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Join Us for

CURBSIDE LUNCH SPECIALS

Every Wednesday in April
(See page 12 for details)

VIRTUAL RELAXATION

Mondays, 1:30 – 2:30 pm
(See page 16 for details)

VIRTUAL MINDFULNESS

Thursdays, 10:30 – 11:30 am
(See page 14 for details)

LIVE THE LIFE YOU LOVE

Thursday, April 22nd
(See page 4 for details)

International Mother Earth Day
April 22, 2021



**MOTHER
earth
DAY**

International Mother Earth Day is celebrated to remind each of us that the Earth and its ecosystems provide us with life and sustenance.



**Happy
Easter**

LSCO will be closed Friday, April 2nd for Good Friday and Monday, April 5th for Easter Monday



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Decade of Healthy Ageing

From December 4, 2020, *World Health Organization News*:

The United Nations General Assembly today declared 2021-2030 the [Decade of Healthy Ageing](#).

“Today’s announcement of the UN Decade of Healthy Ageing sends a clear signal that it is only by working as one, within the United Nations system and with governments, civil society and the private sector, that we will be

able to not only add years to life, but also life to years,” said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization, in response to today’s development.

“By adopting a UN-wide approach in support of healthy ageing, we will be able to galvanize international action to improve the lives of older people, their families and communities, both during the [COVID-19 pandemic](#), and beyond,” added Dr Etienne Krug, Director of the Department of Social Determinants of Health at WHO.

Health is central to our experience of older age and the opportunities that ageing brings. Initiatives undertaken as part of the Decade will seek to: change how we think, feel and act towards age and ageing; facilitate the ability of older people to participate in and contribute to their communities and society; deliver integrated care and primary health services that are responsive to the needs of the individual; and provide access to long-term care for older people who need it.

“Today’s announcement is the culmination of many years of collaboration with partners across the world,” said Alana Officer, who leads WHO’s Demographic Change and Healthy Ageing team. “But it also represents a new beginning. If we are to be successful in delivering the change envisaged under the Decade, we need new ways of working”.

WHO and UN partners are seeking inputs from all interested stakeholders to help build a [collaborative Platform](#) where all knowledge on ageing can be accessed, shared, and produced in one place – by anyone, anywhere in the world.

LSCO, through our local, provincial and national work, will strive to be a leader in the implementation of services to support the *Decade of Healthy Ageing*. We will also play a leadership role in the promotion of the Decade.

In the meantime, be safe and be kind. ★



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**Love is the only
force capable of
transforming an
enemy into friend.**

MARTIN LUTHER KING, JR.



AZ QUOTES



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Senior Citizens
ORGANIZATION

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In recognition for the ongoing support of LSCO Meals on Wheels







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Check out the website! www.lethseniors.com and register online.

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

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The Officers of LSCO

2020 – 2021 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, Marlys Reynar and Brian Sullivan.

LSCO 403-320-2222

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Chef – Bonnie Jadeske ext. 27

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Adult Day Program Supervisor – Sharon Appelt
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Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

For all your health inquiries, call the Chinook
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LSCO Vision Statement

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

Therapy Balls Roll class for Self care

Join Margo as she guides you through 7 techniques to help you move better. Using therapy balls you will be shown ways to help maintain mobility, strength and flexibility within your tissues. Bring a yoga mat, wear layered clothing ex: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended). Balls are supplied and will be available for purchase for those interested.

When: Friday, April 9
Time: 9:00 – 11:00 am
Fee: \$40 LSCO M; \$60 NM
Instructor: Margo Sutter
Register by: Tuesday, April 6



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.

LSCO Hours of Operation

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

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



Publishing Schedule

| Issue | Deadline |
|---------------|----------|
| May. | April 16 |
| June. | May 14 |

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



“Live the Life You Love: Optimizing Your Retirement Years”

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

The *Live the Life You Love* session is meant to prepare for OR revitalize your pathway to retirement.

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.

If you are interested in this retirement planning session please contact Heather Bursaw, LSCO Social Worker at 403-320-2222 ext. 57. Registration deadline is April 16th. ZOOM link will be provided upon registration.

Thursday, April 22nd ~ 10:00 am – 12:00 pm
Virtual 2 Hour Session

There is 20 minutes of prep work required in order to optimize the material delivered in this session. The workbook costs \$15 and can be picked up from LSCO prior to the start of the session.

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Senior Citizens
ORGANIZATION


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LINE DANCING

This class is for the intermediate to experienced line dancer. Please wear clean, non marking footwear and bring a water bottle. Masks must be worn at all times.

When: Thursdays, April 8 – 29
Time: 12:00 – 1:15 pm
Fee: \$16 LSCO M; \$24 NM
Instructor: Diane Holstine
Register by: Tuesday, April 6





LINE DANCING

This class is for experienced line dancers. Please wear clean, non-marking footwear. Masks must be worn at all times.

When: Mondays, April 12 – 26
Time: 12:00 – 1:15 pm
Fee: \$12 LSCO M; \$24 NM
Instructor: Diane Holstine
Register by: Friday, April 9



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Volunteer News

MOW VOLUNTEER DRIVERS

MOW is accepting volunteer applications for delivery drivers. Send an e-mail to volunteer@lethseniors.com

THANK YOU!

Thank you for all your support and patience as we adjust our volunteer positions. As restrictions change, we also change and adapt.

We will be reaching out to all volunteers that contribute to our LSCO team, as permitted. We look forward to seeing you all again.

Special thanks to Kari Martin for supporting the volunteers.



Volunteer Coordinator

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

Kari is also a volunteer; she is the volunteer coordinator of LSCO Winners Bingo and has been an administrative assistant at LSCO for

over 14 years. Her role and contribution to our LSCO community and our volunteer team is so appreciated!

DRIVE HAPPINESS

Drive Happiness continues to bring riders onboard and orientate new volunteers. This is a service that will help seniors with transportation needs, while keeping their costs low. Get your application from the volunteer office at LSCO or give me a call.

Volunteers and riders adhere to Alberta Health Services covid-19 Safety Guidelines and are provided with supplies to ensure everyone's safety. ★



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
OR CALL 403-332-4320

GOLF LESSONS

Ladies Only Beginner

Designed for the lady who has little to no experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing and apply these skills on the golf course. Maximum 6 students.

When: Session 1:
Tuesdays & Thursday
May 11, 13, 18, 20
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, May 7

When: Session 2:
Tuesdays & Thursday
June 8, 10, 15, 17
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, June 4

When: Session 3:
Wednesday & Friday
June 23, 25, 30 July 2
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Monday, June 21

TABATA Easy Does It

A fun new spin on timed exercises that will assist you to increase your strength. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. You must wear a mask while participating. Instructor is Tracy Simons.

When: Tuesdays, April 6 – 27
Time: 12:05 – 12:55 pm
Fee: \$24 LSCO M; \$36 NM
Register by: Thursday, April 1

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Excellence

“If the word ‘excellence’ is to be applicable in the future, it requires wholesale redefinition. Perhaps ‘excellent firms don’t believe in excellence – only in constant improvement and constant change.’ That is excellent firms of tomorrow will cherish impermanence – and thrive on chaos.”

