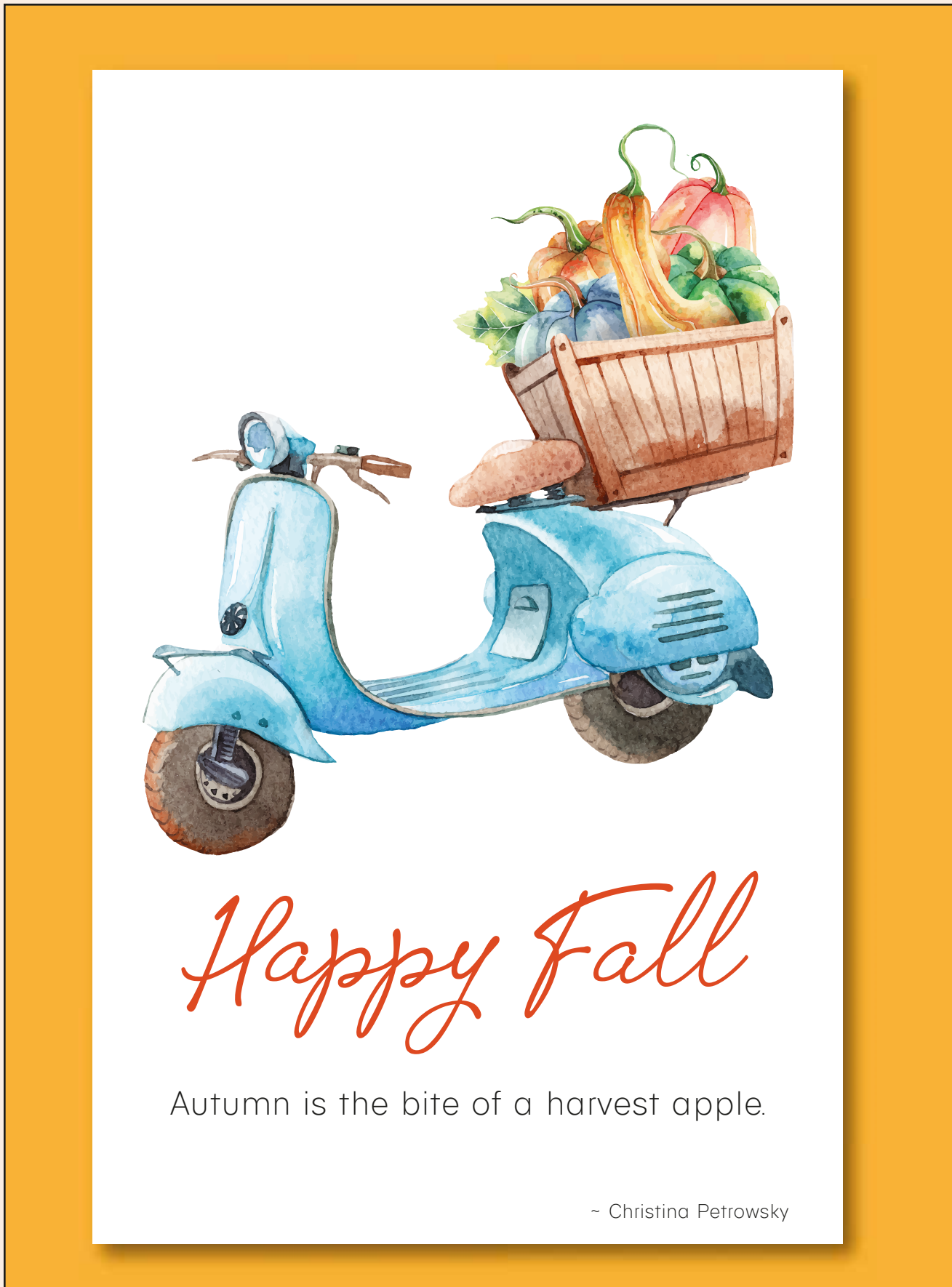


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Join Us for

LSCO CLOSED
MONDAY, SEPTEMBER 6
 for Labour Day

GRAND PARADE
WALKING FUNDRAISER
 Saturday, September 18
 (See page 5 for details)

COMPASS FOR THE
CAREGIVER
 September 7 – 28
 (See page 17 for details)

FREE NECK & SHOULDER
MASSAGES
 Wednesday, September 22
 (See page 4 for details)

WINNERS
VOLUNTEERS NEEDED
 Thursday 11:00 am - 4:00 pm
FREE LUNCH IS ON US!

To enquire about the positions available, please see Kari at the Administration Desk or call 403-320-2222





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

We are all very excited to be opening for our first full program season since January of 2020! There are some things everyone should know about changes we made since the first COVID-19 shutdown and our most recent opening:

- The office closest to the front door is now open (staffed mostly by Kari), and

you will be given reminders to complete the tracing document (as long as it is required);

- Facial coverings are no longer mandatory, but those that wish to continue to wear them are welcomed to do so. We strongly advise those who have not yet been vaccinated to wear facial coverings in the building;
- Plexi-glas barriers will remain in place wherever applicable;
- Directional signage will continue to be used;
- Restricted access to the food coolers in the dining room will be maintained.

We appreciate the efforts many of you are making to mitigate the risks of spreading the COVID-19 virus and its variants, and we

would like to continue to operate a safe environment for our staff, members and guests.

Due to the recent “retirement” of some long-serving Board members, we are actively recruiting new Board Members. Please contact Keith Sumner (keith.sumner@shaw.ca) or this writer if you would like more information about the specific skills the Board is looking for, and what is required of the LSCO Board.

I would like to welcome Amy Cook to our LSCO Team as the new Elder Abuse Case Manager for the Lethbridge Elder Abuse Response Network (LEARN)! Amy will work closely with Joanne (Casework Advisor) and Heather and Amy L. (Seniors System Navigators) to ensure the safety and well-being of seniors in our community. ★

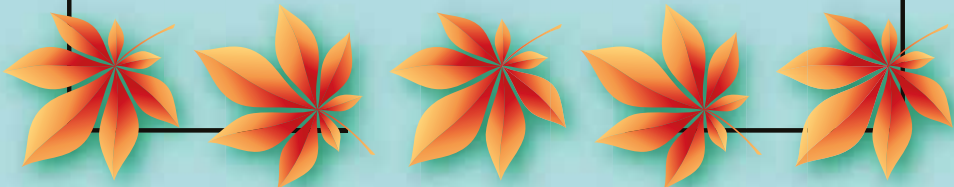
Greetings from the Boutique

Autumn will soon be here!

It is September and we thank you for your support in our opening month in August 2021.

We are looking for new consignees, new volunteers and new supporters. Come in and visit and see all the new and familiar items that are for sale.

We are happy to be back to service you.



World Alzheimer's Month

#KnowDementia
#KnowAlzheimers
#WorldAlzMonth

www.worldalzmonth.org

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge
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London Road market



In recognition for the ongoing support of LSCO Meals on Wheels



urban grocer



VOTE JENN SCHMIDT-REMPEL

For Lethbridge City Council

PEOPLE. SERVICE. BUSINESS. COMMUNITY.

I'm **Jenn SCHMIDT-REMPEL**, and I'm asking you to vote for me on **October 18, 2021.**

Let's discuss your thoughts about our city.

Learn more about me, my experience and skills, and my platform at:



jenschmidtrempel.ca
E-mail: jenn@jenschmidtrempel.ca
Phone: 403-393-3381





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**

Staff Members:

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
 Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
 LEARN Case Manager – Amy Cook
learn@lethseniors.com 403-394-0306
 LSCO Social Worker / Case Manager
 – Heather Bursaw
hbursaw@lethseniors.com ext. 57
 Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31
 Seniors System Navigator – Amy Labossiere
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dlegault@lethseniors.com ext. 30
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lcook@lethseniors.com ext. 33
 Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
 Social Media Specialist – Rod Henriquez
socialmedia@lethseniors.com ext. 33
 In-Home Supports Coordinator –
mow@lethseniors.com ext. 34
 Fitness Instructor/Trainer – Jamie Hillier
fitness@lethseniors.com ext 61
 Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59
 Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
 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!

Mignon Lundmark	Daniel Yanosik
Rick Dibben	Robin Baumann
Victoria Sanderson	Rebecca Smith
Grace Credico	Loreen Mezei
Michael Bennison	Len Mezei
Ken Gejdos	Richard Dalby

A Smile is the Universal Welcome

Earth is here so kind, that just tickle her with a hoe and she laughs with a harvest.

~ Douglas William Jerrold

Terry Fox Run is September 19, 2021

Join Us!

