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Join Us for

LSCO CLOSED
MONDAY, AUGUST 2ND
 for Heritage Day

GRAND PARADE
WALKING FUNDRAISER
 Saturday, September 18
 (See page 7 for details)

COMPASS FOR THE
CAREGIVER
 September 7 – 28
 (See page 8 for details)

FREE NECK & SHOULDER
MASSAGES
 Starting Wednesday, September 22
 (See page 6 for details)

LSCO FITNESS CENTRE

FITNESS CENTRE HOURS

Monday – Friday
8:00 am – 3:30 pm

A variety of exercise machines, cardio equipment, free weights are available for individuals to use. If you require instruction on using the machines please ask for a free orientation.

Fee: \$20 LSCO M; \$35 Non-Member
 (30 Days from Date of Purchase)

Drop in Fee: \$7 LSCO M; \$10 NM

FREE FITNESS CENTRE ORIENTATIONS

If you haven't exercised in a while or need a refresher on how to use the machines safely please contact us to schedule an appointment.



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Big Thanks to City Council

During the COVID-19 pandemic shut-down, Lethbridge City Council approved a lease/rent relief program for organizations for whom the City is the landlord. The first organizations taking advantage of this program were the U of L Music Conservatory (located at CASA) and the Lethbridge Curling Club (located at ATB Centre). On July 13, LSCO was the third organization to request relief from the City.

Like many other organizations and businesses in Lethbridge, the pandemic has had a negative financial impact on LSCO...especially since we have been closed the first half of this year. While we were able to take full advantage of as many COVID-19 related financial assistance programs as possible in 2020 (which allowed us to almost break-even), 2021 has been a different story. There have been fewer such programs this year, and some of those being offered provide fewer dollars. All of this had the cumulative effect of LSCO having a large operational deficit in the first half of 2021, much of it being the amount owed in lease costs to the City.

LSCO's application for relief was discussed in closed session and, obviously, this writer was recused from the discussion. What was troubling was the length of time of this discussion – over a ½ hour! Surely all of Council had read LSCO's application and understood our situation. If that was the case,

it can only be speculated that some Councillors were not in favour of providing relief for our organization. When the vote was held in public regarding our application, it passed 7-1...which usually means – after a lengthy closed session discussion – that those who spoke against it privately, did not wish to do so publicly. The only member of City Council to vote against providing lease relief to LSCO was Joe Mauro.

Now that we're open again, the task to maintain a constant revenue stream will be a priority. A new event that we hope our membership will embrace will be the Grand Parade – please see www.lethseniors.com, <https://theGrandParade.org/location/lethbridge>, our social media posts, and info in the building for more details. The event is on September 18, so you have time to organize your team to walk for LSCO!

Please continue to be safe and to be kind to others. ★



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AT LIVINGSTONE ESTATES

Contact Trisha or visit parksideliving.ca to learn more about The Estates at Parkside Place — a new community of Bungalow Condos coming soon to Coaldale!

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for more information

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location & hours

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your tour of the
showhome!

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WORLD HUMANITARIAN DAY
#REALLIFEHEROES | 19 AUGUST

Providing life-saving support during the pandemic
On World Humanitarian Day (WHD) August 19, the world commemorates humanitarian workers killed and injured in the course of their work, and we honour all aid and health workers who continue, despite the odds, to provide life-saving support and protection to people most in need.

LSCO Boutique Opens
Tuesday, August 3rd

Contact Kari Martin at the Admin. Desk to volunteer during opening hours and to consign items.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge
HEARING CENTRE



London Road market



In recognition for the ongoing support of LSCO Meals on Wheels



urban grocer





A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

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

Printed by Lethbridge Herald

The Officers of LSCO

2021 – 2022 Executive:
President Elect:
President: Keith Sumner
Past President: Clifford Brown
Secretary: Craig Rumer Treasurer: Merri-Ann Ford

Board of Directors:
Karen Johnson and Brian Sullivan.

LSCO 403-320-2222

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Chef – Brenda Fettig ext. 27

Chef – Bonnie Jadeske ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32

Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

Visit us on Facebook and Instagram @lscocommunitycentre


LSCO Vision Statement

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

Welcome New Members!

Joyce Dunlop Norman Morrison
Sandra Blakely Bill Glaister
Allen Blakely Debra Glaister
Michael Greeff Bonnie Nemeth
Deborah Greeff Connie Koncz

A Smile is the Universal Welcome


International Overdose Awareness Day

August 31st, 2021

International Overdose Awareness Day is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind.

Time to Remember. Time to Act.

My COVID-19 VISIT RISK



NIA Launches New Online Calculator to Quickly Assess COVID-19 Risk When Gathering with Others

As Canada takes steps to safely reopen, the NIA has launched a new online tool to help individuals and families quickly assess their risk of exposure to COVID-19 when meeting or gathering with others.

This free short online risk calculator, called My COVID-19 Visit Risk Calculator, takes approximately three minutes to complete and is available at COVIDVisitRisk.com. Through a short series of questions, it provides users with information about their potential risk of exposure to COVID-19 when visiting or meeting with others. In addition to guidance provided by public health officials, this information can be used to help Canadians make safer choices when gathering with others for the duration of the pandemic.

