

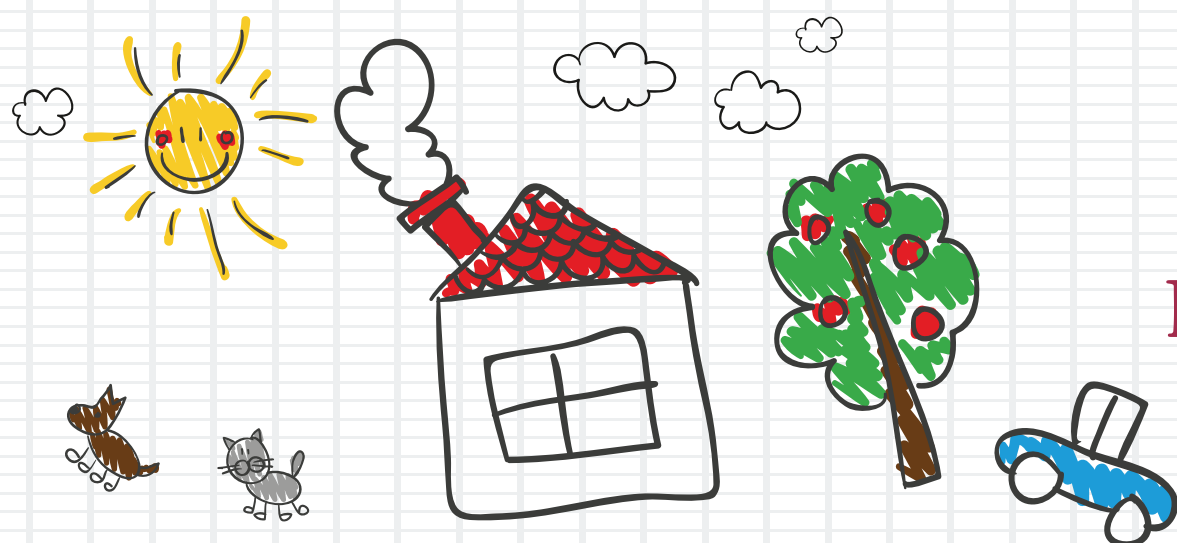
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**Join Us for**

<b>CURBSIDE LUNCH SPECIALS</b>
Every Wednesday in February
<b>Wednesday, February 3rd</b>
<b>Mushroom Pork Chops</b>
(See page 4 for details)
<b>VIRTUAL RELAXATION</b>
Mondays, 1:30 – 2:30 pm
(See page 6 for details)
<b>VIRTUAL MINDFULNESS</b>
Thursdays, 10:30 – 11:30 am
(See page 10 for details)
<b>2021 AGM</b>
Tuesday, March 30th
1:15 pm



LSCO will be  
**CLOSED**  
Monday, February 15th  
for Family Day



Executive Director

Rob Miyashiro  
rmiyashiro@lethseniors.com

Now that we have completed our twice delayed AGM, I would like to remind everyone that our 2021 AGM (for 2020) will be held on March 30th at 1:15 pm. Although a motion was passed at the 2020 AGM in December lowering meeting quorum to 25, we would still like to see as many members as possible in attendance at the meeting or provide a proxy – of course, this is all dependent on the COVID-19 restrictions in place on March 30th.

January 1 saw the implementation of the Seniors Community Services Partnership – a unique collaboration/integration of seniors services funded via FCSS. Partners include LSCO, Nord-Bridge, Lethbridge Housing Authority, CMHA, Lethbridge Family Services – Counselling, Outreach and Education and Volunteer Lethbridge. Services include community outreach, in-home supports, reducing isolation, forms/application assistance, assessment and counselling.

In December, we began transporting seniors via LSCO Drive Happiness – a volunteer driver transportation service for seniors. This service has been implemented as a partnership between LSCO, Drive Happiness (Edmonton) and Volunteer Lethbridge. Seniors buy “tickets” for \$10, volunteers provide up to 1.5 hours for round-trip transportation for medical/health-related appointments, grocery (or other) shopping, prescription refills, banking, etc. There are currently 10 volunteer drivers and 30 senior riders.