WED, SEPT 29, 2021
1-4PM
LSCO COMPUTER LAB

Limited to 10 LSCO Computer Club members

You are invited to participate in a pilot group to try out a new conversational app:

Annabot!

We are looking for seniors who:

- are ready for a fun new experience
- want to have meaningful conversation and community engagement
- have some knowledge regarding technology
- have an iPhone/iPad to bring

www.annabot.ca

To sign up email Rod: socialmedia@lethseniors.com

Are you turning 65?

Seniors programs and service

Federal pension and financial assistance programs

Apply at least 11 months before your 65th birthday:

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement

For more information contact:
 Toll-free: 1-800-277-9914
www.canada.ca

Provincial financial assistance programs

You should receive a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you do not receive the application package, call the Alberta Supports Contact Centre at 1-877-644-9992.

Seniors financial assistance

One application will help you access the following programs:

- Alberta Seniors Benefit
- Special Needs Assistance for Seniors
- Dental Assistance for Seniors
- Optical Assistance for Seniors

You can also apply for these home-equity loan programs for senior homeowners:

- Seniors Property Tax Deferral Program
- Seniors Home Adaptation and Repair Program

For more information contact:
 Alberta Supports Contact Centre
 1-877-644-9992
www.alberta.ca/seniors-financial-assistance.aspx

Prescription drugs and health-related coverage

Coverage for Seniors Premium-free coverage is provided to individuals 65 years of age and older to cover 70 percent of prescription drugs and pay a portion of some health-related benefits.

To register, seniors must provide proof of being 65 years of age or older such as a birth certificate, Old Age Security entitlement letter, passport, immigration record, or naturalization or citizenship certificate. A Proof of Age Declaration form is included in the Seniors Financial Assistance application package.

For more information contact:
 Alberta Blue Cross
 1-800-661-6995
www.ab.bluecross.ca

You may mail the Proof of Age Declaration to the address on the form, or provide your proof of age to select Alberta government registry agents.

For a list of registries or a Proof of Age Declaration form contact:
 Alberta Health
 Edmonton: 780-427-1432
 Toll-free: 310-0000 then 780-427-1432
www.alberta.ca/health.aspx

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
October	September 17
November	October 15

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

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Wednesday, September 22nd** 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.



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403.320.6000
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB

Candice Elliott-Boldt
BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt
Hearing Technician

“Making your Christmas cake in September is perfect, as too fresh a cake crumbles when cut.” – Mary Berry

October 18th VOTE

Bridget MEARNS

FOR MAYOR

Experience. Vision. Determination.

- I was born and raised in Lethbridge, attended CCH and graduated from the UofL. Lethbridge is my home.
- As a 2 term councillor I'm proud of the work I've done for Lethbridge.
- I understand folks are worried about safety, cost of living and what the future of Lethbridge holds. I care about you and your family and I promise to work on your behalf to foster a city that works and cares for everyone and builds bridges across the issues that divide us.

If you'd like to have a conversation about Lethbridge, send me an email at: bridget@bridgetmearns.ca

I'm on Facebook: [@BridgetMearnsMayor](https://www.facebook.com/BridgetMearnsMayor) or go to www.bridgetmearns.ca

BUILDING TOGETHER

iPhone Workshop

Do you have an iPhone and are not quite sure how to use it? If so, register for this 4-day course. If you have an Android this class is NOT for you. Space is limited. Bring your iPhone fully charged.

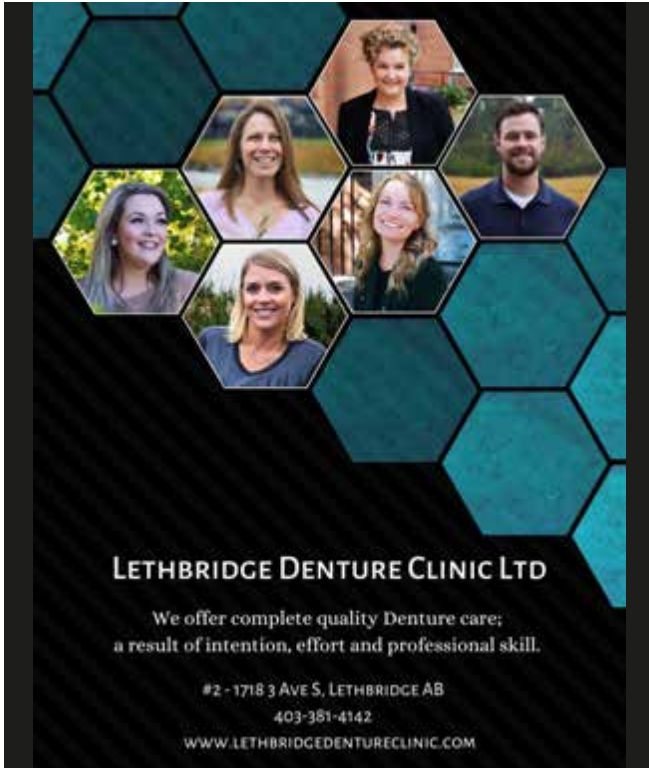
When: Tuesdays & Thursdays, October 12 - 21
Time: 1:00 - 3:00 pm
Fee: \$40 LSCO M; \$66 NM
Instructor: Rod Henriquez
Register by: Friday, October 8

An Event to Remember

Remembering those who passed away during the COVID-19 pandemic.

September 8 & 9, 2021
12-8 pm

www.efreelethbridge.ca/#remember



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DRAWING WITH COLOURED PENCILS

Colored pencil is more than just coloring inside of the lines; it's a way of creating some dynamic images and uniquely wonderful effects. We will cover the basics of working with colored pencils. Mixing and blending with pencils instead of paint. The art principles are the same as any in any other medium but the application process is more controllable and has an immediate result. You will be introduced to some different applications like burnishing, layering, glazing, impressions and dusting. We will use simple subjects and concentrate on these techniques, colour theory and values. It does take a little longer to achieve a finished piece but you have much more control over this medium and can have a more realistic outcome. This class is good for all levels.

When: Thursdays, October 7 - November 18 (no class Nov. 11)
Time: 1:00 - 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Thursday, September 30

LSCO will be closed Monday, September 6th for Labour Day




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!

THE Grand PARADE

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

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

Badminton

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays, Wednesdays & Fridays
11:15 am - 12:45 pm

When: Thursdays
10:15 - 12:00 pm

Fee: \$66 & LSCO membership

Drop In Fee: \$3 LSCO; \$5 NM

I cannot endure to waste anything so precious as autumnal sunshine by staying in the house.
~ Nathaniel Hawthorne

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CALL 403-317-2077
We pickup/drop off at your door in Lethbridge.

Good day!

As you know volunteers are critical to our organization. I'm sure if I asked Shiloh our volunteer coordinator, she could tell me precisely how many volunteer hours are required each year to operate our organization and the dollar equivalency assigned to each hour by the City and Provincial governments.

Several years ago, I attended a lecture by Dr. Foote the author of the book "Boom, Bust, Echo". He explained the difference in generations. I happen to be a boomer. We boomers are probably the largest blip currently passing through society. On boomers' heels is Generation X.

Authors Kyle Schnitzer and Jennifer Fabiano in an article for *Ladders* describe Generation X as having five main characteristics.



President's Message

Keith Sumner

- anyone born between 1965 and 1980
- Xers are more direct, they appreciate open and honest conversations
- they embrace work life balance
- have a hybrid relationship with technology
- are adept at collaboration.

Where am I going with this you ask? The Gen Xers started to retire over the last few years. They have the skills our organization needs to not only recover from the pandemic but to be a respected contributing organization in our community.

More precisely, my ask is for Generation X folks to step forward and consider volunteering on our Board of Directors. We need your expertise and especially you view of the society as it is now.

Ours is a governance board and is responsible for policy and planning. So, if you're a forward thinker and are willing to help chart LSCO's course please call or email me. We can have a coffee and chat about possibilities.

Namaste. ★

Living On Purpose: Adventures Abroad

One of my husband's favourite activities lately has been reading about living abroad. Although we like to spend a few months each winter in a warmer climate and have focused on Mexico, Helmuth has been reading our monthly International Living Magazine subscription to get new ideas.

"Maybe we could buy a place in France," he muses. "Cousin Gunther, who lives in Germany could be a partner. We could do it together. He and his family could use it when we aren't there. It's a closer drive for them."

My grandfather and great grandfather both came from France, and I feel deep ties to that country. But to buy in a place I have only been to once at age eight doesn't feel comfortable. I can only say a few phrases in French, so I would be lost!