This tool, created by the NIA in collaboration with leading public health and infectious disease experts, was funded in part by the Government of Canada. As provinces and territories reduce restrictions, public health guidelines may vary in different communities across the country.

In addition to local and regional public health guidelines, COVIDVisitRisk.com can support individuals to make informed decisions about whether or not to gather and how to do so as safely as possible. In addition to the quick assessment tool, a comprehensive decision aid is also available online and provides a more detailed assessment of potential COVID-19 exposure risks.

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

<https://corealberta.ca/resources/nia-launches-new-online-calculator-quickly-assess-covid-19-risk-when-gathering-others>

<https://covidvisitrisk.com/>

WINNERS 

VOLUNTEERS NEEDED

Mondays & Thursday 11:00 am - 4:00 pm

FREE LUNCH ~ Variety of Positions


Please see Kari at the Administration Desk or call 403-320-2222

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

September August 13

October September 17

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

Good day! August already and it seems like we have not had a spring season yet.

I was eavesdropping on a multiple person conversation the other day. The conversation was loud and animated. I admit to eavesdropping because the conversation was a particularly good reminder for me. The topic was political parties.

It reminded me in future elections I want to choose the best qualified candidate to represent me. I will not select because of party affiliation. The qualifications I will be looking for are education, progressive governance experience and activity in the volunteer sector. I do not believe the skills running a business are necessarily transferable to governance. I will be wary of any candidate who tries to buy my vote by promising to spend tax dollars to the benefit of my constituency.

I will be particularly careful about the source of my information. Often, I see opinions passed off as investigative journalism. I will not be shy



President’s Message

Keith Sumner

about questioning candidates. If they want my vote, they can answer the difficult questions.

I will be looking for candidates that can maintain the separation of church and state. I will also be looking for someone that supports the Rule of Law.

I sat in on a City Council meeting July 13th as a matter important to our organization was on the agenda. As you know City Council is not divided along party lines. Most of the Coun-

cillors and the Mayor had done their homework on the agenda items prior to the meeting. The discussions were frank and factual and respectful. I witnessed Council make decisions for the good of the citizens of Lethbridge not because of any party affiliations. I hope party politics never infects our City Council.

I think I have mentioned before I am a fan of Lao Tzu, an ancient philosopher, who wrote “Tao Te Ching”. He speaks in part about what he refers to as the middle way. That is avoiding the wide pendulum swings that waste time and energy. I hope our provincial and federal governments can find the middle ground and make decisions that have the well being of all citizens as the prime objective.

And that is my little rant for the month, if you disagree with me lets have coffee in our cafeteria and discuss ideas, we will undertake to only discuss principles not personalities.

Namaste. ★

3 food security myths – debunked

Food plays a major part in our lives, and is tied to daily sustenance, healthy childhood development and lifelong memories with family and friends. The thought of going hungry may not enter our minds frequently, but for many Canadians, food insecurity is a constant reality.

Sarah Stern, leader of the Maple Leaf Centre for Action on Food Security, a registered charity with a goal to reduce food insecurity in Canada by 50 per cent by 2030, addresses three food insecurity myths.

Myth 1: Food insecurity is not a problem in Canada. “Even though Canada is a country of considerable wealth and abundant farmland, more than 4.4 million Canadians struggle to access the food they need.,” says Stern. One

in eight households and one in six children are affected by food insecurity, and this number rises 2.5-3.5 times among Indigenous and Black households. “Over the past decade there has been no decrease in food insecurity, and in some provinces the numbers are rising.”

Myth 2: More food is the answer. Though expanded food donations and availability may seem like the solution for those who are food insecure, there is a strong link between poverty and food insecurity.

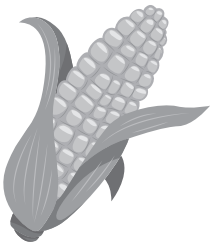
“Lack of money is the single greatest cause of food insecurity, not a lack of food,” explains Stern. “That’s why our team advocates for sustainable, structural

solutions to food insecurity that pair poverty reduction with tangible support and resources for communities and individuals.”

Myth 3: People who are food insecure are unemployed. “Sixty-five per cent of food insecure households rely on wages as their primary source of income,” says Stern. Precarious income leads to compromises in the quality and quantity of food and a lack of access to healthy, nourishing meals.

Learn more about how you can help end food insecurity at feedopportunity.com.

www.newscanada.com



LSCO MENU ~ AUGUST 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, August 2	Tuesday, August 3	Wednesday, August 4	Thursday, August 5	Friday, August 6
LSCO Closed for Heritage Day	Entree: Beef Stew Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: BBQ Chicken Thighs Starch: Oven Roasted Potatoes Soup: Chef’s Choice	Entree: Honey Garlic Pork Starch: Rice Soup: Chef’s Choice	Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, August 9	Tuesday, August 10	Wednesday, August 11	Thursday, August 12	Friday, August 13
Entree: Turkey Cutlet Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Beef Stroganoff Starch: Pasta Soup: Chef’s Choice	Entree: Pork Sausage Starch: Scalloped Potatoes Soup: Chef’s Choice	Entree: Salmon Loaf Starch: Rice Soup: Chef’s Choice	Entree: Pulled Pork Starch: Beans Soup: Chef’s Choice
Monday, August 16	Tuesday, August 17	Wednesday, August 18	Thursday, August 19	Friday, August 20
Entree: Baked Chicken Pasta Starch: Garlic Toast Soup: Chef’s Choice	Entree: Corned Beef & Cabbage Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Chili Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Boneless Pork Bits Starch: Polenta Soup: Chef’s Choice	Entree: Chicken Pot Pie Starch: Soup: Chef’s Choice
Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
Entree: Fried Chicken Starch: Hash Brown Casserole Soup: Chef’s Choice	Entree: Creamy Curry Mushroom Beef Starch: Rice Soup: Chef’s Choice	Entree: Pork Meatloaf 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, August 30	Tuesday, August 31			
Entree: Teriyaki Pork Starch: Rice Soup: Chef’s Choice	Entree: Chicken Enchilada Starch: Salsa Polenta 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