Provincially, work continues on developing a Community Based Seniors Services sector (CBSS) which should lead to better services coordination and collaboration. Healthy Aging CORE Alberta (Collaborative Online Research and Education) has been developed as a platform to host discussion groups, webinars, communities of practice and other provincial groups and as an information portal for service providers to access resources. <https://corealberta.ca/>

The Annual Free Community Christmas turkey dinner at LSCO could not be held in-house this year so our fabulous staff and incredible volunteers delivered over 900 meals (including fire stations, police station, Emergency Communications Centre, soup kitchen/Alpha House, and several seniors apartments) and over 300 meals were picked up curbside. Thanks to everyone who committed their time and energy on Christmas Day.

Be safe, be kind. ★

**FEBRUARY IS PSYCHOLOGY MONTH**

**#PsychologyAndCovid**

[cpa.ca/psychologymonth](http://cpa.ca/psychologymonth)

February is Psychology Month

Psychology Month is celebrated every February to highlight the contributions of Canadian psychologists and to show Canadians how psychology works to help – people live healthy and happy lives, their communities flourish, their employers create better workplaces, and their governments develop effective policies.

COVID-19 has brought a new set of challenges to the public, and to psychologists as well. This Psychology Month, we will shine a spotlight on the Canadian psychologists who are responding to the pandemic in a wide variety of ways.

We'll meet psychologists who are delivering mental health help to Canadians on brand new platforms, and dealing with the mental health issues that have arisen as a result of the virus and lockdowns. Researchers who are examining the pandemic's impact on our happiness, our sleep, our work and our beliefs. Experts who are looking at the way we respond to public health guidelines, the rise of racism, and the proliferation of conspiracy theories.

**OUR COMMUNITY PARTNERS**

*In recognition for the ongoing support of LSCO*

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

**When you change, everything else changes with you.  
So make that first step into changing for the better.  
You'll find that it is easier than what you thought it was. Positive state of mind, positive attitude, positive outcome.**



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

Layout, Advertising  
& Circulation. . . . . Lisette Cook (ext. 33)

Printed by . . . . . Lethbridge Herald

# The Officers of LSCO

**2019 – 2020 Executive:**

President Elect:

President: Keith Sumner      Past President: Bob Maslen

Secretary: Craig Rumer      Treasurer: vacant

**Board of Directors:**

Vaughan Hembroff, Merri-Ann Ford, Clifford Brown,  
Karen Johnson and Marlys Reynar.

**LSCO . . . . . 403-320-2222**

**Staff Members:**

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[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com) . . . . . ext. 24

Operations Manager – Jodie McDonnell  
[jmcdonnell@lethseniors.com](mailto:jmcdonnell@lethseniors.com) . . . . . ext. 23

LEARN Case Manager – Joanne Blinco  
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[hbursaw@lethseniors.com](mailto:hbursaw@lethseniors.com) . . . . . ext. 57

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In-Home Supports Coordinator – Natasha Elder  
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Fitness Instructor/Trainer – Jamie Hillier  
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Accounting Technician – Christine Toker  
[finance@lethseniors.com](mailto:finance@lethseniors.com) . . . . . ext. 59

Administrative Support – Kari Martin  
[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) . . . . . ext. 21

Chef – Brenda Fettig . . . . . ext. 27

Chef – Bonnie Jadeske . . . . . ext. 27

Prep Cook – Sandra Napper . . . . . ext. 27

Food Service Cashier – Georgette Mortimer . . . . . ext. 27

Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32

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

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## LSCO Vision Statement

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

*Welcome New  
Members!*

Rose Essex      Jack DeHeer  
Laura DeHeer      Brian Sullivan

*A Smile is the Universal  
Welcome.*



**LSCO PROGRAM  
DEPARTMENT  
FEBRUARY 2021  
CLASS UPDATE**

We look forward to seeing you in person soon. For those of you that were registered in a class prior to the restrictions put in place in November and December, your account has been credited. When you register for upcoming classes please indicate that you have a credit. You will not be able to register online at this time.

Look for future class listings in the March 2021 *LSCO Times*.

We thank you for your patience and understanding.

**CLASS PARTICIPATION ON REOPENING**

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.