~ Tom Peters

In Search of Excellence (published 1982)

Good day!

This past year has been chaotic for us. I doubt life will return to what we like to call normal. Somethings at Lethbridge Senior Citizens Organization will be similar, but I think we



President’s Message

Keith Sumner

should be prepared for change. What those changes will be no one can anticipate.

We humans want security and stability, they do not exist. I have heard it said if you want

to make the universe laugh plan your future. Do not get me wrong I believe in strategic planning. I also believe we should hold those plans loosely. We need to position ourselves so we may seize opportunities as the pandemic restrictions are phased out. I believe there will be numerous opportunities for us going forward.

We have dedicated, experienced staff that can be relied on. Unfortunately, we have a couple of vacant positions on our Board of Directors. If you feel you would like to give back to our seniors’ community let us talk. Perhaps you can help the Board and staff identify opportunities in the chaos as we move forward.

Namaste ★

Some Are Dreading Return to Normal

For many, the pandemic has imposed a lifestyle that suits them perfectly

While we all celebrate the vaccine rollout and the associated promise of a return to normal after a year of COVID restrictions, not everyone is excited or mentally prepared to go back to their old lives.

It’s not that they minimize the devastating effects that the pandemic has had or the sacrifices essential workers have made, but that the pandemic has provided an opportunity to discover an alternative way of life that has its benefits. For introverts, balancing social interactions with co-workers, friends, and family can be daunting, and some are finding that forced isolation has provided relief from this stress; for some, even the words “return to normal” bring on a touch of anxiety. Even some extroverts have come to appreciate time having time to themselves.

“The pandemic has been a forced respite,” Gail Saltz, a clinical associate professor of psychiatry at the New York-Presbyterian Hospital, Weill-Cornell Medical College, said in a *New York Times* article published in May 2020. “It’s a guilt-free release from the pressures of some work and social and family obligations.”

Dr. Arthur Bregman, a Miami psychiatrist, has dubbed the phenomenon “cave syndrome”: some have gotten used to the isolation and are now reluctant to leave their homes or socialize.

Many people have discovered that they appreciate the time spent sheltering in place, the ability to work from home, and a legitimate reason to avoid unwanted or stressful social activities without feeling guilty. Sheltering in place has provided an opportunity to spend more quality time with those in the same household and to spend time on hobbies. Working from home has meant the end of daily commutes, and many are using the time saved to incorporate exercise into their routine and to eat more home-cooked meals. Many workers are hoping to continue working from home, at least part time, even after everyone is vaccinated and the world goes back to normal.

If you’re among those anxious about the Great Restart, remember to be patient with yourself and others. After a year or more of isolation, returning to normal will likely

be a shock for some. And while many are surprised to find themselves enjoying the slower pace and isolation, society’s shut-down has led to increased anxiety and depression for others, especially those with pre-existing conditions or a history of anxiety or depression.

In his blog “Introvert, Dear” (introvertdear.com), author Brian Johnston offers this advice to help introverts prepare for the return to normal:

- practice social interactions with family and friends through phone or video calls,
- understand that it’s okay to enjoy spending time alone and remember to take time for yourself in the future,
- clearly communicate your need for time alone and set clear boundaries regarding future expectations to prevent misunderstandings or disappointments,
- and take it slowly. Don’t push yourself too hard.

By Caitlin Finlay
March, 2021
goodtimes.ca



MENU ~ APRIL 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** ★





HAPPY Easter



| Monday, April 5 | | Tuesday, April 6 | | Wednesday, April 7 | | Thursday, April 8 | | Friday, April 9 | |
|---|--|---|--|---|--|--|--|--|--|
| LSCO Closed for Easter Monday | | Entree: Pork Cutlet Starch: Mashed Potatoes Soup: Chef’s Choice | | Entree: Teriyaki Chicken Starch: Rice Soup: Chef’s Choice | | Entree: Meatloaf Starch: Oven Roasted Potatoes Soup: Chef’s Choice | | LSCO Closed for Good Friday | |
| Monday, April 12 | | Tuesday, April 13 | | Wednesday, April 14 | | Thursday, April 15 | | Friday, April 16 | |
| Entree: Baked Spaghetti Starch: Garlic Toast Soup: Chef’s Choice | | Entree: Bacon Wrapped Salmon Starch: Rice Soup: Chef’s Choice | | Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef’s Choice | | Entree: Pork Chop Starch: Steamed Potatoes Soup: Chef’s Choice | | Entree: Chicken Thighs Starch: Pasta Soup: Chef’s Choice | |
| Monday, April 19 | | Tuesday, April 20 | | Wednesday, April 21 | | Thursday, April 22 | | Friday, April 23 | |
| Entree: Ginger Beef Starch: Rice Soup: Chef’s Choice | | Entree: Chicken Swiss Starch: Polenta Soup: Chef’s Choice | | Entree: Pork Stew Starch: Steamed Potatoes Soup: Chef’s Choice | | Entree: Orange Chicken Starch: Rice Soup: Chef’s Choice | | Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice | |
| Monday, April 26 | | Tuesday, April 27 | | Wednesday, April 28 | | Thursday, April 29 | | Thursday, April 30 | |
| Entree: Cabbage Roll Casserole Starch: Steamed Potatoes Soup: Chef’s Choice | | Entree: Sweet & Sour Pork Starch: Rice Soup: Chef’s Choice | | Entree: Salisbury Steak Starch: Mashed Potatoes Soup: Chef’s Choice | | Entree: Sausage Starch: Hash Brown Casserole Soup: Chef’s Choice | | Entree: Honey Garlic Chicken Starch: Rice Soup: Chef’s Choice | |

MENU ITEMS AVAILABLE IN DINING ROOM

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

| | | |
|--------------------------------|------------|-----------|
| Soup (Small) | MEM \$3.25 | NM \$4.00 |
| Hamburger | MEM \$5.50 | NM \$6.50 |
| Hamburger & Fries | MEM \$7.00 | NM \$8.00 |
| Cheeseburger | MEM \$6.25 | NM \$7.25 |
| Cheeseburger & Fries | MEM \$7.00 | NM \$8.75 |

| | | |
|-----------------------------------|------------|-----------|
| Chicken Fingers | MEM \$7.00 | NM \$8.25 |
| Chicken Fingers & Fries | MEM \$8.50 | NM \$9.75 |
| Homecut Fries | MEM \$3.25 | NM \$4.00 |

AGEISM

Ageism refers to **HOW WE THINK (STEREOTYPES), FEEL (PREJUDICE) and ACT (DISCRIMINATION)** towards others or ourselves based on age

AGEISM IS EVERYWHERE

1 in 2 PEOPLE
WORLDWIDE ARE AGEIST
AGAINST OLDER PEOPLE
and, in Europe, there is
more ageism against
younger than older people

Ageism affects us
THROUGHOUT LIFE
and exists in our institutions,
our relationships and ourselves

Ageism
EXACERBATES OTHER
DISADVANTAGE

AGEISM IS HARMFUL

PHYSICAL HEALTH

MENTAL HEALTH

SOCIAL WELL-BEING

Ageism takes a
HEAVY
ECONOMIC TOLL
on individuals
and society

Ageism has far-reaching
IMPACTS ON ALL ASPECTS
OF PEOPLE'S HEALTH

AGEISM CAN BE COMBATTED

POLICY AND LAW
can protect human rights and address
age discrimination and inequality

EDUCATIONAL ACTIVITIES
can transmit knowledge and skills
and enhance empathy

INTERGENERATIONAL
INTERVENTIONS
can connect people of different generations

#AWorld4AllAges

A crash course in minor collisions

With many of us opting to drive instead of using public transit during the pandemic, the chances of a minor collision go up. Accidents do happen, so being prepared is a driver’s best option.