Another time, Helmuth came across an article about the Iberian Peninsula. We loved both Spain and Portugal when we visited a few years ago. I overheard him on the phone

talking to friends who once lived just outside of Lisbon, and two others who often spend a couple of months in a little village on Costa del Sol.

Sure, I want to visit for a month or so, but I don't want to buy real estate. I'm done with cottages at the lake and if I can't get there by jumping in the car and driving for a few hours, it's not on my bucket list.

"Do you own your own place there?" I hear him ask. "No? Oh, so you rent?" And then to the friend who lived in the Algarve region of Portugal for several years, Helmuth asks more questions. The friend lived in a rental apartment that, according to either local law or tradition, stays at the same rental rate until the family moves out and new people take over. If we were to rent, because we are new, it would be at today's prices. Still good, but nowhere near his family rate.

Now Helmuth is looking at Ecuador. Another friend spent a winter there a few years back. She suggests that of the Latin

and South American countries she has visited, this would be her recommendation for us. Prices are good, people are friendly, and experiences are positive for a longer stay.

We do have a booking for Mexico this coming winter. Will we feel comfortable travelling by next December? My hubby is optimistic.

Wherever Helmuth chooses, one question remains: How's the WIFI? If I can stay connected and continue writing, I would probably enjoy the experience.

Dreaming is good. I want to travel again, and I want it to be safe. My husband has lived on three different continents throughout his life; I have lived only in BC. Our comfort levels are different. I'm looking forward to new adventures, and if living abroad for a time is among them, I will take you along, dear reader. For now, the destination is undecided.

by Laurie Mueller, July 2021
<https://www.seniorlivingmag.com/>

LSCO MENU ~ SEPTEMBER 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 ★

		Wednesday, September 1	Thursday, September 2	Friday, September 3
		Entree: Butter Chicken Starch: Rice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Pork Cutlet Starch: Polenta Soup: Chef's Choice
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
LSCO Closed for Labour Day	Entree: Quiche Starch: Herbed Butter Potatoes Soup: Chef's Choice	Entree: Meatloaf Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Asian-Style Pork Steak Starch: Rice Soup: Chef's Choice	Entree: Chicken Swiss Starch: Pasta Soup: Chef's Choice
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Entree: Beef Pot Pie Starch: Soup: Chef's Choice	Entree: Honey Garlic Chicken Thighs Starch: Rice Soup: Chef's Choice	Entree: Lazy Man Cabbage Rolls Starch: Steamed Potatoes Soup: Chef's Choice	Entree: Smokie Starch: Perogies Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Entree: Fried Chicken Starch: Oven Roasted Potatoes Soup: Chef's Choice	Entree: Lemon Pepper Cod Starch: Rice Soup: Chef's Choice	Entree: Hot Hamburger Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Pork Chops Starch: Pasta Soup: Chef's Choice	Entree: Liver & Onions Starch: Mashed Potatoes Soup: Chef's Choice
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
Entree: Beef Stew Starch: Steam Potatoes Soup: Chef's Choice	Entree: Herb Chicken Thighs Starch: Lemon Roasted Potatoes Soup: Chef's Choice	Entree: Pork Roast Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Baked Pasta Starch: Garlic Toast Soup: Chef's Choice	

MENU ITEMS AVAILABLE IN DINING ROOM

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



CYCLE COMBO

This group indoor cycling class is suitable for intermediate to experienced exerciser. A portion of the class will be spent on the stationary bike, the other off performing a variety of exercises and stretching. Wear comfortable clothes, bring your water bottles. Class held in Gym 2.

When: **Session 1: Tuesdays**
September 14 – October 26


Time: 9:00 – 10:00 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Jamie Hillier
Register by: Monday, September 13

When: **Session 1: Wednesdays**
September 15 – October 27

Time: 9:00 – 10:00 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Tracy Simons/Jamie Hillier
Register by: Monday, September 13




Virtual Relaxation

Mondays, 1:30-2:30
Drop In ~ No Registration Required
LSCO Boardroom (2nd Floor)
500 - 11th Street South • 403-320-2222




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.






Yoga

FOR MEN 

This class is designed for gentlemen interested in working on balance, flexibility and increasing mobility. Join Skip Cooper as he leads you through gentle, calming movements. Chairs and other props may be used. Wear comfortable clothing, bring a yoga mat and water bottle. Location: Room A/B.

When: Session 1: Wednesdays, Sept. 15 – Oct. 27
Time: 8:30 – 9:30 am
Fee: \$35 LSCO M; \$50 NM
Register by: Monday, September 13







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SEPTEMBER 2021

HAPPENINGS

THE GALT PRESENTS...

ADULTS & SENIORS | 2-3 pm | registration not required | museum admission applies | free to annual pass holders

Wed 01 | Building Refugee: Private Refugee Sponsorship in Lethbridge

Since the creation of the Private Sponsorship of Refugees Program in 1978, Canadians have sponsored the settlement of more than 370,000 refugees across the nation. Groups in Lethbridge have participated in the sponsorship of 610 refugees, with larger groups of Indo-Chinese refugees arriving in the late 1970s and early 1980s and Syrian refugees in the 2010s. **Mariah Besplug** will share the stories of refugees and sponsors who have participated in this program in the Lethbridge area, collected through interviews she conducted for her MA.

INDIGENOUS HISTORY

ADULTS & SENIORS | 11-12:30 pm | registration not required | museum admission applies | free to annual pass holders



Fri 03 | Blackfoot Historical and Sacred Sites
Southern Alberta is traditional Niitsitapi, Blackfoot, territory. **Rebecca Many Grey Horses** discusses the importance of several sites.

Fri 17 | Treaty 7: An Understanding from the Ancestors
Treaty 7 was signed in 1877, but much of the information that has been in the public record has been made public from the perspective of the colonizers. **Rebecca Many Grey Horses** presents historical understandings of Treaty 7 from the perspective of the Niitsitapi, Blackfoot.

HANDS-ON HISTORY

ALL AGES | craft restarts at 10 am, 11 am, noon, and 1 pm | registration required | children to attend with adults | museum admission applies | free to annual pass holders | supplies provided

Sat 11 | Beeswax Clay Modelling with local artist **Claire Reid**.

Sat 18 | Blackfoot Craft and Game with local artist **Mary Ellen Little Mustache**.

Sat 25 | Wood Block Printing Experiment with simple wood block printing.

SPECIAL EVENTS

Thu 16 | 7-8:30 pm
Mayors Dialogue
ADULTS & SENIORS | registration required | \$15 per person | doors open at 6:30 pm | cash bar available | refreshments provided

Explore the recent history of the Lethbridge Mayor's office with Mayor **Chris Spearman**, former Mayor **Rajko Dodic** and other guests. Hosted by University of Lethbridge political scientist **Lisa Lambert**.

Tue 21 | 5-8 pm
Discover Downtown Lethbridge Festival
ADULTS & SENIORS | registration required | \$50 per ticket | 100 tickets per hour

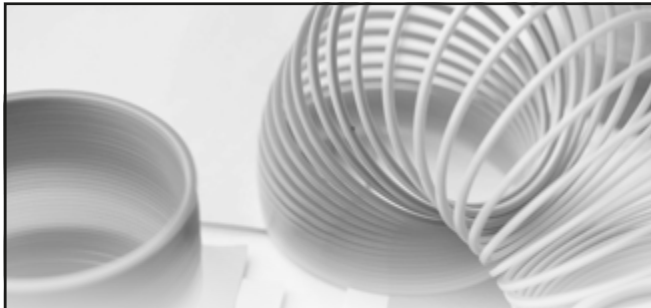
Discover twenty businesses in Downtown Lethbridge with historic information mingled with samples and discounts. Visit each participating business and fill out your electronic or paper passport to be entered in a draw for a gift basket from the participating businesses. Tickets include special guided tours of the current museum exhibits with performances by musicians with the Lethbridge Buskers Association.

Funds raised at the event go towards the planned renovation of the Galt Museum's main exhibit space, Discovery Hall.



www.galtmuseum.com

Old age is like everything else. To make a success of it, you've got to start young. ~ Theodore Roosevelt



Gentle Exercise

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend. Classes held in Gym 1.

When: Mondays, Dates & Times TBA
 Instructor: June Dow

When: **Session 1:** Wednesdays
 September 15 – October 27
 Time: 10:15 – 11:00 am
 Fee: \$35 LSCO M; \$60 NM
 Instructor: Jamie Hillier
 Register by: Monday, September 13

When: **Session 1:** Fridays
 September 17 – October 29
 Time: 10:15 – 11:00 am
 Fee: \$35 LSCO M; \$60 NM
 Instructor: Tracy Simons
 Register by: Wednesday, September 15

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



WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Come support LSCO & have fun at the same time ~ play Bingo on Thursdays!