*Hope sees the invisible,  
feels the intangible  
and achieves the impossible.*

*unknown*

**LSCO Hours of Operation**

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

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**LSCO Times Publishing  
Schedule**

Issue	Deadline
March . . . . .	February 12
April . . . . .	March 19

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

# CURBSIDE LUNCH PICKUP

## Wednesdays, February 3 ~ 24

### DAILY LUNCH SPECIAL MENU

February 3rd ~ Mushroom Pork Chops  
February 10th ~ Cranberry Chicken  
February 17th ~ Veal Cutlet  
February 24th ~ Roast Beef

**Scheduled pick-up time between 11:30 am ~ 12:30 pm**  
LSCO - 500 - 11th Street South  
at north-east door of LSCO (closest to the Administration Office)

**Must pre-order no later than 3:00 pm the day before by calling 403-320-2222**

Payment with Visa or Mastercard at time of order or Debit,  
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[www.azlawyers.ca](http://www.azlawyers.ca)



## MENU ~ FEBRUARY 2021

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, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
<b>Entree:</b> Chicken Cordon Swiss <b>Starch:</b> Pasta <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stir Fry <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Mushroom Pork Chop <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Meat Sauce <b>Starch:</b> Polenta <b>Soup:</b> Chef's Choice	<b>Entree:</b> Turkey Stew <b>Starch:</b> Steamed Potatoes <b>Soup:</b> Chef's Choice
Monday, February 8	Tuesday, February 9	Wednesday, February 10	Thursday, February 11	Friday, February 12
<b>Entree:</b> Sweet & Sour Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Salisbury Steak <b>Starch:</b> Steamed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Cranberry Chicken <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Tuna Casserole <b>Starch:</b> Pasta <b>Soup:</b> Chef's Choice	<b>Entree:</b> Meatloaf <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice
Monday, February 15	Tuesday, February 16	Wednesday, February 17	Thursday, February 18	Friday, February 19
<b>LSCO Closed for Family Day</b>	<b>Entree:</b> Chicken Santa Fe <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Veal Cutlet <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken with White Sauce <b>Starch:</b> Pasta <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stroganoff <b>Starch:</b> Noodles <b>Soup:</b> Chef's Choice
Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
<b>Entree:</b> Baked Spaghetti <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Thighs <b>Starch:</b> Roasted Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Teriyaki Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Corned Beef & Cabbage <b>Starch:</b> Steamed Potatoes <b>Soup:</b> 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
Hamburger . . . . .	MEM \$5.50
Hamburger & Fries . . . . .	MEM \$7.00
Cheeseburger . . . . .	MEM \$6.25
Cheeseburger & Fries . . . . .	MEM \$7.00

NM \$4.00	Chicken Fingers . . . . .	MEM \$7.00	NM \$8.25
NM \$6.50	Chicken Fingers & Fries . . . . .	MEM \$8.50	NM \$9.75
NM \$8.00	Homecut Fries . . . . .	MEM \$3.25	NM \$4.00
NM \$7.25			
NM \$8.75			

# Volunteer News

## HELLO FROM THE VOLUNTEER COORDINATOR!

Although our building remains closed, Meals on Wheels and *Drive Happiness* continue to provide services to our community. LSCO appreciates the volunteer drivers that deliver meals and assist seniors with their transportation needs.

On December 1, LSCO *Drive Happiness* Volunteers began giving essential rides to seniors in Lethbridge. Our program's goal is to provide affordable, accessible and safe transportation to seniors in need. This service also addresses some of our isolated seniors' social needs; volunteers are screened and trained to provide the best possible experience and service for our riders.



## Volunteer Coordinator

**Shiloh Sabas**  
volunteer@lethseniors.com  
403-320-2222 ext. 31

Completed applications are returned to LSCO and required prior to booking rides.

### VOLUNTEERS

To find out more information about this rewarding and flexible volunteer opportunity, visit [volunteerlethbridge.com](http://volunteerlethbridge.com) or by phone 403-332-4320.

I also want to extend a huge thank you to the volunteers and sponsors of our Christmas dinner this year. Over 900 free meals were delivered on Christmas Day and 300 meals were served as curbside pick up.

Thank you all for your ongoing support of seniors in our community. I look forward to our doors being open and seeing you all again. ★

### RIDERS

Prospective riders are required to fill out a rider application. Applications are available online at [drivehappiness.ca](http://drivehappiness.ca). They can also be requested by mail or picked up from LSCO.

*Are you interested in meeting new people in a helpful and meaningful way?*



### Volunteer as a Drive Happiness Driver

There are many seniors in our community needing help to pick up their groceries, run errands, and go to and from appointments.

Volunteer choose which "rides" you want to pick up based on your own schedule. You are not expected to attend the appointment or go into the store with the seniors as this is only a transportation service.