Every year 500,000 Canadians are involved in auto collisions. Fortunately, being prepared for a collision makes a very stressful situation a little more manageable.

“When navigating an auto accident, there are many different parties involved, like tow trucks, auto body shops and rental companies,” explains Bryant Vernon, chief claims officer at Aviva Canada.

“We always recommend calling your insurance company as soon as you can – ideally at the scene. They can guide you through the claims process and help you avoid costly mistakes or delays because they vet and monitor preferred

vendors to ensure the best customer experience. Aviva customers who go through a preferred vendor have their claim settled, on average, 30 days faster and are more satisfied overall.”

Here are few additional ways to ease the post-accident process:

- **Safety first:** Make sure that you and the occupants of your car are safe, then move off the road to prevent further injury.
- **Make a list:** Thinking clearly is difficult after a collision. Remove the pressure of trying to remember what you need to do by writing a list and keeping it in the glove compartment.
- **Do not sign any blank work order forms:** Always read the terms and conditions on documents to ensure you understand what you’re authorizing.

- **Exchange information:** Share names, addresses, phone numbers, insurance company information, driver’s license numbers and license plates with each driver involved in the accident — all this data will be necessary when filing an accident report and an insurance claim.
- **Take photographs:** Snap a picture of the damage. Photos will help settle any disputes about the extent of damage to the vehicles.
- **File an accident report:** Most provinces require that you report any accident to a collision reporting centre or the police when damage exceeds a specified amount.

www.newscanada.com

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. Masks must be worn.

When:

Tuesdays, April 6 - 27

Time:

10:00 – 11:00 am

Fee:

\$24 LSCO M; \$36 NM

Register by:

Thursday, April 1

When:

Thursdays, April 8 - 29

Time:

10:00 – 11:00 am

Fee:

\$24 LSCO M; \$36 NM

Register by:

Wednesday, April 7

Golf is just the adult version of an Easter Egg Hunt

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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. Masks must be worn.

When: Wednesdays, April 7 – 28
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$36 NM
Register by: Tuesday, April 6

TRX & CORE

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It’s also a great option for anyone who wants to add cross-training into their workouts. You must wear a mask while participating.

When: Thursdays, April 8 – 29
Time: 9:00 – 10:00 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Tuesday, April 6

Are You Really Lactose Intolerant?

Before you give up on dairy,...

Think you can’t digest milk and other dairy foods? According to a 2013 survey, about 16 per cent of Canadian adults believe they have lactose intolerance, a condition that can cause symptoms such as gas, bloating, and cramps.

It turns out, however, that many may be needlessly missing out on an important source of calcium, vitamin D, magnesium, and other nutrients. (If you develop symptoms suddenly, though, consult your doctor – new-onset lactose intolerance can result from underlying conditions such as celiac disease, which can sabotage your long-term health if untreated.)

Studies have shown that many people who believe they’re lactose intolerant don’t test positive for the condition. Some who do lack the ability to digest lactose, the natural sugar in milk, don’t necessarily experience symptoms, and even those with symptoms can enjoy moderate amounts of dairy food without digestive distress using some simple strategies. So before you consider ditching dairy, give the following tips a try.

“You can consume lactose-free products,” notes Dr. Andrew Szilagyi, a gastroenterologist at Montreal’s Jewish General Hospital and an assistant professor at McGill University. You can also try taking an over-the-counter supplement such as Lactaid or Lacteeze with dairy foods. These contain lactase, the enzyme that breaks down lactose into its component simple sugars. When lactose is dumped into the intestine undigested, it can be gobbled up and fermented by gut bacteria, resulting in the production of excess gas.

Eating fermented products can help, too. “Fermented products such as yogourt are considered to be helpful in reducing symptoms,” Szilagyi adds. That’s because in the fermentation process used to make foods such as yogourt, cheese, and kefir, some lactose is broken down by the bacterial cultures added, and some of the enzymes involved continue to work even after you ingest them.

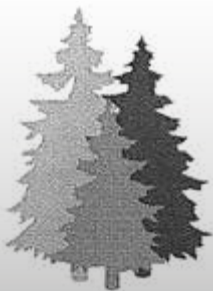
In addition, a few studies have suggested that taking probiotic supplements containing certain beneficial bacteria may help ease symptoms, as can consuming dairy with other foods.

Research shows that it’s also possible to gradually induce tolerance of dairy foods simply by eating them daily. It’s thought that this gradually shifts the composition of bacterial populations in the intestine towards types that produce less gas.

There’s also evidence that, for some people, a sensitivity to certain fats in dairy foods can mimic the symptoms of lactose intolerance, so it might be a good idea to experiment with foods such as ice cream and to stick to lower-fat options.

While filling the nutritional hole left by dairy foods can be managed with help from a registered dietitian, overall, it’s worth including these foods in your diet if you can. “Dairy foods are linked with a number of health benefits, most notably to bone,” Szilagyi says, “as well as to blood pressure, metabolic syndrome, and possibly colon cancer.”

By Wendy Haaf
March, 2021
goodtimes.ca



EVERGREEN
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www.evergreenfh.ca
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LSCO Program Department

MASKS

Masks are mandatory at LSCO. This includes all gymnasiums, program rooms, Fitness Centre and during all classes and activities. If you need a mask please ask at the Administration Desk. Thank you.

REGISTRATION INFORMATION

How do I register?

- Online at www.lethseniors.com (Note: Paypal account not required.)
- In person, call 403-320-2222

How do I pay?

- By debit, cash, cheque, Visa or MasterCard.

How do I find additional classes?

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

ONLINE REGISTRATIONS

- Classes fill up quickly. If it says out of stock when attempting to register online please call us at 403-320-2222 for information or to leave name on a waiting list.

IMPORTANT

- Please arrive no earlier than 5 minutes prior to class start time.

- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When **WEATHER** or any **UNFORSEEN CIRCUMSTANCES** causes LSCO to close, unfortunately we will not be able to make up the classes, offer refunds or credits.

CREDITS & 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 from a class they are registered in, will be charged a \$10 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$10 Administration Fee. Refunds will be pro-rated for any classes attended. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a program. 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.

