
Time: 12:00 – 1:00 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, August 7

CYCLE COMBO

This indoor cycling workout, is where you will discover your athlete within. Take on the terrain with your inspiring instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training.
When: Tuesdays, July 14 – August 25
Time: 9:00 – 9:55 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

POUND FITNESS

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Come try this fun workout. Instructor is Sheila Mulgrew.
When: Fridays, August 7 – 28
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$32 NM
Register by: Tuesday, August 4

POWER WALKING

Join Jerry as he puts you through his power walking routine. Light hand weights can be used (optional) and all fitness levels are welcome. Wear comfortable clothes, indoor exercise shoes, bring a mat & water bottle.
When: Tuesdays, August 4 – 25
Time: 9:00 – 10:00 am
Fee: \$12 LSCO M; \$24 NM
Instructor: Jerry Brown
Register by: Friday, July 31

Dance & Movement

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- There are markings on the floor indicating the spot for you to be to ensure physical distancing.
- Please refrain from wandering in the room or other areas of LSCO.
- *Dress in layers as the use of fans is prohibited at this time.*
- At the end of class please gather your belongings and exit so that the room can be cleaned for the next class.

LINE DANCING

This class is being offered for intermediate to experienced line dancers. Please wear clean, non-marking footwear and dress comfortably. Bring a water bottle.
When: Mondays, August 10 – 24
Time: 10:45 am – 12:00 pm
Fee: \$10 LSCO M; \$20 NM

Register by: Friday, August 7
Instructor: Diane Holstine

LINE DANCING BEGINNER/ INTERMEDIATE

This class is meant for the beginner (with some experience) to intermediate dancers. Wear comfortable clothing, non marking shoes and bring a water bottle. Space is limited so please register early. From 1:00 – 1:15 pm more complicated dances will be led for those that want to stay.
When: Thursdays, August 6 – 27
Time: 12:00 – 1:00 pm
Fee: \$13 LSCO M; \$26 NM
Register by: Tuesday, August 4
Instructor: Diane Holstine

ZUMBA GOLD

This easy to follow program lets you move to upbeat music at your own speed. It is an invigorating class that provides modified, low impact moves for active adults. Wear comfortable clothes, indoor footwear and bring a water bottle.
When: Tuesdays, August 11 – 25
Time: 9:30 – 10:15 am
Fee: \$18 LSCO M; \$24 NM
Instructor: Sheila Mulgrew
Register by: Friday, August 7

Sports

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your time.
- Only registered participants allowed in the gym at their scheduled times.
- Staff will let you know when you can enter the room.
- Ensure cohort play.
- Please refrain from wandering in the gym or other areas of LSCO.
- At the end of your scheduled time please gather your belongings and exit so that the gym can be cleaned for the next program.

PICKLEBALL

FEES
Members: \$20/month; \$180/year (July: \$10)
Non Members: \$45/month (July: \$22.50)

Gym 1 Court Times: August

Mondays
8:00 – 10:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: Mixed
Tuesdays
10:30 am – 12:30 pm Skill Level: 3.5 & above
1:15 – 3:30 pm Skill Level: 1.5 to 3.0
Wednesdays
7:30 – 9:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: Mixed
Thursdays
8:00 – 9:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: 1.5 to 3.0
Fridays
8:00 – 10:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: Mixed

Skill levels can be determined by consulting the criteria used by the International Pickleball Teaching Professional Association. (IPTPA).

BADMINTON
FEES

Members: \$66/12 months

Court Times: August

Mondays
11:00 am – 12:45 pm
Wednesdays
11:30 am – 12:45 pm
Thursdays
10:00 am – 12:30 pm
Fridays
11:00 am – 12:45 pm

Note: Times may be adjusted.

FITNESS CENTRE

Hours of Operation
Monday – Friday, 8:00 am – 3:30 pm

Important things to know:

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Equipment has been separated/removed to ensure physical distancing.
- Complete all repetitions on one machine; wipe it with disinfectant before moving to another machine.
- Please refrain from wandering in the Fitness Centre.
- *Dress in layers as the use of fans is prohibited at this time.*
- Please leave as many personal belongings in your vehicle as possible or use day lockers in the change rooms.