Safety of you and the rider are the highest priority. All Alberta Health Services safety guidelines are closely followed. Volunteers are provided with the necessary supplies and training to ensure the safety.

To Volunteer, visit [www.VolunteerLethbridge.com](http://www.VolunteerLethbridge.com) or call 403-332-4320

Seniors wanting to book a ride call 1-888-336-4503



Help Create A Community  
Where It's Possible To

## OVERCOME LONLINESS



### SOCIAL AND EMOTIONAL SUPPORT

A call from a friend once or twice a week makes a big difference in how we feel—knowing that someone cares is comforting and meaningful in so many ways.



### VOLUNTEER WITH KEEP IN TOUCH

Flexible schedule, connect with the same senior, direct them to appropriate supports, be part of a team of volunteers, make a meaningful impact in the life of a senior.

TO VOLUNTEER VISIT  
[WWW.VOLUNTEERLETHBRIDGE.COM](http://WWW.VOLUNTEERLETHBRIDGE.COM)  
OR CALL 403-332-4320

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# Remember to Be Kind

Behind the locked doors of LSCO, its so quiet without the buzz of members chatting and laughing; popping their heads into my office to say hello. We are here and have been since the latest round of restrictions closed our doors in the middle December. Amy and I have spent our time supporting those of you in need of someone to talk to, those of you in need of someone to assist with funding applications, supporting those in need of exploring and securing housing and anything else that is identified. With things changing so quickly in the world, we are trying to stay current and prepared.

We are anxious to welcome you all back and can imagine you are all seeking normalcy! This past year has been hard, harder than we have ever imagined. I wish I had words of hope and inspiration but at this point all I can



LSCO  
Social  
Worker

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

ask is that each and every one of you to do is to be kind. Be kind to your neighbours; be kind to the strangers you meet in the service industry – patrons and staff; be kind to the person who cuts you off or snaps at you for no reason and of course be kind to yourself. We are all

struggling and need acts of those random acts of kindness to keep us going.

Anyone in need of support, or information please reach out to us!

Once this is all over, you will hear from Amy and I, as we will be looking for information from you about what you need and how we can best support you, our members, and our greater community as we recover. If any of you already know what you need us to do, what type of support we can offer please feel free to email me directly at [hbursaw@lethseniors.com](mailto:hbursaw@lethseniors.com). I would love to hear from you.

We still have a supply of masks available to anyone in need. Please call and we can set some masks aside or you can drop by and we will provide you with some masks. ★

When I ask people how they feel about 2021, the two words that pop up the most are “Uncertain” and “Hopeful.”

Many of us are living in that limbo-land, between *Uncertain* and *Hopeful* — desiring a positive outcome but unsure it will happen. We often feel pulled in opposing directions by our desires and by reality.

One of the features of our world is that we live in a dimension of paradoxes – which can be both alarming and invigorating.

Consider that these two words Uncertain and Hopeful are paradoxical in nature. And that within each of these words lies yet another paradox.

Take the word *Uncertain*. Some might define it to mean unsureness, lack of clarity or tentativeness. Yet, paradoxically, uncertainty is often the doorway to the world of possibility...creating a blank canvas of opportunity upon which you can write, create and manifest a wonderful and delightful future.

*Hope* can also go in two different directions, depending on your definition. Hope for some could mean a reliance on something intangible and therefore not something to be counted

on. A grasping at straws. In that context, *Hope* can feel as fragile as water leaking through our fingers.

Yet *Hope* can be the flame that refuses to be extinguished – that burns eternally and serves as the lighthouse, beckoning us to safer harbours and greater exploration.


It’s up to each of us to choose our definitions. It’s the meaning we give words that breathes life or death into them, making them something we want to run to, or run from.

2021 is sure to have ups and downs. The question is, what words will we choose and what meaning will we give them? Will the words we offer help us draw a deeper breath of peace? Will they soothe our overtaxed, raw emotions? Will they result in actions that bring neighbours together or tear us further apart?

Will we use our words and actions to uplift and strengthen the core of our communities, weaving together colourful fibers of diversity into whole cloth?

Barbara Risto, Publisher, INSPIRED 55+ Magazine  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)

## Virtual Mindfulness



Thursdays, 10:30 ~ 11:30


Drop In ~ No Registration Required


LSCO Boardroom (2nd Floor)

500 - 11th Street South • 403-320-2222

Create opportunities to focus only on things happening in the present moment and purposefully pay attention and be aware of your surroundings, your emotions, your thoughts, and how your body feels. By training your mind to focus only on the present, you learn not to get lost in regrets from the past or worries about the future. Letting go of such thoughts may help you worry less and accept things as they are. Mindfulness teaches you to be in control of your mind so that your mind doesn't control you.