Yoga & Pilates

Important things to know:

- **Please do not come to class if you have a cough, sneezing, runny nose, shortness of breath, fever, sore throat or any other symptoms. Thank you.**
- **Masks are mandatory in classes.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 5 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.
- 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.

THERAPY BALLS ROLL CLASS FOR SELF CARE

Join Margo as she guides you through 7 techniques to help you move better. Using therapy balls you will be shown ways to help maintain mobility, strength and flexibility within your tissues. Bring a yoga mat, wear layered clothing ex: tight leggings, shorts, sleeve shirts (sweatshirts, sweat pants not recommended). Balls are supplied and will be available for purchase for those interested.

When: Friday, April 9
Time: 9:00 – 11:00 am
Fee: \$40 LSCO M; \$60 NM
Instructor: Margo Sutter
Register by: Tuesday, April 6

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. Masks must be worn.

When: Wednesdays, April 7 – 28

Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$36 NM
Register by: Tuesday, April 6

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. Masks must be worn.

When: Tuesdays, April 6 – 27
Time: 10:00 – 11:00 am
Fee: \$24 LSCO M; \$36 NM
Register by: Thursday, April 1
When: Thursdays, April 8 – 29
Time: 10:00 – 11:00 am
Fee: \$24 LSCO M; \$36 NM
Register by: Wednesday, April 7

MEN'S YOGA

Join Skip Cooper for an easy does it yoga class. Please wear comfortable clothes, bring your yoga mat, water bottle and remember to wear your mask.

When: Wednesdays, April 7 – 28
Time: 8:30 – 9:30 am
Fee: \$24 LSCO M; \$36 NM
Register by: Tuesday, April 6

PILATES

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

When: Mondays, April 12 – 26
Time: 11:00 – 12:00 pm
Fee: \$18 LSCO M; \$27 NM
Register by: Friday, April 9

When: Thursdays, April 8 – 29
Time: 11:00 – 12:00 pm
Fee: \$24 LSCO M; \$36 NM
Register by: Friday, April 9

TAI CHI 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form.

Masks must be worn.

When: Wednesdays, April 7 – 28
Time: 9:20 – 10:20 am
Fee: \$12 LSCO M; \$20 NM
Register by: Tuesday, April 6

Golf

*Clubs are provided if needed. If you do, please let us know when registering.

*If you do not own golf attire or golf shoes, wear something comfortable that you can move in and running shoes are recommended.

*Registration must be made at LSCO.

BEGINNER GOLF (Ladies and Gents)

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 6 students.

When: **Session 1:** Tuesdays & Thursdays
April 27, 29, May 4, 6
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, April 23

When: **Session 2:** Tuesdays & Thursdays
May 25, 27, June 1, 3
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, May 21

When: **Session 3:** Tuesdays & Thursdays
June 22, 24, 29
Time: 1:00 – 2:00 pm
Fee: \$63 LSCO M; \$75 NM
Register by: Friday, June 18

LADIES ONLY BEGINNERS

Designed for the lady who has little to no experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing and apply these skills on the golf course. Maximum 6 students.

When: **Session 1:** Tuesdays & Thursday
May 11, 13, 18, 20
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, May 7

When: **Session 2:** Tuesdays & Thursday
June 8, 10, 15, 17
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, June 4

When: **Session 3:** Wednesday & Friday
June 23, 25, 30, July 2
Time: 1:00 – 2:00 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Monday, June 21

LADIES ONLY INTERMEDIATES

Designed for the lady who has golf experience. This class covers putting, green reading skills, chipping, sand play, driving, course management and provides drills for you to practice with. Lessons will be on range and on course.

When: **Session 1:** Tuesdays & Thursdays
May 11, 13, 18, 20
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, May 7

When: **Session 2:** Tuesdays & Thursdays
June 8, 10, 15, 17
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, June 4

When: **Session 3:** Wednesdays & Fridays
June 23, 25, 30, July 2
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Monday, June 21

INTERMEDIATES (Ladies & Gents)

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. Maximum 6 students.

When: **Session 1:** Tuesdays & Thursdays
April 27, 29, May 4, 6
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, April 23

When: **Session 2:** Tuesdays & Thursdays
May 25, 27, June 1, 3
Time: 2:15 – 3:15 pm
Fee: \$80 LSCO M; \$100 NM
Register by: Friday, May 21

When: **Session 3:** Tuesdays & Thursdays
June 22, 24, 29
Time: 2:15 – 3:15 pm
Fee: \$63 LSCO M; \$75 NM
Register by: Friday, June 18

Exercise & Fitness

Important things to know:

- **Please do not come to class if you have a cough, sneezing, runny nose, shortness of breath, fever, sore throat or any other symptoms. Thank you.**
- **Masks are mandatory at LSCO and in all classes.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 5 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- Choose an area that is marked off for you to participate.

- Make yourself comfortable in your area, on your mat/chair while you wait for your class to start.
- 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.

ABS & CORE

Strong abdominal muscles and core assist in daily living activities. A variety of exercises with options for all fitness levels will be given. Wear comfortable clothes, bring a water bottle and wear your mask.

When: Mondays, April 12 – 26
Time: 10:30 – 11:20 am
Fee: \$20 LSCO M; \$27 NM
Instructor: Tracy Simons
Register by: Friday, April 9

ABS & CORE

When: Wednesdays, April 7 – 28
Time: 10:45 – 11:50 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Tracy Simons
Register by: Monday, April 12

GENTLE BARRE

This class is comprised of low intensity barre inspired movement set to music, followed by a series of relaxing stretches. It is suitable for all levels, and the only equipment we will use is a chair. I look forward to seeing you soon!

When: Tuesdays, April 6 – 27
Time: 1:30 – 2:15 pm
Fee: \$24 LSCO M; \$36 NM
Instructor: Nancy Purkis
Register by: Thursday, April 1

NEW!! BARRE TONING

Barre Toning is a low intensity, muscle focused format using the Barre Above® method of sequencing and Barre inspired movements. It’s suitable for every level of fitness! We will use a chair for balance, hand held weights/bender balls/bands and gliders for a total body toning session. All you need is your yoga mat, towel and a water bottle! Sheila is thrilled to share this amazing program with you!

When: Fridays, April 9- 30
Time: 9:30 – 10:15 am
Fee: \$28 LSCO M; \$40 NM
Instructor: Sheila Mulgrew
Register by: Wednesday, April 7

GENTLE EXERCISE

This low intensity class will give you an overall body workout complete with light resistance work and a nice stretch. Wear comfortable clothes, bring a water bottle and wear your mask.

When: Mondays, April 12- 26
Time: 10:00 – 10:45 am
Fee: \$18 LSCO M; \$36 NM
Instructor: June Dow
Register by: Friday, April 9

When: Wednesdays, April 7 – 28
Time: 10:20 – 11:05 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Tuesday, April 6

INSTRUCTOR’S CHOICE

A variety of exercises will be taught weekly. Masks must be worn at all times.