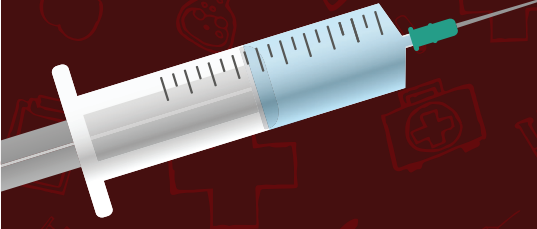
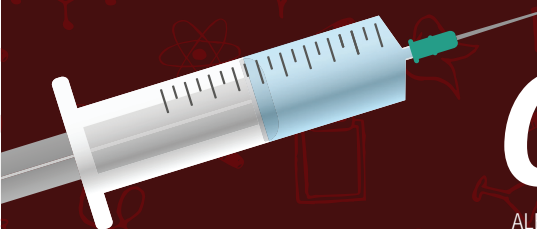
Photo: Lee Abel

**POUND
FITNESS**

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

When: Fridays, August 7 – 28
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$32 NM
Register by: Tuesday, August 4





Shot GET YOUR FLU

ALBERTA HEALTH SPONSORED AND IN CONJUNCTION WITH SAVE-ON FOODS PHARMACY

2020 Flu Shots at LSCO

courtesy of westside Save-On Foods Pharmacy
Monday & Tuesday, October 19 & 20, 2020
9:00 am – 1:00 pm • LSCO Card Area

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

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

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



Shot GET YOUR FLU

ALBERTA HEALTH SPONSORED AND IN CONJUNCTION WITH THE MEDICINE SHOPPE

2020 Flu Shots at LSCO

courtesy of the Medicine Shoppe South
Wednesday, October 21 & Thursday, October 22
9:00 am – 1:00 pm • LSCO Card Area

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

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

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



An Afternoon in the Stacks

by Mary Oliver

Closing the book, I find I have left my head inside. It is dark in here, but the chapters open their beautiful spaces and give a rustling sound, words adjusting themselves to their meaning. Long passages open at successive pages. An echo, continuous from the title onward, hums behind me. From in here, the world looms, a jungle redeemed by these linked sentences carved out when an author traveled and a reader kept the way open. When this book ends I will pull it inside-out like a sock and throw it back in the library. But the rumor of it will haunt all that follows in my life. A candleflame in Tibet leans when I move.



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Seniors Federal & Provincial Benefits



Seniors System Navigator

Amy Labossiere
alabossiere@lethseniors.com
403-320-2222 ext. 25

As seniors system navigators we get a lot of questions relating to the different Federal and Provincial benefits. We wanted to take this opportunity to send a little bit of information your way!

Whether you are already 65 and receiving your pensions, or you are turning 65 soon, it is helpful to know about the different benefits you may be eligible for. We come across many seniors that are not receiving the full amount of monthly income that they could benefit from. The following benefits require applications that we can offer assistance in completing if needed!

- Canada Pension Plan:**
- You must have worked and paid contributions to receive this benefit
 - The monthly amount you receive is dependent on your contributions
- Old Age Security:**
- You must be 65 and have lived in Canada for 10 years

- Guaranteed Income Supplement:**
- Financial qualifications
 - This is for low-income recipients of Old Age Security

Alberta Seniors Benefit:

- Financial qualifications dependent on income, marital status, and accommodation

If you are receiving Alberta Seniors Benefit then you may want to explore the various financial assistance options for designated expenses through the Special Needs Assistance for Seniors. Examples: medications costs, appliances, or services like yard work/home cleaning. *Qualifications required for making a claim.



Seniors System Navigator

Kennedy Coston
kcoston@lethseniors.com
403-320-2222 ext. 62

We want to remind you of the importance in filing your income tax as you may risk the cost of getting cut off of your benefits if you do not.

As stated on the Government of Canada Website, “You will not be charged late-filing penalties or interest if your 2019 individual (T1) income tax returns are filed and payments are made prior to September 1, 2020.”