~ Dave Barry



Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Wednesdays from September 22nd until December 2nd** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

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

Lethbridge College will be following COVID-19 protocol during massages and will supply any required personal protective equipment (PPE) that both practicum supervisors and students will be required to don. We are following guidelines from provincial Massage Therapy registration bodies. This will include, at a minimum:

- Hand Sanitizer
- Masks
- Gloves (not worn during massage)
- All equipment will be properly disinfected between client massages.
- Proper hand hygiene will be performed before and after each client massage.





PLAY TABLE TENNIS

Table Tennis will commence play in September. You must supply your own paddles and balls. Location has changed to Room C/D (room on the way to the swimming pool).

When: Mondays & Wednesdays
2:30 - 4:00 pm
Fridays, 10:30 am - 12:00 pm

Fee: LSCO Members pay \$44/12 months

Drop in Fee: \$3 LSCO M; \$5 NM

“Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won’t come in.”
~ Isaac Asimov

Retirement living: What are my options in today’s housing market?

As more Canadians near and enter retirement age, there are more new and innovative housing options to consider than ever before. Whether you’re planning for yourself or your parents, here are some exciting possibilities to think about, as well as the pros and cons:

Aging in place

An attractive option for those who are energetic and fit, staying in their current homes, or “aging in place,” lets seniors keep enjoying the comforts and familiarity of home as long as possible. The downside is maintaining a house is physically taxing and expensive, and renovations may be required to make the space more accessible for those who

develop mobility issues or health conditions later in life.

Multi-family living

With the cost of housing skyrocketing, many families are deciding to co-habit across generations. While this used to mean young families creating an in-law suite in the basement, today a variety of arrangements are possible – from single-family homes converted to triplexes to university students rooming with the grandparents. These setups let younger folks afford a home while helping seniors with company and support, but the benefits may come at the cost of privacy for all.

Land lease

Perfect for those transitioning into their retirement years or already fully retired, land lease allows seniors to unlock money from their existing homes to buy a home without owning the land. This helps free up money for travel or daily living expenses while still maintaining equity in a home. Plus, those who choose a retirement land lease community from Parkbridge can also enjoy vibrant social activities, with amenities like community centres, activities, pools and parks, which are landscaped and maintained by an onsite management team.

Find more information at parkbridge.com.

www.newscanada.com



Do you want to meet people in an interesting and helpful way?

Lethbridge has many senior residents that need a ride getting to important medical appointments, life activities, and more. Flexible schedule, mileage reimbursement, and every ride makes a difference in a seniors’ life.

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




Explore the community while making a needed contribution.

Get your application from the volunteer office at LSCO or call Shiloh Sabas, Volunteer Coordinator
403-320-2222



LSCO
will be
closed Monday,
August 2nd
FOR
HERITAGE
DAY



Gentle Yoga

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

When:	Tuesdays, August 3 – 31
Time:	10:00 – 10:50 am
Fee:	\$24 LSCO M; \$36 NM
Drop in Fee:	\$7 LSCO M; \$10 NM
Register by:	Friday, July 30

When:	Thursdays, August 5 – 26
Time:	10:00 – 10:50 am
Fee:	\$24 LSCO M; \$36 NM
Drop in Fee:	\$7 LSCO M; \$10 NM
Register by:	Wednesday, August 4

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” ~ H. Jackson Brown Jr., P.S. I Love You



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Lethbridge

Lethbridge Senior Citizens Organization September 18, 2021

Walk with us in The Grand Parade!
Have fun while fundraising for
local charities who serve and
support aging Canadians and their
families across Canada. It's the
only walk that's uphill, both ways!




walk ▾ donate
team up with friends
thegrandparade.org
share it #tgp21






Raising funds for Lethbridge
Senior Citizens Organization
toll free 1-877-743-3413
lethbridge@thegrandparade.org



Tai Chi Club

Monday, Wednesday, Friday
8:15 – 9:15 am



Conquer the angry one by not getting
angry; conquer the wicked by goodness;
conquer the stingy by generosity, and the
liar by speaking the truth.

~ Siddhartha Gautama, The Dhammapada

I am so clever that sometimes I don't
understand a single word of what I am saying.
~ Oscar Wilde, The Happy Prince and Other Stories



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Compass for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by “sandwich generation” responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

September 7 – 28, 2021
Tuesdays from 1:30 – 3:30 pm
Location TBD
\$25 registration fee
Contact LSCO at 403-320-2222 to register

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



caregiversalberta.ca | 780.453.5088
office@caregiversalberta.ca | 1.877.453.5088 (toll-free)

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"The statistics on sanity are that one out of every four people is suffering from a mental illness. Look at your 3 best friends. If they're ok, then it's you."