Starting September 1st we are open for in-hall play Tuesday afternoons at 12:15 AND play Vbingo Monday, Tuesday & Saturday nights in the comfort and safety of your own home!



Every Thursday
**SENIORS GET 25% OFF
 REGULAR & RUBY CARDS**
 Friday Nights
FREE \$500 GAME
 Sunday Afternoons
FREE \$200 GAME

Play VBingo on Monday & Tuesday Nights in the comfort and safety of your own home!

STARTING SEPTEMBER 4TH VBINGO CAN ALSO BE PLAYED ON SATURDAY NIGHTS.

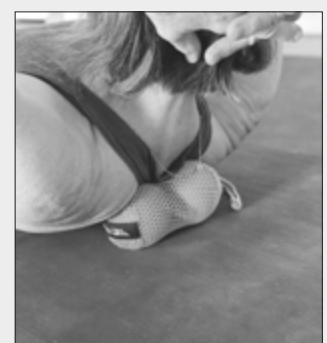
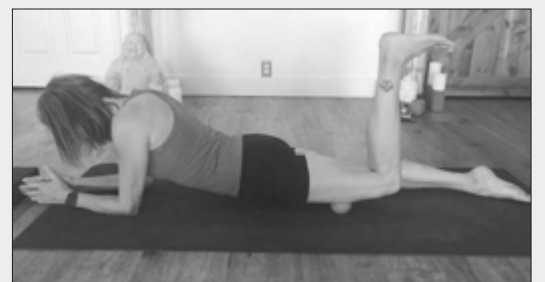
Phone 403-320-6588 for more details.

Call the Hotline: 403-327-7454
 or Email: winners_bingo@telus.net

Therapy Balls Roll Workshop

Whether you feel knotted up or feel wrinkled in body, mind or spirit, have aches and pains because of overuse or underuse of muscles, there are many benefits of using therapy balls. Participants will be guided through 7 techniques to help you increase and maintain mobility, strength and flexibility. 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. Reference handout included.

When: Friday, September 24
 Time: 10:15 am – 12:15 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Margo Sutter
 Register by: Monday, September 20
 Location: Room A/B



LSCO Program Department

Registration begins Friday, August 27, 2021

REGISTRATION INFORMATION

How do I register?

- Online at www.lethseniors.com Find the Memberships & Programs tab at the top of the page and click. Additional tabs will be visible for you to click on and review.
- In person, call 403-320-2222

How do I pay?

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

ONLINE REGISTRATIONS

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

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.
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!
- If the instructor is unavailable to teach due to illness or other unforeseen circumstances we will do our best to contact you prior to your class.
- **When weather or any other unforeseen circumstances cause LSCO to close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.**

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 cancelling out of a class, prior to start date are subject to a \$10 Administration Fee (must be with more than 49 hours notice).
- Participants withdrawing with 48 hours or less, will **not** be given a credit or refund.
- 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 course. Participants also have the option of taking a credit. **Credits must be used in 12 months from the date given.**
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

DID YOU KNOW

- Workout enthusiasts 18 - 35 years of age can attend classes and programs after 4:30 pm.
- Adults 35 - 54 years of age can purchase a membership at LSCO for \$90/12 months.
- LSCO has Change Rooms with Showers. Day Lockers available.

Free Classes September 7th, 8th, 9th, 10th
Schedule will be posted on the website.

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.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 10 minutes prior to the start of your class.
- The instructor will let you know when you can enter the room.
- **Dress in layers. The temperature in rooms vary and fans are not being used at this time.**
- At the end of class please gather your belongings and exit so that the room can be prepared for the next class.

FITNESS CENTRE

A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you use the machines properly. Please speak to Jamie in the Fitness Centre.

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

ABS & CORE

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: **Session 1:** Mondays
September 13 – October 25
(no class October 11)

Time: 10:30 – 11:30 am
Fee: \$40 LSCO M; \$54 NM
Register by: Friday, September 10
Instructor: Tracy Simons
Location: Gym 2

When: **Session 1:** Wednesdays
September 15 – October 27
Time: 10:30 – 11:30 am
Fee: \$46 LSCO M; \$63 NM
Register by: Friday, September 10
Instructor: Tracy Simons
Location: All Purpose Room (downstairs)

CYCLE COMBO

This group indoor cycling class is suitable for intermediate to experienced exerciser. A portion of the class will be spent on the stationary bike, the other off performing a variety of exercises and stretching. Wear comfortable clothes, bring your water bottles. Class held in Gym 2.

When: **Session 1:** Tuesdays
September 14 – October 26
Time: 9:00 – 10:00 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Jamie Hillier
Register by: Monday, September 13

When: **Session 1:** Wednesdays
September 15 – October 27
Time: 9:00 – 10:00 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Tracy Simons/Jamie Hillier
Register by: Monday, September 13

SOCIAL CYCLE

Don't miss out on this amazing steal of a deal "Monday Social Ride" (meaning you can visit while you exercise). Take your 30 minute exercise ride indoors on a stationary bike. Jamie will offer suggestions to make sure you are comfortable cycling at your own pace. Listen to her music or put your ear buds in and listen to yours! Stretch to follow. Perfect for all fitness levels.

When: Mondays, October 4 – November 29
Time: 12:10 – 12:50 pm
Fee: \$16 LSCO M; \$32 NM

Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 2
Register by: Friday, October 1

FITBALL & MORE

Exercising with the fit ball will assist you to improve your balance, coordination, strength, cardiovascular fitness and more. Weights, tubing and other resistance equipment will be used. Wear comfortable clothing and footwear. If you have an exercise or yoga mat please bring it and a water bottle. All fitness levels welcome. Location: Gym 1.

When: **Session 1:** Tuesdays
September 14 – October 26
Time: 9:00 – 9:50 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Shawn Hamilton/Tracy Simons
Register by: Friday, September 10

When: **Session 1:** Thursdays
September 16 – October 28
Time: 9:00 – 9:50 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Shawn Hamilton/Tracy Simons
Register by: Friday, September 10

FULL BODY WORKOUT

Join us for a great Monday morning workout which will include Power Walking, Strength Training, Circuits, Stretching and more. All fitness levels welcome. Wear comfortable clothes, indoor exercise shoes and bring a water bottle. Location: Gym 1.

When: **Session 1:** Mondays
September 13 – October 25
(no class October 11)
Time: 9:00 – 10:00 am
Fee: \$40 LSCO M; \$54
Instructor: Tracy Simons
Register by: Friday, September 10

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and

comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend. Classes held in Gym 1.

When: Mondays, Dates & Times TBA
Instructor: June Dow

When: **Session 1:** Wednesdays
September 15 – October 27
Time: 10:15 – 11:00 am
Fee: \$35 LSCO M; \$60 NM
Instructor: Jamie Hillier
Register by: Monday, September 13

When: **Session 1:** Fridays
September 17 – October 29
Time: 10:15 – 11:00 am
Fee: \$35 LSCO M; \$60 NM
Instructor: Tracy Simons
Register by: Wednesday, September 15

LINE DANCING

Join Gloria-Rose as she guides you through easy, fun to learn line dances. You may know some of the dances, others maybe not however, you will be so glad you came. You won't need a partner but feel free to bring along some friends. Guys and gals very welcome. This class is intended for those with some line dance experience. If you have not taken line dance in the past please put your name on an interest list in the event we are able to offer a beginner class in the near future. Wear comfortable clothes and non-marking soled footwear.

When: **Session 1:** Wednesdays
September 15 – October 27
Time: 11:45 am – 1:15 pm
Fee: \$35 LSCO M; \$60 NM
Instructor: Gloria-Rose Puurveen
Register by: Monday, September 13
Location: Gym 2

Rise & Shine STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. **Intermediate to advanced fitness level.**

When: **Session 1:** Mondays
September 20 – October 25
(no class October 11)
Time: 8:00 – 8:50 am
Fee: \$33 LSCO M; \$45 NM
Instructor: Tracy Simons
Register by: Friday, September 17
Location: Gym 2

Rise & Shine INSTRUCTOR'S CHOICE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. **Intermediate to advanced fitness level.**

When: **Session 1:** Wednesdays
September 15 – October 27
Time: 8:00 – 8:50 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Deb Palmer
Register by: Monday, September 13

PILATES

This class involves a series of classical pilates exercises performed on an exercise 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.

When: Mondays Dates & Times TBA
Instructor: June Dow

POUND FITNESS (Afternoons)

Pound Fitness is a fun, music driven class that combines movement and lightly weighted drumsticks called Ripstix®. This class is truly appropriate for everyone since the impact and intensity can be modified to your fitness level. We will finish with a gentle stretch so you will leave feeling great! Come out and give it a try.