When: Tuesdays, April 6 – 27
Time: 9:00 – 10:00 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Thursday, April 1

LINE DANCING

This class is for experienced line dancers. Please wear clean, non-marking footwear. Masks must be worn at all times. Instructor is Diane Holstine.

When: Mondays, April 12 – 26
Time: 12:00 – 1:15 pm
Fee: \$12 LSCO M; \$24 NM
Register by: Friday, April 9

LINE DANCING

This class is for the intermediate to experienced line dancer. Please wear clean, non marking footwear and bring a water bottle. Masks must be worn at all times. Instructor is Diane Holstine.

When: Thursdays, April 8 – 29
Time: 12:00 – 1:15 pm
Fee: \$16 LSCO M; \$24 NM
Register by: Tuesday, April 6

STRENGTH & CONDITIONING

Debbie Palmer will combine low intensity cardio exercises with strength movements to give you a full body workout. Weights and other resistance equipment will be used. Wear comfortable clothes, inside runners, bring a water bottle and yoga mat. Masks are mandatory in LSCO and while exercising.

When: Wednesdays, April 7 – 28
Time: 8:00 – 8:50 am
Fee: \$24 LSCO M; \$36 NM
Register by: Tuesday, April 6

STRENGTH & TONE

Have fun with Jamie while strengthening your lower body. A great way to start the week! Masks must be worn.

When: Mondays, April 12 – 26
Time: 9:00 – 10:00 am
Fee: \$18 LSCO M; \$27 NM
Instructor: Jamie Hillier
Register by: Friday, April 9

TABATA Easy Does It

A fun new spin on timed exercises that will assist you to increase your strength. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. You must wear a mask while participating.

When: Tuesdays, April 6 – 27
Time: 12:05 – 12:55 pm
Fee: \$24 LSCO M; \$36 NM
Instructor: Tracy Simons
Register by: Thursday, April 1

TOP GUNS

Upper body workout. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. You must wear a mask while participating.

When: Wednesdays, April 7 – 28
Time: 9:00 – 10:00 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Tuesday, April 6

TRX & CORE

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It’s also a great option for anyone who wants to add cross-training into their workouts. You must wear a mask while participating.

When: Thursdays, April 8 – 29
Time: 9:00 – 10:00 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Tuesday, April 6

Nordic Walking

Warming Up

Warm up with foot/ankle rotations, light leg swings, torso twists and shoulder rolls forward and back. Easy neck rotations, wrist curls. These are also great to do after your walk too.

Stretching

Stretching takes place AFTER your workout. Hold each stretch below for approximately 15 seconds.



Front Thigh Stretch

- Stand upright in good posture, holding pole for support on the weight bearing side or use a wall.
- Gently bend your knee behind you to grasp your pant leg or ankle with the other hand. Bending your knee with your heel coming towards you rear end might be enough of a stretch.
- Keep your knee aligned under the hip as you lift the foot, then switch legs.

Remember that you do not want to feel pain in your knees



Back Stretch

- Place both poles shoulder width apart and in front of your body for stability.
- Step several inches away from the poles with both feet.
- With long legs and arm, extend tailbone behind you.



Back Thigh Stretch

- Place both poles approximately shoe – width apart and in front of your body for stability
- Extend left leg in front, heel on ground, toes pointed up
- Gently bend right support knee while pushing the tailbone backward, the switch sides. You should feel a stretch in the back of your leg (hamstring, calf).



Arm Stretch

- Grasp pole grip with right hand
- Bring pole overhead and down the back; grasp other end with left hand.
- Left hand pulls downward until you feel a stretch in the back of your arms
- Switch sides



Chest/Upper Shoulder Stretch

- Grasp pole behind back, hands a little wider than shoulder width
- Lift pole up towards head; only lift as high as you can maintain upright posture
- You can also lift poles up in front of face and behind head



Lateral Torso Flexion

- Grasp pole with a wide overhead grip with both hands
- Standing upright in good posture, push the left hand to the ceiling and reach the right hand to the right side
- Change sides.



Nordic Walking Poles are available to purchase at LSCO Boutique. Please ask at the Administration desk.



GENTLE BARRE

This class is comprised of low intensity barre inspired movement set to music, followed by a series of relaxing stretches. It is suitable for all levels, and the only equipment we will use is a chair. I look forward to seeing you soon!

When: Tuesdays, April 6 – 27
Time: 1:30 – 2:15 pm
Fee: \$24 LSCO M; \$36 NM
Instructor: Nancy Purkis
Register by: Thursday, April 1

BARRE TONING

Barre Toning is a low intensity, muscle focused format using the Barre Above® method of sequencing and Barre inspired movements. It's suitable for every level of fitness! We will use a chair for balance, hand held weights/bender balls/bands and gliders for a total body toning session. All you need is your yoga mat, towel and a water bottle! Sheila is thrilled to share this amazing program with you!

When: Fridays, April 9 – 30
Time: 9:30 – 10:15 am
Fee: \$28 LSCO M; \$40 NM
Instructor: Sheila Mulgrew
Register by: Wednesday, April 7

CURBSIDE LUNCH PICKUP

Wednesdays, April 7 - 28

DAILY LUNCH SPECIAL MENU

April 7 ~ Teriyaki Chicken

April 14 ~ Veal Cutlet

April 21 ~ Pork Stew

April 28 ~ Salisbury Steak

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,
Visa or Mastercard at time of pickup. Cash accepted if necessary



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Tai Chi 108 Form Practice


Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form. Masks must be worn.

When: Wednesdays, April 7 – 28

Time: 9:20 - 10:20 am

Fee: \$12 LSCO M; \$20 NM

Register by: Tuesday, April 6





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BEGINNER GOLF LADIES & GENTS

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 6 students.

When: Session 1: Tuesdays & Thursdays
April 27, 29 May 4, 6

Time: 1:00 – 2:00 pm

Fee: \$80 LSCO Member; \$100 NM

Register by: Friday, April 23

When: Session 2: Tuesdays & Thursdays
May 25, 27, June 1, 3

Time: 1:00 – 2:00 pm

Fee: \$80 LSCO Member; \$100 NM

Register by: Friday, May 21

When: Session 3: Tuesdays & Thursdays
June 22, 24, 29

Time: 1:00 – 2:00 pm

Fee: \$63 LSCO Member; \$75 NM

Register by: Friday, June 18



Practice “earthing”

Spring has sprung! There is nothing quite like the feeling that comes with spring... the days start getting longer, the sun starts getting warmer and the world becomes green again. One of my favorite things to do this time of year is to go on adventures through the coulee and along the river bottom with my dog, Ozzy. I like to take these trips as an opportunity to reconnect with myself and with nature. One of the ways I do this is by practicing something called “earthing”.

There are different ways to practice earthing, but my favorite way is to use the barefoot method. This means to kick off your shoes/socks and press your feet into the earth. Whether it’s grass, sand or mud, connecting our skin with the natural ground provides grounding energy. The idea behind earthing



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

is that it triggers electrical conductivity, activating the “living matrix”, which is the main connector between all living cells. Essentially, this practice realigns our electrical energy by reconnecting it to the earth.