~ Rita Mae Brown

I think a beautiful person is one with a beautiful heart.

G-Dragon

AZ QUOTES



ONLINE **REGISTRATION** FOR UPCOMING CLASSES

WWW.LETHSENIORS.COM

First 5 Move-Ins Get \$1,000

Life is just better with friends.

Start your retirement journey at AgeCare.

Imagine... living in your own home, part of a community designed for your needs and comforts, with endless choices and opportunities.
For details, call 403-320-9363 or visit agecare.ca/RetireColumbia

August Classes at LSCO

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. (Not required to use Paypal when registering online).

How do I find additional classes?

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

ONLINE REGISTRATIONS

If you have a credit please contact us. LSCO is unable to apply credits online.

- Members and non-members are able to register online for many of the classes.
- If a program says Out of Stock feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are registering for someone else online, please remember to include their name in the notes or give us a call.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

DID YOU KNOW?

- In the Fall LSCO may be offering classes after 4:30 pm. Workout enthusiasts 18 years of age and older are welcome to participate in many of them. Ask for more information.

IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.
- Ultimate Fitness Members are welcome to drop in to most classes offered. It is recommended that you register at the desk for those popular classes.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO M (LSCO M); Non Member (NM)

- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather or unforeseen circumstances causes LSCO to close the facility 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 prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. Refunds will be pro-rated for any classes attended. If there is a waiting list for the class a refund will not be given.
- **Credits or Refunds** will be given if LSCO cancels a program. 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.

FITNESS CENTRE

A variety of exercise machines, cardio equipment, free weights are available for individuals to use. If you require instruction on using the machines please ask for a free orientation.

Days Open: Monday – Friday
Hours: 8:00 am – 3:30 pm
Fee: \$20 LSCO M; \$35 Non-Member
(30 Days from Date of Purchase)
Drop in Fee: \$7 LSCO M; \$10 NM

FITNESS CENTRE ORIENTATIONS

If you haven't exercised in a while or need a refresher on how to use the machines safely please contact us to schedule an appointment.

Classes are limited in August due to instructor availability. A variety of classes are being planned to start in September. Continue to check the LSCO website, Facebook and Instagram accounts.

FULL BODY WORKOUT

This class is designed to increase participant's physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by strength training and finish with some stretching for a complete workout. A variety of exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When: Mondays, August 9 – 30
Time: 9:00 – 10:00 am
Fee: \$32 LSCO M; \$45 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier

When: Wednesdays
August 4 – September 1
Time: 8:45 – 9:45 am
Fee: \$32 LSCO M; \$45 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier/Sub

CYCLE COMBO

Participants will enjoy (well maybe not enjoy) a great workout on the stationary bike and off using weights, tubing, Bosu, Fit Balls and more. Come prepared to sweat. Dress in layers (the gym may be chilly to start) and bring your full water bottle.

When: Tuesdays, August 3 – 31
Time: 9:00 – 10:00 am
Fee: \$32 LSCO M; \$45 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier/Sub

When: Thursdays
August 5 – September 2

Time: 9:00 – 10:00 am
Fee: \$32 LSCO M; \$45 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier/Sub

GENTLE EXERCISE

A low intensity class that will work on cardiovascular fitness, resistance training to assist with strengthening your muscles followed by a stretch. Wear comfortable clothes non-marking footwear and bring a full water bottle.

When: Wednesdays
August 4 – September 1
Time: 10:00 – 10:45 am
Fee: \$30 LSCO M; \$45 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Instructor: Shawn Hamilton/Jamie Hillier

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.

When: Wednesdays, August 4 – 25
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$36 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Register by: Tuesday, August 3

GENTLE YOGA

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

When: Tuesdays, August 3 – 31
Time: 10:00 – 10:50 am
Fee: \$24 LSCO M; \$36 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Register by: Friday, July 30

When: Thursdays, August 5 – 26
Time: 10:00 – 10:50 am
Fee: \$24 LSCO M; \$36 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Register by: Wednesday, August 4

YOGA

This morning class will change weekly. We may practice a vinyasa flow class one week, yin the next or a combination of both. Recommended for students that have some yoga experience. Wear layers, bring a yoga mat & water bottle. Props are available however; if you have your own feel free to bring them along. Note: some classes may run a little more than an hour.

When: Fridays, August 6 – 27
(no class August 13)
Time: 9:00 – 10:00 am
Fee: \$20 LSCO M; \$27 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Instructor: Shawn Hamilton

Sports

PICKLEBALL LESSONS

If you are interested in learning the game of pickleball, register for this course. You will learn the rules and great tips to help you feel comfortable on the court. The first 2 lessons are **important** to attend. If you **are not** suggested not to register. Equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.

When: Wednesdays & Fridays
August 18, 20, 25, 27
Time: 9:00 – 10:45 am
Fee: \$30 LSCO, \$40 NM
Register by: Friday, August 13

BADMINTON

Members and non-members can enjoy friendly games of badminton. Bring your own racquet and birdies. August hours are as follows.