So, this may be old news for you... but for those that are concerned or have questions about their monthly income, give us a call at 403-320-222 and ask for Amy or Kennedy! ★

Connecting with seniors in your life about investment fraud

Current pandemic measures have dramatically changed how we interact with our loved ones. While physical distancing affects everyone, seniors are experiencing increased isolation and loneliness as friends and family are unable to visit in person. Unfortunately, fraudsters see this as a prime opportunity to become a “trusted” friend in a senior’s life so they can take advantage of them or their retirement nest egg through fraudulent scams or unsuitable investments. Scammers use a variety of methods to target seniors, including emails, mail, phone calls and even in-home visits. The danger of financial abuse is real. In a 2020 study conducted by the Alberta Securities Commission one third of Albertans 55-plus believe they’ve been approached with a potentially fraudulent investment scam through a co-worker, family member, friend or even a member from a club, group or organization they belong to. Fraudsters use a variety of tactics to defraud seniors, including:

- Leveraging their trust and politeness to establish friendships quickly.
- Instilling fear that they will run out of money in retirement and burden their family.
- Exploiting current events like the pandemic to offer fake investments in cures and new technologies.
- Using high-pressure sales tactics.
- Promising high returns with little or no risk and exclusive opportunities.
- Unsolicited investment opportunities and friend requests through Facebook and social media.

How can you help protect seniors in your life? You can help protect your elderly relatives from investment fraud with open communication about their daily lives and financial decisions. Calling them routinely can help reduce social isolation and disrupt any suspicious activity that might be happening. If you believe a senior might be at risk, be proactive and do the following:

- Bring up the topic of investment fraud. Share the dangers of investment fraud during this time and send them information specifically created for seniors.
- Listen and be engaged. Be open to discussing issues or topics regarding their finances and help them check the registration and history of any individual or firm offering them an investment opportunity.
- Pay attention to their social circles. Have they been mentioning a new friend or someone who has started providing them advice, financial or otherwise? Ask questions respectfully and monitor any ongoing suspicious activities.

If you suspect you or a senior in your life may be involved in a potentially fraudulent investment scheme find help and more information at checkfirst.ca.

www.newscanada.com

BEGINNER GOLF

Designed for the player who has little to no experience. Lessons cover basics of equipment, etiquette, putting, chipping, full swing and apply these skills on the golf course. Maximum 4 students.

When: Fridays, August 7 – 28
Time: 1:00 – 2:00 pm
Fee: **FULL**
Register by: Friday, August 4



POWER WALKING

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

When: Tuesdays, August 4 – 11
Time: 9:00 – 10:00 am
Fee: \$12 LSCO M; \$24 NM
Instructor: Jerry Brown
Register by: Friday, July 31



Masks are not mandatory at LSCO however you are welcome to wear them.

We do have some masks available if you are in need of some. Please ask at the Administration Desk.

Hello, I do hope that this article finds you enjoying the outdoors in a safe way.

I read this interesting article that I wanted to share. It looks at ways others can be put in a very difficult situation. The article is by Stephanie A. Sarkis Ph.D. and she posted it on January 22, 2017.

Gaslighting is a tactic in which a person or entity, in order to gain more power, makes a victim question their reality. It works much better than you may think. Anyone is susceptible to gaslighting, and it is a common technique of abusers. It is done slowly, so the victim doesn't realize how much they've been brainwashed. For example, in the movie *Gaslight* (1944), a man manipulates his wife to the point where she thinks she is losing her mind.

1. *They tell blatant lies.*

You know it's an outright lie. Yet they are telling you this lie with a straight face. Why are they so blatant? Because they're setting up a precedent. Once they tell you a huge lie, you're not sure if anything they say is true. Keeping you unsteady and off-kilter is the goal.

2. *They deny they ever said something, even though you have proof.*

You know they said they would do something; you know you heard it. But they out and out deny it. It makes you start questioning your reality – maybe they never said that thing. And the more they do this, the more you question your reality and start accepting theirs.

3. *They use what is near and dear to you as ammunition.*

They know how important your kids are to you, and they know how important your identity is to you. So those may be one of the first things they attack. If you have kids, they tell you that you should not have had those children. They will tell you'd be a worthy person if only you didn't have a long list of negative traits. They attack the foundation of your being.

4. *They wear you down over time.*

This is one of the insidious things about gaslighting – it is done gradually, over time. A lie here, a lie there, a snide comment every

Gaslighting



LEARN
Case
Manager

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

so often...and then it starts ramping up. Even the brightest, most self-aware people can be sucked into gaslighting – it is that effective. It's the "frog in the frying pan" analogy: The heat is turned up slowly, so the frog never realizes what's happening to it.

5. *Their actions do not match their words.*

When dealing with a person or entity that gaslights, look at what they are doing rather than what they are saying. What they are saying means nothing; it is just talk. What they are doing is the issue.