Studies have shown that earthing may affect our body the same antioxidants do. Research

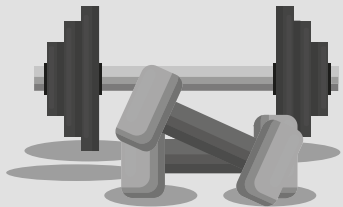
is showing promise of many benefits of earthing, but there is also growing research of how earthing can be beneficial for seniors specifically. These benefits can include decreased levels of inflammation, reduced cortisol levels, improved blood circulation, better pain management, improved immune system, improved bone health, lessened hormonal symptoms and assistance with weight management. There is something so rejuvenating about the physical contact and appreciating that time connecting with the earth with so much intention.

We have all had a difficult year, and it’s so important that we maintain our health and wellness by taking care of ourselves physically and emotionally. How do you reconnect? ★

Top Guns

Upper body workout. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. You must wear a mask while participating.

When: Wednesdays, April 7 – 28
Time: 9:00 – 10:00 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Tuesday, April 6




Strength & Tone



Have fun with Jamie while strengthening your lower body. A great way to start the week! Masks must be worn.

When: Mondays, April 12 – 26
Time: 9:00 – 10:00 am
Fee: \$18 LSCO M; \$27 NM
Instructor: Jamie Hillier
Register by: Friday, April 9

Instructor’s Choice



A variety of exercises will be taught weekly. Masks must be worn at all times.


When: Tuesdays
April 6 – 27
Time: 9:00 – 10:00 am
Fee: \$24 LSCO M; \$36 NM
Instructor: Jamie Hillier
Register by: Thursday, April 1

3 ways to discover local businesses in your community

With fewer people walking into shops and restaurants due to COVID-19, it's more important than ever to find ways to support local small businesses. Small businesses are an important part of Canada's economy, and by shopping local you can help support your community, create jobs and bring a unique character to your neighbourhood.

Here are three ways to support and discover new businesses from the comfort of your own home: 1. When you need to go out for essentials, try shopping at locally owned stores nearby. Many small businesses are now offering online or click-and-collect services that are easy and safe to use. Try searching keywords or hashtags relevant to the product you’re looking for using platforms and tools like the Instagram Shop tab, which allows the everyday shopper to discover local businesses. Purchasing products locally online, instead of using a big-box retailer, could make the difference for a small business surviving instead of closing. 2. Not sure how to find local businesses? Try searching the hashtag “#shoplocal” on social media. Many people post photos of their local purchases online with hashtags such as #shoplocalalyc, or #shoplocalottawa when shopping in their community. You may just discover your next favourite coffee shop, candlemaker or restaurant. 3. From local help groups to book clubs to artist collectives, diverse communities are thriving on social media. Last year, many were introduced to local business directories, and they’ve helped business owners stay afloat during the pandemic. You can find communities supporting small businesses by searching for local Facebook Groups online. Shopping local and sharing your favourite small business with your community are great ways we can support businesses on their road to recovery.

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Join us as we discuss the stress of everyday living and how to combat it!

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**Wednesday,
April 21, 2021**

1:00 p.m. to 2:00 p.m.


Stress is one of those buzz words most of us have used at some time or another to describe a not-so-pleasant experience, an emotional state or a physical condition. But then comes to our daily lives, we see that stress begin to grow, becomes more intense, and disrupts our ability to manage it.

Join us as we discuss the stress of everyday living and how to combat it!

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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



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Pilates

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

| | |
|--------------|-------------------------|
| When: | Mondays, April 12 – 26 |
| Time: | 11:00 – 12:00 pm |
| Fee: | \$18 LSCO M; \$27 NM |
| Register by: | Friday, April 9 |
| When: | Thursdays, April 8 – 29 |
| Time: | 11:00 – 12:00 pm |
| Fee: | \$24 LSCO M; \$36 NM |
| Register by: | Friday, April 9 |



Gentle Exercise

This low intensity class will give you an overall body workout complete with light resistance work and a nice stretch. Wear comfortable clothes, bring a water bottle and wear your mask.

| | |
|--------------|--------------------------|
| When: | Mondays, April 12 – 26 |
| Time: | 10:00 – 10:45 am |
| Fee: | \$18 LSCO M; \$36 NM |
| Instructor: | June Dow |
| Register by: | Friday, April 9 |
| When: | Wednesdays, April 7 – 28 |
| Time: | 10:20 – 11:05 am |
| Fee: | \$24 LSCO M; \$36 NM |
| Instructor: | Jamie Hillier |
| Register by: | Tuesday, April 6 |

You will feel the intoxication if you live life very consciously in this beautiful, merry month of April. ~ Summer Bacon



ONLINE REGISTRATION

WWW.LETHSENIORS.COM


The Fragility and Complexity of Human Civilization

Human civilization is a complicated matter. It's a wonder that humans have accomplished what they have. Part of what makes society works is a system of laws and tied in with that a system of dispute resolution. Every country on earth has some sort of legal framework, whether it be an oppressive one like North Korea, a democratic based one like Canada, or somewhere in between, like China. Civilization is an ongoing experiment and will continue to be.

This past year has seen humanity tested to its extreme, from the Pandemic to the US election. It has been a year unlike any other for the people who did not have to live through a war or revolution. My age group, the boomers, have had a relatively benign existence. Some might say it has been the most blessed existence in history and this is not far from the truth.

The Pandemic exposed the underlying fragility of human existence. We are never far removed from an event which can take away our comforts in an instance. It does appear that there is light at the end of this tunnel and whether we can return to what life was before is still open for discussion.

At the time of writing this article, Lethbridge is experiencing our worst outbreak since the Pandemic started. Over 500 people in Lethbridge



Legal Tips and Information

Douglas Alger

are infected with Covid. We are at least 7% of all the active cases in Alberta and close to 1% of all active cases in Canada. Hopefully by the time this goes to print, the numbers will start to drop. If they do continue to rise, we will see our City shut down. If we want our freedom to return to normal, then we have to play by the rules of the virus. A virus does not care about human existence or the fact we have split the atom. A virus has no feelings or consciousness, it will do what it wants to, and the consequences be damned. All we can do as citizens is to do what we can to stop the spread. For those of us who knowingly decide to take a risk with the Pandemic should face consequences.

It is too much to ask the citizens of Lethbridge to take on the world's problems. It is not too

much to ask our citizens to set a good example and be a leader in good civilization. This means a careful look at what Lethbridge stands for. We are blessed and lucky to live where we do, but some of us are taking all of this for granted. Our "civilization" in Lethbridge can be a beacon to the rest of the country or it can be a dark road that other Canadians choose not to go down.

Proper Estate Planning Thoughts
Enough preaching. It has been coming to my attention lately that the more complicated you make your will the more likelihood your estate will take longer to resolve after you are gone. It is easy enough to draw up a will, but make sure you know how your estate will play out after you are gone. Your will is the map for your estate and your lawyer is the person who has the skills to help you draw that map. Don't cut corners and seek help from lawyers and other professionals who know the ins and outs of proper estate planning.