Covid-19 protocols in place

 LETHBRIDGE  
Senior Citizens  
ORGANIZATION



Nothing makes the earth seem so spacious as to have friends at a distance; they make the latitudes and longitudes. – Henry David Thoreau



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f t i o

# A Year for the Ages ~ March 2020 to February 2021

Watching the celebrations for Joe Biden today gave me a sense of optimism that we have turned the corner on the past 12 months. I could see the light at the end of the tunnel. While I know that not everyone would agree with me, I saw much today that set my mind at ease for our neighbour to the south and for us as Canadians. This was diametrically opposed to what I saw two weeks ago in Washington, DC as the Capital Building was stormed by an angry mob. A familiar refrain I heard was thank goodness we live in Canada.

On the Covid front in Canada, the virus is proving that it will not stop until we get the vaccine. At this stage it is impossible to stop unless we imposed some very strict forms of lockdown, such as they did in China. I had heard that they had literally welded the doors of some people until it was all clear. The price of living in a free country is that these sorts of measures will not work. Hence, we are stuck until the vaccine ramps up. Covid is showing us that our existence is fragile, and we have to be as vigilant as we can be in preventing this from happening again.



## Legal Tips and Information

**Douglas Alger**

On the legal front, I have noticed an uptick in estate planning, with people wanting to get their affairs in order. Most people who have estate planning done, remark how easy that was to get done. The benefit of getting this done with a lawyer is that we know what clauses work in wills and what don't. People sometimes have ideas about estate planning that don't match with the law or the administration of their estate after they are gone. It is good to see that people realize that they need to plan for when they are gone or when they cannot handle their affairs. There are a few of you out there who still need to get this done, so don't delay, phone your lawyer and get it

done. If you don't have a lawyer, I would be happy to assist you.

Another area of the law that has seen an uptick in these times is real estate. If you are thinking this is a good time to sell your home, it seems to be the case. One of the things to consider if selling is before you do, make sure you have an up-to-date Real Property Report and Letter of Compliance. If you don't know what these are, talk to your realtor or lawyer and they can explain that to you. It is vital that before you sell your home you have a strategy to deal with these two documents. A five-minute phone call with me and I can set your mind at ease on this issue. Homes these days will sell quickly particularly if they are in the right price range. So be prepared.

In the months to come I look forward to getting the vaccine and to a return to some sort of normal. Although I think mask wearing will be in our future for a while to come.

Stay safe and take care. ★

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

### Adult Day Program

Happy New Year! I hope everyone is doing well and keeping safe. With the recent news of the vaccine rollout, it has brought us hope and excitement that one day life will return to the way it used to be. In speaking to some of you regularly over the months, I have been encouraged by your resilience and your patience in keeping yourself safe and finding ways to continue on with positive thinking and ways to keep busy.

It has been ten months since we have gotten together as members of the Adult Day Program. Our musicians continue to practice at home, learning new songs and preparing for the day we will return to our program. Kyra and Jax, our Pet Therapy dogs, have kept up with their walking regime and will be so excited to return to the program.

It will be so wonderful to see everyone again, and enjoy each other's company in the way we used to: watching a movie together while enjoying popcorn, playing a game of horse racing and even doing those chair exercises to get us back in shape. How nice it will be to share in conversation while having our tea and coffee.

I encourage you to continue on with practicing safe habits, listening to the health care professionals and have patience a little while longer. We will be able to resume our activities again. Keep safe and stay positive!

Sharon Appelt, Adult Day Program Supervisor





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# LSCO Program Department

LSCO hopes that everyone is well. We look forward to seeing you in person soon. For those of you that were registered in a class prior to the restrictions put in place in November and December, your account has been credited. When you register for upcoming classes please indicate that you have a credit. You will not be able to register online at this time.

## Tentative Program/Activity Schedule

- Important: This is a sneak peek at some of the Programs & Activities that we are planning to offer when LSCO is permitted to open. It is not a complete representation of daily activities so please expect some changes.
- Start dates and registration is not yet available. Listed times may change.