6. *They throw in positive reinforcement to confuse you.*

This person or entity that is cutting you down, telling you that you don't have value, is now praising you for something you did. This adds an additional sense of uneasiness. You think, "Well maybe they aren't so bad." Yes, they are. This is a calculated attempt to keep you off-kilter – and again, to question your reality. Also look at what you were praised for; it is probably something that served the gaslighter.

7. *They know confusion weakens people.*

Gaslighters know that people like having a sense of stability and normalcy. Their goal is to uproot this and make you constantly question everything. And humans' natural tendency is to look to the person or entity that will help you feel more stable – and that happens to be the gaslighter.

8. *They project.*

They are a drug user or a cheater, yet they are constantly accusing you of that. This is done

so often that you start trying to defend yourself, and are distracted from the gaslighter's own behavior.

9. *They try to align people against you.*

Gaslighters are masters at manipulating and finding the people they know will stand by them no matter what – and they use these people against you. They will make comments such as, "This person knows that you're not right," or "This person knows you're useless too." Keep in mind it does not mean that these people actually said these things. A gaslighter is a constant liar. When the gaslighter uses this tactic it makes you feel like you don't know who to trust or turn to – and that leads you right back to the gaslighter. And that's exactly what they want: Isolation gives them more control.

10. *They tell you or others that you are crazy.*

This is one of the most effective tools of the gaslighter, because it's dismissive. The gaslighter knows if they question your sanity, people will not believe you when you tell them the gaslighter is abusive or out-of-control. It's a master technique.

11. *They tell you everyone else is a liar.*

By telling you that everyone else (your family, the media) is a liar, it again makes you question your reality. You've never known someone with the audacity to do this, so they must be telling the truth, right? No. It's a manipulation technique. It makes people turn to the gaslighter for the "correct" information – which isn't correct information at all.

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

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

You Probably Sit Too Much

Even with regular exercise, too much sitting can harm your health

With so much time on our hands these days, it's no surprise that many are binge-watching new shows on Netflix or Amazon Prime. Whether it's TV or that novel you're finally catching up on, you may have noticed that your body begins to get sore after so many hours of sitting still, or that you have tension headaches and pain in your jaw.

The effects of being inactive all of a sudden may be noticeable fairly quickly. Some people can develop disc pathologies in the neck or lower back, tennis elbow, or tension and inflammation in the hips, according to Harvard Medical School.

Persistent inactivity is more serious, however, and linked with obesity, diabetes, cancer, and cardiovascular disease,

according to a meta-analysis on sedentary behaviour published in 2015. Participants who sat for several hours each day while offsetting those hours with physical activity tended to see fewer health problems, the study in the *Annals of Internal Medicine* found, but those who were consistently active saw the best results.

While the right balance between how much time you ought to spend sitting and being active remains uncertain, researchers concluded by recommending no more than two to three hours of inactivity in a 12-hour day. They also recommended getting up to stretch or engage in another activity for each half hour spent sitting down.

"Avoiding sedentary time and getting regular exercise are both important for

improving your health and survival," said Dr. David Alter at the time, a scientist with Toronto Rehab, University Health Network, and one of the study's authors. "It is not good enough to exercise for 30 minutes a day and be sedentary for 23 and half hours."

A 2018 study found that prolonged sitting can affect your memory, as well. MRIs on 35 participants found that those who sat the most had thinning in areas of the brain that are key to memory formation. Those who offset those hours sitting with exercise, even high intensity workouts, still experienced thinning in those areas of the brain.

May 2020
Goodtimes Magazine
goodtimes.ca

Covid 19 and the Law

Well here we are, already more than half-way through 2020 and what a ride it has been so far. Covid 19 is one of those once in a lifetime, generational changing events, that you were told about by your parents or grandparents, like World War II. You never thought that this could happen to our generation. I bet you feel that your life has changed, and you question whether life will ever return to what it was before? The way we do everything has been infused with the threat of getting Covid or passing it on to other people. It is the perfect weapon, it doesn't cause symptoms in some people, yet those individuals can spread to others. It is likely airborne and can be spread by simply breathing in someone's air droplets as they breathe out. It doesn't make everyone who catches it severely ill either, but rather only some people, particularly older people with underlying health conditions. It has shut down at least 20% of the economy, to prevent its spread. There has never been in our lifetimes, such an event where the whole planet is engaged in a war with something that doesn't play by the rules.