When: **Session 1:** Tuesdays
October 5 – November 2
Time: 1:30 – 2:30 pm
Fee: \$33 LSCO M; \$43 NM
Instructor: Nancy Purkis
Register by: Friday, October 1
Location: All Purpose Room (downstairs)

POUND FITNESS (Mornings)

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

When: **Session 1:** Fridays
September 17 – October 29
Time: 10:00 – 10:45 am
Fee: \$47 LSCO M; \$64 NM
Instructor: Sheila Mulgrew
Register by: Wednesday, September 15
Location: Stage Area

POWER WALK

Prepare to sweat! This high intensity class uses a wide variety of equipment; dumbbells, resistance bands, plates, sliding towels and more. Cardio and strength exercises are sure to keep you fit and healthy. Wear comfortable clothing, in-door footwear and bring a water bottle. Modifications will be given.

When: **Session 1:** Wednesdays
September 15 – October 27
Time: 9:00 – 10:00 am
Fee: \$46 LSCO M; \$63 NM
Instructor: Jamie Hillier/Tracy Simons
Register by: Monday, September 13
Location: Gym 1

MOVEMENT MEDICINE

Step in and dance your body beautiful to fun-filled music! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Wear comfortable clothing so that you can move freely.

FREE CLASS Thursday, September 9 5:15 – 6:15 pm

When: **Session 1:** Thursdays
September 16 – October 28
Time: 5:15 – 6:15 pm
Fee: \$60 LSCO M; \$70 NM
Instructor: Andrea Hertz
Location: Gym 2

SENIOR STRENGTH

A group strength training class designed for the Active Adult (35-54 years) and Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given.

Dress in workout clothes, wear indoor shoes and bring a water bottle.

When: **Session 1:** Tuesdays
September 21 – October 26
Time: 12:05 – 12:55 pm
Fee: \$40 LSCO M; \$54 NM
Instructor: Jamie Hillier
Register by: Friday, September 17
Room: Gym 2/Fitness Centre

When: **Session 1:** Thursdays
September 23 – October 28
Time: 12:05 – 12:55 pm
Fee: \$40 LSCO M; \$54 NM
Instructor: Jamie Hillier
Register by: Monday, September 20
Room: Fitness Centre

STEP/HIIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. **Experience some step choreography as well some HIIT intervals and muscle isolation intervals.** You'll be so glad you came! Individuals 18 years of age and up welcome. Arrive 10 minutes prior to class as space is limited. Please register prior to start date to ensure class will be held.

When: **Session 1:** Tuesdays
September 21 – October 26
Time: 5:15 – 6:15 pm
Fee: \$40 LSCO M; \$54 NM
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Erich Dyck
Location: Gym 2

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). A variety of exercise equipment will be used. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. **Intermediate to advanced fitness level.**

When: **Session 1:** Mondays
September 13 – October 25
(no class October 11)
Time: 9:00 – 10:00 am
Fee: \$40 LSCO M; \$54 NM
Instructor: Jamie Hillier
Register by: Friday, September 10
Location: Gym 2

When: **Session 1:** Fridays, October 1 – 29
*Self led warm-up walk from 9:00 – 9:15 am.
Class begins at 9:15 am.*
Time: 9:00 – 10:00 am
Fee: \$33 LSCO M; \$45 NM
Instructor: Tracy Simons
Register by: Wednesday, September 29
Location: Gym 1

TRX COMBO

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. A variety of equipment will be used including stationary bikes.

When: **Session 1:** Thursdays
September 16 – October 28

Time: 9:00 – 10:00 am
 Fee: \$52 LSCO M; \$81 NM
 Instructor: Jamie Hillier
 Register by: Monday, September 13

ZUMBA GOLD

This easy to follow, fun class lets you move your body at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: **Session 1:** Mondays
 September 13 – October 25
 Time: 10:45 am – 11:30 am
 Fee: \$40 LSCO M; \$55 NM
 Instructor: Sheila Mulgrew
 Register by: Friday, September 10
 Location: Stage Area

ZUMBA GOLD TONING

This class is perfect for older adults who are interested in strengthening muscles using light weights or Zumba Toning Sticks. Participants will move at a slower pace while enjoying the party style music. Come ready to have a blast and tone up, leave exhilarated and empowered!

When: Thursdays
 October 7 – December 16
 (no class November 11)
 Time: 12:15 – 1:00 pm
 Fee: \$67 LSCO M; \$92 NM
 Instructor: Sheila Mulgrew
 Register by: Friday, October 1
 Location: Gym 2

Self Care

THERAPY BALLS ROLL WORKSHOP

Whether you feel knotted up or feel wrinkled in body, mind or spirit, have aches and pains because of overuse or underuse of muscles, there are many benefits of using therapy balls. Participants will be guided through 7 techniques to help you increase and maintain mobility, strength and flexibility. 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. Reference handout included. Location: Room A/B.

When: Friday, September 24
 Time: 10:15 am – 12:15 pm
 Fee: \$40 LSCO M; \$60 NM
 Instructor: Margo Sutter
 Register by: Monday, September 20

Yoga, Tai Chi, QiGong

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.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 10 minutes prior to the start of your class.
- Sanitized props will be available. If you have your own you are encouraged to bring them.
- **Dress in layers as temperatures vary and fans are not being used at this time.**
- At the end of class please gather your belongings and exit so that the room can be prepared for the next class.

CHAIR YOGA

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

When: **Session 1:** Wednesdays
 September 15 – October 27
 Time: 10:00 – 10:45 am
 Fee: \$35 LSCO M; \$63 NM
 Register by: Tuesday, September 14
 Location: Stage Area

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: **Session 1:** Tuesdays
 September 14 – October 26
 Time: 10:00 – 11:00 am
 Fee: \$46 LSCO M; \$63 NM
 Register by: Monday, September 13
 Location: All Purpose Room (downstairs)

When: **Session 1:** Thursdays
 September 16 – October 28
 Time: 10:00 – 11:00 am
 Fee: \$46 LSCO M; \$63 NM
 Register by: Monday, September 13
 Location: All Purpose Room (downstairs)

MEN'S YOGA

This class is designed for gentlemen interested in working on balance, flexibility and increasing mobility. Join Skip Cooper as he leads you through gentle, calming movements. Chairs and other props may be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: **Session 1:** Wednesdays
 September 15 – October 27
 Time: 8:30 – 9:30 am
 Fee: \$35 LSCO M; \$50 NM
 Register by: Monday, September 13
 Location: Room A/B

YIN/DAOIST YANG YOGA

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

There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays
 September 27 – December 6
 (no class October 11)
 Time: 8:45 – 10:15 am
 Fee: \$80 LSCO M; \$120 NM
 Register by: Friday, September 24
 Instructor: Karen Toohey
 Location: Room A/B

QIGONG

Qi means "life energy" and gong means "work"; together Qigong means working with life energy. The exercises are designed to improve flow and quality of Qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various Qigong exercises such as Tai Chi/

Qigong 18 form, five animal frolics, eight brocades and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

Please Note: We are not able to accommodate drop in participants or guests for this program. Space is limited.

When: **Session 1:** Tuesdays & Thursdays
 September 14 – October 21
 Time: 10:15 – 11:00 am
 Fee: \$60 LSCO M; \$108 NM
 Instructor: Dave Scotland
 Register by: Friday, September 10
 Location: Gym 2

TAI CHI BaFa WuBu FORM

Translated: *BaFa is eight methods, WuBu is 5 different steps*. All Tai Chi styles use BaFa WuBu methods for their foundations. The form is newly created for the purpose to help students to understand the underlying foundations of the art. There is a balance of both left and right as well as the step pattern of centre, forward, backward, left and right. The form takes about 2 minutes to complete once learned and takes 6' by 7' for completion.

Please Note: This class is for individuals with Tai Chi experience. A beginner class may be offered at a later date. We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited.

When: **Session 1:** Tuesdays & Thursdays
 September 14 – October 21
 Time: 11:15 am – 12:00 pm
 Fee: \$60 LSCO M; \$108 NM
 Instructor: Dave Scotland
 Register by: Friday, September 10
 Location: Gym 2

TAI CHI 108 Form Practice

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

When: **Session 1:** Wednesdays
 September 15 – October 27
 Time: 10:15 – 11:15 am
 Fee: \$20 LSCO M; \$40 NM
 Register by: Tuesday, September 7
 Location: Gym 2

FLOW YOGA

End your day by joining us in this Vinyasa style class. You will move with the breath through a series of poses improving balance, strength, and flexibility. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them.