Stay safe, get vaccinated, and do something good for Lethbridge in the next few months. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

New Support for Vulnerable Canadians

The federal government has announced financial support for a company that works to improve access to affordable housing

The Canada Mortgage and Housing Corporation (CMHC) announced February 12 that it will be providing \$2.5 million to support HelpSeeker, a social enterprise that aims to fill critical needs within society that aren't currently being met. The funding will be provided over three years to increase resources provided by HelpSeeker to Canadians.

A press release linked the funding effort to the difficulties Canadians are facing due to the COVID-19 pandemic, stating, "The COVID-19 crisis has made it clear that access to affordable housing and supports is key to Canada's recovery."

"Every Canadian deserves a safe and affordable place to call home," Ahmed Hussien, Minister of Families, Children, and Social Development and the minister responsible for the CMHC, said in a statement. "Through our government's National Housing Strategy, we are investing in innovative approaches to housing that will help Canadians get the support they need. We are proud to support startups like HelpSeeker, who provide innovative solutions as we

work to provide safe and affordable housing for all Canadians."

HelpSeeker provides a free website and app to help Canadians find resources within their communities, provinces, and across Canada. Resources include social, health, and community services, programs, and hotlines for addiction, homelessness, refugees, domestic violence, shelters, food support services, mental health, disabilities, and many more. Searches can be filtered by service type, as well as by cost so that users can find free services should they be unable to afford paid services.

The HelpSeeker website currently advertises offering resources to communities within British Columbia, Alberta, Manitoba, Saskatchewan, and Ontario, but the search tool includes resources for all Canadian cities. With the funding from the CMHC, HelpSeeker hopes to expand its reach from 200 to 5,000 municipalities across Canada.

by Caitlin Finlayr
Februaryh, 2021
goodtimes.ca



ABS & CORE

Strong abdominal muscles and core assist in daily living activities. A variety of exercises with options for all fitness levels will be given. Wear comfortable clothes, bring a water bottle and wear your mask.

| | |
|--------------|------------------------|
| When: | Mondays, April 12 – 26 |
| Time: | 10:30 - 11:20 am |
| Fee: | \$20 LSCO M; \$27 NM |
| Instructor: | Tracy Simons |
| Register by: | Friday, April 9 |

| | |
|--------------|--------------------------|
| When: | Wednesdays, April 7 – 28 |
| Time: | 10:45 – 11:50 am |
| Fee: | \$24 LSCO M; \$36 NM |
| Instructor: | Tracy Simons |
| Register by: | Monday, April 12 |



Join Skip Cooper for an easy does it yoga class. Please wear comfortable clothes, bring your yoga mat, water bottle and remember to wear your mask.

| | |
|--------------|----------------------------|
| When: | Wednesdays April 7 – 28 |
| Time: | 8:30 – 9:30 am |
| Fee: | \$24 LSCO M; \$36 NM |
| Register by: | Tuesday, April 6 |

Human Being or Human Doing

Over the past few months Amy and I have been taking training from Caregivers Alberta – *Caring for the Caregiver* to become certified facilitators for the Compass for the Caregiver Support group. This is a support we believe would be of value to many members of our community who are tasked with caregiving in one form or another. During our training we spent time learning about many things, but one concept I’d never really thought about before ... was worthy of sharing with all ...

Human Being or Human Doing

Human Doing – One part of you is the **Human Doing**:

- The one who goes non-stop during the day, almost always thinking of other and what needs to get done
- The one who is very good at blaming him/herself when things do not go smoothly

Human Being – The other part of you is the **Human Being**:

- The one who desired to live a more balanced life



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- The one who desires to have genuine connections with hm/herself and the significant other in their lives

We tend to get so caught up in what we are doing We move from one task to another and do not pause to savor the moment. With the completion of one task, we move right onto the next item on our “to do” lists. In this mode, our mind feels tight and our body gets tense. We suffer from tunnel vision, only able to see what we are doing and unable to see other

aspects within our lives. We miss the beauty surrounding us, and this leads us to our negative emotions.

We have to open our eyes and find what is perfect and good already in our lives. We can celebrate our good qualities and inner selves.

Try:

- Pause between taking on a new task and take time to savor the present.
- Pause to notice how your mind feels when it is in the doing mode.
- Try setting a random timer to remind you to become aware of this mental state
- Have a short meditation
- Ask for support
- Make love, play music and don’t take things too seriously
- Clarify your priorities
- Integrate ways of being into your day-to-day activities. ★

You must make a decision that you are going to move on. It won't happen automatically. You will have to rise up and say, 'I don't care how hard this is, I don't care how disappointed I am, I'm not going to let this get the best of me. I'm moving on with my life.'

~ Joel Osteen

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| | |
|--------------|--|
| When: | Session 1: Tuesdays & Thursdays April 27, 29, May 4, 6 |
| Time: | 2:15 – 3:15 pm |
| Fee: | \$80 LSCO M; \$100 NM |
| Register by: | Friday, April 23 |
| When: | Session 2: Tuesdays & Thursdays May 25, 27, June 1, 3 |
| Time: | 2:15 – 3:15 pm |
| Fee: | \$80 LSCO M; \$100 NM |
| Register by: | Friday, May 21 |
| When: | Session 3: Tuesdays & Thursdays June 22, 24, 29 |
| Time: | 2:15 – 3:15 pm |
| Fee: | \$63 LSCO M; \$75 NM |
| Register by: | Friday, June 18 |



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~ Winston Churchill

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Canadian Mental Health Association, Lethbridge Family Services, Lethbridge Housing Authority,
Lethbridge Senior Citizens Organization, Nord-Bridge Seniors Centre and Volunteer Lethbridge



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There are many benefits to being able to induce the “relaxation response” in your own body. Some benefits include a reduction of generalized anxiety, prevention of cumulative stress, increased energy, improved concentration, reduction of some physical problems, and increased self-confidence. Learning how to consciously practice relaxation bridges the gap between body and mind allowing one to feel united in complete self-awareness.

Covid19 Protocols in place.



LETHBRIDGE
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Alberta Health
Services

Computer Corner

by Sjoerd Schaafsma

Computer Safety: States of Awareness – Attentive, Cautious, Paranoid

“In the beginning” virus scans and malware were usually “taken care of” by a relatively simple scan of your computer or new software you’d acquired. Decent free antivirus and antimalware programs were available and updated the virus definitions as required without much interference to you or your computer system. Times have changed!

I like using analogies to explain computer problems, usually related cars and driving, as most of us can relate to this. As we age or drive in different situations our driving habits probably change. If they don’t, they should. The big difference is if you’re driving improperly you affect others as well as yourself. Surfing the internet recklessly is most likely to only affect you and your computer.

Now, on to states of awareness.

Once upon a time information was shared largely by sneaker net...(transferring information from one computer to another by floppy disk). Network sharing was not practical for most folks. A simple antivirus program was used to scan floppy disks before the information on them was considered safe to put on another computer. We’ve come a long way from floppy disks, but now with USB thumb drives often being used to transfer files between users, scanning that drive before transferring its contents to another computer is still a safe practise to follow.