One of the interesting legal things about Covid, is how our response to the virus, has varied from country to country. Take the country of Taiwan, a nation of almost 24 million people. Taiwan has had 455 cases of Covid 19 and only 7 deaths from the virus. The difference between what Taiwan has done and what most other countries have done, comes down to the legal framework under which a coun-



Legal Tips and Information

Douglas Alger

try operates. While science dictates what we should do in a pandemic, existing laws tell us how much we can do. If science was totally in charge, there would have been from the start stricter enforcement, there would have an indication as to where Covid cases were located and who actually had Covid and how they got it. Another good example is South Korea, with a densely packed population of 51,000,000 and only 13,771 cases with 296 deaths. You would think that everyone in the country would have got Covid. Apparently if you got Covid, you were basically identified, except for your name. I know that there is great debate over privacy, but we paid a price for our privacy and our freedoms, during the Covid crisis. These privacy laws are important, but Covid doesn't care a whiff about privacy or freedom. In fact, Covid thanks you for having the legal environment where it can flourish. I am not saying we have to give up our rights permanently, what I am saying that in order to have

gotten Covid under control from the start, we should have taken more drastic steps to curtail the spread, including a temporary suspension of some of our privacy laws. Drastic events call for drastic measures. We happen to be in a war and I for one want to beat this disease into the ground and if that means letting my fellow citizens know I have an active case of Covid and how I got it, so be it.

With future pandemics, we will need to come up with a better set of legal rules that play by the virus rules. This means strict adherence to science and principles that contain the spread. No more messing around with legal distinctions that only curtail our ability to fight a virus.

I am thankful that we do live in Canada and how our governments have handled the crisis. Canadians have on the whole stepped up and fought the good fight and will continue to do so, until Covid is gone. We can be proud of what we have done, but the fight is not over, until it's over. There is much work to be done and I know that Albertans and Canadians are up to the challenge. For those of you who wish to question conventional wisdom on the science of Covid, stay away and don't mess up our chances of coming out on the other side of this crisis. We have far too much at stake and no time for naysayers and conspiracy theorists, like some of our friends south of the border. Stay safe and stay healthy. ★

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When:

Tuesdays, July 14 - August 25

Time:

9:00 - 9:55 am

Drop In Fee:

\$6 LSCO M; \$9 NM

Instructor:

Jamie Hillier

Low Impact CARDIO/STRENGTH

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

When:

Wednesdays, July 15 - August 26

Time:

8:00 - 8:50 am

Drop In Fee:

\$6 LSCO M; \$9 NM

Instructor:

Debbie Palmer

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Cemetery Tours

7-8:30 pm | tickets \$6 public

available at www.galtmuseum.com

If these tombstones could talk, oh, the stories they could tell! Join a guided walking tour of Lethbridge's cemeteries.

Mountain View Cemetery

Tue AUG 04 | Wed AUG 19

Meet at the Eternal Flame on Scenic Drive South.

St. Patrick's Cemetery

Wed AUG 05 | Tue AUG 18

Meet at the west end of 5 Avenue North.

Li'ethawaahkaa

Fort Whoop-Up Picnic

Lunch Basket

available until SEP 15

baskets \$60 each

order online at fort.galtmuseum.com

All summer, you can get a catered picnic lunch for two! The menu has been carefully designed by the fort's chef and is prepared by the staff at Mocha Cabana. Also included are tickets for entry to Fort Whoop-Up and the Nikka Yuko Japanese Gardens. The picnic lunch includes artisan bison salads, Blackfoot Elder-approved bannock and haskap berry crumble bars.

Trader Tales

Fri AUG 21 | 6-9 pm

order online at fort.galtmuseum.com

Fort Whoop-Up, partnering with New West Theatre, the Friends of the Galt, and Dunlop Ford, are pleased to presents new "Trader Tales," a fundraising event at Fort Whoop-Up. Take in private tours, a physically distanced wagon ride, a chef prepared dinner with cash bar, and intimate performance by New West Theatre actors.

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www.galtmuseum.com/visit

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When: Tuesdays, August 11 – 25

Time: 9:30 – 10:15 am

Fee: \$18 LSCO M; \$24 NM

Instructor: Sheila Mulgrew

Register by: Friday, August 7



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Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.