Mondays: 11:00 am – 12:30 pm
Wednesdays: 11:00 am – 12:30 pm
Thursdays: 10:15 am – 12:00 pm
Fridays: 11:00 am – 12:30 pm

Fee: LSCO Members pay \$66/12 months
Drop in Fee: \$3 LSCO M; \$5 NM

PICKLEBALL

Join LSCO and receive a reduced rate on Pickleball 30 Day Memberships.

Times are posted on a Team Reach APP and is where you will book yourself in to play. If you are a past member please check to find out whether or not you have a credit on your account. Drop in players will be required to call and ask whether there is room during a specific time, or ask one of the present members to check Team Reach. Payment is made at the Administration Desk. Note: Times will change in September.

Fee: \$20/30 Days LSCO Members;
\$45 Non-Members
Drop in Fee: \$3 LSCO M; \$5 NM

TABLE TENNIS

Table Tennis will commence play in September. You must supply your own paddles and balls. Location has changed to Room C/D (room on the way to the swimming pool).

When: Mondays & Wednesdays
2:30 – 4:00 pm
Fridays, 10:30 am – 12:00 pm

Fee: LSCO Members pay \$44/12 months
Drop in Fee: \$3 LSCO M; \$5 NM

General Interest

GENERAL INTEREST PROGRAMS

The following programs have started. Members wishing to attend please check at the Administration Desk to confirm whether or not your memberships are current, or require renewing. In some of these programs attendance is very low and/or many have chosen to wait until the fall to participate. Thank you.

PROGRAMS PRESENTLY OPERATING

Amateur Radio
Monday – Friday: 9:00 am – 12:00 pm

Billiards
Monday – Friday: 10:00 am – 3:00 pm

Knitting
This program will start in September
Thursdays: 1:00 – 4:00 pm

Lapidary
Monday – Friday: 10:00 am – 3:00 pm

Tai Chi Club
Monday, Wednesday, Friday: 8:15 – 9:15 am

Woodworking
Monday – Friday: 8:30 am – 3:00 pm

PROGRAMS PLANNING TO RE-START IN SEPTEMBER

Advanced Photography
Tuesdays: 9:30 am – 12:00 pm

Computer Club
Mondays & Wednesdays: 1:00 – 4:00 pm

Digital Photography
Fridays: 9:00 am – 12:00 pm

Genealogy
Wednesdays: 10:00 am – 3:00 pm

Karaoke
Tuesdays: 1:00 – 3:30 pm

Paper Tole
Fridays: 9:00 am – 3:00 pm

Quilting
Tuesdays: 12:00 – 3:00 pm

Table Tennis
Mondays & Wednesdays: 2:30 – 4:00 pm
Fridays: 10:30 am – 12:00 pm

Watercolour Workshop
Wednesdays: 1:00 – 3:00 pm

Wood Carving
Thursdays: 12:30 – 2:30 pm

Card/Games (on your own)
Crib, scrabble and other card games will not be scheduled, therefore LSCO Members will not be charged an additional fee. Members must provide their own cards, game boards, etc. and are welcome to play in the Atrium area provided there are tables available.

PICKLEBALL



Join LSCO and receive a reduced rate on Pickleball 30 Day Memberships. Times are posted on a Team Reach APP and is where you will book yourself in to play. If you are a past member please check to find out whether or not you have a credit on your account. Drop in players will be required to call and ask whether there is room during a specific time, or ask one of the present members to check Team Reach. Payment is made at the Administration Desk. Note: Times will change in September.

Fee: \$20/30 Days LSCO M
\$45/30 Days NM

Drop in Fee: \$3 LSCO M; \$5 NM

play
PICKLEBALL

Badminton

Members and non-members can enjoy friendly games of badminton. Bring your own racquet and birdies. August hours are as follows.

Mondays: 11:00 am - 12:30 pm
Wednesdays: 11:00 am - 12:30 pm
Thursdays: 10:15 am - 12:00 pm
Fridays: 11:00 am - 12:30 pm

Fee: LSCO Members pay \$66/12 months

Drop in Fee: \$3 LSCO M; \$5 NM



Full Body Workout

This class is designed to increase participant’s physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by strength training and finish with some stretching for a complete workout. A variety of exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat.

When:	Mondays, August 9 – 30
Time:	9:00 – 10:00 am
Fee:	\$32 LSCO M; \$45 NM
Drop in Fee:	\$7 LSCO M; \$10 NM
Instructor:	Jamie Hillier

When:	Wednesdays, August 4 – September 1
Time:	8:45 – 9:45 am
Fee:	\$32 LSCO M; \$45 NM
Drop in Fee:	\$7 LSCO M; \$10 NM
Instructor:	Jamie Hillier/Sub

CYCLE COMBO

Participants will enjoy (well maybe not enjoy) a great workout on the stationary bike and off using weights, tubing, Bosu, Fit Balls and more. Come prepared to sweat. Dress in layers (the gym may be chilly to start) and bring your full water bottle.