Let’s call that stage being attentive, if you know the program or data is coming from a trusted source, you may not need to scan it, but there’s no harm in doing it anyway. It’s like where are we driving, are the roads good, what do I need to take with me, will my smart car be good enough to get me there? OK, but let’s check the weather and road conditions just before we leave anyway.

There are many antivirus and malware programs out there, some better than others, but on the whole they all do their job.

Most of today’s security programs are always running in the background checking for viruses and malware. Compare this to consciously monitoring the road and driving conditions and adjusting to what’s ahead of you. So far so good, now it’s time for another acronym, **FUD** – Fear, Uncertainty and Doubt. We know about highways, streets, speed limits, and their risks, but the internet highway is likely to have *deliberately* hidden potholes, detours and off ramps that can lead you to the danger zone without warning. Most of us don’t have thirty or more years of computer experience. As with driving, experience and education can warn you about the potential hazards of the internet.

A navigator or ‘co-pilot’ can help, however when the navigator becomes a distraction, that’s a problem! Here is where I feel some modern security programs become more of a hindrance than help. Picture four back seat drivers, constantly telling you what to do and where to go, as well as one that has control over a second steering wheel. Are you going to be distracted, travel at your normal speed, or pull over to the side of the road and stop moving until all is quiet again?

Imagine a computer security program checking your every move every site you go to, and every email. A fast multi tasking modern computer with more than one CPU might handle all these operations smoothly, but, if it keeps interrupting you with questions and warnings, it’s behaving a bit like those back seat drivers, and your task or computer experience may slow to a crawl or stop.

I only use one security program, the one that comes with whichever version of windows I’m using. The occasional warning is good to see, but I don’t need to be warned every time I travel onto a back road.

That’s it for computer philosophy for this month. Next month, some of the nitty gritty.

Meanwhile: How to Securely Shop Online: 8 Tips to Protect Yourself
<https://www.howtogeek.com/702286/how-to-securely-shop-online-8-tips-to-protect-yourself/>

Copy either of the above lines and enter them into your search engine or Address Bar.

Hints and tips: I use YouTube as a learning tool, sometimes the speed is too fast to keep up and others parts of a video too slow. I recently learned that it’s possible to:

Speed Up or Slow down YouTube’s Playback Speed. Here’s the how to link:
<https://www.howtogeek.com/702364/how-to-speed-up-youtubes-playback-speed-or-slow-it-down/>

Computer Club and Lab Notes

LSCO is open again, the lab is probably available again to computer club members. Call ahead to check.

Notice of workshops and online Zoom sessions will be via the Computer Club email list.

The Computer Corner and *LSCO 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 e-mail: computerclub@lethseniors.com

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When: **Session 2:**
Tuesdays & Thursdays
June 8, 10, 15, 17

Time: 2:15 – 3:15 pm

Fee: \$80 LSCO M; \$100 NM

Register by: Friday, June 4

When: **Session 3:**
Wednesdays & Fridays
June 23, 25, 30, July 2

Time: 2:15 – 3:15 pm

Fee: \$80 LSCO M; \$100 NM

Register by: Monday, June 21



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The sun was warm but the wind was chill.
You know how it is with an April day. ~ Robert Frost

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Spring has returned. The Earth is like a child that knows poems.
~ Rainer Maria Rilke

From Nebraska and Illinois to Oregon

Chicago, Chicago that toddling town
Chicago, Chicago I will show you around
~ Lyrics by Fred Fisher

Our family story continues in the Midwest of the United States, in Chicago, Illinois. Cora Mary Rogers was my great-grandmother. Her story started in Chicago and ended in Hood River, Oregon. Her father was Silas Rogers, and her mother, Amelia Rogers. Her younger brother was Arthur. Cora and Arthur were together all their lives until he died in Hood River.

On October 8, 1871, the Great Chicago Fire broke out, and burned for three days. When the fire started it was a hot, dry windy day and the family left their home and camped on the edge of Lake Michigan. They were ready to plunge fully into the water to save their lives. Cora was six years old at the time and Arthur, only two. It was such a memorable experience for Cora that she still talked about it many years later. If you were part of Cora's family you knew that Grandma Cora survived the Great Chicago fire.

Cora's mother, Amelia, is outstanding as an ancestor because she kept a diary. In the late 1800s not all women could read and write. Many went from grade school into factory work or marriage. Amelia kept hearth and home for her husband, Silas, who worked at the stockyards. From Amelia's diary we know that Silas went to work via his own horse and buggy. The family lived in a fully furnished house and had hired help. She wrote about doing laundry, writing and receiving letters, and sewing. She made most of the clothes for the family. She also wrote about the babies that they had lost (at least 2 stillborn and 2 others who died in infancy) and she also worried about the health of her living children. Both Cora and Arthur



The Widow's Walk

Kay Long, BSW, RSW

had poor eyesight and hearing loss. According to the family story both children had scarlet fever when they were young which caused the damage to their sight and hearing. There was a world-wide pandemic of scarlet fever around 1820 and both children had it.

The last entry in Amelia's diary tells about a trip to Racine, Wisconsin to visit family. Some of the family rode on the train while Silas, Arthur and Amelia went by horse and buggy. The way that she wrote about the journey makes the reader feel as though they were there with them. She mentions the rain they encountered on the trip and staying over mid-way on the journey. Amelia came from a big family and mentions brothers and sisters in her story. Silas and Amelia met and married in Racine before they moved to Chicago.

The family trip to Racine took place in October 1881. Amelia died in 1882. She was only 42 years old. Cora was 17 and Arthur was 13 when they lost their mother. Some of the things I find interesting about the family and the times I've gleaned from Amelia's diary are as follows:

- The Sunday Times (I imagine the Chicago paper) cost 50¢. (seems like a big price for the time.)

- They had other people (probably siblings or cousins) living with them most of the time.
- There were strikes about to happen at the stockyards.
- On a trip to the store Cora found a "3 cent piece in silver".
- Amelia purchased flour by the barrel. (Lots of home baking in those days.)
- On a shopping trip Cora tried on the Audiophones. She did not like them. So even as a teenager Cora was very hard of hearing.
- Amelia made a crown of "Ephie's and Emmie's" hair and had it framed. Must be the two babies they lost who lived only a short while.
- Some of the neighbours had measles; then Cora came down with them with a high fever. Another neighbor had diphtheria.
- They played croquet in the yard, had a garden and raised chickens in the backyard.
- They likely did not have electricity in their home but did have water and gas.

I added the last point because Cora's life soon changed drastically. The family did not talk about Cora's travels to the west but we do know that she was a young woman when she met and married a young, handsome (I have pictures) English sailor named John "Jack" Embly Binns. For reasons unknown the young couple, along with Cora's little brother, Arthur, are next mentioned in Hood River Valley. We have no idea how they got there but had to be by wagon or stagecoach. Next time – the story of life at Binns Hill.

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

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