~ Charles M. Schulz



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.

When:

Tuesdays
July 7 - August 25

Time:

10:00 - 11:00 am

Drop In Fee:

\$6 LSCO M; \$9 NM

When:

Thursdays
July 9 - August 27

Time:

10:00 - 11:00 am

Drop In Fee:

\$6 LSCO M; \$9 NM

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Yoga is a
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The better
your practice,
the brighter
the flame.

~ B.K.S. Iyengar

Computer Corner

by Sjoerd Schaafsma

Smartphone Apps for Seniors – Part 4

My Care Conversations, is a free mobile app developed by The Alberta Cancer Foundation and Alberta Health Services. It is featured in an article in the Winter 2019 edition of the Alberta Cancer Foundation magazine *Leap* <https://myleapmagazine.ca/2019/02/01/winter-2019-the-insider-issue/> page 37, “Revolutionizing Oncology Consultations”.

The article focuses on the importance of being able to record medical conversations with specialists, in this case oncologists. According to one of the articles linked below, “Research shows that *patients may forget up to 80% of health care information discussed at clinic visits.*” The following two links go to articles describing the app in more detail.

<https://www.albertahealthservices.ca/news/Page14790.aspx>

<https://www.albertahealthservices.ca/info/Page16144.aspx>

The app can be downloaded to your smart phone from Google Play or the App Store.

My approach has usually been to write notes, or enter them in a tablet during medical consultations. I also use a **digital recorder**, (\$40 – \$100) which I find easier to access than the built in recorder on most phones and tablets. Press a button and the device will record, playback, rewind, automatically timestamp, and optionally, transfer the recordings to your computer.

Jargon: Fleeceware – a technique for signing up users for exorbitant recurring subscriptions on near-useless apps. A security firm says these apps have been installed 3.5 million times on iPhones and iPads.

<https://www.reviewgeek.com/39829/security-firm-says-over-3-million-ios-users-installed-expensive-fleeceware-trial-apps/>

Computer Club and Lab Notes

LSCOCC does not usually meet during the summer months. However, the lab is open again. LSCOCC members have access to the computer lab on Mondays and Wednesdays from 1:00 – 3:15 pm (summer hours, LSCO closes at 3:30). This time may be pre-empted for other events.

The lab computers are being updated, one third have been disabled to allow for distancing when classes and meetings start up again. Please follow the distancing and sanitizing procedures posted in the lab. Hand sanitizer and disinfecting wipes are available in the lab.

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

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

Suggestions for workshops are welcomed.

The Computer Corner can be read online at the Computer Club web site <https://bit.ly/3a761UL> , which is the short form of <https://sites.google.com/site/oldfolkscomputers/computer-corner-archives>

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

“How Have I Handled the Isolation?”

Since the beginning of the shut down, distancing and isolation, I have noticed several positive things have taken place in my regular days.

It started with going shopping for a few things...a quick pickup approach. I soon realized I had to make decisions without touching the merchandise. I saw certain specialty items are on sale. These were greatly reduced and looked very interesting. Before I knew it I had Carrot Jam and Saskatoon Jam in my basket. Next, I knew I would want to have bread to eat with these condiments. With that ghastly thought, I reached for pita bread and taco shells. I took serious control of my spending and starchy cravings right away.

Shopping can be somewhat pleasant and even relaxing under normal circumstances. The food we eat is our own special choice. This was not a time to ponder and wonder. Speed was the appropriate avenue. Soon I had a pork roast and ground meat in hand. I was keeping it simple and only buying what I enjoyed and would use right away.

I do not have a fear of running out of supplies to be found in the grocery store. If I had a large family to look after, that would be very different. Cooking for one person is not a big responsibility. I live a few blocks from four major food chains...just think of the choices I have. And, the Chinese fresh vegetable market is around the corner. My only concern was not to become a victim of this pandemic. Food seemed secondary immediately.

I did not plan to gain weight so kept things healthy and interesting.

My other concern (because I am alone), having enough to do was more of a issue than everything. How would I spend 24 hours away from people? Yes, my socializing, volunteering and hanging out in the library was over. Distancing, wearing a mask and gloves became a standard. This took some serious adjusting...no closeup conversations, family or friends, and strangers are out.