When:	Tuesdays, August 3 – 31
Time:	9:00 – 10:00 am
Fee:	\$32 LSCO M; \$44 NM
Drop in ee:	\$7 LSCO M; \$10 NM
Instructor:	Jamie Hillier/Sub

When:	Thursdays
	August 5 – September 2
Time:	9:00 – 10:00 am
Fee:	\$32 LSCO M; \$45 NM
Drop in Fee:	\$7 LSCO M; \$10 NM
Instructor:	Jamie Hillier/Sub



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LSCO Genealogy

If you have thought about tracing your family history and are not sure where to start, LSCO Genealogy group may be able to help you.

We are in the Board Room on Wednesdays from 10:00 am to 3:00 pm. Software, forms and access to Ancestry.ca are available to members of this group.

For more information call 403-320-2222 or ask about us at the Administration Desk.





If you are interested in learning the game of pickleball, register for this course. You will learn the rules and great tips to help you feel comfortable. **FULL** 2 lessons are very important to attend. If you commit to them it is suggested not to register. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.

When: Wednesdays & Fridays
August 18, 20, 25, 27
Time: 9:00 – 10:45 am
Fee: \$30 LSCO M, \$40 NM
Register by: Friday, August 13

PICKLEBALL lessons

LSCO GIFT CARD

Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, memberships fees and meals in the Dining Room.



Did you know?

Breakfast is served from 8:00 am until 1:00 pm in the LSCO Dining Room.



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“Be Wise – Cannabis and Older Adults”

Last week a booklet titled “Be Wise – Cannabis and Older Adults” arrived in the mail from Active Aging Canada. I never thought I would see the day in which I would be writing an article for the community on safe consumption of Cannabis for Older Adults, but here I am. I selected a few excerpts (listed below) from Active Aging Canada to share with you but would be happy to provide the entire booklet for anyone interested.

Cannabis use by adults 65 years and older is increasing faster than any other age group. In Canada in 2019, 6.6% of older adults reported using cannabis. This is up from 1% in 2012.

Both medicinal and recreational cannabis are now legal in Canada. Older adult users have therapeutic reasons for using cannabis. They say their main reason for trying cannabis are to see if it helps with aging and the side effects of chronic disease. They see it as an alternative therapy. Older adults reported using medicinal cannabis for: pain, anxiety and depression, sleep problems, as an alternative to prescriptions drugs or to achieve a better quality of life.



LSCO
Social
Worker

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

When a person is deciding whether or not to use cannabis, education and counselling are important to help then understand its safe use.

- Risk assessment is an important part of this process. Aging adds risks for older people, for example, they may have chronic illness. They may be taking other medication that could put them at risk when using therapeutic cannabis.
- Most research into cannabis describes the risks of THC rather an CBD. That is because THC is addictive and psychoac-

tive – it affects the brain and nervous system. Excessive THC use has been linked to increasing depression, anxiety, panic attacks and worsening symptoms for people who have post traumatic tress disorder (PTSD).

- Using cannabis may also lead to greater risks for heart disease and stroke. It may lead to increased hardening of arteries. Older adults with heart conditions are at greater risks, Smoking cannabis can raise blood pressure and heart rate. This increases the risk of stroke, heart attack or arrhythmia (irregular heart rhythm) for those who have heart conditions. Cannabis can also lower blood pressure, which can cause people to faint and fall.
- Cannabis smoke contain many of the same harmful substances as tobacco smoke. Like smoothing cigarettes, smoking cannabis can damage your lungs and can cause bronchitis-like symptoms, like coughing and wheezing. Vaping is thought to be less harmful than smoking, but it is not completely without harm. ★

Be Wise

Cannabis and Older Adults



A publication from



Older Canadians and cannabis use

Facts about cannabis

Cannabis and the law

Therapeutic benefits

Side-effects and risks

Aging and cannabis

Talking to your doctor

Dosing and your health condition

Be Wise ACTIVE AGING and MODERATION

It's good to share information and experiences. Don't be afraid or ashamed to tell friends or family if you're trying cannabis. You might be surprised to find out other people you know have tried cannabis as well. Be open to new information. Listen and learn.



Questions to ask your doctor

- ☐ Can cannabis work for me?
- ☐ Are there health impacts or side effects I should be concerned about?
- ☐ Will cannabis interact with any medications I am taking?
- ☐ Will using cannabis allow me to stop taking other prescription medications?
- ☐ What is the best or safest method for me to take cannabis, given my health history?
- ☐ How often should I follow up with you?
- ☐ Am I at risk for becoming dependent on cannabis? Are there signs to watch out for?

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.

When: Wednesdays
August 4 – 25
Time: 10:00 – 10:45 am
Fee: \$24 LSCO M; \$36 NM
Drop in Fee: \$7 LSCO M; \$10 NM
Register by: Tuesday, August 3

People say to me so often, ‘Jane how can you be so peaceful when everywhere around you people want books signed, people are asking these questions and yet you seem peaceful,’ and I always answer that it is the peace of the forest that I carry inside.

~Jane Goodall

Re Start (with Attitude)

As governments talk about restarting the economy post-pandemic, many of us are wondering how to restart our lives.

Pandemic mode took many of us out of high circulation. It limited our social reach and forced us to reinvent new ways to function in our homes and workspaces.

As resilient beings, we rose to the challenge. At times, it was excruciatingly difficult, but here we are, ready to step into the next phase.