When: **Session 1:** Tuesdays
 September 21 – October 26
 Time: 5:00 – 6:00 pm
 Fee: \$40 LSCO M; \$54 NM
 Instructor: Donna Tiefenbach
 Register by: Thursday, September 16

YOGA NIDRA

Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness and clarity to the physical body and mind. It is also known as "yogic sleep". It is a deep meditation that uses a variety of techniques including guided imagery and body scanning to aid relaxation. Participants can expect to leave the practice feeling restored and rejuvenated. All levels of yogis welcome. Dress in layers, bring your yoga mat, blanket and any other props as you will be laying on your mat.

When: Mondays
 October 18 – November 29
 Time: 4:45 – 5:45 pm
 Fee: \$46 LSCO M; \$70 NM

Register by: Thursday, October 14

Location: Room A/B

Sports

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.**
- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing.
- Please do not arrive more than 10 minutes prior to the start of your class.
- Only registered participants allowed in the gym at their scheduled times.
- At the end of your scheduled time please gather your belongings and exit so that the gym can be cleaned for the next program.

BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays, Wednesdays & Fridays
11:15 am – 12:45 pm

When: Thursdays
10:15 – 12:00 pm

Fee: \$66 & LSCO membership

Drop In Fee: \$3 LSCO; \$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. Please Note: You should have some experience and know the rules.

Fee: \$20/30 Days LSCO Members;
\$45 Non-Members

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

Creative Arts

PAINTING ACRYLIC FALL LANDSCAPES

What a colourful time a year and there's nothing more rewarding than painting a fall landscape. This class is for the acrylic painters who like to paint landscapes. We will study different types of scenery including their color schemes and how the low lighting affects the long cast shadows. A class ideal for a beginner's level as we will start off with simply and progress from there.

When: Wednesdays
October 6 – November 10

Time: 10:00 am – 12:00 pm

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

Instructor: Donna Gallant

Register by: Wednesday, September 29

DRAWING WITH COLOURED PENCIL

Coloured pencil is more than just colouring inside of the lines; it's a way of creating some dynamic images and uniquely wonderful effects. We will cover the basics of working with coloured pencils. Mixing and blending with pencils instead of paint. The art principles are the same as any in any other medium but the application process is more controllable and has an immediate result.

You will be introduced to some different applications like burnishing, layering, glazing, impressions and dusting. We will use simple subjects and concentrate on these techniques, colour theory and values. It does take a little longer to achieve a finished piece but you have much more control over this medium and can have a more realistic outcome. This class is good for all levels.

When: Thursdays
October 7 – November 18
(no class November 11)

Time: 1:00 – 3:00 pm

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

Instructor: Donna Gallant

Register by: Thursday, September 30

Technology

INTRODUCTION TO YOUR IPAD

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Tuesdays & Thursdays
September 21 – October 7

Time: 1:00 – 3:00 pm

Fee: \$60 LSCO M; \$100 NM

Register by: Friday, September 17

Instructor: Rod Henriquez

IPHONE WORKSHOP

Do you have an iPhone and are not quite sure how to use it? If so, register for this 4-day course. If you have an Android this class is NOT for you. Space is limited. Bring your iPhone fully charged.

When: Tuesdays & Thursdays
October 12 – 21

Time: 1:00 – 3:00 pm

Fee: \$40 LSCO M; \$66 NM

Instructor: Rod Henriquez

Register by: Friday, October 8

*These classes are held in the Computer Lab
(second floor)*

Special Interest

ADVANCED PHOTOGRAPHY

If you are an experienced photographer & enjoy going on outings to take photos you will enjoy participating in this group. The group may take a break from the program during the summer.

When: Tuesdays

Time: 9:30 – 12:00 pm

Fee: \$22/12 months & LSCO membership

Location: Computer Lab

AMATEUR HAM RADIO

The purpose of the LSCO Seniors Amateur Radio club is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit our Radio Room on the

second floor at the LSCO and view our collection of "bygone days and current" amateur radio equipment. Anyone wishing to join or the club or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their "ham" license, we do have volunteers who may help you with the licensing process at no cost except for the training manual.

When: Monday – Friday

Time: 9:00 – 11:00 am (or longer on request and with notice).

Fee: \$28/12 months & LSCO membership

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member.

When: Monday – Friday

Time: 8:30 am – 3:00 pm

Drop In Fee: \$6 LSCO M; \$7 NM

Fee: \$53/12 months & LSCO membership

Location: Billiards Room (second floor)

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in expertise. This group does take trips outside of LSCO.

When: Fridays

Time: 9:00 am

Fee: \$10/12 months & LSCO Membership

Location: Computer Lab & variety of outdoor areas

GENEALOGY

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

When: Wednesdays

Time: 10:00 am – 3:00 pm

Fee: \$20/12 months & LSCO membership

Location: Board Room

KARAOKE

The Karaoke singers meet weekly at LSCO. Please bring your own microphone. Space is limited. Social distancing required.

When: Tuesdays

Time: 1:00 – 3:30 pm

Fee: \$20/12 month & LSCO membership

Non Mem: \$2/day

Location: Board Room

ARTS & CRAFTING WORKSHOP

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found. Please watch for notices.

When: Thursdays

Time: 9:00 am – 12:00 pm

Fee: \$22/12 months & LSCO membership

KNIT, CROCHET, NEEDLEWORK

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

When: Thursdays

Time: 1:00 – 4:00 PM

Fee: \$10/12 months & LSCO membership

Location: Board Room

LAPIDARY (Stonecrafters)

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

When: Monday – Friday
Time: 10:00 am – 3:00 pm
Fee: \$35/12 months & LSCO membership
Location: Lapidary Room (second floor)

PAPER TOLE WORKSHOP

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

When: Fridays
Time: 9:00 am – 3:00 pm
Fee: \$22/12 months & LSCO membership
Location: Arts & Crafts Room (second floor)

QUILTING

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

When: Tuesdays
Time: 12:00 – 3:00 pm
Fee: LSCO membership
Location: Stage Area in Dining Room

TAI CHI

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

When: Mon/Wed/Fri
Time: 8:30 – 9:30 am
Fee: \$20/12 months & LSCO membership
Location: Stage Area in Dining Room

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet.

When: Mondays, Wednesdays
Time: 2:30 – 4:00 pm
When: Fridays
Time: 10:30 – 12:00 pm
Fee: \$44/12 months & LSCO membership
Location: Room C/D

WOOD CARVING

Wood carving is a form of working with wood using cutting tools. If you are interested in learning this craft pay \$5 at the Administration Desk. Newcomers will be loaned equipment needed to complete a small project. If you choose to continue you will be required to purchase your own tools, wood, etc. and pay the remainder of the fee (\$15).

When: Thursdays
Time: 12:30 – 2:30 pm
Fee: \$20/12 months & LSCO membership
Location: Stage Area in Dining Room

WOOD WORKING

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

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

CARDS

LSCO Members are welcome to play Crib, Scrabble & other games throughout the day in the Atrium provided tables are available. Players must provide their own cards, game boards, etc.

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). A variety of exercise equipment will be used. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. **Intermediate to advanced fitness level.**

When: **Session 1:** Mondays
September 13 – October 25
(no class Oct. 11)
Time: 9:00 – 10:00 am
Fee: \$40 LSCO M; \$54 NM
Instructor: Jamie Hillier
Register by: Friday, September 10
Location: Gym 2

Self led warm-up walk from 9:00 – 9:15 am. Class begins at 9:15 am.

When: **Session 1:** Fridays
October 1 - 29
Time: 9:00 – 10:00 am
Fee: \$33 LSCO M; \$45 NM
Instructor: Tracy Simons
Register by: Wednesday, September 29
Location: Gym 1

LSCO FITNESS CENTRE

Monday – Friday: 8:00 am – 3:30 pm
Drop in Fee: \$7 LSCO M; \$10 NM



Tai Chi BaFa WuBu Form



Translated: BaFa is eight methods, WuBu is 5 different steps.

All Tai Chi styles use BaFa WuBu methods for their foundations. The form is newly created for the purpose to help students to understand the underlying foundations of the art. There is a balance of both left and right as well as the step pattern of centre, forward, backward, left and right. The form takes about 2 minutes to complete once learned and takes 6' by 7' for completion. **Please Note:** This class is for individuals with Tai Chi experience. A beginner class may be offered at a later date. We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited. Location: Gym 2.