I am grateful for the telephone, my cell and iPad. I also have discovered a great attachment to my car...I can buy a takeout coffee and sit in a parking lot and drink it.

To stay fit I spent time digging and poking around my garden plots. They have never had so much attention. Fortunately, I am usually alone in this large outdoor space next to the church. Many gardeners have stayed away, only coming on weekends or are waiting for warmer weather.

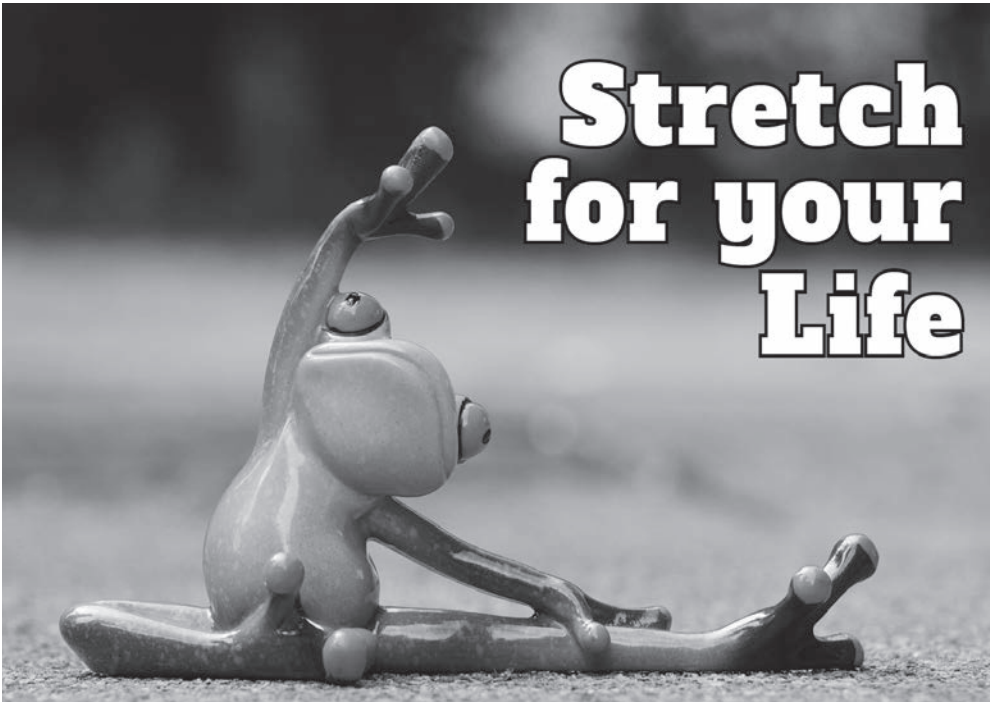
In this quarantine of two months, I have never been so free from interruptions and demands. This has caused me to question all my darting about, scheduling and busyness. The quiet leaps out at me and is starting to feel like a comfortable freedom. In fact, a few times when the phone rang, I have thought I could say, “I am busy reading, crafting, writing, it is not a good time.” But, I would not say that as my life is very uncluttered right now and even before this crisis I enjoyed my telephone contacts.

My two sisters, my daughters and granddaughters, have given me loads of attention. This has been necessary, brought us closer, and I delighted in sharing the low lights and the high lights. We were all scared, unsure and anxious for the future. As of May 3, 2020, we are all doing well, stayed on course, all have a roof over our heads and enough money to cover our daily needs.

The next few months will be a challenge as all plans of vacationing, a wedding and our usual gatherings are shutdown. We will miss each other and must create ways to connect at a distance.

Written by INSPIRED Magazine reader, Alberta Armstrong, from Tsawwassen BC

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FORWARD,
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AND DOING NEW
THINGS, BECAUSE
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~ Walt Disney



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I really don't think I need buns of steel. I'd be happy with buns of cinnamon. ~ Ellen DeGeneres

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When:	Wednesdays August 5 – 26
Time:	10:15 – 11:00 am
Fee:	\$12 LSCO M; \$24 NM
Register by:	Tuesday, August 4

Happiness is when what you think, what you say, and what you do are in harmony. ~ Mahatma Gandhi

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When: Mondays, July 6 – August 24
(no class August 3)

Time: 10:00 – 10:50 am

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

When: Wednesdays, July 8 – August 26

Time: 10:00 – 10:50 am

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



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~ Winnie the Pooh



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