A few weeks ago, Jane Marczewski, aka “Night-birde,” earned the Golden Buzzer on *America’s Got Talent*, a TV show that turns unknown amateur performers into household names. While possessing an extraordinary voice, Jane admitted she has a two per cent chance of beating the cancer she is currently experiencing. When the judges remarked on her glowing appearance and upbeat attitude, she said simply, “You can’t wait until life isn’t hard anymore before you decide to be happy.”

In her transformational book, *Loving What Is*, Byron Katie introduces us to the idea that we can question the meaning we give to situations in our lives, particularly those that cause emotional turmoil. The questioning process often uncovers a belief or attitude we've never questioned.

Choosing your attitude is a decision. In the same way we can choose attitudes that don't serve us, we can choose ones that do.

What attitudes can you choose in this ReStart that will serve you better in your future?

Your Internal Landscape

The path to making successful life transitions begins with a journey inward to discover what beliefs you hold that are either helping or hindering your ability to move forward.

When we realize attitudes are choices not set in stone, we become equipped to change the meaning we give to what we perceive as negative situations in our life. Changing the meaning can allow us to choose a different direction for the future.

You may have heard the statement, “We become what we think about.” In other words, our attitudes can turn into extensions of ourselves.

Compassion, forgiveness and a positive outlook can free us to become kinder, more accepting and flexible. In the same way, grudges, judgments and criticisms, when left unexamined and unchanged, can make us ill-tempered, rigid and unyielding.

This ReStart is an opportunity to recalibrate. Rather than go back to where we were before, we can plot a new course forward, meeting challenges with anticipation instead of anxiety, and looking for progress, not a repeat of old worn-out patterns.

One of my favourite meditative practices is to select three words that reflect some aspect of my life I'd like to cultivate. I consider each word separately, and then in combination.

The words don't need to be similar or connected to one another, but they should resonate positively with you. For example, I may choose "calm," "ease" and "fun." Or "capable," "balanced" and "eager."

Feel the uplifting emotion of each word. Then, feel how each word, in combination with another, produces a slightly different emotional flavour.

Finally, consider the triad of words together. Feel the power and comfort of “owning” those three words and the feelings they embody individually and collectively.

Take Action

Choose a ReStart activity or action that is different than what you have done habitually. Select something that aligns with your new elevated attitude. It doesn't need to be outrageous; feel around for something you haven't done before that will provide a fresh perspective or a new experience.

Feel Appreciation

Congratulate yourself for the choices you have made to plot a new course, and for having the courage to uncover your unexamined attitudes. Feel the magnificent being you are becoming. Practice self-compassion and be as kind to yourself as you are to others.


This ReStart is an opportunity to awaken to your best life; to bring new attitudes and greater meaning into your human experience.

Challenge yourself to step boldly into your next adventure – with attitude. Because when we take responsibility for uplifting ourselves, we uplift those around us. Let your positivity be infectious.

by Barbara Risto

June 2021

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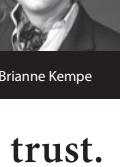
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Computer Corner

by Sjoerd Schaafsma

YouTube History and Date Searches

I keep learning YouTube tricks the more often I use it or whenever something about it bothers me enough. I’ve had a couple of notes on the backburner, now it’s time to get cooking.

How to Clear YouTube History

YouTube thrives on you getting hooked on its content. Past videos and related topics keep coming back. Removing your YouTube history will get some of that off your screen. The following instructions came from the Google search, “how to clear youtube history”, and specifically the site, <https://brave.com/learn/delete-youtube-history/> Clearing your YouTube watch AND search history will remove all the recommended videos that appear on your YouTube homepage. It will not remove your favorites, videos or video channels you subscribe to.

If you want to do a more thorough sweep of your YouTube search history, make sure you clear your history in both the mobile app and on your desktop computer.

Here are the basic steps to clearing your YouTube watch history on the desktop.

Head to YouTube and once you’re logged in, click on the three bars in the upper left-hand corner. That will take you to the YouTube menu. Select “History”.

Once you are on the “History” page, you can either delete individual videos or your entire watch history.

Clearing search history in the YouTube app

Welcome to the world of ever changing apps. A Google search on how to accomplish this took awhile, until I used the date function (see hints & tips below) in the search bar to find a link applicable to the current version of the YouTube app on an iPad with iOS 14.6

Open the YouTube app, login if you aren’t already, tap your profile picture in the upper right hand corner, and *scroll* down until you see the Settings option.

Click on Settings, scroll down to History and Privacy, click on it.

Now you can see the options to clear watch history, search history and more.

My iPad states watch history will be cleared from **ALL my devices, so be careful!** The same applies to Clear search history. Click Cancel if you don’t mean to clear all your history.

Individual videos can be removed by clicking the “Library” icon at the bottom of the screen. Select History and swipe left on the video preview to view the remove option, and click remove.

Hints and Tips: Search a date range in Google

To get search results before a given date, add “before:YYYY-MM-DD” to your search query. For example, searching “the best donuts in Boston before:2008-01-01” will yield content from 2007 and earlier. To get results after a given date, add “after:YYYY-MM-DD” at the end of your search.

Computer Club and Lab Notes

LSCO is open. Check the LSCO home page <http://lethseniors.com> for details.

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, email: computerclub@lethseniors.com



Cards & Games

Play cards and games on your own. Crib, scrabble and other card games will not be scheduled, therefore LSCO Members will not be charged an additional fee. Members must provide their own cards, game boards, etc. and are welcome to play in the Atrium area provided there are tables available.