When: **Session 1:** Tuesdays & Thursdays, September 14 – October 21
Time: 11:15 am – 12:00 pm
Fee: \$60 LSCO M; \$108 NM
Instructor: Dave Scotland
Register by: Friday, September 10

SAVE BIG \$\$\$

**when registering
for classes!**

HOW?

- By becoming a member at LSCO. Memberships for 35-54 years of age are \$90 every 12 months. Memberships for 55+ years of age are \$50 every 12 months.
- By registering for the entire session.
- By purchasing a 10x Pass. \$65 LSCO Member; \$95 Non-Member. They don't expire for 6 months and will give you the option of trying a variety of classes. Available for members and non-members. Certain class restrictions apply.
- By purchasing the Ultimate 6 month Fitness Membership. This pass is perfect for those that like to attend a number of classes and/or workout in the Fitness Centre. View details online or ask at the Administration Desk.

NON Member Participation

- Not in the market to purchase a membership at this time; no worries, we have options for non-members too. Please ask us.

Fact Checking in Times of Misinformation on the Internet

Hello everyone! We are so happy to see so many of your wonderful selves around LSCO after the year and a half we've had. In this period of isolation and social distancing, people have been turning to the internet/social media even more than before the pandemic hit.

We are bombarded with a massive and overwhelming amount of information every time we scroll through social media. Although misinformation on the internet is not something new, it's imperative to recognize that it carries serious consequences. It's important that Facebook or other social media posts are not taken at face value and as immediate truths. It is so easy for anyone to make claims and dress it up to look legitimate. Fact checking is critical in this era of misinformation. There are different ways to go about this, and I'd like to take a few minutes to share some strategies.

1. **Don't just read the headline.** Even in legitimate news stories, the title is often misleading, exaggerative and/or doesn't tell the whole story. Be sure to read the whole article before running with a headline.
2. **What is the source?** There are so many illegitimate "news" sources on the inter-



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

net. Some are intentionally satirical; some are simply biased and based in non-truths and are ridden with logical fallacies. It's important to remember that websites can pick any name that isn't trademarked – just because it has news in the title doesn't mean it is. *Snopes*, a fact checking website that has been around since the 1990s, has a list of false/hoax news websites, including but not limited to: *National Report*, *World News Daily Report*, *Empire News*, *Huzlers*, *News Examiner*, *NewsWatch28* (now called *NewsWatch33*), *Naha Daily*, *The Stanley Harold*, *NewsBuzzDaily*, *Now8News*, *Empire Herald*, *The Burrard Street Journal*, *The Last Line of Defense* (the resistance)... the list goes on. If

you are wondering about a source, you can always google "is (website name) a legitimate news source?" and you will get a list of fact checking websites that you can sift through to see what the consensus is. There is also a list of some commonly used fact checking websites at the end of this article.

3. **What's the support?** Are there links included in the articles that lead to the proof backing up what the article is saying? Sometimes there are links included that are completely contradictory to what the original claim is because the author's assumption is that most people don't check into it. It's important to make sure the support for the information the article is claiming is coming from a place of credibility.

Here are some credible fact-checking websites that I'd like to share and encourage checking out:

www.politifact.com

www.snopes.com

www.factcheck.org

Stay safe and take good care ★

Virtual Walking Group Traverses Canada

Surprisingly, some good things have come out of our lockdown experience, and one of them has been my involvement with the C2C Walking Group. During the first six months of the pandemic, my husband, Tom, and I did lots of walking: in our local neighbourhood; in city parks; on golf courses; and on trails in the mountains. With winter fast approaching and no reprieve in sight, I became concerned that we might get too cozy indoors and not continue our regular exercise routine.

In mid-September 2020, we invited three couples from Canada and one from Arizona to join us in a virtual walking group. I had quick affirmative responses from everyone, and we began our trek at the beginning of October.

Our plan was to virtually walk across Canada, starting in Vancouver and ending in St. John's, Nfld. Each couple agreed that they would keep track of the distances they walked each week and send me their weekly total. I would then add up our group distance for the week and plot that on a map to see how far we had travelled. A weekly email update tracked our progress. This was not a competitive pursuit; I tracked only our total mileage as a group.

Doing a walk of this nature during a Canadian winter presented some challenges. While our Arizona friends walked or hiked similar distances most weeks, inclement weather impacted the rest of us. During the weeks when we were experiencing either frigid temperatures, lots of snow and/or cold winds, our total distances tended to be low. A few of us have memberships at gyms or fitness centres, so

when those facilities were allowed to be open, we could get our steps indoors.

In addition to the intermittent closure of gyms and fitness centres, the pandemic affected us in other ways. While, thankfully, no one in our group contracted COVID-19, four of us had to self-isolate at different times because of exposure to positive cases.

We all enjoy each other's company, and in "normal" times, we would have likely gotten together regularly to walk and have coffee or lunch together afterwards. When the rules allowed, we have occasionally been able to meet one or two other people in our group for outdoor walks, but for much of the time, each couple has been walking on their own.

After a couple of weeks, we hit our stride and then usually averaged 300–350 km per week... not bad for a group of folks who are mostly over the age of 75! The journey went surprisingly quickly, and we completed our trek in a little over five months. The total distance we clocked from Vancouver to St. John's was just over 7,200 km, following the Trans-Canada Highway.

I discovered several benefits from participating in this walking group. It definitely provided incentive for us to get exercise almost every day. Tom and I usually went for a brisk walk but also did some snowshoeing and cross-country skiing. We both lost weight during our journey, and while we did cut back somewhat on food, I attribute the weight loss primarily to our consistent exercise.

Another benefit of our C2C Club was that I learned a lot about Canada by tracking the trip. While I am quite familiar with Western Canada, once we got east of Regina, my knowledge was sketchy. Prior to this, I was not familiar with the TransCanada Highway route beyond Manitoba, and it was interesting to see the route and do research about the various communities we virtually travelled through.

Certainly, the best – and probably most unexpected benefit of this club – was getting to know our friends better. Their weekly mileage report usually included news about how they were doing and what they'd been up to. Over and above that, though, as we travelled across Canada, our fellow walkers shared all kinds of interesting stories about their experiences – or their family's experiences – in the various places we travelled through. This was particularly interesting when we got to the Maritimes, as a couple of our members have deep roots there, and they shared some fascinating stories about their family histories.

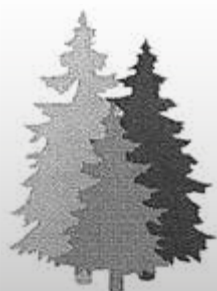
During our Zoom celebration call at the completion of our journey, the discussion turned to "What's Next?" After exploring a couple different options, we decided to continue our trek by virtually flying to Chicago and then virtually walking across the United States via Route 66. Stay tuned for more about this second part of our adventure in an upcoming issue.

By Janet McMaster

Janet is a freelance writer based in Calgary, Alberta.

June 2021

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Here Comes the Fall

By all accounts 2021 has been another difficult year. The Capital Riots of January 6th, the third wave of Covid, the wildfires of the summer, and the rise of Taliban in Afghanistan. With all that is going on, it is sometimes hard to focus on living a life that has a glimmer of hope. I played a round of golf this morning and while the golf and company were good, the red sun and the smell of smoke, made me wonder is this the start of the end of humanity. To top it off the Liberals decided to call an election in the hopes of securing a majority in Parliament. Personally, I would think that should be the least of the worries of the Federal Government at this time.

The frailty of humanity has been on display in the last year, with people arguing over masks, over vaccines, over climate change, the list goes on. It is getting harder to make informed decisions unless you take the time to become well versed in the issue at hand.

Let us hope that things will start to improve. The path forward for Canadians is to the kick Covid to the ground with high vaccination rates. Secondly, we devote time to figuring out the climate riddle, without a political agenda attached to it. Finally, we embrace a democracy that focuses on the best way to solve problems



Legal Tips and Information

Douglas Alger

from all sides of the democratic political spectrum. Liberals, Conservatives and New Democrats, do not have all the answers by themselves. Canadians are too smart to know that this is the case. I say it is time to try to work together a little to come up some solutions to Canada's problems.

The day after Labour Day is in a way a fresh start. Time to take stock, turn over a new leaf and make plans for the rest of the year. If you have been putting off getting your estate planning up to date, this is good time to make an appointment with your lawyer to get this done. While having a will, an enduring power of attorney, and personal directive are not the answer to all your problems, they

certainly can help you or your loved ones in a time of need.