*Fitness Centre Hours: Monday – Friday 8:00 – 4:00 pm, Saturday Hours TBA*  
*Pickleball: Times to be Announced*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>Pickleball</b> <b>Low Impact Cardio</b> 7:55 – 8:45 am Deb: Gym 2	<b>Pickleball</b>	<b>Pickleball</b> <b>Strength &amp; Conditioning</b> 7:55 – 8:45 am Deb: Gym 2	<b>Pickleball</b> <b>Cardio Box Core</b> 8:30 – 9:30 am Tracy: APR	<b>Pickleball</b>	<b>Pickleball</b>
<b>Tabata</b> 9:10 - 10:10 am Jamie: Gym 2 <b>Yin/Yang Yoga</b> 8:45 – 10:15 am Karen: Room A/B <b>Chair Yoga</b> 10:00 – 11:00 am Stage Area <b>ABS &amp; Core</b> 10:30 – 11:30 am Tracy: APR	<b>Cycle Combo</b> <b>9:00 – 10:00 am</b> Jamie: Gym 2 <b>Fitball &amp; More</b> 9:00 - 9:50 am Gym 1 <b>Gentle Yoga</b> 10:00 – 11:00 am APR <b>Yoga</b> 10:30 – 11:30 am Shawn: Room A/B	<b>Extreme Stationary Power Mix</b> 9:05 – 10:00 am Jamie: Gym 1 <b>Chair Yoga</b> 10:00 – 11:00 am Stage Area	<b>TRX Combo</b> 9:05 – 10:05 am Jamie: Gym 2 <b>Fitball &amp; More</b> 9:00 - 9:50 am Gym 1 <b>Gentle Yoga</b> 10:00 – 11:00 am APR <b>Badminton</b> 10:15 am – 12:15 pm Gym 1	<b>Active Yoga</b> 9:00 - 10:00 am Shawn: APR  <b>Pound Fitness</b> 10:00 – 10:45 am Sheila: Stage Area  <b>Badminton</b> 11:00 am – 12:30 pm Gym 1	
<b>Gentle Exercise</b> 9:45 – 10:30 am June: Gym 1 <b>Line Dance</b> 10:45 am – 12:00 pm Diane: Gym 2 <b>Badminton</b> 11:00 – 12:30 pm Gym 1	<b>Zumba Gold</b> 11:00 – 11:45 am Sheila: Stage Area <b>Strength Stretch Tone</b> 11:00 – 11:50 am Tracy: Gym 2	<b>Keep Fit</b> 10:20– 11:05 am Jamie: Gym 1 <b>ABS &amp; Core</b> New Time 10:45 – 11:30 am Tracy: Gym 2 <b>Badminton</b> 11:30 am – 12:45 pm Gym 1	<b>Zumba Gold Toning</b> 11:00 – 11:45 am Sheila: Stage Area		
<b>Pilates</b> 11:00 am – 12:00 pm June: Room A/B	<b>Tabata &amp; More</b> 12:05 - 12:55 pm Tracy: Gym 2		<b>Line Dance</b> 1:15 – 2:15 pm Gym 2		
<b>3, 2, 1 GO</b> 1:30 – 2:15 pm Nancy: APR	<b>Pound Fitness</b> 1:30 – 2:15 pm Nancy: APR <b>Circuit Train (Stationary)</b> 1:30 – 2:30 pm Jamie: Room A/B	<b>3,2,1 GO</b> 1:30 – 2:15 pm Nancy: APR <b>Pound Fitness</b> 2:15 – 3:00 pm Nancy: APR	<b>Circuit Train (Stationary)</b> 1:30 – 2:30 pm Jamie: Room A/B		
	<b>Step/Hiit</b> 5:15 – 6:15 pm Erich: Gym 2		<b>Movement Medicine (Nia)</b> 5:15 - 6:15 pm Andrea: APR <b>Step</b> 5:15 – 6:15 pm Erich: Gym 2		

### Online Classes

*If you are interested in participating in online classes such as Zumba Gold, Pound, 3, 2,1 GO, Yoga; or would like some exercise ideas to do at home please email shamilton@lethseniors.com for information.*

# Computer Corner

by Sjoerd Schaafsma

## Handling and Managing Files: Part 1

Welcome to another online edition of the Computer Corner. I’ve checked the content and yes, what was relevant back in December when this article was written is still valid today.