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Daisy May’s Caring Companionship Service: Someone to engage in conversation. Prevent social isolation. Keep your mind active. Encouraging mental stimulation and positive thoughts. Reminiscing about memories. Doing activities together such as going for walks, having tea, listening to music, baking, gardening, cooking a meal together. This and more is all part of Companionship and vital for growth no matter how old one is. You and your family members will be lovingly cared for, coupled with my friendly and compassionate personality. Making a positive difference each and every step. Background check and vulnerable check is complete and in the utmost standing. Dedicated to Helping Seniors. Call: Barbara Mossa @ 403-715-0552.

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This morning class will change weekly. We may practice a vinyasa flow class one week, yin the next or a combination of both. Recommended for students that have some yoga experience. Wear layers, bring a yoga mat & water bottle. Props are available however; if you have your own feel free to bring them along. Note: some classes may run a little more than an hour.

When: Fridays, August 6 – 27 (no class August 13)

Time: 9:00 – 10:00 am

Fee: \$20 LSCO M; \$27 NM

Drop in Fee: \$7 LSCO M; \$10 NM

Instructor: Shawn Hamilton

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“I think I’ve discovered the secret of life – you just hang around until you get used to it.”

~ Charles Schultz

ALL CHANGE IS NOT GROWTH, AS ALL MOVEMENT IS NOT FORWARD.

Ellen Glasgow



AZ QUOTES

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LSCO WELCOME POLICY

Starting in 2018 the Welcome Policy subsidy threshold has been increased.

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost. Please ask for more information at the Administration Desk.

The subsidy is dependent on the income of the individual(s). Please bring in your prior year income tax for verification.

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THE SMITHS OF HOOD RIVER VALLEY

Chapter 6 – A Lifetime of Love In the Valley

How do I love thee? Let me count the ways...
And, if God wills I shall but love thee better after death.

~ Elizabeth Barrett Browning

How does one define love? When I was growing up I had at least one (and likely, many more) example of what real love is all about. When Frank Smith saw the younger girl (with the blond braids) fly down the hill on her bicycle, he declared that he would someday marry her. He meant it and it happened. I wish I knew more about their courtship but what I do know is that Frank loved to dance. My best guess would be that Frank and Grace would have connected at some of the local dances in the Valley. Back in those days local dances could be a good meeting place for the young folks.

Grace Binns, the younger lady by 5 years, was a beauty and daughter of a homesteading landowner, Jack Binns. She also had a brother, Robert Earl Binns, and an uncle, Arthur Rogers. With all those male eyes watching, as well as mother Cora, the courtship had to be very appropriate. Grace was taller than most girls of her day with long dark hair and sparkling blue eyes. She always reminded me of Eleanor Roosevelt, and those beautiful, blue eyes comforted me, the oldest grandchild, many times.

Grace Binns and Frank Smith were married February 15, 1910, and Frank moved into the Binns homestead with the family. At the end of 1910 (November 30th) the first baby, Verna Caroline, arrived.

Now that they were a growing family they moved to a rental home, close to the Val-



The Widow's Walk

Kay Long, BSW, RSW

ley Christian Church, then on December 5th, Leroy Earl, the first boy, was born. He was named after Grace's little brother, Roy William, who had died ten years before at the age of 5 years, 6 months, and 5 days. That's what it says on his tombstone which still stands tall in the Idyllwild Cemetery in Hood River. The family must have had some money back then because large tombstones didn't come cheap in those days (nor do they today). This one even has an open Bible carved into the top. Leroy was also named Earl in honor of Robert Earl Binns – his favorite uncle.

The family grew in almost 2 year intervals starting when Roy was 4 years old. Next came three little girls: Margaret Bernice, Cleo Arlene, and Mary Frances. Three years later the next boy, Henry Franklin Smith Junior, arrived. Frank finally got his namesake, but the child had a deformed leg. Since he was delivered by a midwife and no doctors were close, she pulled on the leg to "straighten" it which caused him problems the rest of his life.

Junior's cohort in mischief, Larry Richard, came 2.5 years later. The family knew them as

"JuniorandLarry", and both became talented musicians in their lifetime. A year (almost two), later Grace felt the contractions and knowing that the birth of the eighth baby was soon, almost immediate. She called her oldest daughter, Verna, (who became a Practical Nurse), and she delivered her little sister, Betty (Bette) Louise. Verna always had a special spot in her heart for Betty, the sister that she helped bring into the world.

A fine Smith family of 5 girls and 3 boys. But the family still had one more to come. Bobby Gene arrived in 1934 and the original family of 9 children, a wonderful father, and an unbelievably strong, and loving mother was complete. To me, this family defined love. There were problems and illnesses along the way but they were all a group of people who knew what it meant to be a Smith of Hood River Valley.

No sooner than the family was complete than the grandchildren began arriving 3 years later. Kay Aileen Smith was born September 19, 1937, the first of 23 grandchildren. That was me. As my aunts and uncles grew up, married, and started their own families our clan grew. But I would like to go back next time and tell some of the stories of the ten original members of the family, and I will. Every member of the family had interesting lives and I was witness to the families stories.

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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