None of us want to think of a time in our lives when our brains fail us, and we turn into a shadow of our former selves. By doing an Enduring Power of Attorney and Personal Directive, we can put someone we trust in charge of our affairs. For some of us who are appointed to take care of a loved one, this can turn out to be one of life's great challenges. I have personally heard on a weekly basis the trials of dealing with a loved one who has dementia. An enduring power of attorney and personal directive can make this job easier and thankfully most clients have these documents done by their lawyer. When it comes time to enact these documents, I am happy to meet with you and give some guidance on what is needed going forward.

Fall 2021 – a fresh start, has a good ring to it. (I just wish we didn't have to have an election, as we have gone through enough this year.) Take care of yourself and your affairs. I am here to help. ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Yin/ Daoist Yang Yoga

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation. There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body. Instructor is Karen Toohey.

When: Mondays
September 27 – December 6
(no class Oct. 11)

Time: 8:45 – 10:15 am
Fee: \$80 LSCO M; \$120 NM
Register by: Friday, September 24
Location: Room A/B

Movement Medicine

Step in and dance your body beautiful to fun-filled music! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Wear comfortable clothing so that you can move freely.

FREE CLASS Thursday, September 9 from 5:15 – 6:15 pm.

When: **Session 1: Thursdays**
September 16 – October 28
Time: 5:15 – 6:15 pm
Fee: \$60 LSCO M; \$70 NM
Instructor: Andrea Hertz
Location: Gym 2



PLAY TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet.

When: Mondays, Wednesdays: 2:30 - 4:00 pm
When: Fridays, 10:30 - 12:00 pm
Fee: \$44/12 months & LSCO membership
Location: Room C/D.



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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

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Computer Corner

by Sjoerd Schaafsma

Niche Software – Merlin Bird ID

While word processors, email clients, games and browsers have a broad user base, there are many software programs that fill a specific need or interest. Computer assisted design, photo and video editing, computer art/graphics, music, and language learning are just a few examples of niche interests. Often there is both free and expensive software that supports these needs. There are too many to mention them here.

Merlin is a free bird identification application published by the *Cornell Lab of Ornithology*

It is available for both Apple and Android devices. Merlin runs on devices with iOS 13 or newer as well as Android 5.0 and up, both require 500+ MB of free space.

Other free programs available for both Android and Apple include:

1. Audubon Bird Guide: North America
2. eBird
3. Song Sleuth
4. Raptor ID

The link below gives a summary of each and provides links to the download sites.

<https://www.birdsandblooms.com/birding/birding-basics/5-birding-apps/>

A bit of my background history, I'm a natural history buff. I have a collection of bird guides from around the world, Alberta, Europe, the Netherlands, India, and China, as well as the *Peterson Field Guide to Western Bird Songs* on cassette tape (which may very well have crumbled into iron oxide particles by now). Once upon a time I worked as a seasonal park naturalist and on a survey crew whose job was doing a spring bird count from northern Alberta to southeastern Saskatchewan. Great jobs if you can get them.

I don't go out of my way to add to a life list, but if I see or hear a bird I don't recognize I try to learn what it is.

Merlin offers quick identification help for all levels of bird watchers to help you learn about the birds across the Americas, Europe, Asia, Africa, and Oceania.

The Merlin Website <https://merlin.allaboutbirds.org/> has more information and help files than I've had time to look at.

Once you download the program you'll start getting fairly regular emails from the publisher, the *Cornell Lab of Ornithology*, advertising new programs, online courses, tips on birding in general, and snippets of information on specific groups of birds. There is a convenient unsubscribe link at the top of every message if you decide you've had enough.

In the short time I've had the app, I've been impressed. While sitting outside and chatting with friends it picked up a blue jay, a flicker, and fittingly, a merlin. Against the background of the air conditioner it picked up sparrows. The crows and mourning doves were chatting in the neighborhood one morning and it picked them both up. The mourning doves were listed as Eurasian collared doves at first, so no, it's not perfect.

A photo of the bird shows up as its song is recognized. You don't need to be connected to a network for the app to work. The app keeps a record of the birds you've recorded.

It's a big download; if you plan to use the program around North America I suggest getting the entire download package for North America rather than just Western N. America.

Club Notes

LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events. If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: ComputerLab-Guest

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

Suggestions for workshops are welcomed.

The Computer Corner 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

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Cards & Games

LSCO Members are welcome to play Crib, Scrabble & other games throughout the day in the Atrium provided tables are available. Players must provide their own cards, game boards, etc.

Computer Club WORKSHOPS & Events

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1:00 – 4:30 pm. This time may be pre-empted for other events.

These are low key sharing events geared for seniors and beginners, we are here to help. Some of our members are far beyond beginners.

Unless otherwise stated

Workshop events will run from 1:00 – 4:00 pm.

September

Monday 13: Sharing & Help session – updating PCs and the wonders of Google Part 1

Monday 20: Sharing & Help session – updating PCs the wonders of Google Part 2

Wednesday 29: Annabot Presentation for iPad and iPhone

Suggestions for other workshops are welcomed. Check the bulletin boards in the main lobby and beside the computer lab for last minute changes.

Updates to the schedule can be found at:

<https://sites.google.com/site/oldfolkscomputers/workshop-calendar> or <https://tinyurl.com/y9hrad5g>

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.



POWER WALK

Prepare to sweat! This high intensity class uses a wide variety of equipment; dumbbells, resistance bands, plates, sliding towels and more. Cardio and strength exercises are sure to keep you fit and healthy. Wear comfortable clothing, in-door footwear and bring a water bottle. Modifications will be given.

When: **Session 1:** Wednesdays, September 15 – October 27
 Time: 9:00 – 10:00 am
 Fee: \$46 LSCO M; \$63 NM
 Instructor: Jamie Hillier/Tracy Simons
 Register by: Monday, September 13
 Location: Gym 1

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Painting Acrylic Fall Landscapes

What a colourful time a year and there's nothing more rewarding than painting a fall landscape. This class is for the acrylic painters who like to paint landscapes. We will study different types of scenery including their color schemes and how the low lighting affects the long cast shadows. A class ideal for a beginner's level as we will start off with simply and progress from there.

When: Wednesday, October 6 – November 10
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M: \$70 NM
Instructor: Donna Gallant
Register by: Wednesday, September 29

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INTERESTED IN QUILTING?
Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Administration Desk. Tuesdays from 12:00 – 3:00 pm. The Fee is an LSCO membership. Quilting will take place in Stage Area in the Dining Room.

Let me introduce myself

Hi all!

My name is Amy and I wanted to introduce myself (or say hello again to those of you I already know)! I will be acting as the new Lethbridge Elder Abuse Response Network (LEARN) Case Manager and have been in this position since August 5th now. Prior to starting at LSCO I graduated from the University of Calgary with a Bachelor in Social Work. During that time I completed my junior practicum with Child and Family Services and my senior practicum with Lethbridge Housing Authority. After graduation I was lucky enough to get on at Lethbridge Housing and later transfer over to LSCO.

I grew up in Fort Macleod but have always been familiar with Lethbridge! Growing up I attended summer camps in Lethbridge, had many friends here in the city and played vol-



LEARN
Case
Manager

Amy Cook
learn@lethseniors.com
403-394-0306

leyball for the Lethbridge Volleyball Club. I remember many practices taking place here in the Fritz Sick gym! I also attended both the Lethbridge College and the University of Lethbridge and have lived here for the last 6 years. Starting my social work career at Lethbridge Housing gave me the opportunity to develop a professional network and become familiar

with resources available for those of all ages in and around Lethbridge.

I am so excited to get to serve the community that has offered me so much growing up!

If you ever see me around please stop and say hi as I would love to meet you! My office is located on the second floor of the LSCO building and I can also be reached by phone at 403-394-3036 or by email at learn@lethseniors.com.

When it comes to Elder Abuse, silence is not an option.

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

Help Create a Community
Where It's Possible to
OVERCOME LONELINESS

SOCIAL & 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 many ways.

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Volunteers Needed for Meals on Wheels!

We require Drivers and Couriers to deliver meals within the City of Lethbridge.

Time Commitment: One and half hours – two hours.

If interested in volunteering for meal delivery, please call: **403-327-7990**

500 - 11th Street South, Lethbridge, Alberta T1J 4G7
E-mail: mow@lethseniors.com

**Are you a senior who is lonely?
Would you like someone to keep in touch?**

If you are a senior who would like to receive a call each week or have a family member or friend who is isolated and would like to receive a call, we can help.

**To register or refer a senior call
587-220-8977**

or e-mail helpinghands@volunteerlethbridge.com

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The Karaoke singers meet weekly at LSCO. Please bring your own microphone. Space is limited. Social distancing required.

When	Tuesdays
Time:	1:00 – 3:30 pm
Fee:	\$20/12 month & LSCO membership
NM:	\$2/day
Location:	Board Room