Handling and Managing Files may sound like a boring topic, but knowing how to correctly handle files or lists of anything on your computer, tablet, or smart phone can make the difference between a fruitful experience or frustration. I hadn’t planned on heading down this information trail, but things just dovetailed, and there were computer safety concerns that just seemed applicable, so here we are in what is now the first of a few back to basics columns.

Some scenarios that a bit of knowledge can help you avoid:

1. Where is that file or email message? I need it now!
2. Oh no, I deleted something by accident, can I ever get it back?
3. I was moving some “stuff” around, and now my computer doesn’t work
4. I clicked on a link or a file, not really sure anymore, and now I keep getting these websites popping up, or my internet has slowed to a crawl.

Much of what follows is applicable to most operating systems.

**Terminology:** A *file extension* is a suffix at the end of a computer file. It’s usually 3 or 4 letters long and refers to the type of file it is and which program(s) will open it, or how the file will behave. Often an extension is an acronym or abbreviation. Some file extensions are commonly used to refer to a type of document, a PDF is a type of document readable by most systems, a JPG (Jpeg) is an image format. More details are available in the link below.

<https://www.howtogeek.com/356448/what-is-a-file-extension/>

**Why you should care?** In Windows double clicking a file usually opens it. Double click on a picture file and the picture viewer software should display the photo. Double click on a word processor document and the word processor opens up to display the text, click on a program, and the program runs.

The problem is this: You might not know what, say for example a file called *blender* really is when you click on it. Is it a photo of a kitchen appliance, *blender.jpg*, is it the sound of a blender whirring, *blender.wav*, a video of a milkshake *blender.avi*, a blender manual *blender.pdf*, a powerful freeware modeling program *blender.exe*, all of the above packed in *blender.zip*, or a rogue malware file which is going to scramble all the files in your computer? Now, Windows by default shows the file extensions, it didn’t always. Looking in your documents folder you might think you have multiple copies of the same file when in fact you have half a dozen different files.

**This is one reason why you should enable the extension view in windows explorer if it isn’t already.**

**Here’s how:** In a File Explorer window in Windows 10. Click the “View” tab on the ribbon. Activate the “File name extensions” box in the Show/hide section to toggle file extensions on or off. File Explorer will remember this setting until you disable it..

In Windows 7, choose Tools > Folder options, in the Folder Options window, on the View tab, disable the “Hide extensions for known file types” check box. If the box is NOT checked you WILL see the extensions.

**Show File Extensions.** If you follow the online links you may notice, the 2018 article states “Windows by default shows the file extensions.” The 2017 article *How to Make Windows Show File Extensions* states, “Windows doesn’t show file extensions by default.” It took awhile but the powers that be finally decided not to hide all the extensions.

File extensions do not show up in macOS by default. The reason for this is that macOS, Android, and iOS devices don’t use extensions the same way that Windows does. Enough about that.

**Trivia:** a link to a description of an infamous computer virus, the hazard described is still applicable. <https://www.mindbounce.com/trivia/what-quick-spreading-virus-relied-on-recipients-curiosity-to-propagate/>

### Computer Club and Lab Notes

**Due to Covid restrictions the LSCO is closed until further notice.**

Notice of workshops and online Zoom sessions will be via the Computer Club email list. The Computer Corner and Seniors’ Times can be read online at <http://lethseniors.com/about/lSCO-times-publications/>. To subscribe to the computer club email list, or if you have questions about the Computer Club please e-mail: [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com)



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AZ QUOTES

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*I always felt that the great high privilege, relief and comfort of friendship was that one had to explain nothing.*

– Katherine Mansfield



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**Art is not the possession of the few who are recognized writers, painters, musicians; it is the authentic expression of any and all individuality.**

~ John Dewey

# From Nebraska to Oregon: At the turn of the century – Part III

The ache for home lives in all of us.

~ Maya Angelou

Hood River Valley is one of the most beautiful places on earth. It has been over sixty years since I moved from the Valley but I still feel an attachment. Located in the heart of the Cascade Mountains the Valley is bordered on the north by the Columbia River, on the south by Mount Hood, and more mountains to the east, towards The Dalles and west to Portland. There are magical places galore in the Valley, like the special place on Binns Road where 5 roads come together like the spokes of a wagon wheel. There are other spots where clear water bubbles out of almost solid rock. If you travel to the edges of the valley you may find the occasional rattlesnake and, in the upper valley, large dens of garter snakes. (I still shudder!)

Young Frank Smith loved the valley and he especially loved Mt. Hood. Anyone who has ever seen the mountain is awed by its majestic presence. The fact that it is only one of many snow-covered peaks in the Cascades does nothing to diminish this mountain's beauty. At an early age this young man began climbing the mountain. Eventually, he made it to the summit of the mountain. He was in good physical condition, strong and fearless. He became so adept at climbing the mountain that he eventually started guiding parties of people who followed him.

He told different members of the family different stories about his guiding days but two stories stand out in my memory. He once took a group with several women to the top of the mountain. The ladies did well climbing up but some refused to go back down. Frank had to push them off the top ledge to get them going. Another time he had a group of Japanese tourists who did not speak English. A storm came up and there was thunder and lightning all



## The Widow's Walk

Kay Long, BSW, RSW

around the climbing party. They all grabbed for Frank thinking he could rescue all of them. He had to calm the group with only a few words of Japanese that he knew then he started them down the mountain to safety.

So why did this young man know some Japanese words? Because many of the fruit farms in the Valley were owned by Japanese farmers who had planted the cherry, apple, and pear trees after plowing the land. All by hand. Frank grew up to become a fruit inspector for the Apple Growers Association. He traveled to all the fruit farms in the valley and became a self-taught expert on fruit.

So who was this young Smith boy who made Hood River Valley his home? To begin with, his nickname was Blackie. He was short, stocky and strong. He had black hair, dark skin and beautiful, black eyes. All attributed to his Welch heritage. He became an expert pool player and would often hustle the transient pool sharks that came through town. Money was hard to come by for the family and he did his share to keep a roof over their heads and food on the table. He was also an excellent dancer. Most dances back then cost nothing and it was a good way to meet girls.

I remember one story about his strength. He was working on the family car when it fell off

the jack. His left hand happened to be under the bumper, right above a stump. The weight of the front of the car landed so hard on his left hand that the 4 fingers were nearly severed. He wrapped a cloth around the hand, blood running down and he set off running to the nearest neighbor and 1/2 mile down the road. The neighbor saw Frank running and got his car running and on the road. Frank jumped into the passenger's seat and off they went (probably 40 miles an hour). They made it to the doctor's office in record time. Frank sat for hours watching the doctor sew his fingers back on and they all survived. The doctor must have been good at his craft because Frank still had his fingers, just not as good as new. Cold weather bothered his hand and he became even more right handed than he was to begin with. I loved to hear him tell this story when I was little and he loved to tell it to the grandchildren that followed.

One day, when Frank was about 18, he was talking with his friends outside the local country store. He and the other young men watched a pretty, young girl fly down the hill on her bicycle. Her long, blond braids streamed out behind her. Frank never took his eyes off her and after she had entered the store he told his buddies, "Someday I'm going to marry that girl!" And when she eventually became the beautiful young woman he loved at first sight, he did. Her name was Grace Elizabeth Binns and her family lived high up on Binns Hill. Gracie was born in Hood River Valley and her parents were from the big eastern city of Chicago. ★

The Widow's Walk: A Survivor's Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

### Dancing Is Good for Your Brain

The secret to staying young – both mentally and physically – may be out on the dance floor

As the Bee Gees put it, "You should be dancing."

According to research published in the journal Frontiers in Neuroscience, dancing has anti-aging effects on the brain.

In an effort to compare the brain health benefits of taking dance classes with those of moderate-to-vigorous physical activity, researchers at the German Centre for Neurodegenerative Disease and Institute for Sports Science in Magdeburg, Germany, studied participants (average age, 68) who took a weekly dance course, learning choreographed routines. Their findings showed that both dancing and aerobic activities such as walking and riding a bike boosted the volume of grey matter in the hippocampus. The part of the brain that helps with learning, short- and long-term

memory, and navigation, the hippocampus typically declines in volume as we age. Dancing had the added benefit of improving the participants' balance.

The Magdeburg researchers are hoping to use their results to come up with dance and music therapy programs to help dementia patients.

No one can argue that aerobic exercise is bad for you, and dancing gets you out socializing, so, if you're looking for ways to stay young in mind and body as well as at heart, consider taking up a dance class.

by Katrina Caruso  
January, 2021  
Goodtimes Magazine  
<https://goodtimes.ca/>

It is health that is real wealth and not pieces of gold and silver.

Mahatma Gandhi

AZ QUOTES

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